

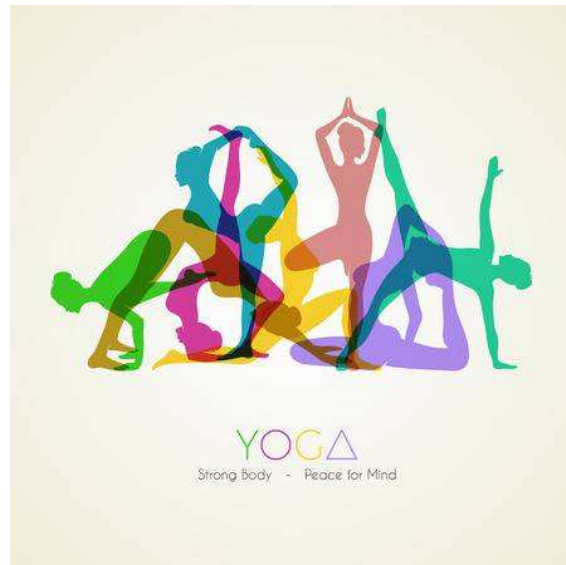


CONGREGATION B'NAI ISRAEL
53 Palisade Avenue
Emerson, NJ 07630

Rabbi Debra Orenstein and CBI Sisterhood invite you to join us for a special

Yoga Shabbat

10 AM Saturday morning February 2, 2019



Yoga Shabbat incorporates Yoga poses and Jewish mindfulness into a traditional Shabbat morning service. The weekly Torah portion is Mishpatim, which provides many laws following the Ten Commandments, to support good intentions and right actions. We will explore, physically and spiritually, how boundaries, frames, and strictures can provide flexibility, freedom, and creative engagement.

Please arrive in comfortable clothing.
Bring a yoga mat, if you have one, or a large towel.
No experience necessary. All ages welcome.
Come stretch yourself and enjoy!

RSVP: 201-265-2272, or
Sisterhood.chair@bisrael.com