



SHADYBROOK
PROGRAM
CATALOG



OCTOBER-NOVEMBER 2020



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

YOGA

Dhyani mudra
Gesture of meditation
and contemplation



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 AROMATHERAPY: 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 Tirolly

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](#)



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!

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