

# Seeds of Renewal

A Spring Shabbat Experience



Bagels & welcome

Singing - Creative Torah

Yoga - Meditation

Lunch

Saturday, May 4, 2024

9:00am - 1:00pm

JCC - Levinson Hall

5738 Forbes Avenue,

Pittsburgh, PA

\*optional guided forest bathing @ Frick Park @ 1:30pm

*tiferet*

[Details & registration here:](#)

