



MEDITATION: SPRING AWAKENING

SHABBAT SCHMOOZES WITH ROBIN GOLDBERG

APRIL 1, 2017 AND MAY 20, 2017 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 spring season is understood by many to be a time of renewal and new beginnings. In the Jewish calendar we first celebrate liberation (Pesach) and then the giving of the Torah (Shavuot) during this fertile season. It is an ideal time to pause and reflect on the meaning of freedom and law in our lives as individuals and as a people.

Please join Robin Goldberg, who will lead us in an 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, while tuning into the natural rhythms of our hearts 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. We will sit in chairs. Just come!

Want to know more?
Contact Robin Goldberg,
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