

Emunat HaLev—The Meditation Institute Of Temple Emunah

At Temple Emunah we hold Meditation Sessions weekly on Tuesday mornings, 8:30—9:20 AM, and monthly on both Thursday afternoons, 4:00—4:50 PM, and Shabbat mornings, 9:30—10:15 AM. See our schedule below.



Mindfulness meditation groups are a wonderful way of connecting with others to share and deepen your meditation practice. At Temple Emunah 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. **No experience needed and all are welcome!**

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Thursday Afternoons, 4:00—4:50 PM

September 6, October 4, November 1 and 29,
December 20, January 17, February 14,
March 14, April 11, May 9, and June 6

Shabbat Mornings, 9:30—10:15 AM

September 15, October 13, November 17,
December 15, January 12, February 16,
March 2 and 30, April 13, May 11, and June 8



Contact Barbara Neustadt with questions: barbneus7@gmail.com.