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



ACRED SUPPORT heading



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 <u>Click here for more information</u>





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

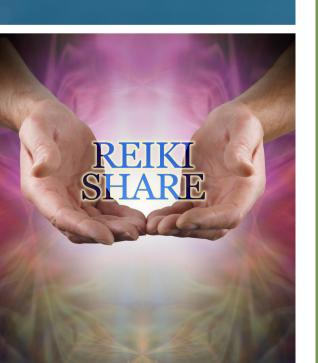
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VIRTUAL REIKI Share

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.

<u>Become a Member Today!</u>

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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