



# Education 2026

Classes and workshops at the Center  
from **January** through **June 2026**

[cslsr.org/edu](http://cslsr.org/edu)

 *Center for  
Spiritual Living  
Santa Rosa*

## Why Take Classes at the Center?

I believe the way our center shares education is special. Our educators are constantly innovating how they teach Science of Mind principles. They actively seek to learn new approaches to spirituality—which they pass on through our spiritual enrichment courses, classes focused on a specific spiritual topic that can enhance our understanding of Science of Mind. Helping everyone live the best life possible is our passion, and that is why we love to teach.

In addition to learning about the Science of Mind philosophy and how to apply it, being in a class is one of the best ways to enter more deeply into our spiritual community. It is a wonderful opportunity to meet and get to know people from many different backgrounds.

I often hear from our students how our classes help enrich their lives. Here is what one student recently shared:

*“Having not taken a spiritual practices course at the center in several years, I was in need of a solid, foundational refresher. ‘Spiritual Principles and Practices’ fit the bill perfectly. I needed to get back into a daily practice routine, especially with regard to meditation. The course gave me exactly what I needed. As a result, I now have a daily meditation practice that I feel comfortable and consistent with. I would heartily and enthusiastically recommend this class to anyone seeking spiritual wisdom, as well as any other class at the center.”*

I look forward to seeing you in class!

With gratitude,  
Rev. Russ Legear

## January through June 2026

(C) Core Curriculum • (S) Spiritual Enrichment Course • (W) Workshop • (B) Book Study

**Please note: All dates, times, and details are subject to change. Be sure to pick up the latest catalog, or check our website [cslsr.org](http://cslsr.org), for the most up to date information. You can find the catalog print date on the back cover.**

(W) New Member Orientation Class, Sunday 1/25 at 1 pm .....	5
(S) Finding Abundance in Austerity, starts Tuesday, 2/10 at 6 pm .....	6
(W) Spiritual Mind Treatment for Beginners, Sunday 2/15 at 1 pm .....	7
(S) Help for Today, starts Monday, 2/23 at 6 pm .....	8
(C) Foundations of Science of Mind, starts Tuesday, 3/10 at 6 pm .....	9
(C) The Mystical Path, starts Thursday, 3/12 at 9:30 am .....	10
(W) Conscious Recovery Workshop, Sunday 3/8 at 1 pm .....	11
(S) The Practice of Self Forgiveness, Tuesdays, 4/14 at 6 pm .....	12
(S) Zen Writing with Tamarya, Wednesdays, 6/3 at 10 am .....	13

**More coming soon! Keep an eye out for updated Education Catalogs at the Info Desk and on our website, [cslsr.org](http://cslsr.org).**





## **(W) New Member Orientation Class**

**Sunday, Jan. 25 • 1 to 3 pm**

What does it mean to be a member at our Center? Members are active, loyal, and supporting of our community. It's how we claim the Center for Spiritual Living as our "spiritual home."

Membership at our Center also comes with many benefits: one-time emergency financial assistance after a year's membership; a free spiritual coaching session with one of our licensed prayer practitioners; a free workshop; and a coupon for our bookstore. Members also are empowered to vote on business items in our annual member meeting.

Join Dr. Edward and Rev. Russ to find out how our Center works, how to navigate our website to find exactly what you need, and to say "yes" to being a member in our community.

*Teachers: Dr. Edward Viljoen & Rev. Russ Legear*

*Cost: FREE*

*Workshop*

*In person and on Zoom*



## **(S) Finding Abundance in Austerity: Letting Go as a Spiritual Practice**

**Tuesdays, Feb. 10 – Mar. 3 • 6 to 7:30 pm**

It can be challenging to give something up. This is why the practice of letting go is an important aspect of many spiritual traditions. Christianity has Lent; Islam has Ramadan; Buddhism invites us to give up attachment to everything!

Such practices are designed to help us better understand our essential nature. Who are we without our stuff, without our habits? How can we live a rich, abundant life, regardless of how much money is in our bank account? What does life look like when we step into our calling, regardless of what it pays?

We will answer these questions and more as we explore the sacred practice of letting go with Rev. Russ.

*Teacher: Rev. Russ Legear  
Cost: \$50-100 Sliding scale  
Core Class • 4 weeks  
In Person and On Zoom*





*Spiritual Mind*  
*Treatment*  
**FOR  
BEGINNERS**

## **(W) Spiritual Mind Treatment for Beginners**

**Sunday, Feb. 15 • 1 to 3 pm**

Spiritual Mind Treatment is a powerful form of affirmative prayer that aligns your thoughts with spiritual truth and opens the way for transformation. In this beginner-friendly workshop, you'll learn the five steps of Treatment and how to use them to shift your mindset and align with the law of cause and effect in your daily life.

New to Science of Mind? This is the class for you. Curious about how affirmative prayer works? This is the class for you! You'll walk away with a practical understanding of how to speak your word with confidence and spiritual authority.

This is a safe, supportive space to explore a life-changing practice. No experience needed, just an open mind and a willingness to try.

*Teacher: Dr. Edward Viljoen*  
*Cost: \$25-45 Sliding scale*  
*Workshop*  
*In person at the center*



## **(S) Help for Today**

***Mondays, Feb 23 – Mar. 16 • 6 to 7:30 pm***

Help for Today is a four-week class based on Help for Today by Ernest Holmes and William D. Hornaday, offering clear, usable spiritual guidance for navigating personal and collective challenges in a complex world.

