



#StayHomeWithAlyth



Jewish Mindfulness Meditation from Pesach to Shavuot

Please check the community emails for how to join

Friday	Saturday	Friday	Saturday	Friday	Saturday	Friday	Saturday
17.15-18.00	9.15-10.15	17.15-18.00	9.15-10.15	17.15-18.00	9.15-10.15	17.15-18:00	9.15-10.15
10-Apr	18-Apr	24-Apr	02-May	08-May	16-May	22-May	30-May
Mika	Maxine	Maxine	Mika	Mika	Maxine	Maxine	Mika