



Adult Religious Education Prospectus Winter 2011

Registration: To register online, e-mail Ruthann DuBois, Office Assistant, at office@uubloomington.org or call her at 812-332-3695. You may also sign up for

classes on the bulletin board by the courtyard entrance.

How to purchase texts: You may be able to purchase texts through our Booktable (chaired by Glee Noble, gleenoble@sbcglobal.net).

Child Care: Child care can be arranged for most events if parents reserve it by the posted deadline and if **at least two families request child care** for a given class or event. Reserve on the sign-up sheet, call 332-3695, or email office@uubloomington.org.

Seven Spiritual Laws of Yoga with Martha Sattinger

Thursdays, January 20-March 3, 5:30-6:30PM Library
min. 3, max. 10

Developed from *The Seven Spiritual Laws of Success*, written by Dr. Deepak Chopra, this style of yoga encourages union of mind, body, and spirit through asana, breath, vibration, and stillness. It is an inclusive style, accessible to everyone. Flexibility and balance are encouraged throughout the practice. Each class will focus upon one of the spiritual laws moving practitioners toward success, evolution.

Mindfulness Meditation Group with Cetti Cherniak

Thursdays, January 20-March 24, 7-8:15 PM Room 207B
min. 3, max. 10

Join us for a weekly practice of guided meditation followed by sitting meditation. Our time together will conclude with reading and reflection upon a short dharma reading from Jack Kornfield's *A Path with Heart*.

Writing Your Spiritual Autobiography with Janet Greenblatt

Wednesdays, January 26-March 9, 7-9 PM Room 210
min. 4, max. 10

This insightful course was created by Dan Wakefield, a Unitarian Universalist who grew up in Indianapolis and spent most of his adult life in Boston. It is designed to help you begin to understand the factors that have defined your spiritual journey through life, using exercises including drawing a favorite childhood room, describing a mentor or friend, and sketching a road map of your life. This will be Janet's fourth time offering this class, the first in our congregation.

Exploring Mysticism through Poetic Prose with Chris Haynes

Tuesdays, February 8-March 1, 7-8:30 PM room 207B
min. 5, max. 15

The poetic prose of Nobel Laureate Rabindranath Tagore's *Sadhana: The Realization of Life* provide an exceptionally beautiful and accessible introduction to the Yogic philosophy of Hinduism and Buddhism and mysticism in general. Participants will have the opportunity to share and reflect upon brief selections from this inspired little book (a free download, or available at our church book table).

Spiritual Practices for All Ages with Reverend Emily Manvel Leite

Sundays, February 27 and March 27, 2-4 PM, Library
min. 4 individuals or families

Come explore possible spiritual paths for you or your family! We will look at prayer beads, poetry and other writing, labyrinths, and several other practices and will try some out together. This class is appropriate for individuals and for families, including children ages 7 and older, or just parents of younger children. Sign up early if you need child care for younger children!