

# Opening To Who We Are... A Journey from Passover to Shavuot:

Through gentle Jewish yoga, brief meditation, chanting and sharing of texts, each of us will journey from our current state to a more liberated, expansive self-expression and wholeness.  
(Handouts distributed.)

Workshop led by **Susan Kronish Grotenstein**  
RYT, Registered Yoga Alliance Teacher,  
Graduate of the Institute for Jewish Spirituality Yoga Training



***No prior yoga experience necessary. All are welcome.***  
*Please bring a yoga mat and water bottle, if you have them,  
and plan to arrive at least 5 minutes prior to start.*

Date: Sunday May 4 from 4:30-6:00pm

**Workshop Fee: (pre-payment required)**

\$18.00 (member)

\$22.00 (non-member)

A minimum number of participants is required to run this program.

Please register by April 13  
with the Temple Beth Abraham office at 914 631-1770  
Make check payable to: Temple Beth Abraham  
or call the office to register with a credit card  
Please include name, email and contact phone number.

Temple Beth Abraham ✧ 25 Leroy Avenue ✧ Tarrytown