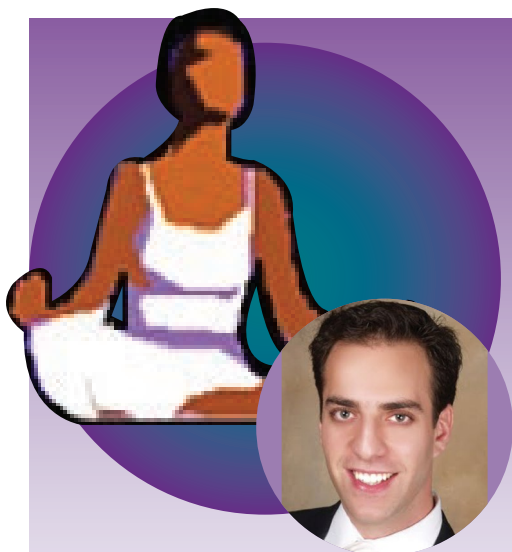


# Alternative Services

***Please join us for these services on Saturday, March 30***

Traditional services will take place in the sanctuary as usual at 10:00 am, but in addition, we've added options for those looking to experience their spirituality in a different way. These services will be held from 10:30 to 11:30 am. Those participating in the Alternative Services can then join the rest of the congregation in the sanctuary, for closing prayers, Kiddush and Hamotzi.



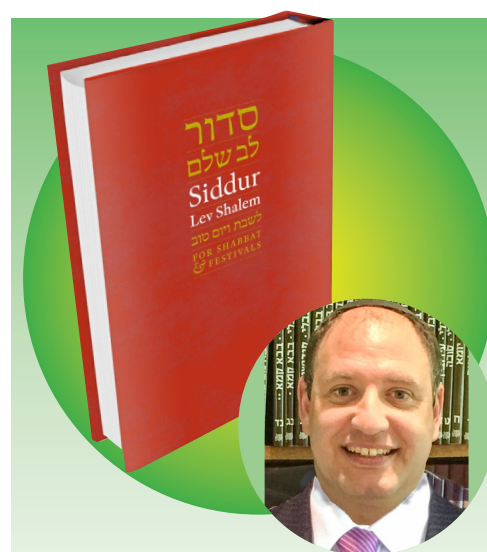
## **YOGA & MEDITATION** *with Hazzan Shamash*

Experience Jewish wisdom through classic yoga postures, helping to heighten awareness of body, mind, and spirit, while illuminating the heart of Judaism.



## **PARSHA STUDY** *with Justin Beck*

Torah study is for everyone, on their own level. Each year when we read the Torah it can be as if it's for the first time. Each encounter gives us the possibility of renewed meaning.



## **BEGINNER'S SERVICE** *with Rabbi Kormis*

A Shabbat service designed for those who know little or nothing about Jewish prayer. An anxiety-free service that will keep you looking forward to Saturday mornings.

***Come as you are, no need for traditional Shabbat attire.***

***Children's Services will also be available for families with small children at 10:30 am.***

***An RSVP to the synagogue office is appreciated. Contact info is below.***