



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

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

Evening classes held at 6:30 PM at “The Serendipitous Soul” at 27739 Jefferson Ave.
– St. Clair Shores – 90-Minute classes are \$25 unless otherwise noted.

October Meditation Offerings – Tues. 10/6 – 8:30 AM and 6:30 PM

Fri. 10/9 – 8 AM Thurs. 10/15 – 5 PM Sat. 10/17 – 9 AM

Tues. 10/20. (Combo Class) – 6:30 PM Fri. 10/23 – 6:30 PM

Tues. 10/27 – 5 PM Fri. 10/30 – 8 AM (Private classes available – just ask!)

Mon. 10/12 - **The Need to Please - Why You People Please and How to Stop** - Hands down, this is one of my most popular classes. Are you a people pleaser? Don't want to live like that anymore? Then join us for this class filled with mind-opening ideas and tools to help you navigate a healthier way of living. You'll be glad you did. Time to jump back into the driver's seat.

Tues. 10/13 – **Deep Dive - Question Your Thoughts - Free Your Mind** - So often we have a hard time seeing things from different angles - even when we try, we still may end up seeing things from a narrower perspective than what would ultimately serve us. This class will teach you not only how to question your thoughts (especially the ones that are limiting and causing you discomfort) but to investigate what you are thinking so you can see more sides to things and lighten-up or even free yourself anytime your thoughts leave you feeling stuck. This is a class that requires

you to have a very open mind. We keep this class intimate so you can get an issue you're dealing with - worked on!

Thurs. 10/15 - **High Functioning Anxiety - Are You Feelin' It?** - Welcome to this NEW CLASS designed to understand what someone with "High Functioning Anxiety" might look like, whether or not you or someone you love might be exhibiting symptoms, tools you can use to help mitigate HFA, and local resources if professional help might be what's ultimately called for. It's estimated that 18% of the adult population in the US, struggles with some form of anxiety at least once a year and 28% of our population do over a lifetime. We've been told to "suck it up" and "pull up our big girl panties" but when is muddling through becoming detrimental to our health and well-being? I invite you to join us and find out more about HFA.

Fri. 10/16 – 10 – 11:30 AM – **Mindful Parenting – From Tots to Teens** - According to new research, parents who reported using mindful parenting engaged in more positive and less negative parenting behavior, which was then linked to more positive behavior in their kids, equating to less anxiety, depression, and acting out. There is a difference between being a mindful adult and a mindful parent, this class will explain what that is along with practical things you can do in your day to day interactions to build a stronger relationship.

Mon. 10/19 - **Compose Yourself - Music, Mindfulness & Meditation** - Join us for this class which will include a fabulous Mindfulness lesson in how to REALLY enjoy music, followed by (are you ready for this?) a heavy-metal meditation before we take it down a notch! I love teaching this class. Lightbulbs and "Ah-Ha" moments everywhere! If you love music, you'll love it even more after attending this interactive class. We listen, we discuss, we learn. Beautiful!

Weds. 10/21 - **Worthiness - The Gifts of Imperfection** - Join us as we learn about "Wholehearted Living", the things we may wish to consider letting go of, and the things that may serve us well to pick up. Based on best-selling author Brene' Brown's book "The Gifts of Imperfection", worthiness is the name of the game with this class offering. You needn't have read the book to enjoy this class and check out Brene's blockbuster special "A Call to Courage" now available on Netflix.

Thurs. 10/22 - **Being Irritated Less Often - Tools for Living a More Peaceful Life** - This NEW CLASS is designed to share ideas to help you not only allow yourself "the grace of space" but to give others that gift as well. All too often we are just too close to certain situations and people to show up objectively, this class will show us how to approach these times from a more grounded, intentional, clearer stance. How to literally make space between the things that "get our goat" and our peace of mind.

Mon. 10/26 - **Seeking the Stillness - Learn How to Meditate** - Ever been curious about meditation? Think your life could benefit from some more peace but you

wonder if it can fit into your already jam-packed life? Take 90-minutes to find out and join us so you can enjoy some serious peacetime outdoors this fall season! If you've ever sat down and tried to meditate, the thoughts fill your head and you walked away thinking you stunk at meditation THIS is the class for you!

Tues. 10/27 - The Psychology (and Fun!) of Color - This is a totally fun class! Learn about some of the basics of the psychology of color. What color most represents you and how color can be used to support and influence us from the homes we live in, to the lipstick shades we wear. We'll learn how marketing leverages color to reel us in and how we can use our knowledge in the psych of color to better work with our desire for more overall well-being.

Weds. 10/28 - Vulnerability - Daring Greatly - Join us for this class centered around author Brene' Brown's New York Times Best Seller, "Daring Greatly." We'll be discussing vulnerability, misconceptions around it, and how when we make the conscious choice to "show up" in the world with vulnerability as our companion, more joy and connection await! Vulnerability and your ability to live a more wholehearted life! No need to have read the book to take the class.

Thurs. 10/29 - The Healing Power of Gratitude - In this class, we'll be diving deep into a subject most of us think we know a lot about but there's way more to the subject of gratitude than one might imagine. We'll be focusing on very specific "arms" of gratitude like self-care and self-compassion, from cultivating the ability to be alone better to transcending the ego's need to always "want more" and "what's next." A powerful class with a powerful message, especially in these times. Gratitude is the key to finding fulfillment in your life. Let's spend some quality time, focusing in on it.

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.

Love a lot of what you see? Then consider joining our VIP Client Program. 6 Classes of your choosing (\$25 or \$30 offerings) over 4 months for \$150! Enjoy a few other perks as well like a FREE 2-hour relaxing mini-retreat during your active program status – a \$25 value and more!

You'll find all the details and the ability to join in our store:

<https://theserendipitousoul.square.site/>

Looking for more direction and clarity in your life so you can live it with more intention? Then ask me about both my private coaching as well as my wonderful programs like "The Desire Map", "Free & Clear" and "Firestarter's." I would LOVE to chat with you!

theserendipitousoul@gmail.com or [586.298.2710](tel:586.298.2710)
