



**SHADYBROOK  
PROGRAM  
CATALOG**



**JANUARY 2021**





Dear Friends,

The beginning of the year brings a fresh start filled with hopes, dreams, and excitement for the year ahead.

It's a time to make (and hopefully keep!) New Year's Resolutions that lead to lasting transformations and positive change.

If you have never tried an online program, we ask that you give it a try. In keeping with the New Year, consider trying something new and challenge yourself to be enriched and renewed.

Shadybrook has diverse program offerings planned for Winter 2021 that we hope you will enjoy. As always, please send any ideas for future programs and events.

We hope to see you at our upcoming programs and events, online for now and in-person in the near future.

Wishing you health & inner peace,  
Your Friends At Shadybrook



## **THE POWER OF VISION: 3 KEYS TO MASTERING YOUR RESULTS FOR A LIFE YOU LOVE**

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Instructor: Patti Tatro

Monday, January 11

6:30 – 8:30 pm | Online Event

Donations appreciated

[Click here for more information](#)



## **DIGITAL SPIRITUALITY: WHAT IT MEANS FOR YOUR SPIRITUAL PRACTICE**

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Instructor: Don Iannone

Thursday, January 14

6:30 – 8 pm | Online Event

\$20 members/ \$25 non-members

[Click here for more information](#)



## **HOW WILL WE REMEMBER THESE TIMES?**

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Facilitator: Laura Imbornoni

Tuesdays, January 19- February 23

3 - 4:15 pm | Online Event

Donations appreciated

[Click here for more information](#)





## VIRTUAL REMEMBRANCE SERVICE

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Facilitator: Patrick Gibbons

Saturday, January 30

11 am - 12 pm | Online Event

Donations appreciated

[Click here for more information](#)



## REIKI SELF PRACTICE

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Presenter: Nancy Herrick

Thursdays | 3 - 4 pm | Online Event

Donations appreciated

[Click here for more information](#)



## A COURSE IN MIRACLES DISCUSSION GROUP

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Facilitators: Sharon Vrettas (Day group), 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

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Instructor: Mello Mitchell

Thursdays | 6:30 - 7:15 pm

Online Event

Donations appreciated

[Click here for more information](#)



## VIRTUAL TAI CHI EASY & QIGONG

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Instructor: Mike Reiling

Tuesdays | 10 - 11 am | \$8 per class

Wednesdays | 7 - 8 pm | \$8 per class

Online Program

[Click here for more information](#)



## VIRTUAL REIKI SHARE

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Presenter: Nancy Herrick

1st Monday of the month

7 - 8:30 pm | Online Program

Donations appreciated

[Click here for more information](#)





## Donate To Shadybrook

Your tax-deductible support is important to help fulfill Shadybrook's mission! We are committed to making our services accessible to anyone seeking to enhance their life and realize their human potential, regardless of background or financial status.

## Become a Member Today!

Imagine a world where there is peace, acceptance of all religions, time for quiet meditation and education that thrives on questions. A world that is open to diverse cultures, lifts one another up and one that gives back to others. That is what Shadybrook has been doing for over 60 years!

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