

Yoga Shalom

AT HOME

LED BY RABBINIC PASTOR/CANTOR LISA LEVINE

YOGA SHALOM



LISA LEVINE

Yoga Shalom at Home is the ancient practice of Yoga through a Jewish lens. Join RP Cantor Lisa Levine as she guides gentle themed practices. Each practice is approximately 45 minutes and is tracked to inspiring music. Sit in a chair, bring a mat or towel, and dress comfortably! Open your heart, quiet your mind, and restore your spirit with Yoga Shalom at Home!

**Join Cantor Lisa in her *Zoom* room for
Yoga Shalom at Home
EVERY Monday at 11:00a.m. EDT
(8:00a.m. PDT)**

[Zoom Room Link:](https://us02web.zoom.us/j/805264045)

<https://us02web.zoom.us/j/805264045>

Meeting ID: 805 264 0458

Password: Yogashalom

