

2019 Retreat Highlights

Pray and learn with Rabbi Postrel, Rabbi Aron and teacher Venerable Drimay in the Redwoods.

Drum with Dror Sinai

Stories with Erica Lann-Clark

Variety of meditation experiences

Yoga, Folk Dance, Hikes and Gentle movement

Contrast Judaism and Buddhism

Expressions of Jewish art, music, nature poetry

Humorous Perspectives



The Shir Hadash Retreat Committee is excited about this weekend opportunity. We hope you will join us for a unique experience. If you have any questions, please contact:

retreat2019@shirhadash.org

Susan Denniston

Sharla Kibel

Itzik Nir

Rabbi Melanie Aron

Mira Engel

Buff Levine

Jack Siegel

Linda Allen

Danice Picraux

Tom Picraux

For more information on the Land of the Medicine Buddha Retreat Center, go to:
landofmedicinebuddha.org



Congregation Shir Hadash

Congregation Shir Hadash Retreat 2019

BRIDGES:

The Mind – Body Connection

Exploring Jewish and Buddhist perspectives

Movement and Meditation
in the coastal redwoods forest at the
Land of the Medicine Buddha Retreat Center

“All of the world is but a narrow bridge, and the most important thing of all, is not to fear at all.”



May 24, 5pm – May 26, 1pm
Memorial Day Weekend



