

Yoga, Meditation & *Cheshbon haNefesh*

Saturday, Sept 28
9:30 am



We are entering a special season of reflection where we turn inward to prepare our spirits for the High Holy Days. Join us in meditation and yoga led by Zack Lodmer as a mindful approach to *Cheshbon haNefesh*.

Zack is a TBH member, yoga instructor, musician, and Director of the NuRoots Community Engagement Fellowship at the Jewish Federation of Greater Los Angeles!

He is also the founder and leader of Om Shalom Yoga where he weaves Jewish ritual, philosophy, and melodies into an all-levels experience.

**Bring a towel or yoga mat;
all experience levels welcome!**

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