

meditation.hebrew chant.breath & movement.yoga

KOL D'MAMAH

FOR THE HIGH HOLIDAYS

with Leah Weisman

OUTDOORS IN THE GJC SUKKAH
WEATHER PERMITTING
MASKS ARE REQUIRED

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 | Tuesday, Sept. 7

10:30 AM - 12:00 PM: Musaf, Kaddish, Shofar Blessings
and Shofar Blasts included

Rosh ha'Shanah Day 2 | Wednesday, Sept. 8

10:30 AM - 12:00 PM: Musaf, Kaddish, Shofar Blessings
and Shofar Blasts included

Kol Nidrei | Erev Yom Kippur | Wednesday, Sept. 15

No Kol D'Mamah service

Yom Kippur | Thursday, Sept. 16

10:00 AM - 12:00 PM: Yizkor included
3:30 - 4:30 PM: Yoga & Chi Gong
6:00 - 7:49 PM: Ne'ilah with Final Shofar Blast



If you would like more information on membership, please contact Kate Lawn at community@germantownjewishcentre.org. Guest tickets can be purchased at <https://germantownjewishcentre.org/high-holiday-tickets/>. L'Shanah Tovah!