



Registration

Visit www.pendlehill.org,
or call 610-566-4507, ext. 137

Fee

\$ 100 includes materials and lunch

Travel

Pendle Hill is just 15 minutes from
Philadelphia International Airport,
And 30 minutes outside the city.
The campus is near the Wallingford
Train station on SEPTA's
Media/Elwyn line.



OCTOBER 26, 2019 · 9:30 AM to 4:00 PM

Dreaming at the Well:

Somatic Movement, Visioning, and Mark-Making

An Arts & Spirituality workshop with Lee Nussbaum Fogel

Reconnect with your deep well of nourishment and awaken to the next phase of your right life. This interdisciplinary workshop offers spacious balance of somatic instruction, creative ritual, personalized guidance, community building, and time to rest and integrate.

Through her original method of Somatic Visioning, Lee will facilitate a deep dive into your body as a resource for vital living. We will draw, move, write, and do object-based dream work as entry points to discovering your inner wisdom. You'll learn ways to honor the visions and insights that emerge, allowing them to sustain and inspire you in life and work.

Lee Nussbaum Fogel, MA, RSME/T, is a somatic movement educator and therapist, Reiki practitioner, and interdisciplinary artist inspiring people to live according to their body's wisdom. She is the director and founder of The Visioning Body, a board member of the International Somatic Movement Education and Therapy Association, and a teaching artist of over 15 years. Lee has an MA in Dance and Somatic Wellbeing from the University of Central Lancashire, and a BA in Dance/Visual Arts from Oberlin College. Her Quaker primary education continues to influence her today as she teaches clients embodied ways to honor their Inner Light. Learn more about Lee at www.visioningbody.com.

338 Plush Mill Road
Wallingford, Pennsylvania
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PENDLE HILL

A Quaker Study, Retreat, and Conference Center