



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

CAN Community Answering Needs

April 23rd & May 7th Sunday Programs

Healing, Meditation and Community Support From A Jewish Perspective
11 AM - 12 NOON, followed by a light lunch. There is no charge for these programs.

Jewish Mindful Meditation and Healing Workshop

with Melissa Kurtz



Jewish meditation is for the mind, body and soul. It connects the soul to a higher spiritual source and helps the body and mind to relax and destress, which in turn promotes healing. 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.

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 April 23rd & May 7th 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

Names(s) _____ Email _____

Phone _____

I / we would like to attend: April 23, 2017 _____ May 7, 2017 _____

