



Jewish Meditation & Spirituality

2018 Classes

Strategies for Relaxation and Inner Peace

“A Journey Into Your Heart, A Jewish Spiritual Path to Happiness.”

All Classes Start @ 7:30pm:

Winter:

- January 11, 25
- February 8, 22
- March 8, 22

Summer:

- July 12, 26
- August 2, 16
- September 6, 13, 27

Spring:

- April 12, 26
- May 10, 24
- June 7, 21

Fall:

- October 11, 25
- November 15, 29
- December 6, 20

** Bring what you need to be comfortable for the regular Jewish Meditation classes. A mat, pillow and blanket is suggested. A writing journal is also used in class.*



Our classes incorporate breathing techniques, guided imagery meditation and Jewish spiritual discussions.

Join us for strategies to relax, and for simple tools to find inner peace. You will learn to quiet your mind and listen to your heart.

Registration is required!

****FREE for Temple Members**

Non-Members:

\$60 for each season

Kindly make checks payable to Temple Chaverim.

RSVP: Rosemary 516-367-6100 **OR** rosemary@templechaverim.org

**Temple
Chaverim**

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