The class explores how individual consciousness contributes to a better world, how spiritual self-reliance strengthens confidence and clarity, how fear spreads and how it can be consciously interrupted, and how the practice of blessing reshapes both inner life and outer relationships.

Designed for a mixed audience, this course emphasizes real-life application, personal insight, and ethical engagement with the world around us.

*Teacher: Dr. Edward Viljoen  
Cost: \$50-100 Sliding scale  
Spiritual Enrichment Class • 4 weeks  
In person at the center and on Zoom*





## **(W) Conscious Recovery Workshop**

**Sunday, Mar. 8 • 1 – 4 pm**

What would a Science of Mind approach to recovery from addiction look like?

Conscious Recovery is rooted in the fundamental principle that underneath all addictive behavior is an essential self that is whole and perfect. The addictive behaviors are coping strategies to manage underlying unaddressed wounds and pain that drive the addictive behaviors. The root causes can be healed through consistent inner work: unlearning negative core beliefs, shifting perceptions, and practicing forgiveness, compassion and gratitude.

If you are in recovery, this workshop will share powerful tools to help you find your way back to your inherent wholeness.

*Teacher: Denise Pool, RScP and Marielle Taylor, MSP, SUDCC IV*

*Cost: \$25 – 45 Sliding scale*

*Workshop*

*In Person*





## **(C) Foundations of Science of Mind (Brand New!)**

**Tuesdays, Mar. 10 – Apr. 14 • 6 to 8:30 pm**

*Counts as a Foundational prerequisite for Licensed Prayer Practitioner training.*

Every spiritual practice begins with the basics, and that's what you will learn in our all new Foundations of Science of Mind. Completely redesigned for the modern student, you will learn how to meditate, use Spiritual Mind Treatment (also known as affirmative prayer), and the core principles that underly our teaching. And you will learn how to use all of these tools to uplift your daily life.

Each class is interactive and designed to engage the Spirit within through group exercises, inspirational readings, and a community of peers learning alongside you.

Not just for beginners, Foundations is a great way to brush up on the pillars of the Science of Mind, ensuring your practice serves you well in every area of your life.

*Teachers: Peggy Weber, RScP and Lorena Fisher, RScP*

*Cost: \$180 (Discounts and scholarships available)*

*Core Class • 6 weeks*

*On Zoom*





## **(C) The Mystical Path**

**Thursdays, Mar. 12 – Apr. 23 • 9:30 am to Noon**

*Counts as an Elective prerequisite for Licensed Prayer Practitioner training.*

The Mystical Path offers participants a journey into Oneness. This course provides you with an opportunity to study the perspective of a mystic to expand your awareness of the Divine Presence in your life. Students will explore their own beliefs and experiences to discover their own mystical perspective.

The course will include regular meditation as well as self-inquiry, discussion of readings, and occasional videos, as well as other ways to explore the “field of infinite possibilities” that lies at the heart of each of us.

*Teacher: Rev. Tara Steele*

*Cost: \$190 (Discounts and scholarships available)*

*Core Class • 7 weeks*

*On Zoom*



## **(S) Coming Home – The Practice of Self Forgiveness**

**Tuesdays, Apr. 14 – May 5 • 6 to 7:30 pm**

What if forgiveness felt like coming home to yourself? Often we are taught that forgiveness is about forgiving others. Much of the time, though, the real forgiveness work begins with us and the emotional burdens that linger.

In this class you will learn the Hawaiian practice of Ho'oponopono as a path toward gentle self forgiveness. We'll explore:

- What forgiveness really is
- Why starting small heals more deeply
- How the ancient Hawaiian forgiveness practice leads us to self-compassion and reconnects us with our own wholeness

This class is grounded in our Science of Mind teaching and offers a safe, peaceful place to soften old patterns and rediscover the truth of who you are.

*Teacher: Rev. Siota Belle  
Cost: \$50 – 100 Sliding scale  
Spiritual Enrichment Class • 4 weeks  
On Zoom*





## **(S) Zen Writing with Tamarya**

**Wednesdays, Jun. 3 – Jun. 24 • 10 to 11:30 am**

This transformative four-week journey will guide you into the heart of mindful expression.

Together, we will move beyond the noise of the inner critic and step into a space of pure creative flow. This curriculum is designed to help you:

- Cultivate Intuition: Discover the profound insights that arise when you write from a place of stillness.
- Release Judgment: Learn to lay down self-criticism and open yourself to the vast field of creative possibility.
- Embody Stillness: Practice breathing techniques to quiet the body, allowing you to hear the subtle whispering of Spirit.
- Find Your Voice: Connect deeply with your inner truth through guided meditations and “first-thought” writing exercises.

Join us as we transform the act of writing into a sacred spiritual practice.

*Teacher: Tamarya Hulme, RScP*

*Cost: \$50-100*

*Spiritual Enrichment Class • 4 weeks*

*On Zoom*







## Scholarships

Spiritual education is the cornerstone of what we offer here at the center, and we want to make it as easy as possible for you to learn the fundamental principles that make up our Science of Mind teaching.

Scholarships are available for all core classes to help offset the registration cost. Scholarships are typically approved for those who require financial assistance due to life circumstances and are approved on a case-by-case basis. You can apply for a scholarship by visiting [cslsr.org/scholarships](http://cslsr.org/scholarships).

Note that all information entered on the scholarship application is kept confidential.

Sign up for all classes online on our website, **[cslsr.org](http://cslsr.org)**.

**Questions?  
Email us!**

**[education@cslsr.org](mailto:education@cslsr.org)**

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***1/24/2025***

