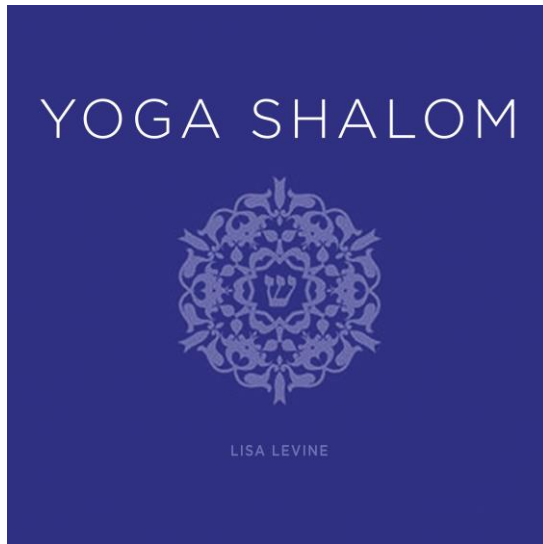


Open your heart, quiet your mind, and restore your spirit



Yoga Shalom at Home is the ancient practice of Yoga through a Jewish lens.

Designed for ALL levels of yoga experienced Lisa will guide four - 45 minute practices exploring many pathways and limbs of Yoga including Mudras, Pranayama, Bandas, Chant, Asana and Savasana. These will be layered with *Sefirot* Tree of Life & Chakra energy work, four worlds four element embodiment and music with sacred chant.

Each class is unique and profoundly healing. Bring your mat, blanket, bolsters, chair and dress comfortably!

This series is sponsored by Aleph Alliance for Jewish Renewal and requires a registration. Join for one or ALL. Pay as you can and register here:

Join Cantor Lisa in her *Zoom* room for Yoga Shalom at HOME

FOUR Mondays:

November 2, 9, 16, 23

11:00 A.M. EDT and 8:00 A.M. PDT

Zoom Room Link:

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

[Meeting ID: 805 264 0458](https://us02web.zoom.us/j/805264045)



CANTOR LISA LEVINE, RYT is a builder of bridges and purveyor of Yiddishkeit. Lisa is the author of “Yoga Shalom” Book/DVD/CD. Her first collection of poetry titled “Heart of Light: Poems for Longing, Loss & Life” is available on Amazon. Her poetry and worship music is featured in numerous publications and compilations. Ordained as Cantor (HUC-JIRDFSSM) and Rabbinic Pastor (ALEPHAFJR) Lisa is Artist-in-Residence at Temple Rodeph Torah, Marlboro NJ. She freelances as teacher, composer and Yoga teacher around the country from her zoom room in Brookeville, Maryland.