

Awakening in the Four Worlds:

Mindfulness as a Spiritual Practice to Connect with
Body, Heart, Mind & Soul

With Ashira & Rabbi Lavey Derby

Co-sponsored by Temple Emek Shalom and Havurah Shir Hadash

July 11, 7:30 PM & July 12, 10 AM - 1 PM

at Havurah Shir Hadash

The teachings of Kabbalah speak of Four Worlds that comprise the whole of reality. Full awareness of this wholeness requires spiritual practices, as the "noise" of our lives tends to



distract us from experiencing the Four Worlds. The practice of quieting down and cultivating connection (mindfulness), in combination with an array of Jewish spiritual practices allows us to awaken to the Four Worlds and the Hidden Wholeness that embraces us all.

Suggested Donation: \$18-\$54. Advance registration requested, as no money will be accepted on Shabbat.

Call 541-488-7716 for more info.