

# Dreaming our Way to Wholeness

Longing for an ancient and powerful practice to explore spiritual growth and transformation?

Dreams are one of the fastest ways to connect to the soul and experience human wholeness, which brings freedom, spaciousness and meaning to our often distracted lives.

Whether or not you have worked with dreams, this will open up new possibilities to develop greater compassion for yourself and the world around you. Practically speaking, you will learn strategies to discover the meanings of your dreams and learn a method of working with dreams in a group setting.



Saturday, September 21st 9am-3pm

Limit of 12 people

Cost: 75\$ To register contact [ksperlingwellness@gmail.com](mailto:ksperlingwellness@gmail.com)

All are welcome, even those who do not remember their dreams; prior knowledge is helpful but not necessary

Presented by Kathy Sperling with the St. George's Centre for Wellness and Learning. 11733 87th Ave

*Kathy Sperling is a spiritual director, musician, writer and facilitator. She is a graduate of the Haden Institute Dream Training Program in North Carolina, and the Presence Spiritual Direction Program in Edmonton. She enjoys helping groups and individuals explore the mystery, wonder and wisdom dream life offers, as it is such a rich source of inner guidance and freedom in her life. She is also Spiritual Director at the St George's Center for Wellness & Learning in Edmonton, AB, as well as a Music Director at both St George's and St Faith's Anglican Churches, also in Edmonton, where she sings and plays piano and cello. In everything she does, she is a wisdom seeker, a listener for truth and a lover of wholehearted living.*