



Education 2026

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

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, 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	6
(W) Conscious Recovery Workshop, Sunday 7/19 at 1 pm	7
(S) A New Take on Mysticism, starts Tuesday, 7/28 at 10:30 am	8
(S) Zhuangzi and the Dao: Effortless Living, starts Tuesday, 8/4 at 6 pm.....	9
(C) Ancient Wisdom and the Science of Mind, starts Thursday, 8/6 at 6 pm ..	10
(W) New Member Orientation Class, Sunday, 8/9 at 1 pm	11
(S) Living in Presence, starts Thursday, 9/3 and Saturday, 9/5 at 10:30 am ...	12
(S) Conscious Parenting, starts Thursday, 9/3 at 6 pm	13
(C) Foundations of Science of Mind, starts Monday, 9/7 at 6 pm	14
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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.



(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



(S) Zhuangzi and the Dao: Effortless Living

Tuesdays, Aug. 4 – 25 • 6 pm

Have you ever heard a story that changed the way you look at the world?

At its core, Daoism seeks to teach how we can live effortless lives. It does this by focusing on harmony and balance, and also by helping to lift the veil that can sometimes emphasize opposites like good and evil.

One way it does this is through stories. Particularly folk stories that appear in the Zhuangzi, one of the most important Daoist texts.

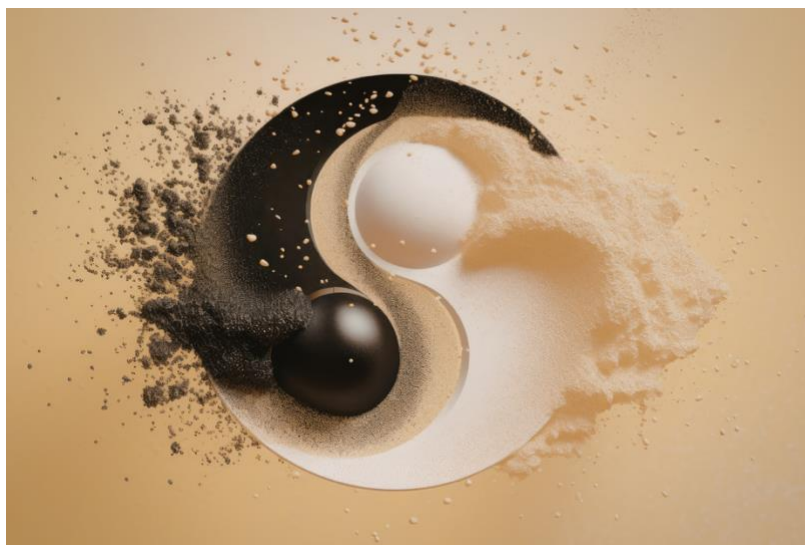
In this four week class, we will explore the fun and creative tales that emphasize the deep spiritual truths contained within Daoism, while also using them to build our own effortless Science of Mind spiritual practice.

Teachers: Rev. Russ Legear

Cost: \$35 - 100

Spiritual Enrichment Course • 4 weeks

In person and on Zoom





(C) Ancient Wisdom and the Science of Mind

Thursdays, Aug. 6 – Sept. 3 • 6 to 8:30 pm

Discover how the spiritual insights of the ages come alive in our daily lives. Ancient Wisdom and Science of Mind invites you to explore the timeless teachings of cultures across the world and see how beautifully they harmonize with the Science of Mind Declaration of Principles. Together we will trace the living thread of spiritual thought as it flows from the past into the present moment.

Through engaging exploration and meaningful spiritual practice, you will deepen your understanding of the Declaration of Principles and gather wisdom drawn from diverse traditions. Along the way you will develop a genuine appreciation for the evolution of spiritual thought and the many ways it continues to express itself today.

By the end of our time together, you will carry practical tools for weaving ancient wisdom into your own experience and into your ongoing Science of Mind practice. Come join us for a journey that honors where we have been and illuminates where we are going.

Teacher: Rev. Siota Belle

Cost: \$160 (discounts and scholarships available)

Core class • 5 weeks

In Person and 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





(S) Living in Presence

In Person on Thursdays, Sept. 3 – Oct. 1 at 10:30 am

On Zoom on Saturdays, Sept. 5 – Oct. 3 at 10:30 am

Sharing ideas, experiences and a variety of spiritual practices, each one of us will discover our own unique ways to be more present to life.

