

Temple Beth Rishon, 585 Russell Avenue, Wyckoff.org



Meditative Shabbat Service
with
Rabbi Ziona Zelazo

Shabbat Shalom means “A Peaceful Shabbat”
10:00 am – 11:00 am

This Shabbat morning service focuses on prayers from the heart expressed in a slow pace. It allows us to reflect on our emotions and feelings as we experience the present moment.

A gentle breath, body relaxation and intention – all connect us with the divine and your very own soul.

Meditations are accompanied by a musical instrument.

No prior experience with meditation is needed.

Dress is casual, but if you plan on joining the main service afterwards, please dress appropriately. You are welcome to bring your Kippah and Tallit.

We meet at the following dates:

2016: October 29, November 5, December 10
2017: February 25, March 18, April 29, May 20, June 10

Follow signs at the lobby for location.

For more information please contact:

Rabbi Ziona Zelazo – contact@rabbi-ziona.com