



Jewish Meditation & Spirituality

2019 Classes

Strategies for Relaxation and Inner Peace

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

All Classes Start Promptly @ 7:30pm:

Winter:

- January 24
- February 7, 21
- March 7, 21

Summer:

- July 11, 25
- August 15
- September 5, 19

Spring:

- April 11, 25
- May 2, 23
- June 6, 20

Fall:

- October 3, 17
- November 7, 21
- December 5, 19

** 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: Donna 516-933-3669 OR Donna@WiseMindHypnosis.com

**Temple
Chaverim**

1050 Washington Avenue
Plainview, NY 11803
www.templechaverim.org