



# Shamanic Painting & Dreaming

with Catherine Steinberg, 2025

May 3rd, 1-5 pm, \$70

Shamanic Painting is a meditative approach to expressing inner images, words, emotions, and sensory experiences with paint on canvas. This information comes from dreams and shamanic journeys. A shamanic journey consists of listening to a specific drumbeat for about fifteen minutes and allowing yourself to be led to a dream state and thus become more in touch with your unconscious. We will alternate shamanic journeying and longer periods of painting impressions from your journey and dreams throughout the day. Painting from this internal perspective can be liberating and exciting. There will be time for writing and group processing of your dreams and journeys. No prior experience with painting or shamanic journey work is necessary. Suggested pre-read: Shamanic Journeying by Sandra Ingerman & Sidewalk Oracles by Robert Moss. Limited to 5 participants.

**Catherine Steinberg** is a licensed psychotherapist, shamanic practitioner, artist and author who resides in Guilford, CT & Taos, NM.

The **location** of this workshop is in Catherine's basement studio (enter sliding doors at end of path around the garage):

**142 North Madison Rd., Guilford, CT 06437; P:203-623-1472**

**To Register: Send Catherine a check for \$70 or call if you wish to pay via venmo.**