

Congregation B'nai Tikvah Jewish Mindfulness Meditation
Time to Pause & Catch Our Breath~Space to Reflect & A Place to Connect



Join us for conversation, meditation and community!
Each month we gather to breathe, stretch gently, meditate and discuss the Torah
Portion as it relates to our modern lives
Learn from one another and grow together as Jewish women
No experience with meditation needed
Guided Meditation and discussion facilitated by
B'nai Tikvah member Laurie Garber-Amram, L.C.S.W. and Jewish Mindfulness
Meditation Instructor

Tuesday, March 31, 2020

8:00 p.m.

Congregation B'nai Tikvah Facebook page