



# Education 2026

Classes and workshops at the Center  
from **July** through **December 2026**

[cslsr.org/edu](https://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

## July through December 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.**

(S) The Aging Journey, starts Tuesday 7/7 at 3 pm .....	4
(W) Conscious Recovery Workshop, Sunday 7/19 at 1 pm .....	5
(S) A New Take on Mysticism, starts Tuesday, 7/28 at 10:30 am .....	6
(W) New Member Orientation Class, Sunday, 8/9 at 1 pm .....	7

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



## **(S) The Aging Journey**

***Tuesdays, Jul. 7 – 28 • 3 to 4:30 pm***

Have you ever felt like aging might have some limitations?

What if it was possible aging could have some benefits? Benefits like more vitality, purpose, meaning, and freedom?

These are the ideas we'll explore in our upcoming class, *The Aging Journey*.

Together we will discover our inner wisdom that is wise, creative, and always growing.

*Teacher: Chris Kelly*  
*Cost: \$50-100 Sliding scale*  
*Spiritual Enrichment Course • 4 weeks*  
*In Person at the Center*





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

**Sunday, Jul. 19 • 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*



## **(S) A New Take on Mysticism**

***Tuesdays, Jul. 28 – Aug. 18 • 10:30 am to 12 pm***

Affirmative prayer is something we hear at least every week at Sunday service. It is a core practice of the Science of Mind. Often, we see it as something only done by ministers and prayer practitioners.

What if Spiritual Mind Treatment is a simple doorway to connect to the Divine Mystery? In this 4-week class we will look at SMT through the lens of various mystics: Christian, Feminist, and Modern. Then we will use this lens to craft our own treatments.

And in the final class, students will have the opportunity to craft treatments for their fellow students and discover the joy and fulfillment that comes when knowing spiritual truth for others.

*Teacher: Anne Marie Cheney, RScP*

*Cost: \$50-100 Sliding scale*

*Spiritual Enrichment Course • 4 weeks  
On Zoom*



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

***Sunday, Aug. 9 • 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: Rev. Russ Legear*

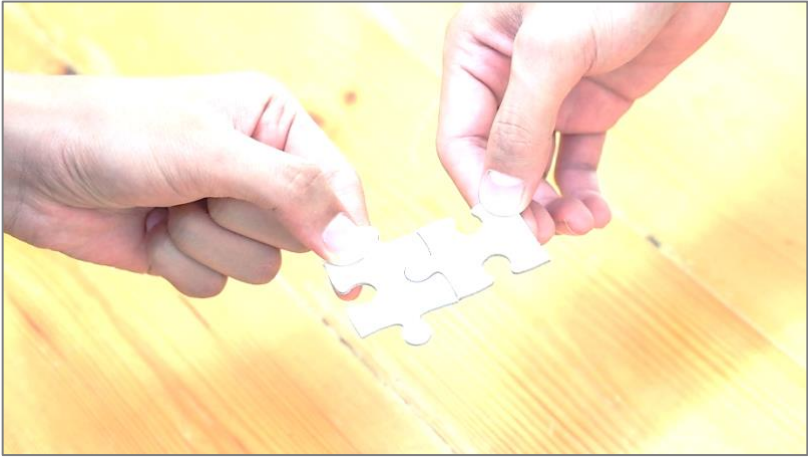
*Cost: FREE*

*Workshop*

*In person and 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](https://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](https://www.cslsr.org)**.

**Questions?  
Email us!**

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

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***6/17/2026***

A stylized landscape illustration at the bottom of the page. It features rolling hills in shades of yellow and orange, with two simple green trees on thin stems. The background is white with a light gray curved shape in the top right corner.