

July 18 through August 22, 2018

Wednesday Midday Meditation

at Congregation Beth El - Keser Israel
George Posener Daily Chapel
85 Harrison Street, on Whalley Avenue
Westville Village, New Haven

Wednesdays, Noon to 12:30 pm Recommend to arrive around 11:45 am to settle in about be ready to meditate at noon. Led by Robin Goldberg, the Dentist who teaches Meditation

Open to the public

- 10 dollars a session, or 4 sessions for 20\$
- Free to BEKI Members

The benefits of this meditation series are to decrease irritability and stress and to increase resilience and focus.

Call Robin for more details (203) 558-2214
or follow Westville Village Meditation on Facebook
Look for special August 18 Saturday 1pm class.