

# 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 5, October 3, November 7,  
December 5, January 2, February 6,  
March 19, April 2, May 7, and June 4

**Shabbat Mornings, 9:30—10:15 AM**

October 19, November 9, and 23, December 21,  
January 18, February 1, and March 21

**Mark these dates:**

Wednesday, October 9—Yom Kippur afternoon meditation session

Saturday, December 7—Seudah Shlisheet Evening Meditation and Havdalah



Contact Barbara Neustadt with questions: [barbneus7@gmail.com](mailto:barbneus7@gmail.com).