

KAVANAT-HALEV

JEWISH MINDFULNESS

**JEWISH MEN: TAKE 48 HOURS TO PREPARE FOR PESACH, LEAVE
YOUR INNER MITZRAIM AND FIND YOUR FREEDOM.**

**YOU ARE INVITED TO A
TWO-DAY MINDFULNESS RETREAT**



You will learn to:

- **Relax your body and mind**
- **Improve your concentration and focus**
- **Experience the spiritual pleasure of living in the moment**
- **Discover your personal connection to G-d**

**“I had a chance to remember what a great feeling it is to be calm and say
NO to pressure.” - Hanoch Saban, retreat participant**

When: March 27-29, 2019 (Wednesday-Friday, 20-22 Adar Beit)

Where: Moshav Sde Eliezer (near Rosh Pina) All meals kosher lemehadrin

Led by: Mendel Weinberger, veteran mindfulness teacher

Cost: 1600 NIS (1450 for early registration by March 13)

Contact: Mendel at 052-873-2733 or mendelweinberger@gmail.com

**Endorsed by Rav Yitzchak Breitowitz, Rav Kehilas Ohr Someach and
Rav Zev Leff, Rav of Moshav Matisyahu**