

# Dreams & Bioenergetics

Dreams and nightmares speak to us in the language of sensations, emotions, images and metaphors, yet they can give us creative insight into practical issues of daily life. “Embodied dreamwork” is a way of working with dreams that leads to an experiential understanding of the dream rather than an intellectual interpretation.

Bodies speak to us in tensions, sensations and energy. Bioenergetic therapy uses integrated mind/body exercises including body awareness, guided movements and expressive exercises to release tensions, unlock self expression and free our ability to feel.

In this workshop we combine the Embodied Dreamwork process with the active approach of Bioenergetic therapy.

- **An introduction to Embodied Dreamwork & ways of accessing the wisdom of dreams & nightmares**
- **An introduction to Bioenergetic Therapy, including increased body awareness & release of tensions**
- **An opportunity to work with one of your dreams**

Saturday, March 6, 2010, 1:00 - 5:15pm in Gloucester, MA

Saturday, April 10, 2010, 1:00 – 5:15pm in North Hampton, NH

To register or for questions call:  
**Laurie Ure, LICSW 978-283-6733**  
[laurieure@aol.com](mailto:laurieure@aol.com)

Cost: \$70 (some reduced-fee scholarships available)

Instructors: Laurie Ure, LICSW & Lesley Zaret, LICSW  
Sponsored by: Massachusetts Society for Bioenergetic Analysis  
[www.massbioenergetics.org](http://www.massbioenergetics.org)

4 CEU credits available for Social Workers (\$10 fee)