



## **MAKOM OMER YOGA**

Friday Mornings, 8:30– 10:00 AM  
April 26th through June 7th

Tune your yoga practice to the larger themes of the season, with an extra lens of the weekly Godly-attributes of the *omer* period (7 weeks from Pesach to Shavuot): Lovingkindness, Strength, Balance, Endurance, Glory, Foundation and lastly Holy Presence/*Shechinah*. Our practice will emphasize the importance of precision and careful alignment of our physical bodies as a way to access our deeper consciousness.

All levels and bodies are welcome.

Suggested donation for Adat Shalom members - \$10 per class to the Social Action Fund. Guests and friends, \$15 per class or \$100 for the whole series.

Non-members welcome!