

Shabbat Lab

Shabbat, March 28, 2026

10:00am: Shabbat Service

Led by Rabbi Michael Knopf in the sanctuary with
livestream www.tbe.org/tbe-live/

10:45am: EmBODYing Shabbat

An alternative to our main sanctuary Shabbat morning
service, this Embody Shabbat Experience will take place
from 10:45am-12:15pm upstairs in the triple classroom.

Led by certified Yoga instructor, Rochelle Mitlak, along
with Cantor Katie.

Join us to physically and mentally embody Shabbat
through chant, breath work, yoga poses, and meditation.

Click here to register: www.tinyurl.com/yoga3-28

A personal Yoga mat and/or blanket is
advised, but not required. All poses will
also be offered with modifications so that all
are able to participate in this session.

12:00pm: Kiddush Luncheon for All

Come for any or all parts of the morning.



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