



LIFE - Learning Institution for Flourishing & Emergence

presents its

DREAMWORK SERIES

with Kartikeyan V and Rachna Nandakumar

Why Dreamwork?

Dreams open a quiet, imaginal space where the unconscious speaks — in fragments, metaphors, and emotions. The DreamWork Series is an invitation to pause, listen, and unfold meaning together — not as interpretation, but as dialogue between psyche and life.

What to Expect

- A 6-month process
- 8 guided sessions (once in three weeks) exploring personal dreams and collective themes
- Reflective journals and dialogue-based practice
- Small, intimate group (8 participants max)

How the sessions will unfold

This is not a classroom or a place of instruction, but a circle of shared exploration. We will work with one dream at a time, listening together for what wishes to unfold. Drawing from multiple dreamwork traditions — psychoanalytic influences of Lacan, Freud and Jung, somatic practices, symbolic ways of knowing etc — we will attend to both the personal threads within a dream and the wider worlds it speaks into. Each session holds space for individual unravelling, while also allowing dreams to mirror the larger currents of life, relationships, and the times we live in.

All sessions will be conducted online on Zoom, and will last 90 minutes each.

Facilitators

Kartikeyan V – Founder of LIFE, Psychoanalytically oriented practitioner, Leadership consultant and coach, Writer and Musician

Rachna Nandakumar – Leadership consultant and coach, Shamanic Worker, Writer and Dancer

Contribution

₹ 2,000 (inclusive of three curated books). This is not a fee as much as it is an invested expression of interest and commitment to the project.

Registration

To join the DreamWork Series (starting January 2026) or know more, write to:

vistasconsultingindia@gmail.com

LIFE — A living curriculum for reflection, embodiment & emergence.