

Inner Flame

Friday 28th June - Dreams

Are you fascinated by dreams?

Are you interested in creatively exploring the relevance of dreams?

Gain different perspectives and insights on dreams.

You are invited to bring a significant dream / dream character to explore.

This will not be an analytical interpretation of dreams, but an opportunity to discover the inspiration they may hold.

With Eyllt George & Andrew Phillips

CARDIFF

**St Edwards Church
CF23 5DE**

28th June

12:30pm - 2:30pm

£45

This group will have a maximum of 6 participants.

Please book in advance.

Further details and booking...

AndrewVPhillips.co.uk

Questions & enquiries

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Inner Flame provides an opportunity to engage with themes of wonder, spirituality, and soul-filled creativity, in an informal group setting.

By emphasising a deepening sense of mystery, inspiring new questions and ideas, it is our intention that each participant will leave with an enriched sense of possibilities for imaginative creative expression within their life.

To live with a sense of mystery and wonder is a deeply important human need, which can often be neglected or overlooked. The group encourages curiosity about these

aspects of life, as we seek to find forms, images, and words through which to explore them. Together we nurture the 'spirit of enquiry' by engaging with what we each bring as individuals, and themes that emerge from the group as a whole.

We welcome people of all faiths, spiritual paths, and those who are keen to explore this aspect of themselves.

Inner Flame is facilitated by

Eyllt Angharad

Dramatherapist, Relational Artist, Creative Facilitator

Andrew Phillips Visual Artist, Art Psychotherapist