

Mindful Dreaming

An exploration of our dreams potential to assist us to develop, to heal and to expand our creativity.

Mindful Dreaming is a one day programme that explores the use of dreams in areas such as increasing creativity, supporting self awareness and self healing, adding new tools to coaching and therapy, enhancing decision making and improving our everyday quality of life.

Covering commonly asked questions such as

What are dreams?

Why do we dream?

How can we remember them?

Can we interpret them?

Do we all dream?

The workshop will provide participants with simple, easy to remember exercises, designed to be used immediately, to begin their own journey into this fascinating and powerful area of personal insight and change.

Who should attend?

Anyone with the curiosity to begin to understand how to use dreaming to enhance their own (and others) inner, untapped resources, and those wishing to promote the personal development and learnings offered by our ever evolving mind.

Particularly those interested in

Understanding Dreaming

Dream incubation

Dream interpretation

The Dream Coach



Martin Wyse

Martin is a Trainer of NLP, an instructor of Hypnosis, a qualified coach and a Reiki Master and has run his own professional practise for ten years.

An energetic, sometimes challenging and playful presenter, he fulfils his deep passion and commitment to his chosen field of expertise by continuously expanding and developing his knowledge of personal and group change.

His reading and experiential research interests range from the use of sound and rhythm, ritual and entheogens to neuro-linguistics, body work, meditation and neuroscience in a quest to enhance his and his students Personal skills as individuals and as agents of change.

*He works closely with others in presenting new ways of applying his understandings to many and varied contexts.
(from corporate business to pagan organisations)*

The first workshop will be held on the 30th July 2010 and is limited to 12 participants. (Tadley, Hants, UK).

The £90 fee includes lunch.

Contact me to book your place

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