

Weekday Morning Meditation Group



Join Rabbi Lerner and Barbara Neustadt for a weekly meditation group. This is a 6 week group that will meet on Tuesday mornings from 8:30 - 9:20 am on the following dates: November 22, 29, December 6, 13, 20, 2016, and January 3, 2017. The group will renew in January if there is interest. Meditation experience is not required!

Mindfulness meditation groups are a wonderful way of connecting with others to share and deepen your meditation practice. There will be guided meditations and themes will include the joys, difficulties, and insights experienced in meditation practice and the multitude of ways to bring mindfulness alive in relationships, work and daily life and into our Jewish practices.

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

