



COMMUNITY HAVDALAH YOGA FREE AND OPEN TO THE PUBLIC

FEBRUARY 28 AND MARCH 28 6:30-8:00PM
FOLLOWING MINCHA-MAARIV SERVICES AT BEKI

BEKI

**Congregation Beth El-
Keser Israel**

85 Harrison Street
New Haven

At the corner of Harrison and
Whalley Avenues

For more information,
contact Shoshana Zax
zaxweiser@aol.com

Explore a new way to celebrate the end of Shabbat and the beginning of the new week. We will breathe and move mindfully as we savor the last moments of the Sabbath day and transition with song and prayer into the new week. No prior yoga experience necessary. Wear clothing comfortable for movement.

Consider coming for our regular Shabbat Mincha-Maariv service* and staying for Havdalah Yoga.

*Check BEKI bulletin or BEKI.org for exact start times of services.

Pre-registration encouraged. Call or e-mail Peggy at the BEKI office 203-389-2108 office@BEKI.org

This program is made possible through a grant from:

**Women of Vision Society
of the Jewish Foundation
of Greater New Haven**

