

Shalommmmm:

Finding Peace Through Jewish Yoga

with Rabbi Kim Harris & Aliza Sodos



Gentle yoga through a Jewish lens to help calm your mind and renew the connection between your soul and your body.

Appropriate for all fitness levels.

No yoga experience required.

Six classes, Thursdays at 7:00 p.m.

January 31 through March 7.

\$36 suggested donation for the series

PLEASE RSVP to rabbiharris18@gmail.com