

meditation.hebrew chant.breath & movement.yoga

# KOL D'MAMAH FOR THE HIGH HOLIDAYS

with Leah Weisman

Kol D'Mamah weaves Hebrew Chant, Meditation, Breath & Movement aligning our MindBodyHeart & Soul inside and out. For the High Holy Days there will be spaciousness for the deep reflection and transformative work of T'Shuvah into At-One-Ment.

## Rosh ha'Shanah Day 1 | Saturday, Sept. 19 - 1 Tishrei | Shabbat

10:00 AM - 12:30 PM: Musaf, Kaddish, & Kiddush included  
NO Shofar blown on this day.

## Rosh ha'Shanah Day 2 | Sunday, Sept. 20 | 2 Tishrei

10:00 AM - 12:30 PM: Musaf, Kaddish, Shofar Blessings & Blasts, & Kiddush will be included

## Kol Nidrei | Erev Yom Kippur | Sunday, Sept. 27 - 9 Tishrei

No Kol D'Mamah service

## Yom Kippur | Monday, Sept. 28 - 10 Tishrei

10:30 AM - 1:30 PM: Yizkor, Healing, & Musaf included

3:30 - 4:30 PM: Torah & Yoga

5:45 - 7:28 PM: Ne'ilah with Final Shofar Blast

7:30 - 7:50 PM: Break The Fast Kiddush

(blessings and treats together on Zoom)



Zoom links will be emailed before Rosh ha-Shanah to members and those who have guest tickets. If you would like more information on membership, please contact Kate Lawn at [community@germantownjewishcentre.org](mailto:community@germantownjewishcentre.org). Guest tickets can be purchased at [germantownjewishcentre.org/hh-tickets-members](https://germantownjewishcentre.org/hh-tickets-members) (for GJC members) and [germantownjewishcentre.org/hh-tickets-non-members](https://germantownjewishcentre.org/hh-tickets-non-members) (for those are not members of GJC). L'Shanah Tovah!