It's not surprising that busyness, daily challenges, news, and more may make it hard for you to stay present. In this five-week course, we'll explore a variety of practices and teachings to assist you in navigating your day.

Here are the topics for each session:

- What brings you here?
- It's okay to want things, people, experiences
- Everyone loves a good mystery
- No mud, no lotus
- All in all in all

Join us as we shift from just getting through the day to being present to Life.

Teacher: Rev. Tara Steele

Cost: \$35 - \$100 sliding scale



Spiritual Enrichment Class • 5 weeks

Thursdays: In person at the Center

Saturdays: On Zoom

(S) Conscious Parenting

Thursdays, Sept. 3 – 24 • 6 pm

Parenting presents many challenges. How can we approach these challenges from the very best our consciousness can offer?

This is what you will learn in *Conscious Parenting*, led by our Youth Coordinator, Jennifer Caldwell. Over four weeks you will explore modern literature on conscious parenting, as well as how you can incorporate your Science of Mind practices to bring a sense of ease and flow to your family.

Teachers: Rev. Russ Legear

Cost: \$50 suggested love offering

Spiritual Enrichment Course • 4 weeks

On Zoom





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

Mondays, Sept. 7 – Oct. 12 • 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 underlie 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



(W) Your Word Is Your Wand: The Power of Spoken

Affirmation

Sunday, Sept. 27 • 1 to 3 pm

Words carry power. Florence Scovel Shinn taught this in 1928, and the idea remains alive today: what we speak, we tend to create. This 90-minute workshop draws on Shinn's classic text to explore affirmations as a living practice. Shinn believed that a person holds the power to change an unhappy condition by waving over it the wand of spoken words, and this class puts that idea directly in your hands.

You will work with affirmations the way a mantra works, through repetition, rhythm, and presence. Shinn described supply as released through faith and the spoken word, and we will explore what it feels like to speak with that kind of conviction. The session includes reflection on why enthusiasm matters, how to work with an affirmation until it feels true, and what shifts when you bring genuine feeling to the words you repeat.

Whether you are new to affirmations or deepening an existing practice, this workshop offers a framework, an experience, and a collection of affirmations you can take home and use.

Teachers: Dr. Edward Viljoen



Cost: \$25-45

Workshop

In Person at the Center



(S) My Own Medicine: The Creative Journey

Saturdays, Oct. 3 – 24 • 10 to 11:30 am

Join Astra Fox for a four week class experience where music becomes medicine and creativity becomes your compass.

This class unfolds around music and intention, with an invitation to listen deeply, reflect honestly, and reconnect with the wisdom you already carry. Over the course of four weeks you will dive deep into the medicine that already lives within you.

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: \$35-100 sliding scale

Spiritual Enrichment Course • 4 weeks

In Person at the Center

(S) The Power of Introversion: Harnessing Strength in Quiet

Tuesdays, Oct. 6 – 27 • 10 to 11:30 am

In a world that often celebrates extroversion, introverts possess unique strengths that are equally powerful and transformative.

Inspired by Susan Cain's groundbreaking book "Quiet," this four-week course delves into the gifts of introversion, offering insights, tools, and practices to help introverts thrive in personal and professional settings. Whether you identify as an introvert or want to better understand the introverts in your life, this course will empower you to embrace and leverage the quieter side of personality.

Teacher: Dr. Edward Viljoen

Cost: Sliding scale \$35-\$100

Spiritual Enrichment Course • 4 weeks

On Zoom





(S) Living the Prayer of Saint Francis
Tuesdays, Oct. 6 – 27 • 6 to 7:30 pm

The Prayer of Saint Francis in just a few lines, maps a complete spiritual life, moving from hatred to love, doubt to faith, despair to hope, and sadness to joy.

This four-week course explores that journey. Drawing on the prayer line by line, and guided by Kent Nerburn's companion book, each session opens a theme for reflection: peace, forgiveness, consolation, understanding, and the practice of love as a way of living.

Affirmative prayer, the spiritual principles of Ernest Holmes, wisdom from the Bhagavad-Gita, and the teachings of Jesus weave through the course, alongside personal reflection and group conversation. This course invites you to consider what it means to be an instrument, and what changes when you stop seeking consolation and begin offering it.

