



*"All of us have dreams, but few of us take time to consider their meaning"*

*"I so enjoyed your class; you made everyone feel so comfortable. You were able to 'open' everyone's mind in class - not easy!"*

*"You learn that the messages in your dreams are there to assist you"*

*"Heidi has been a super teacher/leader of our dream class. I have learned so much and have reactivated my intuition in analyzing my dreams. What a wonderful class and I am looking forward to the next one!"*

## Dream Interpretation Class

*If you don't remember your dreams  
Heidi will teach you how*

If you have ever wondered what your dreams mean, then this interactive, exciting, and hands-on class is for you. By learning how to use Universal Dream Language, you will be able to interpret the symbolic messages behind your dreams, as well as help your children and friends interpret theirs! Most importantly, you will gain positive insight into yourself and others in a way that only your dreams can help you do. This class only requires that you bring your curious mind and a journal to record your thoughts and dreams.

***Instructor Heidi Gesso is certified in Dream Interpretation and has a M.A. in Education***

**Date:** Tuesdays, April 3 – April 24 (4 week session)  
**Time:** 10:00 a.m. – 11:30 a.m.  
**Location:** Ranch House — Colorow Room  
**Ages:** 18 + years old  
**Fee:** Resident: \$50      Non-Resident: \$58  
**Course** #46034

**Register at [www.ken-carylranh.org](http://www.ken-carylranh.org) or call 303-979-4070.**

# Dream

## Interpretation Class

- How to construct a dream journal
- Dream interpretation demonstrations
- Universal Dream Language
- Insight into symbolic messages of dreams
- Four easy steps to understanding your dreams
- Guided imagery
- The themes and challenges of your dreams
- References for dream symbols
- Seven questions that will help you process dream messages
- What your dreams tell you about yourself and your relationships
- Using dreams to solve problems
- The meaning of reoccurring dreams and the wake-up call behind nightmares

Ken-Caryl Ranch House  
7676 S. Continental Divide Rd.  
Littleton, CO 80127  
303-979-4070



Ken-Caryl Community Center  
1 Club Drive  
Littleton, CO  
303-979-2233