

Sponsored by Nishmat Hayyim

SPRING 2017

Friday AM Meditation/Mindfulness Practice Group Sessions



April 14, 21, 28

May 5, 12, 19

June 2, 9, 16

9:30 AM - 11:00 AM in
the TBZ sanctuary

*with Reb Moshe Waldoks,
Bobbi Isberg, and
Sheila Yoheved Katz*

Registration Deadline
April 6

Open to everyone!!

Nishmat Hayyim at TBZ is delighted to offer its Friday morning meditation/mindfulness practice group this Spring to begin April 14 which will also be our open house for those who would like to experience at Friday AM session. This third round of 9 sessions ends our third year as we continue to experience mindfulness as a way of being with the truth of what is. Mindfulness is an open, curious, non-judgmental, tender presence.

These sessions have become a home for a Jewish meditation community, helping to both deepen and continue this challenging discipline together, cultivating wisdom, compassion, happiness, and the ability to respond to this complex life and world. All levels of meditators, beginners and experienced, who want support for starting or deepening a regular practice are welcome!

The 90 minute sessions include chant, a 45 minute silent sit, teachings from Jewish, Buddhist, and other mindfulness texts, discussion, and check-ins about our practice.

All of us are thrilled about this evolving program and hope that you will be able to join us.....we look forward to 'being' with you and 'sitting' with you!!

Cost: Free for TBZ members, \$180 for non-TBZ members, \$135 for returning participants. Registration deadline - April 6. Easy registration online at www.tbzbrookline.org under Nishmat Hayyim in the middle of the TBZ home page.



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