Teacher: Dr. Edward Viljoen
Cost: Sliding scale \$35-100
Spiritual Enrichment Course • 4 weeks
In Person and on Zoom



(W) Radical Journaling

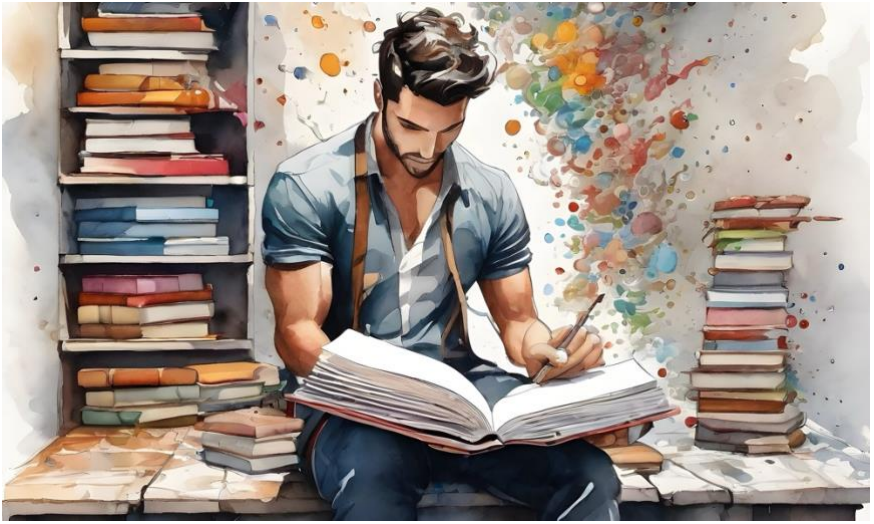
Sunday, Oct. 11 • 1 to 3 pm

The mind is a fascinating device. In many ways, our outer world is a reflection of what is going on within. By taking the time to clean out our mind, just as we would clean our home, we can create space to allow more joy, inspiration, and creativity into our lives.

One way we can do this is through the practice of journaling—but have you ever heard of *radical* journaling? In this workshop focused on a unique and fun form of journaling, you will learn how to let the floodgates of your mind open to find freedom from repetitive, anxious thoughts that can often clutter up your mind.

Teacher: Rev. Russ Legear
Cost: Sliding scale \$25 - 45
Workshop
In person at the Center





(C) Your Creative Word: Understanding Spiritual Mind Treatment

Mondays, Oct. 19 – Nov. 16 • 6 to 8 pm

Step into the transformative practice of affirmative prayer with Your Creative Word, a five-week journey that takes you from understanding the steps of Spiritual Mind Treatment to living them each day. This experiential course explores the spiritual foundations behind the five-step affirmative prayer structure while you practice writing and speaking treatments that resonate with your own voice.

Through rich discussion, real-time coaching, and plenty of hands-on practice, you will build confidence, deepen your faith, and release old beliefs that have been holding you back. Along the way you will experience how daily Spiritual Mind Treatment can transform your relationship to life and open a profound sense of connection with Spirit.

Come discover how affirmative prayer can become a living, creative part of your everyday experience.

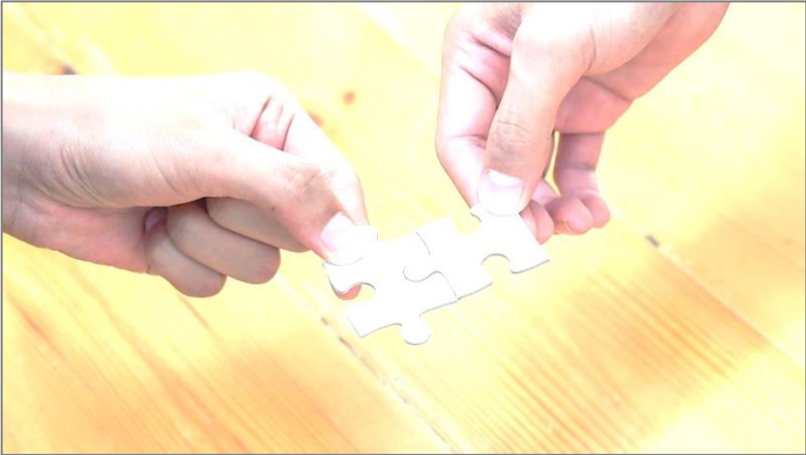
Teacher: Rev. Russ Legear

Cost: \$160 (Discounts and scholarships available)

Core Class 5 weeks

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.

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!

education@cslsr.org

Center for Spiritual Living
2075 Occidental Road
Santa Rosa CA 95401
(707) 546-4543

6/24/2026

A stylized illustration of a landscape 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 a light gray gradient.