



Meditation and Mindfulness 7-11 yrs of age

Beginning October 15, 2019

Tuesdays from 5:30 to 6:15

The goal of our classes is to provide children with a relaxing environment by teaching them mindfulness and meditation.

Dimmed lights, soft music, and teaching them how to go beyond the mind and experience peace, rediscover happiness and bliss as well as to foster well bring.

Julie Paquette is a Child and Youth Worker Educator. She graduated in 2001 and has been working for the French catholic school board since. (OSSTF) Ontario Secondary School Teach Federation. Julie has worked in Foster Care, Detox centers, Public and Catholic school boards. Currently she works with special needs children (ADHD, autistic, OCD, ODD, speech delays, learning disabilities).

Julie attended the 'Peace Room' meditation teacher course and was certified in February of this year (2019).



Meditation, Mindfulness Registration Form

Student
First name _____ Last name _____

Date of Birth _____ Age _____

Address
Street & No. _____ Postal code _____

Parent/Guardian
First name _____ Last name _____

Contact Ph # (613) _____ Alt Ph # (613) _____

Contact email _____

Dates Tuesday Oct 15 to Tuesday December 17 Price \$185.00

Anything we should know about? Allergies, injuries, etc.

Signature, Parent or Guardian _____ Date _____

Method of Payment: Cash or Cheque only Please

Bin: 84969 1423 Received by: _____ Received \$ _____

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