



**SHADYBROOK  
PROGRAM  
CATALOG**



**SUMMER 2021**



Dear Friends,

In the summer, the warmth carries us outside. We can enjoy the warm weather, sunshine, and gentle, quiet nights. Having summer activities helps us improve body, mind, and spirit.

There are many summer programs to enjoy at Shadybrook this summer, and they all offer opportunities to help grow and connect.

We offer many opportunities to challenge our minds, open our hearts, and strengthen our bodies. Try a new Shadybrook program this summer to expand your knowledge and broaden your experiences.

Relax, grow, laugh and love in this summer. Allow your joy and love to shine!

Wishing you health & inner peace,

Your Friends At Shadybrook





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

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Instructor: Laura Imbornoni  
Gentle Yoga, Moderate Yoga & Chair  
Yoga | Online | Donations  
appreciated

Various class dates & times

[Click here for more information](#)



## REIKI SELF PRACTICE

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Instructor: Nancy Herrick  
Thursdays | 3- 4 pm | Online  
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)  
Online

3:30- 5 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  
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

[Click here for more information](#)



## VIRTUAL REIKI SHARE

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Instructor: Nancy Herrick  
1st Monday of the month  
7- 8:30 pm | Online  
Donations appreciated

[Click here for more information](#)





## **VIRTUAL PRANAYAMA WORKSHOP - YOGIC BREATHING AND LIFE FORCE**

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Instructor: Laura Imbornoni  
Tuesdays, June 8- 22 | 6- 7 pm  
Online | Donations appreciated

[Click here for more information](#)



## **ZENTANGLE® MEDITATION**

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Facilitators: Judy Montgomery and  
Shirley Nelson  
Saturday, June 26 | 12- 2 pm  
In-person | Donations appreciated

[Click here for more information](#)



## **CORONA COASTERS: MEDITATION AND GUIDED IMAGERY STRESS RELEASE GROUP**

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Presenter: Barbara L. Austin, EdD  
Sundays | 4:30- 5:30 pm EDT | Online  
Donations appreciated

[Click here for more information](#)



## SPIRITUALITY, HOPE, AND THE END OF LIFE

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Facilitator: Patrick Gibbons

Saturday, July 10 | 10am- 1pm

In-person event | \$20 members / \$25  
non-members

[Click here for more information](#)



## FOREST BATHING WALK

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Instructor: Mary Alice Mastrovito

Saturday, July 17 | 1:45- 4:30 pm

North Chagrin Reservation

\$25 members/\$30 non-members

[Click here for more information](#)



## HAVE A GREAT IDEA FOR A PROGRAM OR PRESENTER?

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[Click here to let us know](#)





## BLACK WOLF MEDICINE WORKSHOP

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Presenter: Henry Reed

Sunday, July 25 | 10:30 am- 3 pm

In-person

\$20 members/\$25 non-members

[Click here for more information](#)



## CHOOSE HAPPINESS: CULTIVATE JOY

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Presenter: Diane Kopp

Saturday, August 7 | 1- 2:30 pm

In-person

\$20 members/\$25 non-members

[Click here for more information](#)



## CHANGE IS COMING DISCUSSION GROUP; CHALLENGING OUR PREJUDICES AND ATTITUDES

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Facilitators: Shirley Nelson and Laura Imbornoni

Saturday, July 24 | 12:30- 2 pm

Online | 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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