

# 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.

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