

*Congregation Bnai Tikvah Sisterhood Jewish Mindfulness Meditation*



*Join us for conversation, meditation, and community!*

*Each month we gather to breathe, stretch, meditate and  
explore the week's Torah Portion*

*On Tuesday, June 5<sup>th</sup> the Torah Portion is Shelach Lekha*

*We will use the text as a springboard to reflect on themes of  
fear and confidence in our own lives*

*Learn from one another and grow together as Jewish women*

*No experience with meditation needed*

*Enrich yourself, make new friends!*

*Meditation and discussion guided by Bnai Tikvah member  
Laurie Garber-Amram, L.C.S.W. and Jewish Mindfulness  
Meditation Instructor*

*Tuesday, June 5 ~ 7-8:15pm ~ Bnai Tikvah Social Hall*

*Cost \$ 15.00      RSVP [cathymkot@sbcglobal.net](mailto:cathymkot@sbcglobal.net)*