

**JEWISH MEDITATION GROUP
AT CONGREGATION KOL AMI**

**2nd and 4th Monday of each month
7:00-8:15 PM SOCIAL HALL**

**75TH AND BELINDER/PRAIRIE VILLAGE, KS
INFO: events@kolamikc.com or 913-642-9000**

“Meditative practices have been deeply rooted in Judaism for thousands of years. Simple meditation practices of sitting quietly, chanting a few words in repetition, or singing to God while focused on thoughts of loving-kindness, forgiveness, gratitude or generosity are within the repertoire of Judaism. And these meditation techniques provide a new opportunity for modern practitioners to connect with tradition.” --Rabbi David Cooper

Congregation Kol Ami is pleased to host a Jewish meditation practice group on the 2nd and 4th Monday of each month.

The group is facilitated by Joel Krichiver, who has led Jewish meditation practice in Kansas City for many years. Mr. Krichiver completed his Jewish Meditation Advanced Training Certification from the Elat Chayim Center for Jewish Spirituality, and has studied with esteemed teachers including Rabbi David Cooper and Shoshana Cooper, Rabbi Jeff Roth and the late Rabbi Alan Lew, in addition to Rabbi Joseph Schultz, formerly of Kansas City.

The group is open to beginners and experienced meditators alike. There is no charge to participate, but donations to offset expenses are appreciated. For information, please contact the Kol Ami office at 913-642-9000, or by email at events@kolamikc.com.