



Education 2026

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

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, for the most up to date information. You can find the catalog print date on the back cover.

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(W) Conscious Recovery Workshop, Sunday 3/8 at 1 pm	8
(C) Foundations of Science of Mind, Tuesdays, 3/10 at 6 pm	9
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More coming soon! Keep an eye out for updated Education Catalogs at the Info Desk and on our website, 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

Spiritual Enrichment Class • 4 weeks

In Person and On Zoom





(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





(W) Open Yourself to Receive

Sunday, April 26 • 1 to 3 pm

In today's fast-paced world, getting caught up in the never-ending cycle of giving, consuming, and doing is easy. We often neglect our needs and forget to create space to receive life's blessings.

This workshop aims to shift our perspective and guide us toward a more balanced and harmonious approach to living by opening to receptive states of being. In the workshop, you will identify what you want to receive more of, explore receptive states of being, release limiting beliefs that may be blocking you, and cultivate gratitude

Teacher: Dr. Edward Viljoen

Cost: \$15-45 sliding scale

Workshop

In Person at the Center

(S) The Way of Effortless Mindfulness

Tuesdays, May 5 – June 2 • 6 to 7:30 pm

Have you ever tried mindfulness meditation, but found it hard to focus because your thoughts constantly interrupt you? Do you have an existing mindfulness practice, but are looking to expand it and go deeper? Are you wanting to gain access to that wise inner Self that is filled with love and compassion?

The Way of Effortless Mindfulness, by Loch Kelly, shares a new-to-us form of mindfulness meditation rooted in the centuries old Dzogchen tradition of Buddhism. It is based on having a direct experience of the wise inner Self that is at the core of each of us. In this practice, we become aware of our inner awareness, and through that awareness, become able to cultivate more ease, love, courage, and compassion in our daily lives.

Join Rev. Russ to explore Effortless Mindfulness. We will meditate together, talk about our experiences of Self, and support one another as we grow through this life-changing practice.

Teacher: Rev. Russ Legear
Cost: Sliding Scale (\$50 – \$100)
In person at the Center and on Zoom
5 weeks



(S) Start Where You Are

Thursdays, May 7 – May 28 • 6 to 8 pm

Explore Pema Chödrön's *Start Where You Are* through the lens of Science of Mind in this four-week class on acceptance as a spiritual practice.

We'll look at how we relate to ourselves—the habits of self-criticism, the quiet war many of us wage against who we really are—and how that shapes the way we see others. Along the way we'll work with concepts like maitri (unconditional friendliness toward oneself), tonglen meditation, and the Science of Mind teaching that wholeness isn't something we build, but is something we already are.

Each week includes meditation, journaling, affirmative prayer, and group conversation. No prior experience with any of these traditions is needed.

Teacher: Jan Svoboda, RScP

Cost: \$50-100 Sliding scale

Spiritual Enrichment Class • 4 weeks

On Zoom





(W) My Own Medicine with Astra Fox

Sunday, May 24 • 1 to 3 pm

Join Astra Fox for a two-hour experience where music becomes medicine and creativity becomes your compass.

This workshop unfolds around music and intention, with an invitation to listen deeply, reflect honestly, and reconnect with the wisdom you already carry.

Through guided reflection and creative expression, you'll move through what's stuck, reclaim what's yours, and discover how joy can be both the path and the destination.

Teacher: Astra Fox

Cost: \$15-45 sliding scale

Workshop

In Person at the Center

(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.

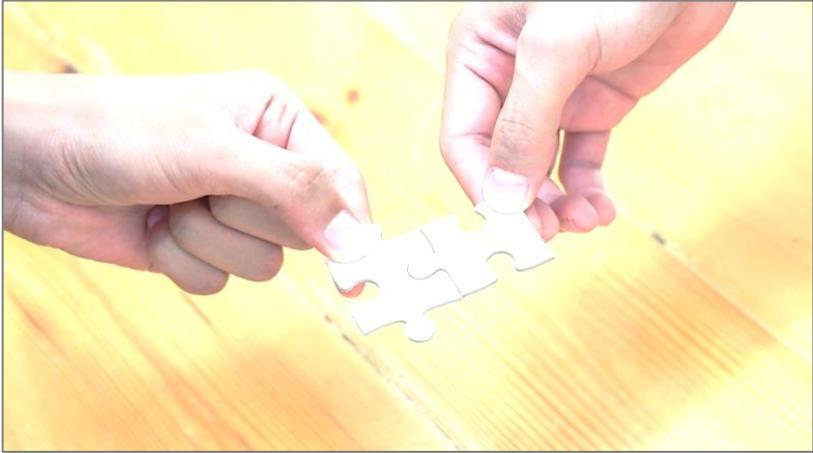
Teacher: Tamarya Hulme, RScP

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.

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

“The Divine Plan is one of Freedom; bondage is not God-ordained. Freedom is the birthright of every living soul. All instinctively feel this. The Truth points to freedom, under Law. Thus the inherent nature of humanity is forever seeking to express itself in terms of freedom. We do well to listen to this Inner Voice, for it tells us of a life wonderful in its scope; of a love beyond our fondest dreams; of a freedom which the soul craves.”

- Ernest Holmes, The Science of Mind

Sign up for all classes online on our website, **cslsr.org**.

**Questions?
Email us!**

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3/23/2026

A stylized landscape illustration at the bottom of the page. It features rolling hills in shades of blue and green, rendered with a halftone or stippled texture. Two simple, dark green trees with oval-shaped canopies and thin stems are positioned on the hills. The background is white, and there is a grey curved shape in the top right corner.