

*Sponsored by Nishmat Hayyim*

# SPRING 2019

## Friday AM Meditation/Mindfulness Practice Group Sessions



Apr 12  
May 3, 10, 17, 24, 31  
Jun 7, 14, 21

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

*with Bobbi Isberg,  
Sheila Yoheved Katz, and  
Reggie Silberberg*

Registration Deadline  
April 5th  
Open to everyone!!

Nishmat Hayyim at TBZ is delighted to continue its Friday morning meditation/mindfulness practice group this Spring to begin on April 12th. Our cohort is supportive and brings warmth to the cold winter months as we 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 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. 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 5th. Easy registration online at [www.tbzbrookline.org](http://www.tbzbrookline.org) under Nishmat Hayyim in the middle of the page.

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