



The Dix Hills Jewish Center Social Action Committee
is pleased to present:

CAN Community Answering Needs

Healing, Meditation and Community Support
From A Jewish Perspective

Jewish Mindful Meditation and Healing Workshops with Melissa Kurtz

Melissa weaves Kabbalah, Torah and Mindful Meditation in order to cultivate an awareness of the divine presence in every moment. The traditional wisdom of Torah and mystical Jewish learning are interfaced to enlighten body, heart and soul to grow holistically. We use the breath, silence, guided imagery and chants to reach a place of connection and healing. These workshops are open to everyone, at all levels of meditation practice - from the very beginner to the seasoned meditator. Meditation skills will be taught and explained through the Mindful and Kabbalistic lens.

All Classes are Sunday mornings from 11:00AM to 12:00PM

Sep. 16, 2018
Oct. 7 2018
Nov. 4, 2018

Dec. 2, 2018
Jan. 6, 2019
Feb. 3, 2019

Mar. 17, 2019
Apr. 7, 2019
May 5, 2019

THIS IS A FREE PROGRAM

*Melissa Kurtz is a certified Jewish mindful meditation teacher through the **Institute for Jewish Spirituality**. She owns her own business, **Healthy Self - Heal Thy Self**, where she educates on Kabbalistic and Holistic topics. She is a teacher and counselor of **The Kabbalah of Eating** for nutrition, health and weight loss. She also offers Kabbalistic Energy Healing and Torah yoga classes.*



Registration Form for 2018-2019 Jewish Meditation Programs

Please email the information below to: socialaction@dhjc.org or tear off and mail this form to:

Social Action at DHJC / 555 Vanderbilt Parkway / Dix Hills, NY 11746

Name 1 _____ Email _____

Name 2 _____ Phone _____

I / we will attend: 9/16/18___ 10/7/18___ 11/4/18___ 12/2/18___

1/6/19___ 2/3/19___ 3/17/19___ 4/7/19___ 5/5/19___

