

dreams: mirror of your unconscious



Saturday, March 20, 2010

9:00 a.m. – 2:30 p.m. *Doors open at 8:30 a.m.*

Church of the Holy Apostles Fellowship Hall

Neuroscience, or the study of the brain, is exploding today with far reaching applications for body, mind and spirit. New ways are available to build patterns of positive thinking, retrain physical capabilities and explore the frontier of our potential. Dreams are an important key in this process, revealing how we perceive ourselves and how we function. Through the exploration of the symbolic dimension of images and the literal aspect of emotions, we will discover how our dreams reflect both positive and negative aspects of self-perception and self-talk. Without judgment or blame dreams hold up a mirror reflecting the stumbling blocks that impede our aspirations and goals. Come join us as we look within to claim the joy of dreaming.

Church of the Holy Apostles

1593 Lynnhaven Parkway Virginia Beach, VA 23453

For more information, e-mail Lynne Larson at llarson24@cox.net or call 420-3825.

Box lunches provided by Custom Cuisine, Leon Eggers.

For information on dreams, go to www.thejoyofdreaming.com

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Registration Form

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\$30.00 (Includes Lunch)

\$15.00 of this fee is tax deductible as a charitable donation to
Church of the Holy Apostles Garden and Landscaping Fund.

For more information, e-mail Lynne at llarson24@cox.net or call (757)420-3825.

Name _____

Phone Number _____ **e-mail Address** _____

If you belong to Church of the Holy Apostles, please write your envelope number on your check.

If you are not a member of Church of the Holy Apostles, please fill in your address below

Street Address _____

City _____ **State** _____ **Zip Code** _____

Make your check out to Church of the Holy Apostles and write "**Dream Workshop**" in the lower left part of your check. Place your registration form and check in the box marked "Dream Workshop" in the church office above the office mailboxes or mail to:

**Dream Workshop
Church of the Holy Apostles
1593 Lynnhaven Parkway
Virginia Beach VA 23453**

PLEASE MARK YOUR LUNCH CHOICE:

_____ **ROAST BEEF SANDWICH** _____ **SALAD WITH GRILLED CHICKEN**

_____ **VEGETARIAN SALAD**

