







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

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

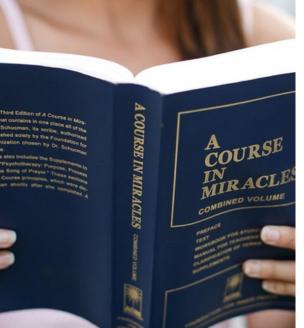
Instructor: Don Iannone
Thursday, January 14
6:30 – 8 pm | Online Event
\$20 members/ \$25 non-members
Click here for more information

HOW WILL WE REMEMBER THESE TIMES?

Facilitator: Laura Imbornoni
Tuesdays, January 19- February 23
3 - 4:15 pm | Online Event
Donations appreciated
Click here for more information







VIRTUAL REMEMBRANCE SERVICE

Facilitator: Patrick Gibbons
Saturday, January 30
11 am – 12 pm | Online Event
Donations appreciated
Click here for more information

REIKI SELF PRACTICE

Presenter: Nancy Herrick
Thursdays | 3 - 4 pm | Online Event
Donations appreciated
Click here for more information

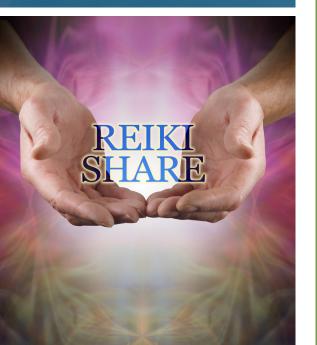
A COURSE IN MIRACLES DISCUSSION GROUP

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

Instructor: Mello Mitchell
Thursdays | 6:30 - 7:15 pm
Online Event
Donations appreciated
Click here for more information

VIRTUAL TAI CHI EASY & QIGONG

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

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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