



**SHADYBROOK
PROGRAM
CATALOG**



MARCH/APRIL 2021



Dear Friends,

Spring has finally sprung, with warmer temperatures and sunshine welcoming this season of growth.

We seek to start anew and embrace the gift of light and transformation. Spring at Shadybrook is an exciting and invigorating season, with many opportunities for learning and exploration.

Our welcoming community is open to all who seek growth opportunities and more vital ways of living and communing with each other.

Come explore and grow with our uplifting community. The journey awaits!

Wishing you health & inner peace,
Your Friends At Shadybrook



COLORWHEELS: AN INTRODUCTION TO THE CHAKRA SYSTEM

Presenter: Terry Lilian Segal
Saturday, February 27 | 11 am – 1 pm
Online Event | \$25 fee

[Click here for more information](#)



VIRTUAL YOGA AND RELAXATION: REPLENISH AND REJUVENATE BODY, MIND, AND SPIRIT

Facilitator: Laura Imbornoni
Various class dates & times in March
Donations appreciated

[Click here for more information](#)



INTEGRAL CHRISTIANITY- A BOOK DISCUSSION

Instructor: Mike Reiling
Sundays, February 21 - March 28
7- 8:30 pm | Online Program
\$8 per session

[Click here for more information](#)



AROMATHERAPY FOR EMOTIONAL WELL-BEING

Instructor: Cassandra Rose

Tuesday, March 9 | 6:30 – 8 pm

Online Event

\$20 members/ \$25 non-members

[Click here for more information](#)



SMALL CHANGES WITH BIG IMPACT: HABITS TO SUPPORT YOU IN UNCERTAIN TIMES

Presenter: Eric Zimmer

Saturday, March 13 | 10:15 am – 12:15pm

Online Event | \$35 fee

[Click here for more information](#)



ATHEISM AND THE END OF LIFE

Facilitator: Patrick Gibbons

Saturday, March 20 | 10 am – 1 pm

Online Event

\$20 members/ \$25 non-members

[Click here for more information](#)



CONTEMPLATIVE BUDDHIST POETRY: PATHWAYS TO THE SACRED

Instructor: Matt Gesicki

Saturday, April 24 | 1- 2:30 pm

Online Program

\$25 registration fee

[Click here for more information](#)



JOURNALING CIRCLE ONLINE

Facilitator: Mike Reiling

Mondays, April 5 – May 24 | 7 – 8:30 pm

Online Event | \$8/session

[Click here for more information](#)



CHANGE IS COMING: CHALLENGING OUR PREJUDICES AND ATTITUDES

Facilitator: Rev. Shirley Nelson

Coming Soon!

TBD April 2021



HAVE A GREAT IDEA FOR A PROGRAM OR PRESENTER?

[Click here to let us know!](#)



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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