



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 affirmations 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 10:00 to 11:00, unless otherwise noted\***

Sep. 24, 2017

Dec. 17, 2017

Mar. 11, 2018

Oct. 15, 2017

Jan. 21, 2018

Apr. 15, 2018

Nov. 5, 2017 \*11:00 - 12:00

Feb. 11, 2018

May 6, 2018 - \*11:00 - 12:00

*This program is free. If you would like to help support this project, donations would be appreciated.*

*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.*



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### Registration Form for 2017-2018 Jewish Meditation Programs

Please email the information below to: [socialaction@dhjc.org](mailto: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: 9/24/17 \_\_\_ 10/15/17 \_\_\_ 11/5/17 \_\_\_ 12/17/17 \_\_\_

1/21/18 \_\_\_ 2/11/18 \_\_\_ 3/11/18 \_\_\_ 4/15/18 \_\_\_ 5/6/18 \_\_\_

