

# **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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