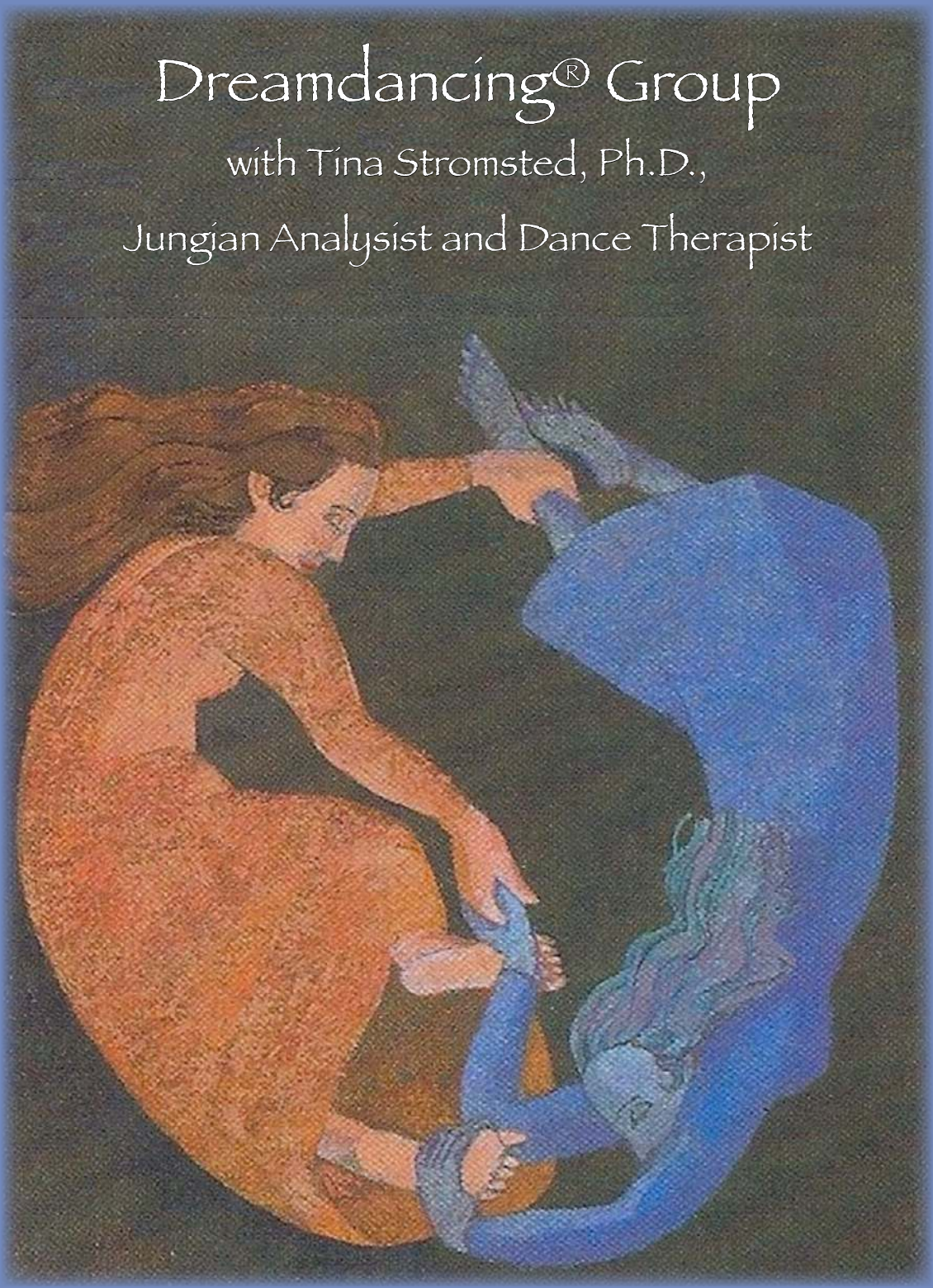
Dreamdancing® Group

with Tina Stromsted, Ph.D.,

Jungian Analysist and Dance Therapist



Body Wisdom for the Soul

September 2013- May 2014

Our bodies and dreams are direct links to the unconscious, expressing our soul's longing through image, breath, gesture, and speech. Unresolved physical and emotional wounds and vital new potentials are held in the body until they are brought to consciousness. In Dreamdancing® we attend to our body's voice in an atmosphere of acceptance, curiosity, and care. We integrate verbal dream sharing, Authentic Movement, and creative elements from Marion Woodman's BodySoul Rhythms® work to bring the unconscious to light.

Beginning with an introductory weekend, this advanced group for women meets monthly for three-hour sessions (Fridays, 10am-1pm) to deepen explorations of body, psyche, and spirit. Myths, fairy tales, and Jungian theory enhance our discoveries.

Master voice teacher Ann Skinner joins us for an intensive weekend in working with the natural voice. Head of Voice Emerita at Canada's Stratford Shakespeare Festival and former Head of Voice at the National Theatre School of Canada, Ann brings profound depth and creativity to her teaching around the world.

Bring your desire to feel more at home in your body, and the courage to live your dreams! Together we will engage the body's vital energies, contacting the deep feminine and learning to live her wisdom in our daily lives.

Meeting Dates: 2013-2014: Initial orientation weekend in September 2013; Friday, September 27, 10am – 5pm & Saturday, September 28, 3:00pm - 6:00pm, 2013.

Monthly meetings thereafter: 10:00am-1:00pm Fridays; Oct. 11, Nov. 15, Dec. 13, 2013, Jan 10, February Voice weekend (February 14-16), March 21, April 11, May 2, 2014.

Location: A lovely, private dance studio with skylights in the Upper Market/ Castro area of San Francisco, California.

Participants: This is an experiential & educational group for experienced practitioners in Authentic Movement and dream work. Additional background in Marion Woodman's BodySoul Rhythms® approach, expressive arts therapy or other forms of embodied creative exploration that engage conscious attention is helpful. Ongoing analysis or psychotherapy with an outside therapist is required.

Tuition: $1,935 for the series. (Tuition includes $150/session for 7 months, $350 for the initial weekend, and a one time $50 materials fee, & $485 for the intensive Voice weekend). The entire tuition for the series needs to be paid, even if you miss a session, and is due at our first meeting. Monthly payment plans are also available - please post-date your check(s) and submit them at the first session.

CEU's available: 48 hours for MFTs, LCSWs, LPCCs, DMTs, & BC-DMTs; $25 admin fee.

For more information see:
http://www.authenticmovement-bodysoul.com/amcenter.html

Registration Information:
If you are interested in applying for the new series beginning September 2013:

Click here to download application and return by September 6th to Tina@AuthenticMovement-BodySoul.com. Please write 'Dreamdancing® Group' in the subject line.

An initial consultation meeting will also be a part of the application process if you are new to the instructor ($160/hr.).

Following acceptance in the group, a $350 deposit is necessary to hold your place.

Cancelation policy: Full refund of deposit minus $50 admin fee if cancelation is by September 15th, 2013. After that date the deposit can not be refunded, however it can be applied toward a future workshop within a year

Thank you.

Painting by Peter Malone, from The Secret Language of Dreams; www.chroniclebook.com