

Monthly Shabbat Afternoon Meditation Sits

December 14, January 25, February 29, March 27

1:30 - 3:00 pm in the Sanctuary

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 tov u-ma na-im shevet achim gam yachad."* How good and skillful it is for brothers and sisters to sit together.

Includes chant, a 45 minute sit, walking meditation, stretch/break, a contemplative Torah study, Q & A/discussion, and a closing sit. Registration not required.

Everyone is welcome.

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



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