

LIVING A LIFE OF MINDFULNESS

INTRODUCTORY WORKSHOP

Monday, May 24, 2021

7:00 pm - 7:45 pm

in person at the Queens Jewish Center
66-05 108th Street, Forest Hills, NY 11375
(66th Avenue entrance)

on Zoom

Meeting ID: 937 1352 2296, password: 294175

Adam Rudich, QJC member and founder of HigherPose, will give a **free interactive workshop**, open to the community.

May is
National
Mental Health
Awareness
Month

HIGHLIGHTS:

- Understanding what mindfulness is
- Short exercises focused on breathing, meditation & subtle body movements

Adam is a Certified and Registered Yoga Teacher. He founded HigherPose to share his deep interest in yoga and has been working with groups and individuals throughout New York.

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