

Nishmat Hayyim at TBZ presents

A Day-Long Meditation Retreat

April 28, 2019 9:30 AM - 4:30 PM

at Just Right Farm in Plympton, MA

www.justrightfarm.com



"T'sumet Lev" Paying Attention with the Heart

The Modern Hebrew words for "pay attention" mean literally "to place the heart." In meditation, we turn our heart again and again to whatever is arising in the present moment, intentionally practicing compassion toward ourselves and opening to experience. Join us for a day of mindful sitting, walking, yoga, silent lunch, prayer, chant & contemplative Torah study.

**Don't miss this rare opportunity
for a day-long meditation retreat in nature.
Open to everyone.
All levels of meditators are welcome.
Limited to 25 people!**

Retreat will be led by Bobbi Isberg, Yoheved Sheila Katz, and Mark Russo.

We have a special opportunity to gather at Mark and Kimberley Russo's "Just Right Farm," a quiet beautiful place in the country about an hour from Boston for a day-long silent retreat. Kim will prepare an exquisite lunch from the farm. We will support each other's practice whether we are beginning or experienced.

Registration DEADLINE is Thursday, Apr 15th.

Registration Fee: \$72 per person, \$54 for seniors, \$36 for students Scholarships available.

TO REGISTER ONLINE, CLICK [HERE](#) and charge it, or call the office at 617.566.8171 ext. 13. The registration fee is non-refundable. If you cancel, the fee may be put toward another retreat.

If paying by check, call the office to say you are sending your check made out to Nishmat Hayyim at TBZ, **and give the office all of your contact info, especially your email address, so that you will be able to receive important information for this retreat.**

The address is Temple Beth Zion, 1566 Beacon Street, Brookline, MA 02446.

Write "Apr 28, 2019 Day-Long Meditation Retreat" on the memo line of your check.

Payment must be received by Apr 15. (See back of flyer for bios of our teachers.)



Bobbi Isberg

practices psychiatry and teaches child psychiatry at Boston Children's Hospital. Her meditation practice has been developing over the past several decades with guidance from Cambridge Insight Meditation Center, the Insight Meditation Society, the Jewish Mindfulness Teacher Training of IJS and the community of Temple Beth Zion. She began leading weekly meditation groups at Nishmat Hayyim in 2005 and now co-leads monthly Shabbat afternoon meditation retreats at Temple Beth Zion with Yoheved Sheila Katz.

Yoheved Sheila Katz

teaches Contemplative Practice and Middle East History at Berklee College of Music. Her Jewish contemplative practice has been nurtured for decades by Hebrew chant, mindfulness meditation, Hebrew text study, yoga, and extended silent retreats at the Elat Chayyim Advanced Meditation Program, Jewish Mindfulness Teacher Training, Spirit Rock, Forest Refuge, and Plum Village. She co-leads monthly Shabbat meditation retreats at Temple Beth Zion with Bobbi Isberg.

Mark E. Russo

has practiced as a veterinarian for 40 years specializing in veterinary neurology and holistic medicine. He is President of the Board of Directors of Isabella Freedman Jewish Retreat Center and formerly chaired the Board of Directors of Elat Chayyim Jewish Retreat Center. Mark has been practicing meditation and yoga for several decades and is extremely grateful to have studied with and been influenced by many teachers.