



Jewish Meditation & Spirituality 2020 Classes

Strategies for Relaxation and Inner Peace

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

Classes Start at 7:30 pm

Winter:

- January 9, 23
- February 6, 27
- March 12

Spring:

- April 2, 23
- May 7, 21
- June 11, 25

Summer:

- July 9, 23
- August 13
- September 10, 24

Fall:

- October 8, 22
- November 12
- December 3, 17

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.



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.

Registration is required!

RSVP: Susan (516) 367-6100 **OR** susan@templechaverim.org

****FREE for Temple Members**

\$60 per season for Non-Members

Make checks payable to: Temple Chaverim

