



Makom@Adat Shalom invites you to....

Sefirat Ha'Omer/Counting the Omer Yoga

Tuesday Mornings, 8:45 AM - 10:00 AM

April 3–May 15, 2018 (Seven Weeks)

Free for Adat Shalom Members.

(A \$5.00 Donation to Adat Shalom is suggested for Non-members)

For 49 days we count the Omer in the period between Passover to Shavout. Each of the seven weeks is linked to an emotional/soul level attribute or *Sephira*: *Chesed*/Loving Kindness; *Gevurah*/Inner Discipline; *Tiferet*/Compassion, Truth and Beauty; *Netzach*/Strength and Endurance; *Hod*/Humility; *Yesod*/Bonding and Connection; *Malchut*/Leadership and Majesty. Each day of the week is also linked to one of these seven. Forty-nine days to explore and stretch our inner boundaries. Over the course of seven weeks, Sue Dorfman will lead 75-minute yoga sessions that focus on the attribute of each week and quality of *Tiferet*, the third day of each week.

This is an all-levels class and no yoga experience is needed. Bring a mat and wear yoga comfortable clothes. Sue is an Adat Shalom member and a certified Kripalu yoga instructor who most recently led two yoga sessions at the Adat Shalom Makom retreat.

Come for one session, come for some or all. Non-members welcome!

Please contact Sue at Sedorf@comcast.net with any questions or concerns.