

Weekly Jewish Mindfulness Meditation

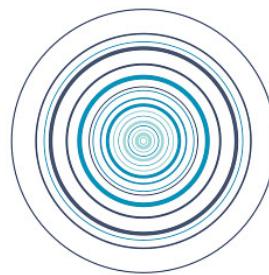
Join the Orot community for a weekly drop-in opportunity to learn and practice Jewish mindfulness meditation in a warm and welcoming environment. Beginner and veteran practitioners welcome.

Each Tuesday night - 7:30 - 9:00 pm
Jewish Reconstructionist Congregation
303 Dodge, Evanston, IL
Small chapel on the first floor

Led by a rotation of Orot's mindfulness faculty

Suggested contribution: \$10-\$20

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