

Dream Therapy

Saturday, April 2nd, 1-3pm
\$30 adv / \$35 at the door

Based on the teachings of Dr. John Kappas, discover an approach to dream therapy that is simple, powerful, effective and based in logic.

Learn how to interpret symbols and metaphors in your dreams to make sense of the past, what is happening in your present time and what emotions you are safely venting out as you sleep. Understanding how the brain operates during the sleep phases, will enable and empower you to separate and translate the sometimes confusing information and images of your dreams. Instead of waking feeling confused about the journey you had through the night, become a master at the practice of recording and deciphering your nightly conversation between the conscious and subconscious dream worlds.

This 2 hour workshop offers you a step-by-step process for interpreting your dreams and symbols as well as procedures to direct your dreams to help you make emotional progress in targeted areas of your life.



Clare Taylor is certified in Clinical Hypnotherapy, Reiki Master level 1, Advanced Handwriting Analysis and Therapeutic Guided Imagery. She graduated from the nationally accredited Hypnosis Motivation Institute, Tarzana, California, 2008.

Clare specializes in habit control, sleep issues, managing anxiety stress and pain, speedy healing, relationship and communication strategies, general self improvement, weight control, fears & phobias, creativity blocks and performance enhancement.

Call 310.559.7200 to Reserve your Space!!

