



*My name is Joan Harthan. I'm the author of various books about how to work productively with dreams and I've been running workshops since 1995. I'm an active member of the International Association for the Study of Dreams (IASD), regularly contributing to their magazine 'Dreamtime' and making presentations at international conferences. In all aspects of my work, I abide by the IASD ethics guidelines, which can be found at [www.asdreams.org/ethics](http://www.asdreams.org/ethics)*

*I have trained with world-renowned Dreamwork Practitioners in the UK, USA and Europe, and attend ongoing courses to keep my work fresh and current.*



**Joan C. Harthan, PhD**

6 De Ferrers Close  
East Leake  
LE12 6QD  
Mobile: 07941 449994

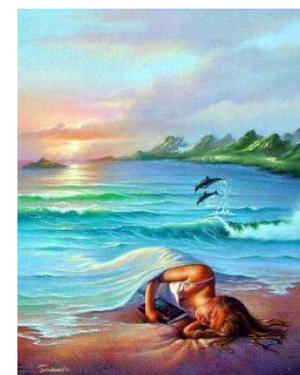
E-mail address:  
[J.Harthan@ntlworld.com](mailto:J.Harthan@ntlworld.com)

Website:  
[www.docdreamuk.com](http://www.docdreamuk.com)

All Joan's books are available on **Amazon** in paperback and Kindle versions.

**A Day of Dreaming  
Workshop**

*Immerse yourself in  
your dreams for a  
whole day.*



*Email or telephone for the  
date and place of the next  
workshop*

OR

check online at

[www.docdreamuk.com](http://www.docdreamuk.com)

**Workshops usually  
run from 10am - 4pm**

# A Day of Dreaming



*Free yourself to dance  
your dream.*

## About the workshop

The workshop is designed for anyone who is interested in working with their nighttime dreams. It serves as an introduction to the basics of dream analysis and interpretation and provides the groundwork for the deeper levels of dreaming covered in the Advanced Workshops.

It's an experiential workshop - which means you'll get hands on practice at dream interpretation; working alone, with a partner and within the group.

Where eight or more people are interested in attending a workshop in their area, I will run a bespoke session whenever and wherever is convenient for the participants.

**Please ring to discuss.**

## Why come to a workshop?

- You'll learn all about the nature and importance of dreams
- You'll learn how to best record your dreams and get tips on how to remember them
- You'll get hands-on experience of a variety of different interpretation /analysis techniques
- You'll discover how to get help and guidance using the ancient technique of Dream Incubation
- You'll have the chance to explore your creativity, through writing or drawing, using dreams as a creative resource
- You'll have the opportunity to give physical expression to your dreams using either dance or theatre.
- You'll become your own authority on your dreams

## Cost

£32 - light refreshments provided but bring your own lunch.

*When we explore our dreams,  
we swim in a sea of possibilities.*

For more information, and to book a place, go to:

[www.docdreamuk.com/Courses](http://www.docdreamuk.com/Courses)

(Type in exactly as written - case sensitive)

Or contact Joan to request a Booking Form:

**Tel:** 01509 559177

**Mobile:** 07941 449994

**Email:** [J.Harthan@ntlworld.com](mailto:J.Harthan@ntlworld.com)

## What you'll need to bring:

You'll need to come to the workshop with at least TWO dream reports, written down in the first person, present tense, and in as much detail as possible. Recent dreams are easier to work on, but any dream will do ☺ You'll also need a pen, a pencil and a jotter or notebook.

For your added comfort, you may wish to bring along a cushion, beanbag or blanket to sit on, but this is entirely optional. Don't forget to bring your lunch.