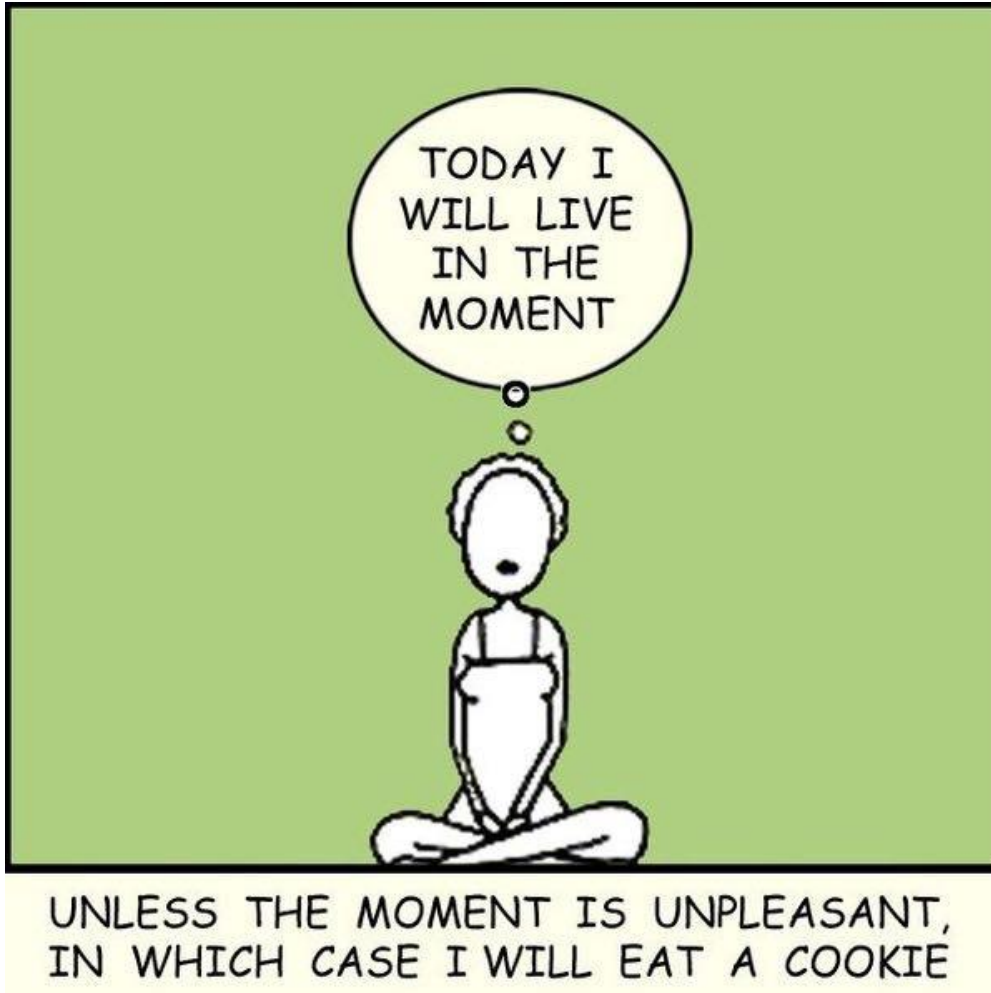




**New West End
Synagogue**

ST PETERSBURGH PLACE

Mindfulness with Rabbi Joel Kaye



Mindfulness is the intentional focusing of one's attention on the emotions, thoughts and sensations occurring in the present moment, with acceptance and compassion.

In this series of lectures, you will discover how this can be achieved through the eyes of Torah, with sources being woven into various aspects and stages of the process.

**Next lecture will be at 7pm on Sunday
15th April in the home of a congregant.**

**Contact the synagogue office on
nwes@newwestend.org.uk or 020 7229 2631
for further details**