



MEDITATION FOR THE SEASON OF AWE

A SHABBAT SCHMOOZE WITH ROBIN GOLDBERG

OCTOBER 1, 2016 12:45-2:00 PM
IMMEDIATELY FOLLOWING KIDDUSH LUNCH

AT CONGREGATION BETH EL-KESER ISRAEL
85 HARRISON STREET NEW HAVEN
IN THE GEORGE G. POSENER DAILY CHAPEL
FREE AND OPEN TO THE PUBLIC

The month of Tishrei, the beginning of the Jewish new year, is a time to turn inward and reflect on our actions of the past year, preparing to publicly ask for forgiveness. Please join us on the eve of the season of repentance and awe, when Robin Goldberg will again lead us in an educational and experiential

meditation. She will talk about how meditation can enhance prayer and spirituality and will teach the nuts and bolts of sitting quietly and mindfully, tuning into the natural rhythms of our hearts, minds and breath to be fully present to ourselves and the world around us.

Robin is a BEKI member and a certified instructor of **Heart Rhythm Meditation**. She has led meditation sessions at BEKI and is looking forward continuing to share her knowledge and skills with the BEKI community.

You already have all the tools you need - no special clothing or equipment is necessary. Just come!

Want to know more?
Contact Robin Goldberg,
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