



Shadybrook Programs
Spring/Summer 2022
Visit [Shadybrook.org](https://www.shadybrook.org) to register

New Programs

Healing Current: Meditative Prayer

Presenter: Joshua Inacio

Thursday, March 31 | 6:30- 8 pm | In-person | Donations appreciated

Basics of Astrology

Instructor: Sharon Vrettas

Tuesdays, April 5- 26 | 7- 9 pm | Online Event

\$80 members/ \$100 non-members

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

Facilitator: Patrick Gibbons, 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, April 9 | 10am- 1 pm | In-person | \$20 members/ \$25 non-members

Hodgepodge and Mishmosh

Presenter: Mike Wojciechowicz

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

Spiritual Experience and Brain Science

Presenters: Mike Reiling and Carol Williams

Saturday, April 23 | 9am- 3 pm | Online | \$60 fee

Speculative Poetry Workshop (4-week series)

Instructor: Batya Weinbaum

Mondays, May 2- 23 | 11am- 12 pm | Online Event | \$100 for series or \$35/class

Shadybrook.org programs

Spring Forest Bathing

Presenter: Mary Alice Mastrovito

Saturday, May 14 | 1:30- 4:30 pm

North Chagrin Reservation | \$25 members/ \$25 non-members

Depth Psychology, Sweat Lodge, and the Peaceful World They Share

Presenter: Chris Reynolds

Tuesday, May 17 | 7-8:30 pm | In-person | \$20 members/ \$25 non-members

Create An Energetic Sand Mandala

Presenter: Alsie Clay

Thursday, June 2 | 7-8:30 pm | In-person | \$25 members/ \$30 non-members

The Power of The Drum: Sound Meditative Healing Circle

Presenter: Barbara Anne Tisi

Friday, June 3 | 6:30- 8:30 pm | In-person | Donations appreciated

Sound Healing Private Sessions with Barbara Anne Tisi

Presenter: Barbara Anne Tisi

Saturday, June 4 | 9am – 4 pm | In-person | \$45 for 30 minutes/ \$65 for 45 minutes

Introduction To St. Hildegard of Bingen

Presenter: Rev. Shanon Sterringer, PhD

Wednesday, June 15 | 7- 8:30 pm | Online | \$20 members/ \$25 non-members

Black Wolf Medicine

Presenter: Henry Reed

Saturday, June 18 | 1 – 4:30 pm | Chapin Forest | \$20 members/ \$25 non-members

Hildegard of Bingen: Medieval Herbalist (3-week series)

Presenter: Rev. Shanon Sterringer, PhD

Wednesdays, July 13- 27 | 7- 8:30 pm | Online | \$60 members/ \$75 non-members

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

Online Program | Donations appreciated

1st/3rd Wednesdays

3:30- 5 pm (Daytime program)

Facilitator: Sharon Vrettas

2nd/4th Wednesdays

6- 7:30 pm (Evening program)

Facilitator: Jill Jurcago

Intention Circle

Facilitators: Christa Luck/Sharon Vrettas

2nd/4th Wednesdays| 3:30- 5 pm | Online Program | Donations appreciated

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

Painting From the Divine Feminine

Instructor: Batya Weinbaum

Friday | 9- 10 am| Online Event | \$20 fee

Creative Writing Through Myth

Instructor: Batya Weinbaum

Friday | 10- 11 am| Online Event | \$20 fee

Virtual Reiki Share at Shadybrook

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

Monthly Astrology Chart Chat

Facilitator: Sharon Vrettas

2nd Tuesday of each month | 7:30- 9 pm | Online | \$8 members/ \$10 non-members

Food For Thought: Wine & Cheese Socrates Café Thought Exchange

Facilitator: Tiger K'Lynn

2nd Friday of each month | 7- 9 pm | In-person | \$20 members/ \$25 non-members