



MEDITATION FOR THE SEASON OF AWE

A SHABBAT SHUVA SCHMOOZE WITH ROBIN GOLDBERG

SEPTEMBER 19, 2015 12:40-2:15 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

Shabbat Shuva is a special time of reflection between Rosh Hashanah and Yom Kippur. It is a time to turn inward, to reflect and prepare to publicly ask for forgiveness. Please join Robin Goldberg who will lead us in this educational and experiential session. 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 Hearth 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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