

Early Morning Wellbeing Activities

Dream Group with Dr Susan Benson

Thomas Berry writes, " The dream drives the action. In the larger cultural context the dream becomes the myth that both guides and drives the action." Gloria Steinem reminds us that dreaming, after all, is a form of planning, and that without leaps of imagination and dreaming we lose the excitement of possibilities. Dreams extend beyond the personal to include relationships, social context and spiritual awareness.

Join the morning dream group to experience working with the subtle realms of imagination, and to engage in an organic process of discovery and creation that encourages "deep listening" and opens and extends meaning and understanding. Numbers are limited to 15 participants, so we encourage you to sign up early at the conference registration.

Facilitator: Dr Susan Benson is a transpersonal counsellor, dream group facilitator and educator. Dr.Benson has been leading dream groups for over 10 years; she is president of DreamNetworkAustralia, and Board member and the Australian regional representative for the International Association for the Study of Dreams. Website: www.dreamnetworkaustralia.com.au

Yoga with Veronica Joseph

Veronica Joseph is a yoga teacher from Cherrybrook. She completed her training in India, the home of yoga. She teaches the hatha style of yoga. Veronica is also a writer for *WellBeing*, Australia's leading natural health and living magazine.

Join Veronica on Saturday and Sunday for a session that will foster your flexibility, strength, calmness and awareness. Bring a yoga mat if you can. Some mats will be available at the session. Namaste.

On Friday morning, Cheyne Morris will be conducting a morning yoga session.