



*"Where every woman's voice is heard"*

**Beth Judea Sisterhood presents:  
INTRODUCTION TO THE ART OF JEWISH MINDFULNESS**

**Wednesday, February 20, 2019  
7:45 p.m.**

Free and Open to all Sisterhood and CBJ Women



Margot Andersen, a certified Jewish Mindfulness and Meditation teacher will lead us in the art of Jewish Mindfulness. Jewish Mindfulness invites us to look inside ourselves to see how ancient Torah stories can speak to us today and reflect on Jewish values so we can transform to become our highest self. We will look at the Ki Tissa parashah featuring the Golden Calf from a different perspective. We will also learn how to get still and quiet by focusing on our breath so we can listen and learn from these parts of ourselves.

***There is no cost for the event, but please do RSVP by 2/15/2019 to Marilyn Victor at [cbjsisterhoodmail@gmail.com](mailto:cbjsisterhoodmail@gmail.com)***



Please contact Lisa Neiman at [lneman@bethjudea.org](mailto:lneman@bethjudea.org) or 847-634-0777 if you need any special accommodations, including transportation, to participate in our program.