



# The Serendipitous Soul

## *Peaceful Living Solutions*

### **Upcoming Class and Workshop Offerings**

More information as well as registration links for all classes can be found under the **“Events” tab on my Facebook Business Page “The Serendipitous Soul” in my store** <https://squareup.com/market/theserendipitousoul> **as well as under the “Classes” tab on my website** [www.theserendipitousoul.com](http://www.theserendipitousoul.com)

Hope to see you soon! My best, always – *Jennifer Raybaud*

Evening classes held at 7 PM at “The Serendipitous Soul” at 27739 Jefferson Ave. – St. Clair Shores – 90-Minute classes are \$25 unless otherwise noted.

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Fri. 1/3 – **“The Four Agreements – Easier Said Than Done” – 6:30 PM** - Join me at **Kitty Deluxe** in SCS - This small book, containing four simple concepts can change your life. Although the concepts are easy to understand, implementing them requires some thought and skill. This class will have us learning how to put these concepts "into play" so we have new ways of thinking, leading to new ways of peace in our everyday life. You don't have to have read the book to enjoy the class. 90-Minutes

**FREE** Community Workshops Monday's - **The Beaumont Health and Fitness Center** Classroom in SCS – **6:30 PM** – We're all about self-care while we become more self-aware! Join me every Monday in January for a new class, we will learn Beginning Meditation 1/6, Becoming a Good Listener 1/13, Beginning Mindfulness 1/20 and Self-Compassion 1/27. Advance registration is required. Call the Beaumont Health and Fitness Center at 586-447-8080 or e-mail your name, address and phone number to [hfcscs@beaumont.org](mailto:hfcscs@beaumont.org) and reserve your seat!

Tuesday's – A BRAND NEW SERIES! – **“Your Self-Care Prescription”** – Begin the new year and the new decade right!

We'll be covering areas you might expect, such as physical and emotional self-care but we'll also dive into the areas of intellectual, social self-care and much more! Tie our subject matter in with the power of spending time with some like-minded souls and you have every reason to spend a bit of your month with us! 4 90-Minute Sessions \$100

Wednesday's – **“Empower U – The Plugging Into Your Supercharged Life Series”** - I am THRILLED to bring this series back to "The Serendipitous Soul" studios. Not only will we be leveraging the group dynamics of gathering together each week, but we'll also dive deep into what your power is, how you maintain it, grow it and get it back if you feel you've lost it. You are only a few ideas and 4 weeks away from living a more supercharged life! This series is designed for those who are not new to self-awareness work. 4 90-Minute Classes - \$100

Thursday's – **“Brene' Your Way Into a Great New Year!”** - SO popular...it's BACK! If you are familiar with the work of author Brene' Brown then you will love these classes and if you are not, we invite you to fall in love with Brene's work. January 9th will focus on “The Gifts of Imperfection.” (worthiness) January 16th will focus on “Daring Greatly.” (vulnerability) January 23rd will focus on “Rising Strong.” (resiliency) And we'll wrap the series on January 30th with “Braving the Wilderness.” (belonging) You do not have to have read the books to join us, but many in fact do after they have been to the workshops. 4 90-Minute Classes \$100

Sat. 1/18 – **“Kindred Spirits – A Women's Circle”** - Welcome to a totally new kind of offering at "The Serendipitous Soul", a women's circle designed to help you connect with yourself and with other women of like-mind. Each month we'll begin with some social time and refreshments, then we'll "deep dive" into a specific self-awareness building topic, we'll enjoy an exercise to help us connect to ourselves more often and with more ease, learning to keep much of the internal and external chatter at bay and finally we'll be participating in a hands-on activity every month as well. 120-Minutes \$30

Sun. 1/26 – **“Take Me Away”** – A 2-Hour Relaxing Mini-Retreat at **Hippie Yoga - 4 PM** - Meditation, gentle stretching, candlelight and goodies await this intentional “quiet time.” Register for this event at [myhippieyoga.com](http://myhippieyoga.com) – 120 Minutes \$25

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*" If you are looking to step up your self-help game or you are on a path to a healthier, better you I highly recommend attending some classes!" - Barbara M.*

\*Ask about our VIP Client Program to earn perks and save while you learn and if you're looking for one-on-one coaching our “Private Perspectives” service might be just the right fit for you. In-Person and online options available.