

AJ Family Torah Yoga Service

AJ Torah Yoga is for students in grades K - 7 and their parents, and is held from 11:00 – 11:45 a.m. in the Slosberg Event Center. Rabbi Diane Tracht will lead this fun-filled 45-minute session of meditation and yoga connected to the Jewish practice of *mussar*, developing ethical qualities in body and spirit. Participants are invited to wear comfy clothing. For more information, please contact Rabbi Diane Tracht at dianetracht@gmail.com.

Try Something New!



Check the AJ calendar for the date of the next session!