Friday AM Meditation
Mindfulness Practice Group

Meets Every Friday in
December, January, and February (Except for Jan 3)
9:30 - 11:00 AM in the sanctuary

Registration is not required but please register so that we have
your contact info in case of a schedule change.
To register visit the TBZ website or call the office, ext. 17.

These sessions have become a home for the 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. The 90 minute sessions include chant, a 45
minute silent sit, teachings from Jewish, Buddhist, and other mindfulness
texts, Q & A/discussion, and check-ins about our practice.

All levels of meditators, beginners and experienced, who want support for
starting or deepening a regular practice are welcome!

Sponsored by Nishmat Hayyim: The Breath of Life Meditation Project at TBZ