



Searching Within

Meditation with Cindy Sandler



Wednesdays, 7pm
September 11, 18, 25, October 2

The time prior to the High Holy Days, the month of Elul, is considered a time of reflection and action toward bringing in the new year. Capitalizing on this spiritual time of renewal, join Cindy Ward Sandler as she leads meditation focusing on the integration of mind, body and soul to create greater wholeness/*shleimut*.

Each year presents us with gifts and challenges. In order to handle both well, we need to be aware and employ our best selves. Taking time to evaluate the year that is ending and strengthen ourselves to embrace the year to come supports us in moving forward to be the best we can be. [RSVP to Cindy Sandler at cwsandlerphd@gmail.com](mailto:cwsandlerphd@gmail.com)

September 11

Mind:
Focusing on increasing the balance of the brain

September 18

Body:
Concentrating on physical well-being

September 25

Soul:
Strengthening the awareness of our soul

October 2

Integration:
of mind, body, and soul to work toward *shleimut*/wholeness