

# Congregation Rodeph Sholom

Cantor Hirsch is offering two exciting classes through the end of the year. Come join us on Thursdays, right after Thanksgiving, and bring a friend. All are welcome. No charge and no reservation is required.



Gentle Yoga • Accessible to All

## **CHAIR-YOGA**

Thursday's from 10:00 a.m. to 11:00 a.m.

This hour of Chair-Yoga and meditation requires no prior Yoga experience.

Come as you are and be prepared to relax in both mind and body.

Cantor Hirsch is a certified Kripalu Yoga teacher. She currently teaches Yoga and meditation at Merkaz Hebrew High School and at Shir Shalom in Ridgefield.



## **HEBREW ROOTS**

Thursday's from 11:15 a.m. to 11:45 a.m.

Join us as we explore the meaning of words frequently used in our prayer books and Bible, (e.g. Halleluya, Kadosh, Baruch).

**Program Dates for both Chair-Yoga and Hebrew Roots:**

November 30 and December 7, 14, 21