



**SHADYBROOK  
PROGRAM  
CATALOG**



**APRIL/MAY 2021**



Dear Friends,

Spring has finally sprung, with warmer temperatures and sunshine welcoming this season of growth.

We seek to start anew and embrace the gift of light and transformation. Spring at Shadybrook is an exciting and invigorating season, with many opportunities for learning and exploration.

Our welcoming community is open to all who seek growth opportunities and more vital ways of living and communing with each other.

Come explore and grow with our uplifting community. The journey awaits!

Wishing you health & inner peace,

Your Friends At Shadybrook





## CORONA COASTERS: MEDITATION AND GUIDED IMAGERY STRESS RELEASE GROUP

---

Presenter: Barbara L. Austin, EdD  
Sundays | 4:30- 5:30 pm EDT | Online  
Donations appreciated

[Click here for more information](#)



## REIKI SELF PRACTICE

---

Instructor: Nancy Herrick  
Thursdays | 3- 4 pm | Online  
Donations appreciated

[Click here for more information](#)



## A COURSE IN MIRACLES DISCUSSION GROUP

---

Facilitators: Sharon Vrettas (Day  
group), Jill Jurcago (Evening group)  
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  
Donations appreciated

[Click here for more information](#)



## VIRTUAL TAI CHI EASY & QIGONG

---

Instructor: Mike Reiling  
Tuesdays | 10- 11 am | \$8 per class  
Wednesdays | 7- 8 pm | \$8 per class  
Online

[Click here for more information](#)



## VIRTUAL REIKI SHARE

---

Instructor: Nancy Herrick  
1st Monday of the month  
7- 8:30 pm | Online  
Donations appreciated

[Click here for more information](#)





## **VIRTUAL PRANAYAMA WORKSHOP - YOGIC BREATHING AND LIFE FORCE**

---

Instructor: Laura Imbornoni  
Thursday, April 1; Monday, April 5;  
Monday, April 12 | 6- 7 pm | Online  
Donations appreciated

[Click here for more information](#)



## **VIRTUAL YOGA AND RELAXATION: REPLENISH AND REJUVENATE BODY, MIND, AND SPIRIT**

---

Instructor: Laura Imbornoni  
Gentle Yoga, Moderate Yoga & Chair  
Yoga | Online | Donations appreciated  
Various class dates & times in April

[Click here for more information](#)



## **JOURNALING CIRCLE ONLINE**

---

Instructor: Mike Reiling  
Mondays, May 5 - May 24  
7- 8:30 pm | Online  
Donations appreciated

[Click here for more information](#)



## **CHANGE IS COMING: CHALLENGING OUR PREJUDICES AND ATTITUDES**

---

Facilitators: Shirley Nelson and  
Laura Imbornoni

Saturday, April 10 | 11 am- 12:30 pm  
Online | Donations appreciated

[Click here for more information](#)



## **FOREST BATHING WALK**

---

Instructor: Mary Alice Mastrovito  
Saturday, April 17 | 1:45- 4:30 pm  
North Chagrin Reservation  
\$25 members/\$30 non-members

[Click here for more information](#)



## **CONTEMPLATIVE BUDDHIST POETRY: PATHWAYS TO THE SACRED**

---

Instructor: Matt Gesicki  
Saturday, April 24 | 1- 2:30 pm  
Online | \$25 registration fee

[Click here for more information](#)





## POST PANDEMIC PERSPECTIVE - A WRITING RITUAL ON LOVE, LOSS & ACCEPTANCE

---

Facilitator: Shirley Nelson

Saturday, May 15 | 11 am- 12:30 pm

Online | Donations appreciated

[Click here for more information](#)



## BECOMING THE MYSTICS AND PROPHETS WE ARE BORN TO BE

---

Instructor: Jan Phillips

Saturday, May 8 | 1- 2:30 pm

Online | \$25 registration fee

[Click here for more information](#)



## HAVE A GREAT IDEA FOR A PROGRAM OR PRESENTER?

---

[Click here to let us know](#)



## Donate To Shadybrook

Your tax-deductible support is important to help fulfill Shadybrook's mission! We are committed to making our services accessible to anyone seeking to enhance their life and realize their human potential, regardless of background or financial status.

## 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!

Visit Us Online:

[Shadybrook.org](http://Shadybrook.org) [Facebook](#)

[Instagram](#) [Twitter](#)