



Town of Estes Park Senior Services
Estes Park Senior Center
220 Fourth Street
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News - For immediate release

Dream series part three: explore the meaning and intention of dreams one-on-one

Following April's well-received dream presentation and follow-up dream workshops, the Town of Estes Park's Senior Services Division is pleased to offer the opportunity to explore your dreams more personally by working one-on-one with local Archetypal Dreamwork Practitioner, Mary Jo Heyen.

Private dream consultations will be offered on Wednesday, June 10 from 1:00 to 3:00 p.m. at the Estes Park Senior Center, 220 Fourth Street. The cost for the 20 minute session is a \$5 donation which Mary Jo will donate to Bright Christmas, a local charity. Participants should bring a written copy of a dream you would like to explore. Sign up now for the sessions by calling or stopping by the Senior Center.

In this continuing series on dreams, Mary Jo explains, "One-on-one work is the heart and soul of working with our dreams. Each dream is unique and personal to the dreamer and with the supportive guidance of a dream practitioner familiar with the dream landscape, we are invited more deeply into our own inner world, discovering more about who we truly are and how to bring this into the world."

To quote a recent dream workshop participant who was very moved and inspired by what is discovered in the dream, "I could have looked at this dream 1,000 years and never seen it this way."

For more information on Mary Jo Heyen, Archetypal Dreamwork Practitioner, please visit her website at www.maryjoheyen.com

For more information, please contact the Estes Park Senior Center at (970) 586-2996 or visit the Center at 220 Fourth Street, Monday through Friday between 9:00 a.m. and 4:00 p.m. Please visit the Senior Services website at www.estes.org/seniorcenter. To receive Senior Services news in your e-mail inbox, please e-mail lmitchell@estes.org

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