



## INTUITION COURSE

A teaching in how to develop your intuition and your inner knowledge about yourself and your life

Intuition is your inner knowledge, a person's capability beyond the rational. One uses this capability in everyday life to know about oneself and the things they do. Intuition is mostly used without direction or intention. However, it is possible to develop your intuition in such a way that it is a reliable and valuable resource for knowing oneself intimately and becoming conscious. It is not difficult to develop this skill, but it requires the willingness to explore fixed ideas about yourself, others, the world around you, and if necessary, to let them go. Developing your intuition will give you insight into the way you function and move through your life on earth. It will further bring you into contact with pleasure, joy and humour.

### **Intuition course in Cape Town SA**

During the 2 lessons of 2,5 hours each, you learn what intuition is and be guided on how to follow your intuition and make decisions that are right for you. Through experience-based-exercises you will discover how energy works and the most effective way to manage your energy. You will learn how to ground yourself, to be present in the 'I am'- the here and now. Just you 'being'. You will learn how to stay centered with yourself when you are in contact with others. Step-by-step you will start developing and maturing your inner knowing. By learning to recognize whether something is right for you or not, you will become more authentic and will naturally start to take leadership over your life.

The lessons will be presented in English.

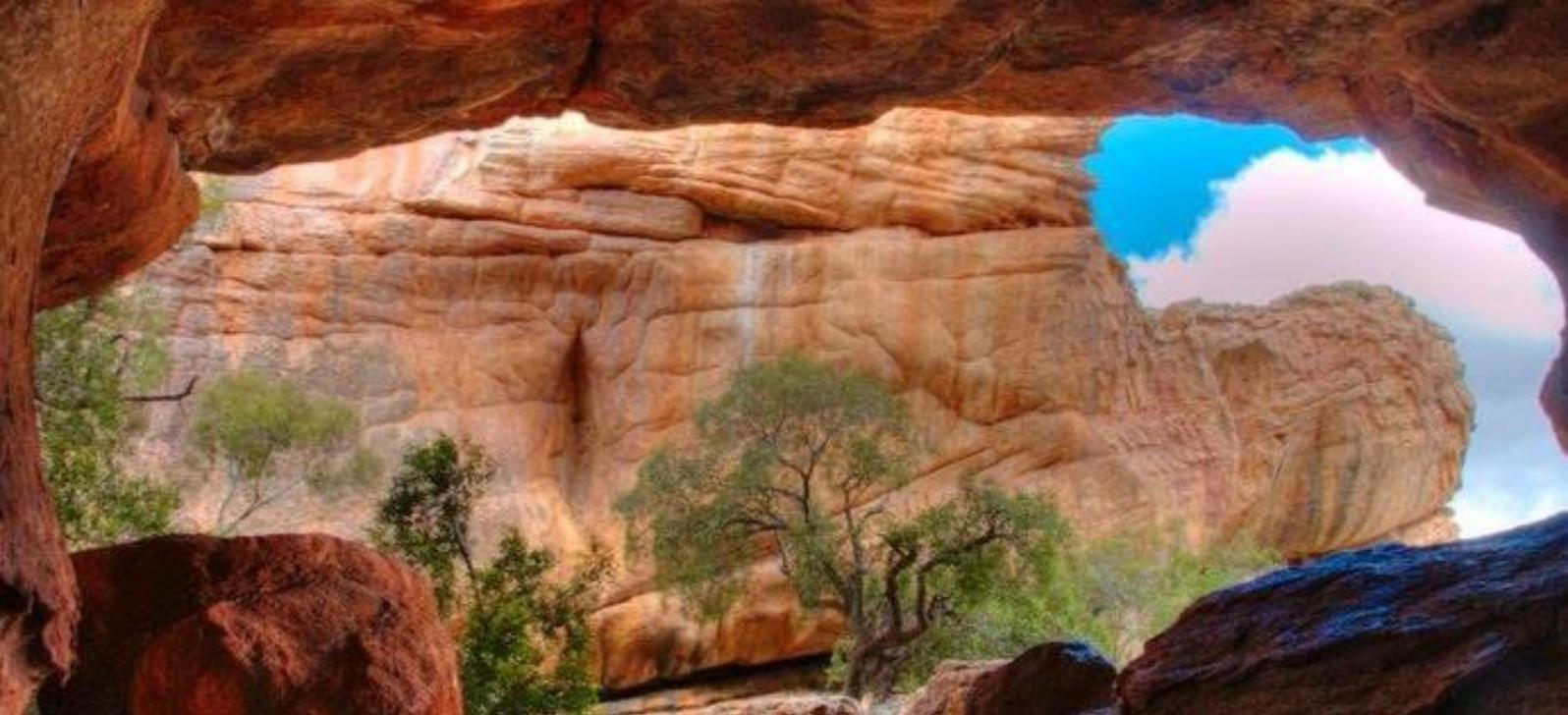
**Investment:** R900 incl tax/vat. and a reading.

**Address:** Sustainability institute (off R310), Lynedoch, Stellenbosch Winelands

**Teacher:** Annelita Reinders MSc, S-Sent ([www.s-sent.nl](http://www.s-sent.nl))

**Registration:** [a.reinders@s-sent.nl](mailto:a.reinders@s-sent.nl)

**Information and registration:** [www.s-sent.nl](http://www.s-sent.nl) or WhatsApp/zoom call with Annelita.



## PROGRAM SETUP

### **Two evening lessons**

During the two evenings of Monday and Thursday we will discover the difference between thinking and intuition. How to get out of your head and into your heart. How you can recognize when something is right for you and follow your intuition in making decisions.

We will practice to stay with yourself while in contact with others and stay on your grounding, within your strength.

### **One-on-one session**

During the course you will also receive a reading.

A reading is a description of your energy. At essence level it gives one insight into your life now, your goals on an essence level and the steps you can take now.

### **Visit to a sacred energy spot**

In addition to the two lessons, there will be a visit to a sacred energy spot in The Western Cape on the Sun 4/9 where we will tap into the powerful and transformative powers of the earth's healing energy. Similar to the power of a magnet, the power of a sacred site is an invisible field of energy permeating the area of the sacred site.

Costs for this optional extra lesson is R350.

## TIME AND DATES

### **Dates:**

Monday 29/8 7pm – 9.30pm

Thursday 1/9 7pm – 9.30pm

Option to join the visit to a sacred energy spot on Sunday 4/9, 10am – 1pm