

DECIPHER YOUR DREAM—DISCOVER YOUR STORY

Writing Retreat – March 26-28, 2010

With Paula Chaffee Scardamalia, author & creativity coach

Revitalize your work and yourself here in the Catskills, where the wind whispers its secrets and the stars light your path. Wake refreshed and eat delicious meals, all in the company of other writers, all writing and dreaming together.

It starts as a small swirl of astonishment when she guides you through the world of spirit guides and power animals, growing into amazement as she peels back your dreams...And just when you think it's all over, Paula murmurs those magical words, "if your dream were my dream..." And that is when she blows you away. ~Jennifer Ortiz, writer

Lecture and discussion will alternate with conscious dream work, dream sharing, and time for reflection, journaling and writing.

During the weekend, participants will:

- Be introduced to basic sleep and waking dream techniques
- Learn how to share and work with sleep dreams in a group
- Learn how to take conscious dream journeys for information, guidance and inspiration
- Learn how to incubate sleep dreams for inspiration and information
- Take conscious dream journeys to creative spaces and landscapes to help further creative work
- Meet Muses, guides, and other helpers for creative work
- Learn to dream for others (including your characters) for information and guidance
- Learn how to write from a dreamlike state to increase flow
- Return home with more ideas for writing and with action steps to support and increase creative life.

As a result of the experience in your class, I found new strength and conviction in my creative life, and a sense of calm and peace about the trauma of my past. I am finishing my MFA this December and recently published an essay in Callaloo that touches on some of these issues. I just

wanted to let you know that the impact of your class on my creative and emotional life was deep, and still resonates. ~ Melissa Coss Aquino, writer and educator

Email Paula to register at: paula@diviningthemuse.com

Where: The Rensselaerville Institute (www.rinstitute.org), Rensselaerville, NY

When: Friday dinner until Sunday mid-afternoon

Tuition: \$225 (Early Bird registration before January 29th saves \$50)

Room and Board including Friday dinner through Sunday lunch:

Single: \$275

Double: \$240

Commuter: \$145