







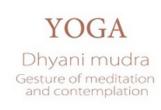
Dear Friends,

We welcome fall with open arms and open hearts. This season of change provides a time to slow down from busy summer activities and embrace a slower, more contemplative season.

We are so pleased to report the success of our online programs. We thank everyone who has bravely joined us in the new realm of Zoom meetings. There have been glitches along the way, but the online platform has allowed us to continue to gather and create our own online community. As much as we welcome the opportunity to meet again in person, we hope you will give our online learning and communities a try!

We have seventeen programs to choose from in October and November. Please check our website often as new events are added frequently. We hope to see you at our upcoming programs and events!

Wishing you health & inner peace, Your Friends At Shadybrook









SHELTER WITH GENTLE YOGA

Instructor: Laura Imbornoni

Mondays: September 14 - October 26

3:30 - 4:30 pm | Online Event

Donations appreciated

Click here for more information

JOURNALING CIRCLE ONLINE

Facilitator: Mike Reiling

Sundays: October 4 - November 29

7 - 8 pm | Online Event

\$8/class

Click here for more information

OPENING THE DOOR TO THE LIVING WORLD OF SPIRIT

Facilitator: Molly Hastings

Wednesdays: October 7, 14, 21, 28

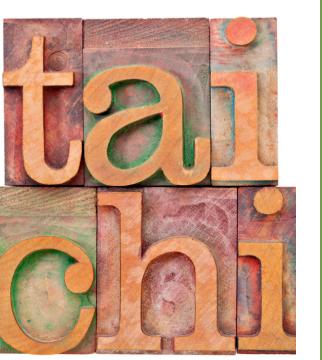
7-8:30 pm | Online Event

\$20 members per class

Click here for more information







MODERATE YOGA

Instructor: Laura Imbornoni Thursdays: September 17 -

October 29 | 6 - 7 pm | Online Event

Donations appreciated

Click here for more information

INTRODUCTION TO EMOTION CODE AND BODY CODE

Instructor: Ruth Kent
Tuesday, October 13 | 6:30 – 8 pm
Online Event
Donations appreciated
Click here for more information

FREE INTRODUCTION TO T'AI CHI CHIH

Instructor: Donna Tiroly
Monday, October 19 | 6:30 - 8 pm
Online Program
Donations appreciated
Click here for more information







INTRODUCTION TO AYURVEDA

Instructor: Julie Konrad
Tuesday, October 20 | 6:30 – 8 pm
Online Event
\$5 members/ \$10 non-members
Click here for more information

GRIEF AND COVID-19 DISCUSSION GROUP

Facilitator: Patrick Gibbons
Saturday, October 24 | 10 am - 1 pm
Online Event
\$20 members/ \$25 non-member
Click here for more information

SUBTLE AROMATHERAPHY: USING ESSENTIAL OILS FOR CHAKRA BALANCING

Instructor: Cassandra Rose
Tuesday, October 27 | 6:30 – 8 pm
Online Event
\$20 members/ \$25 non-members
Click here for more information







SOUND ALCHEMY GROUP

Presenter: Joshua Inacio
Tuesday, November 3 | 6:30 - 8 pm
|Online Event
\$20 members/ \$25 non-members
Click here for more information

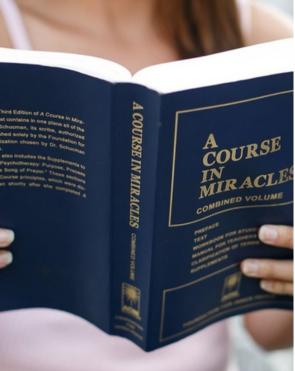
T'AI CHI CHIH PRACTICE

Instructor: Donna Tiroly
Tuesdays (starting November 10)
6:30 - 8 pm | Online Program
Donations appreciated
Click here for more information

MOVING THROUGH THE ENERGY AND EMOTION OF GRIEF

Facilitator: Joanne Scullin
Saturday, November 21 | 1 - 3 pm
Online Event | Fee: \$25
Click here for more information







REIKI SELF PRACTICE

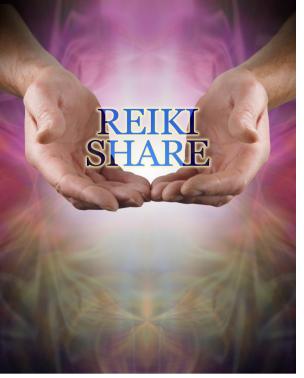
Presenter: Nancy Herrick
Thursdays | 3 - 4 pm | Online Program
Donations appreciated
Click here for more information

A COURSE IN MIRACLES DISCUSSION GROUP

Facilitators: Sharon Vrettas (Day group), Jill Jurcago (Evening group)
Wednesdays Online
4 – 5:30 pm | 1st/3rd Wednesdays
6 - 7:30 pm | 2nd/4th Wednesdays
Donations appreciated
Click here for more information

THURSDAY MEDITATION

Instructor: Mello Mitchell
Thursdays | 6:30 - 7:15 pm
Online Event
Donations appreciated
Click here for more information







VIRTUAL REIKI SHARE

Presenter: Nancy Herrick
1st Monday of the month
7 - 8:30 pm | Online Program
Donations appreciated
Click here for more information

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!

Become a Shadybrook Member!

Visit Us Online:

<u>Shadybrook.org</u> <u>Facebook</u>

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