



# KABBALAH MEDITATION

with Rabbi David Zaslou

**This simple meditational technique  
will...**

- ✿ Put practitioners in touch with the 10 *Sefirot* (energy centers) in the body.
- ✿ Alleviate emotional stress from our busy lives
- ✿ Allow for a deep connection with G-d

**Tuesday evenings: Oct. 28, Nov. 4, Nov. 18,  
and Nov. 25 at 7:30 PM.**

Fee: \$45 for four sessions, includes all handouts. Pre-Registration required by calling 541-488-7716. The Havurah Synagogue is located at 185 N. Mountain Ave. in Ashland.