

SHADYBROOK
PROGRAM
CATALOG



DECEMBER 2020



Dear Friends,

We welcome fall with open arms and open hearts. This season of change provides a time to slow down from busy summer activities and embrace a slower, more contemplative season.

We are so pleased to report the success of our online programs. We thank everyone who has bravely joined us in the new realm of Zoom meetings.

There have been glitches along the way, but the online platform has allowed us to continue to gather and create our own online community. As much as we welcome the opportunity to meet again in person, we hope you will give our online learning and communities a try!

Please [check our website](#) often as new events are added frequently. We hope to see you at our upcoming programs and events!

Wishing you health & inner peace,
Your Friends At Shadybrook



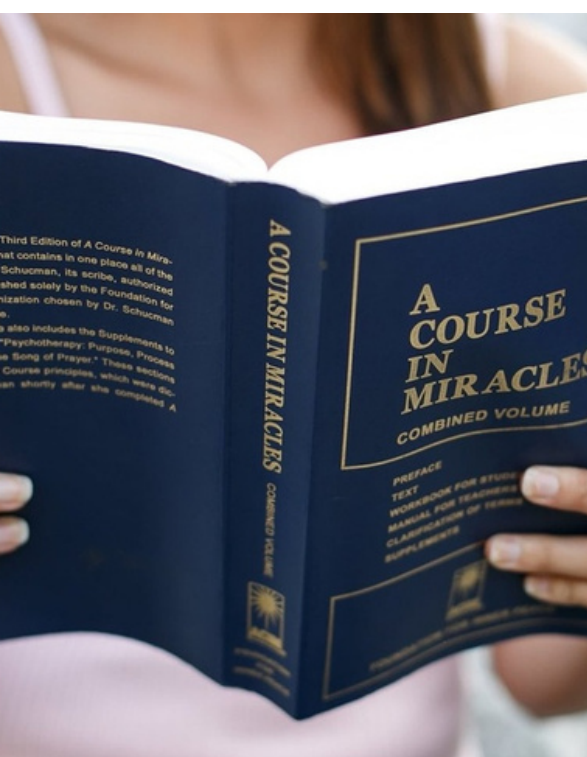
REIKI SELF PRACTICE

Presenter: Nancy Herrick

Thursdays | 3 - 4 pm | Online Program

Donations appreciated

[Click here for more information](#)



A COURSE IN MIRACLES DISCUSSION GROUP

Facilitators: Sharon Vrettas (Day)

Jill Jurcago (Evening group)

Wednesdays Online

4 - 5:30 pm | 1st/3rd Wednesdays

6 - 7:30 pm | 2nd/4th Wednesdays

Donations appreciated

[Click here for more information](#)



THURSDAY MEDITATION

Instructor: Mello Mitchell

Thursdays | 6:30 - 7:15 pm

Online Event

Donations appreciated

[Click here for more information](#)



VIRTUAL REIKI SHARE

Presenter: Nancy Herrick

1st Monday of the month

December 7 | 7 – 8:30 pm

Online Program

Donations appreciated

[Click here for more information](#)



IN SACRED RELATIONSHIP: LAKOTA INDIAN SPIRITUAL WORLDVIEW

Presenter: Don Iannone

Thursday December 10 | 6:30 – 8 pm

Online Program

\$20 members/ \$25 non-members

[Click here for more information](#)



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