

# Practical Teshuva Webinar

Tuesday, Sept. 22/ 4 Tishrei  
10am EDT/ 5pm Israel

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We often hear a lot about Teshuva during Ellul: the laws of teshuva, the importance of teshuva, the philosophy behind teshuva - but this learning is very general. It lacks a practical, personal bent. The purpose of this workshop is to bring all the lofty concepts down to earth, and down to you and your own life.

**Join Dr. David I. Bernstein,**

as we spend 30-40 minutes in a guided introspective exercise to do some critical stock-taking so we can move forward to change.

Click on "sign up" to join,  
or type this link in your browser:

<https://contentbyshirabrow.wixsite.com/davidbernstein/teshuvah-course>

