

High Holidays 2011/5772

Special Programs for Adults

In addition to our Charry, Dorshei Derekh & Minyan Masorti services, we invite you to participate and be renewed by the following programs

Yoga

Rosh Hashanah Day 1, 10-11 AM - taught by Leah Weisman

Yom Kippur 3:30-4:30 PM - taught by Leah Weisman

Meditation

Kol D'mamah (our monthly contemplative minyan) will meet throughout Rosh Hashanah and Yom Kippur. Connect with the divine through music, breath & learning. Includes chant, hand percussion, meditation and contemplative teachings. See separate flyer for details and complete schedule.

Israel Garden - You might also consider enjoying the beauty of our Israel Garden as a meditative spot throughout the high holidays.

Text Study

Rosh Hashanah Day 1, 10 AM - 11 AM

Join Mindy Shapiro for "In Search of a New Direction: Mussar & the High Holidays." Mindy will be leading a year-long Mussar study group beginning Oct. 4

Rosh Hashanah Day 2, 10 AM - 11 AM

Join Richard Mandel for a discussion. Details to follow.

Yom Kippur, 10 AM - 11 AM

Join Herb Levine for a discussion of "Steinsaltz on Repentance" by studying together portions of *The Strife of the Spirit* by Adin Steinsaltz



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