



“Listen to Your Heart”

One-Day Intuitive Training with Jess Steinman

Have you ever experienced a time where you got a hunch about something, only to shake it off, ignore it, or rationalize it . . . and later find yourself wishing you'd listened to your original “gut feeling”? You are not alone – most of us have experienced that at one time or another!

Your heart – your intuition! – is the compass you have been given to help guide you through life. It will never steer you wrong! But sometimes, it is hard to hear, see, feel, or understand where your heart is guiding you.

Join Jess for this one-day course to help you develop your intuitive skills and learn how your heart speaks to you! Through examples, demonstrations, and fun activities, you will learn how to intuitively begin to make decisions and answer questions as they arise. This course is perfect for people in any profession, and no prerequisites or prior experience is required to register.

On the day of the class, please bring the following:

- A small item belonging to you that can be exchanged with another classmate. (Ideally jewelry, keys, etc. – nothing of expensive value, please)
- A photograph in a sealed envelope
- A pad or journal
- Markers, crayons, or colored pencils
- A bag lunch or snack (there will be a one-hour lunch break)

For more information about Jess, visit her website:
www.InTouchWithSpirit.com.