

Yoga Techniques for Jewish Spirituality: Inspirations for Home Practice

Sunday, July 8, 2018

1:30-3:00 p.m. (please arrive 10-15 min. early to get situated)

**Molinckrodt Center
1041A Ridge Road
Wilmette IL 60091**

**Join Suzanne Rosen Coffey for a participatory
workshop incorporating:
Hebrew Mantra, Chanting, & Prayer
Meditation & Visualization
Breath & Embodied Movement**

- Free
- All are welcome
- Bring a yoga mat (or beach towel) & any props (meditation cushion, blanket, etc.) to make extended floor sitting comfortable
- Chairs will be available for use during the entirety of the program around the perimeter of the room

Program will be video recorded for private educational purposes.
Contact: suzanne.coffey@comcast.net