



Yoga Shabbat



Friday, March 27, 2020 @ 6:00 pm

On Friday, March 27 at 6:00, the Sisterhood will be conducting a service that will encompass some of the principles of Yoga. Yoga is an ancient meditative practice going back thousands of years. The emphasis will be on “the breath” and looking within oneself to find and personally connect with God. No prior experience is necessary (except breathing!).

The 1-hour service will be “simple, relevant and Jewish”, according to David Jacobs, a Temple member who is assisting us with the service. He is a certified yoga instructor and trained mindful meditation teacher and he shares these teachings at Upstate Yoga Institute, in Fayetteville .

The traditional Friday night prayers will be integrated with simple yoga postures (no downward-facing dog, Folks!) that will be linked to your breath and mainly will be done while seated in a chair. We will not require anyone to participate any further than being present and we will invite people to join in as they feel comfortable. Just come with an open mind and open heart. We also will be reciting several Yoga poems that have been selected for their appropriateness to specific parts of the service.

We are looking forward to exploring our Jewish spirituality as a congregation in a different way that honors our Jewish heritage and yoga’s practical and philosophical wisdom.

If you have any questions about this service, please do not hesitate to call Ellyn at 315 569 9918 or Bonnie at 315-558-8000.

B’nai shalom,

Ellyn Roloff and Bonnie Leff

Co-Presidents, Sisterhood, Temple Concord

SERVICES WILL BE FOLLOWED BY A POTLUCK DINNER

PLEASE RSVP FOR NUMBERS TO:

office@templeconcord.org, call (315) 475-9952,

sign up using our [online calendar](#)