

LUCID DREAMING FOR BEGINNERS

with Ben
Henriques

CHARLIE MORLEY, AUTHOR OF DREAMS OF AWAKENING, SAYS

"I HAVE INSTRUCTED BEN IN LUCID DREAMING FOR A FEW YEARS NOW, OFTEN ON A MONTHLY BASIS, AND HE IS A TRULY GIFTED LUCID DREAMER. HE IS A VAJRAYANA BUDDHIST PRACTITIONER AND ALSO A VERY BRIGHT YOUNG MAN WHICH OFFERS HIM A LEVEL OF INSIGHT INTO HOW TO COMMUNICATE THE LUCID DREAMING PRACTICES THAT IS QUITE RARE. IF HE'S TEACHING A WORKSHOP THEN I RECOMMEND ATTENDING."



USE DREAMS FOR SPIRITUAL PRACTICE, HEALING AND PERSONAL GROWTH

12/09/2020 - Cardiff Tibetan Buddhist Centre, 250
Cowbridge Road E, Cardiff, CF5 1GZ

Course Fee - £30
Sessions at 10:30 and 2:30