

Spirituality & Wellness



Temple Beth Emeth | 5777

Yin Jewish Yoga & Embodied Meditation Classes

with SooJi Min

Starting in 2017!

First Session Sunday, January 15



Yin Yoga is a slow-paced style of yoga with postures, or asanas, that are held for longer periods of time. For beginners, poses may be held from 45 seconds to two minutes; more advanced practitioners may stay in one asana for five minutes or more. These sessions will be set in a Jewish context and incorporate mindfulness. They will be led by SooJi Min, who will complete 200 hours of yoga teacher training by the end of December, 2016. Please contact SooJi

Min, sjmin@templebethemeth.org with questions.

TBE Community Camping Trip

Saturday, May 28-Monday, May 30

TBE is going camping again! This congregational camping trip is a delightful experience for all camping levels. Come along for the fun-filled weekend. More information will be sent out before the end of the year, including registration information in December. Contact SooJi for more information, sjmin@templebethemeth.org.



Shalom Gever

with Rabbi Peter Gluck



Tuesdays | 5-6:30 pm | TBE Classrooms 7 & 8

Fridays | 4-5 pm | TBE Classrooms 7 & 8

Try out this unique martial arts instruction for all ages and levels, including lessons in how to live a healthy lifestyle, be energetic, do well in school and learn anti-bullying self-defense. 12-week semesters for belt advancement. Drop-in when schedules permit. Enrollment is open for students and their parents. Shalom Gever is taught by Rabbi Peter Gluck, 5th Degree Black Belt and martial arts instructor for 18 years. Contact the Temple Beth Emeth office at 665-4744 or Rabbi Gluck, info@shalomgever.org, for more registration information.

Tuesdays | 6:15 pm

November 1, 8, 15, 22, 29 & December 13, 20

TBE Family Room

Join yoga teacher Shlomit Cohen on a spiritual journey connecting mind, body, soul, and spirit. These classes are a truly meditative experience, focusing on movement through guided breathing. To learn more about Shlomit, go to her website: mivyoga.com. Please bring your own mat! For more information, contact Shlomit at to_shlomit@yahoo.com.

Jewish Yoga Fall

with Shlomit Cohen



Weekly Jewish Mindfulness Meditation Sit



Thursdays | 1:30-2:15 pm | TBE Chapel

For practitioners of all levels. Intention and instruction followed by 30-minute silent meditation. Facilitated by SooJi Min, Judy Freedman, and Quyen Epstein-Ngo. SooJi Min is TBE's executive director. She completed a 16-month mindfulness teacher training program sponsored by the Institute for Jewish Spirituality and the Awakened Heart Project. Judy Freedman has been meditating for over 20 years. She attended a three year training in Jewish Meditation sponsored by the Philips Foundation at Chochmat ha Lev. She has previously taught at TBE and is excited to return. Quyen Epstein-Ngo is a therapist who holds a joint doctoral degree in Clinical Psychology and Women's Studies. One of the areas she specializes in is working with adolescents, adults, and couples on issues of faith and spirituality. Contact SooJi Min with questions, 665-4744. or sjmin@templebethemeth.org.