

**Sunday Nov 10**

**530-8pm**

**\$69**

# embodied intuition

*Welcome to an evening of discovery, play,  
challenge & enlightenment!*

Have you ever wondered whether it's your mind or your intuition speaking to you? Do you question whether your inner answers are really true? "How can I tell?"

**Your body is the source of your deepest intuition.** This fun, creative & connective workshop includes reflective discussion, somatic exercises, guided visualization and artistic play. We'll explore how certain feelings, signals and reactions give you relevant information about what you & others really need.

Join somatic healer Penelope Seagull to explore the fascinating realm of your embodied intuition. Learn to **feel it out!**

Don't miss out on this  
engaging workshop!  
Space is limited to 10  
people maximum.

Please sign up at  
[Inwardsmarket.com](http://Inwardsmarket.com)



**Learn more about Penelope: [lonepeep.ca](http://lonepeep.ca)**