

Our regular sessions with Alyth teachers from our Jewish Mindfulness Meditation group. Join for contemplation, breathing, movement and meditation, helping us to open our hearts and find peace through our Jewish heritage, especially in these challenging times.

Please note the different times in Elul to also enable attendance at the Elul Half Hours.

Fridays 28 August, 11 September at 17:00

[Click here to join on Zoom](#)

Meeting ID: 977 611 369

Password: 035091

Saturdays 22 August, 5 September at 09:00

[Click here to join on Zoom](#)

Meeting ID: 844 520 435

Password: 753749