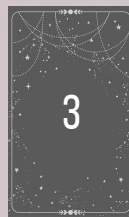
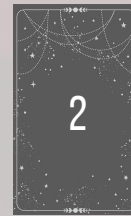
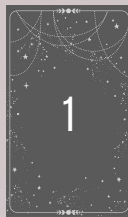
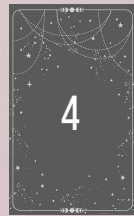




JOURNAL PROMPTS & CARD SPREAD

EMBODYING *creativity*



1. What is my body currently telling me that I might not be fully aware of?
2. What is at the heart of my creative energies right now?
3. How can I more effectively use my body and its movements to fuel my artistic expressions?
4. What transformations can I expect in my creative outputs by embracing somatic practices?

