

Intuition, Intention, Inspiration

This practical PlayShop is experiential!

What we will explore:

- How to tap intuition to improve our lives
- How to set effective intentions and receive inspiration

Objective: to experience the benefits of our powerful natural abilities, and provide tools to design our new normal

Why is this important now more than ever? The last few months we have had challenges and stress due to the restrictions of social distancing, emotional turmoil, and fear stirred up by the media due to the spread of this new virus. Our normal routines have been disrupted. There is a lot of uncertainty. We're wondering what the new normal will be.

I encourage you to make time to contemplate this topic as we progress through 4 sessions together. If you like to journal that would be helpful. Feel free to send me an email to share your thoughts, experiences and questions. When I'm with a group I like things to be interactive.

Who is Bonnie Best?

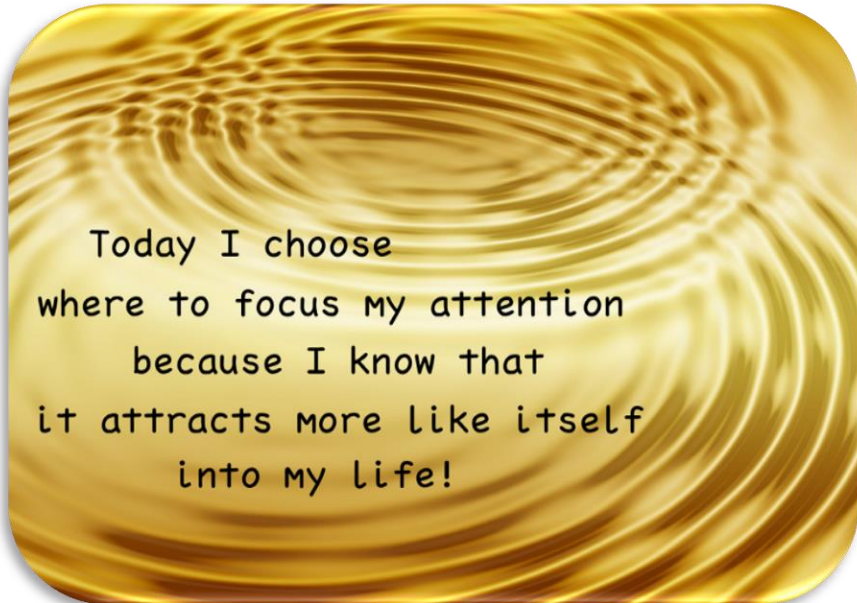
Bonnie is a Heart Centered Coach. She has been a teacher all her life, an educator, drawing forth the wisdom from within a person. She enjoys exploring ways to improve her own life, and the life of everyone around her!

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Today I choose
where to focus my attention
because I know that
it attracts more like itself
into my life!