



Shadybrook Programs Fall 2021

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

New Programs

Dreams: Inner Guidance

Presenter: Laura Chapman, MA, LSW

Thursday, September 9 | 7 – 8 pm | Online Event | \$15 fee

Presented in partnership with River's Edge

Self-Counseling with the Tarot

Presenter: Elzi Fincun

Thursdays: September 9, 16, 23 | 7- 8:30 pm

Online | \$50 Members/ \$60 Non-members

Usui/Holy Fire® III Reiki I Training

Instructor: Nancy Herrick, RMT

Saturday, September 25 | 9:30- 5 pm | *In-person | \$150 members/ \$175 non-members

Healing Through the Chakras

Presenter: Jan Webber

Thursday, September 30 | 7 – 8:30 pm | Online Event

\$20 members/ \$25 non-members

Writing for Your Life: Starting a Journaling Practice

Instructor: Mike Reiling

Sundays, October 10- November 7

7 – 8:30 pm | Online Event | \$8/session

Dreaming In Color: Race In the Unconscious

Presenter: Fanny Brewster, Ph.D.

Saturday, October 9 | 1 – 3 pm | Online Event | \$45 fee

Presented in partnership with River's Edge

Responding To Our Climate Crisis

Presenter: Mike Reiling

Mondays, October 11- November 15 | 7 – 8:30 pm | Online Event | \$8/session

Presented in partnership with River's Edge

Shadybrook.org programs

Death Is But a Dream: Finding Hope and Meaning at Life's End

Book Discussion Group

Facilitator: Patrick Gibbons

Saturday, October 16 | 10am – 1pm | In-person event | \$20 / \$25

Zen, Jazz, and the Creative Art of Everyday Living

Presenter: Dean Williams

Wednesday, October 20 | 6:30 – 8 pm | In-person and Online

\$20 members/ \$25 non-members

Still On Fire: Forging a Faith of Justice and Joy

Presenter: Jan Phillips

Tuesday, October 19 | 7 – 8 pm | Online Event | Donations appreciated

Presented in partnership with River's Edge

Virtual Remembrance Service

Facilitator: Patrick Gibbons

Saturday, November 6 | 11am – 12pm | Online Event | Donations appreciated

A Hodgepodge and Mishmosh of Miscellaneous Mirth & Merriment with a Modicum of Meaningful Messages

Presenter: Mike Wojciechowicz

Friday, November 5 | 7 – 8 pm | In-person | Donations appreciated

Laughter Yoga

Presenter: Christine Smith

Thursday, November 18 | 7 – 8 pm | In-person | \$10 Member/ \$12 Non-member

Virtual Pranayama Workshop: Yogic Breathing and Life Force

Instructor: Laura Imbornoni

October 2021 | Dates TBD | Online Event | Donations appreciated

Ongoing Programs

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

Instructor: Laura Imbornoni

Fall 2021| Donations appreciated

Virtual Tai Chi Easy & Qigong

Instructor: Mike Reiling

Tuesdays, October- December | 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

A Reiki Self Practice Gathering

Instructor: Nancy Herrick, RMT

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

Thursday Online Meditation

Instructor: Mello Mitchell

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

Corona Coasters: Meditation and Guided Imagery Stress Release Group

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

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

Virtual Reiki Share at Shadybrook

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

Food For Thought: Wine & Cheese Socrates Café Thought Exchange

Facilitator: Tiger K'Lynn

2nd Friday of each month | 7- 9 pm | In-person