



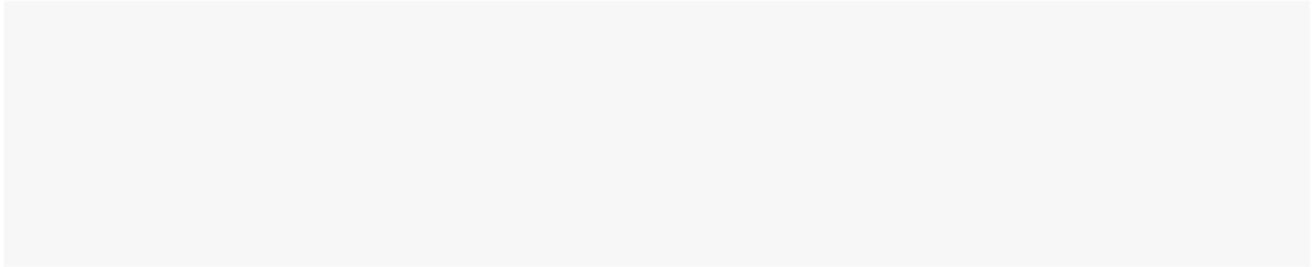
*The Wilderness Community*

Exploring Intuition  
Through  
Gentle Movement

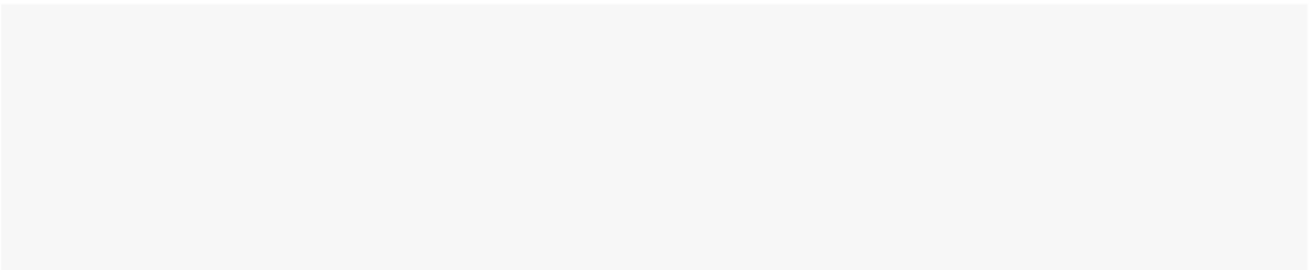
FEBRUARY 2023

## PRE-ACTIVITY EXPLORATION

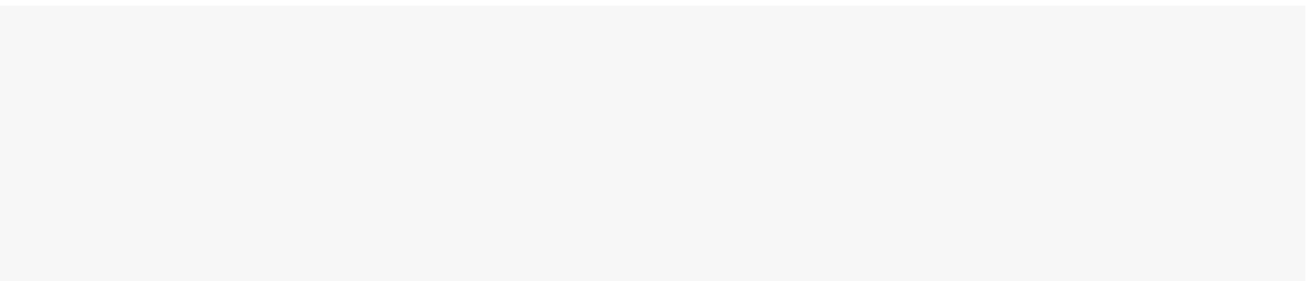
What is your body feeling right now? Give yourself permission to just observe without judgment, rationalizing, or shame.



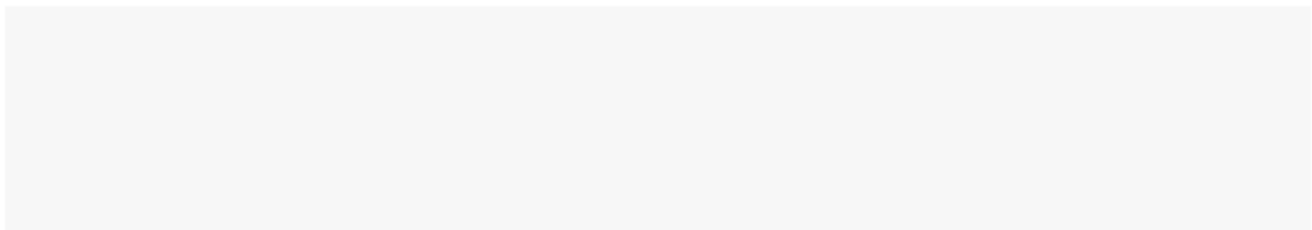
Are you noticing any tender spaces, aches, or tension anywhere in your body?



What emotions are coming up for you right now?



Anything else you're noticing?



## POST-ACTIVITY EXPLORATION

What movements felt easy for you?

What movements were challenging?

What did your body say to you during this activity?

What's coming up for you right now?

What were you able to let go of?

What does your body want next?

What do you want to remember most about how you felt during this activity?

Anything else you're noticing or feeling?

Where will you bring the movements your body wants, into your day to day life?