

Jewish Spirituality Fall Series with Rabbi Danielle Upbin: Mussar and Meditation

**October 19, November 2, 9, 16, 30 December 7, 14, 21
12:30-2:00pm CBS Hirsty Library**



**In this course, we will explore the foundations of Mussar
as it relates to the weekly Torah portion and our
own inner development.**

**We will draw upon texts from the Jewish Spirituality Institute,
including related Mussar texts and Torah commentary.**

**Each session will incorporate time for meditation
and other mindfulness practices.**



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