

Spirituality & Wellness

Temple Beth Emeth | 5778



Yin Jewish Yoga & Embodied Meditation with SooJi Min



Tuesdays | 1-2 pm | Family Room next to Sanctuary

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. Sessions are led by SooJi Min, completed 200 hours of yoga teacher training in February 2017. Please bring a yoga mat, props if needed, water and wear comfortable clothing. Contact SooJi Min, simin@templebethemeth.org with questions.

Thursdays | 1-2 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 completed a 16-month mindfulness teacher training program sponsored by the Institute for Jewish Spirituality and the Awakened Heart Project. Judy Freedman attended a three year training in Jewish Meditation sponsored by the Philips Foundation at Chochmat ha Lev. Quyen Epstein-Ngo is a therapist who holds a joint doctoral degree in Clinical Psychology and Women's Studies. Contact SooJi Min with questions, 665-4744, or simin@templebethemeth.org.

Weekly Jewish Mindfulness Meditation Sit

Shalom Gever with Rabbi Peter Gluck



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.