

Jewish Gateways to Meditation, Mindfulness, and Compassion *with* Rabbi Sheila Peltz Weinberg



Sponsored by Nishmat Hayyim at TBZ
Sunday, October 18, 9:30am - 4:30pm
held in the sanctuary at TBZ

We will root our practice in a deep listening to Jewish sources and allow that listening to move through our hearts, our minds and our lived experience. We will discover and receive the compassion that lives within us as an expression of the Jewish and the universal wisdom. There will be periods of teaching, silent meditation, instruction and guided meditation, walking practice, simple mindful movement, an option for a silent lunch, and questions and answers.

Rabbi Sheila Peltz Weinberg served as a congregational rabbi for seventeen years. She is the author of *Surprisingly Happy: An Atypical Religious Memoir* and has released the CD, *Preparing the Heart: Meditations for Jewish Spiritual Practice*. Rabbi Weinberg has taught mindfulness meditation and yoga to rabbis, Jewish professionals and lay people in the context of the Institute for Jewish Spirituality. She is creator and co-leader of the Jewish Mindfulness Teacher Training Program. She is married to Maynard Seider and they have three married children and five grandchildren.

Adults: \$90, Seniors: \$54, Students: \$36

(Lunch: bring a vegetarian or kosher lunch to TBZ. We will provide coffee, tea, snacks.)

Adult early bird discount registration: \$72 dollars-deadline EXTENDED to Oct 2

To register: www.tbzbrookline.org or 617-566-8171 ext: 10

Temple Beth Zion, 1566 Beacon St., Brookline, MA

