

Jewish Spirituality Workshop: Spring Series

*Mussar & Meditation for Women

You are welcome to join
Rabbi Danielle Upbin in the
continuation of our
Jewish Spirituality Workshop.

In this course, we will combine
guided meditation, Torah study,
and personal reflection.

These sessions offer the Jewish
tools to nurture self-growth
and spiritual awareness.

New participants welcome!

Thursdays at
12:30pm

Dates:

January 4

January 18

January 25

February 1

March 15

March 22

April 5

Call the
CBS office
to RSVP
(727) 531-1418



*Mussar is the study and application of Jewish ethical principles for self-improvement.

Congregation Beth Shalom • 1325 S. Belcher Road • Clearwater, FL 33764