

Yom Kippur Afternoon Study Sessions

~~~All times are approximate~~~

**12:30-1:30**

*Yom Kippur Qigong* with Naomi Jankowitz

We will practice two simple Qigong forms. First, we will practice Yi Jin Jing ("Transforming the Muscles and Tendons"), to stretch our weary muscles and reinvigorate blood flow. Then we will practice a simple seated meditation that is part of the Tai Yi Noble Star meditation. Together, the two forms reconnect us with the movements of the cosmos: an excellent way to start to the new year!

\*Both forms can be modified, so people in any condition can practice.

**1:30-2:30**

*Windows on Forgiveness* with Sandy Berenter & Leigh Evans

- What is forgiveness, and what is it not?
- What do we have to do to ask for forgiveness and to merit receiving it?
- How is forgiveness connected to T'Shuvah?

~Please join us for this group discussion.

**2:30-3:30**

*How Did We Get Here, Where Are We Going?* with Elisabeth Sonersen

What got us through and what we take forward. Talking about what helped us the last 18 months and what we can use to improve our lives as we move forward.