

Weekday Morning Meditation Group



Join Rabbi Lerner and Barbara Neustadt for a weekly morning meditation group. We meet on Tuesday mornings, 8:30 - 9:20 AM (check the Temple Emunah calendar for cancellations). *Meditation experience is not required!*

Mindfulness meditation groups are a wonderful way of connecting with others to share and deepen your meditation practice. We have guided meditations with themes such as the joys, difficulties, and insights experienced in meditation practice. We also explore the multitude of ways to bring mindfulness into our relationships, work, and daily lives, and into our Jewish practices.

Please contact Barbara Neustadt with any questions at barbneus7@gmail.com.

