



## Shadybrook Programs Summer 2021

Visit [Shadybrook.org](http://Shadybrook.org) to register

### New Programs

Virtual Pranayama Workshop: Yogic Breathing and Life Force

Instructor: Laura Imbornoni

Tuesdays, June 8- 22 | 6 – 7 pm | Online Event | Donations appreciated

Zentangle® Meditation

Facilitators: Judy Montgomery and Shirley Nelson

Saturday, June 26 | 12- 2 pm | In-person | Donations appreciated

Spirituality, Hope, and the End of Life

Facilitator: Patrick Gibbons

Saturday, July 10 | 10am – 1pm | In-person | \$20 / \$25

Forest Bathing Walk

Instructor: Mary Alice Mastrovito

Saturday, July 17 | 1:45 – 4:30 pm | North Chagrin Reservation

\$25 members/ \$30 non-members

Black Wolf Medicine Workshop

Presenter: Henry Reed

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

\$20 members/\$25 non-members

Choose Happiness: Cultivate Joy

Presenter: Diane Kopp

Saturday, August 7 | 1 – 2:30 pm | In-person

\$20 members/ \$25 non-members

## Ongoing Programs

### Corona Coasters: Meditation and Guided Imagery Stress Release Group

Facilitator: Barbara L. Austin, EdD, BCH, CCHt, CSMC

Sundays | 4:30 – 5:30 pm ET | Online Event | Donations appreciated

### Virtual Yoga and Relaxation: Replenish and Rejuvenate Body, Mind, and Spirit

Instructor: Laura Imbornoni

Gentle Yoga, Mondays, April 5- August 23

Yoga with Chairs, Thursdays, April 8- August 26

Moderate Yoga, Thursdays, April 8- August 26

Moderate Yoga, Saturdays, April 3- August 28

Donations appreciated

### Journaling Circle Online

Facilitator: Mike Reiling

Mondays, April 5– May 24 | 7 – 8:30 pm | Online Event | \$8/session

### Virtual Tai Chi Easy & Qigong

Instructor: Mike Reiling

Tuesdays | 10- 11 am | Online Program | \$8 per class

### A Course In Miracles- Online Book Study

1st/3rd Wednesdays

3:30- 5 pm (Daytime program)

Facilitator: Sharon Vrettas

2nd/4th Wednesdays

6- 7:30 pm (Evening program)

Facilitator: Jill Jurcago

### Thursday Online Meditation

Instructor: Mello Mitchell

Thursdays | 6:30 pm (45-60 min.) | Online Event | \$10 donation suggested

### A Reiki Self Practice Gathering

Instructor: Nancy Herrick, RMT

Thursdays | 3- 4 pm | Online Event | Donations appreciated

### Virtual Reiki Share at Shadybrook

1st Monday of each month | 7- 8:30 pm | Online

\$5-10 donation suggested