

NEW WEEKLY MEDITATION GROUP

When: Thursdays from 7-8pm

Starting: Thursday, July 1, 2021

Zoom: <https://tinyurl.com/2cx3krz8>

What to expect:

Meditation instruction for beginners

A home for experienced meditators

A brief, participatory evening service

Sponsored by:

Beth Am (WAHI),

Hebrew Tabernacle &

The Norman E. Alexander Center for Jewish Life @ The Nagle Y

For more info contact: Richard Kahn at rkahn33@gmail.com