







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.

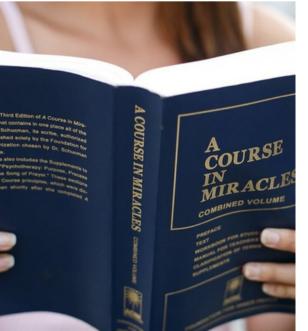
Relax, grow, laugh and love in this summer. Allow your joy and love to shine!

Wishing you health & inner peace,

Your Friends At Shadybrook







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

Instructor: Laura Imbornoni
Gentle Yoga, Moderate Yoga & Chair
Yoga | Online | Donations
appreciated
Various class dates & times
Click here for more information

#### REIKI SELF PRACTICE

Instructor: Nancy Herrick
Thursdays | 3-4 pm | Online
Donations appreciated

Click here for more information

## A COURSE IN MIRACLES DISCUSSION GROUP

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







## THURSDAY MEDITATION

Instructor: Mello Mitchell Thursdays | 6:30- 7:15 pm | Online Donations appreciated

Click here for more information

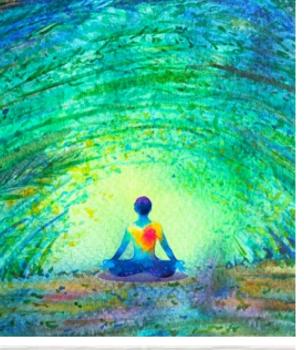
### VIRTUAL TAI CHI EASY & QIGONG

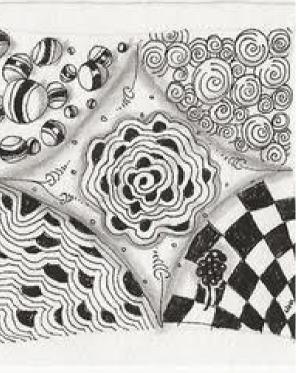
Instructor: Mike Reiling
Tuesdays | 10-11 am | \$8 per class
Wednesdays | 7-8 pm | \$8 per class
Online

Click here for more information

#### VIRTUAL REIKI SHARE

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







# VIRTUAL PRANAYAMA WORKSHOP - YOGIC BREATHING AND LIFE FORCE

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

Click here for more information

## ZENTANGLE® MEDITATION

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

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







## SPIRITUALITY, HOPE, AND THE END OF LIFE

Facilitator: Patrick Gibbons
Saturday, July 10 | 10am- 1pm
In-person event | \$20 members / \$25
non-members

Click here for more information

#### FOREST BATHING WALK

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?

Click here to let us know







## BLACK WOLF MEDICINE WORKSHOP

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

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

Facilitators: Shirley Nelson and Laura Imbornoni Saturday, July 24 | 12:30-2 pm Online | Donations appreciated







#### **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!

Visit Us Online:

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<u>Instagram</u> <u>Twitter</u>