



Supported by Ruth Rosenblum, LCSW
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TEMPLE BETH EL
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Rabbi Jeff Roth is the founder and Director of The Awakened Heart Project for Contemplative Judaism.

He was the co-founder of Elat Chayyim where he served as Executive Director and Spiritual Director for 13 years, and is the co-leader of the Jewish Mindfulness Teacher Training program. He has facilitated over 90 Jewish meditation retreats.

Rabbi Roth is also the author of *Jewish Meditation Practices for Everyday Life*, from Jewish Lights Publishing.

Learn more at www.awakenedheartproject.org/retreats/rosh-hashanah#sthash.LkOeH9ou.dpuf.

A DAY OF JEWISH MINDFULNESS MEDITATION with RABBI JEFF ROTH DIRECTOR, AWAKENED HEART PROJECT

SUNDAY, OCTOBER 20
10:00 AM - 4:00 PM
NO RSVP REQUIRED

WAKE UP TO A MORE VIBRANT LIFE!

In today's busy world, many of us go through life on a kind of automatic pilot, flying the same route over and over, as if we're sleepwalking—our fate as uncontrollable as our dreams.

Join us on October 20th at Temple Beth El for a day of presentation, discussion and meditation led by well known meditation teacher Rabbi Jeff Roth. Rabbi Roth, who draws on the wisdom of both Jewish and Buddhist meditation practices, will introduce us to a path to cultivate an awakened state of heart and mind to help us to respond to life's challenges with clarity and kindness.

- Refreshments and snacks provided. Please bring your lunch.
- In order that all may participate, please avoid wearing scented products.
- Donation requested.

***Awaken your heart and mind to see your own capacity for
wisdom, compassion and kindness.***