



## Shadybrook Programs Winter 2022

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

### New Programs

Virtual Pranayama Workshop: Alternate Nostril Breathing and Life Force

Instructor: Laura Imbornoni

Tuesdays, January 18 & 25 | 6-7 pm | Online Event | Donations appreciated

Ayurvedic Winter Foods and Healing Spices

Presenter: Julie Konrad

Wednesday, January 19 | 6:30- 8 pm | Online Event | \$20 members/\$25 non-members

Winter Forest Bathing

Presenter: Mary Alice Mastrovito

Saturday, January 22 | 1:45- 4:30 pm

Chesterland | \$25 members/ \$25 non-members

Moving Forward No Matter What

Presenter: Oakland Lewis

Thursday, January 27 | 6:30- 8 pm | In-person | \$20 members/ \$25 non-members

Yoga For Osteoporosis and Osteopenia

Instructor: Laura Imbornoni

Tuesdays, February 1- 22 | 6- 7 pm | Online Event

\$35 members/ \$40 non-members

Shamanic Power Portals: The Sacred Art of Earth Spirit Circles

Presenter: Elizabeth E. Meacham, Ph.D.

Thursday, February 3 | 7- 9 pm | In-person and online | \$8/session

Forgiveness Meditation

Instructor: Mello Mitchell

Tuesday, February 8 | 6:30- 7:30 pm | Online Event | \$45 fee

The Five Invitations: Discovering What Death Can Teach Us About Living Fully

Facilitator: Patrick Gibbons

Saturday, March 19 | 10am- 1 pm | In-person | \$20 members/ \$25 non-members

Shadybrook.org programs

Hodgepodge and Mishmosh

Presenter: Mike Wojciechowicz

Friday, April 15 | 7- 8 pm | In-person | Donations appreciated

## Ongoing Programs

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

Instructor: Laura Imbornoni

Tuesday/Thursday/Saturday | 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

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 Saturday of each month | 1- 3 pm | In-person