



DREAM-CENTERED SOMATIC GROUP THERAPY

A SIX-WEEK EVENING GROUP

WHEN TUESDAYS 6:45–8:45 PM OCT 13 – NOV 17	WHERE NORTH BOULDER YOGA PEARL STUDIO	LENGTH SIX WEEKS	COST \$650 FULL SERIES PAYMENT PLANS & SLIDING SCALE AVAILABLE
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Bring your dreams — or if you don't have a dream,
a metaphor or archetype you are working with
— and we'll meet it **somatically**: in the body.

EACH EVENING

MOVEMENT Accessible for all bodies and mobility levels. No dance or yoga experience needed.	PROCESSING We will work with Caldwell's Moving Cycle, Polyvagal, and Focusing.	BREATH Simple practices to settle the nervous system and open the door to dream imagery.
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YOUR FACILITATOR



CASSI STUCKMAN, LPC is a somatic psychotherapist and dream-worker — and a Naropa alum, with an MA in Clinical Mental Health Counseling. Her clinical work centers on dream and nightmare support, nervous system psychoeducation, and body-centered psychotherapy.

She brings two decades of embodiment practice: a yoga teacher since 2006, a certified birth doula, and a presenter of original research on Somatic Dreamwork at the Association for Creativity in Counseling (2024) and the International Association for the Study of Dreams (2026).

* SPACE IS LIMITED *

SIGN-UP BEGINS WITH A CHECK-IN CALL

A short conversation is required before enrolling — so we can make sure the group is a good fit for where you are in your process.

(303) 800-7572

[INFO@MOUNTAINDREAMERCOUNSELING.COM](mailto:info@mountaindreamercounseling.com)

[MOUNTAINDREAMERCOUNSELING.COM](https://mountaindreamercounseling.com)

Dreams arise from our cellular depths and are the ways we speak to ourselves.

— Stanley Keleman, "Dreams and the Body" (2007)