



## Meditation for Wholeness

The time prior to the High Holy Days, the month of Elul, is considered a time of reflection and action toward bringing in the new year. **Capitalizing on this spiritual time of renewal, join Cindy Ward Sandler as she leads a meditation group focusing on the integration of mind, body and soul to create greater wholeness/shlemut.**

Stress, crisis, loss and other situations impact all aspects of self. Stress releases cortisol that engages the flight/fight response. If we don't physically run away or fight the "bear" that chases us, the cortisol overwhelms creating various responses. Meditation has been shown to be a way to release and reduce the cortisol impact.

*This group is designed specifically for (but not limited to) individuals undergoing loss, disease, caretaking, or in need of balance.*

TEMPLE ISAIAH  
ישיבת

Meeting in the library  
at Temple Isaiah from  
7:00-8:15 PM on:

### September 14

*Mind:* Focusing on  
increasing the balance of  
the brain

### September 19

*Body:* Concentrating on  
physical well-being

### September 28

*Soul:* Strengthening the  
awareness of our soul

### October 5

*Integration of mind, body  
and soul to work toward  
Shlemut/wholeness*

**RSVP to Cindy  
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