

Nishmat Hayyim
More Meditation Programs

Upcoming
Friday AM Meditation
Mindfulness Practice Group
DROP-IN DATES

Mar 15, 22, Apr 5, Jun 28
9:30 - 11:00 in the TBZ sanctuary

A great way to start the day -- bring family and friends!
These 90 minute sessions include chant, a 45 minute silent sit,
teachings from Jewish, Buddhist, and other mindfulness texts,
discussion and Q & A, and check-ins about our practice.

Upcoming
Shabbat Afternoon Sits
Mar 23, Apr 6, May 4, Jun 15
1:30 - 3:00 in the TBZ Sanctuary
No registration required.

Coming together in stillness
to be with the truth of what arises and passes
in each moment, without fixing or adding anything.
Be fully alive to the hidden essence of Shabbat — vayinafash.
Stop and ensoul. "Hineh ma tovu'ma nayim shevet achim gam yachad."
How good and skillful it is for brothers and sisters to sit together.

1:30 - 2:15 Chant and Shabbat Meditation Sit
2:15 - 2:25 Walk and Stretch/Break
2:25 - 2:40 Teaching or Contemplative Torah Study
2:40 - 2:55 Q & A and Discussion
2:55 - 3:00 Closing Sit

Everyone is welcome to attend! Registration is not required.