

**SELINA'S STUDIO**  
Tuesday's 5:30-6:15  
October 15 - December 17 2019 (10 classes)

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**MEDITATION AND MINDFULNESS CLASSES**

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**BY JULIE PAQUETTE**



- 1) MAGIC BOOK MEDITATION
- 2) CAMPING MEDITATION
- 3) THANKSGIVING/GRATITUDE MEDITATION
- 4) SELF-LOVE MEDITATION
- 5) SUPERHEROES MEDITATION (COSTUMED)
- 6) BUTTERFLY MEDITATION
- 7) HAPPINESS MEDITATION
- 8) ENCHANTED FOREST MEDITATION
- 9) SECRET TREEHOUSE MEDITATION
- 10) WINTER WONDERLAND MEDITATION