

*Shavua tov*  
*A good week, a week of peace, may gladness*  
*reign and joy increase...*



Join us for a Virtual  
**Shalom Yoga &  
Havdalah**  
Saturday, May 16 at 5pm



## Shalom Yoga and Havdalah ~ Saturday, May 16 at 5pm

Want to try something new?

Join us for a unique celebration of Havdalah and Yoga.

Combining the two powerful spiritual disciplines of Jewish worship and yoga practice.

Our session will be led by professional Yoga Instructor Kim Howard.

Here is the link to Spotify playlist for Yoga Shalom - You may need to have a Spotify account to hear this list.

<https://open.spotify.com/album...>

Zoom Video Conferencing Information: The below link has the password embedded in it.

Meeting ID: 204 270 6477 Password: 516353

One tap mobile - 1-646-558-8656 2042706477#