



Introducing Jewish Breathing

Jewish Insights into Breathwork and Meditation

Miriam Gitterman invites you to join her as she practices two forms of meditation that she has studied with current Jewish sages. Mindfulness meditation studied with Jon Kabat-Zinn as well as others, and coherent breath work meditation studied with Patricia Gelbarg and Richard Brown. She will weave into the program information gleaned from Dan Siegel and Andrew Newberg on neurobiology and neuroplasticity and how meditation affects these. We will share 3-4 meditation sessions with discussions between them. References to the insight of ancient Jewish sages into these practices will be shared.

When:

The program is offered on Sunday, May 19th from 2-3:30 at her home in Doylestown Borough, which is 15 minutes from the synagogue. There is plenty of on-street parking by her house. Dress comfortably and casually.

Where:

433 Maple Avenue

Doylestown, PA 18901

Cell:(603)-540-9642

The house is brown with white trim and black shutters.

Register now: Please register for this directly by email shown below so Miriam can prepare for you:

miriam.gitterman@gmail.com

