



TUESDAY, MAY 23
7:00-9:00 PM

Me, Myself and God: A Theology of Mindfulness

Book Talk with Rabbi Jeff Roth

Rabbi Jeff Roth has dedicated his life to seeing clearly, knowing directly and understanding truly for the sake of wisdom. His new book is a literate and nuanced synthesis of mindfulness practice and study of Torah.

Rabbi Roth is the founder and director of The Awakened Heart Project for Contemplative Judaism. He was the co-founder of Elat Chayyim where he served as Executive Director and Spiritual Director for 13 years.

This program is free and open to everyone.
Please RSVP to info@ttsp.org

LOCATION: Shir Tikvah
1360 West Minnehaha Parkway
Minneapolis

This Program is co-sponsored by



Many of our human existential struggles stem from the sense of disconnection, alienation and loneliness that comes from a fragmented view of reality. Drawing on the insight and audacity of Jewish mystics, and rooted in a rich understanding of Torah, Rabbi Jeff Roth helps us overcome this sense of separation and reconnect with a more harmonious flow of life. He equips spiritual seekers of all faiths—or none—with powerful techniques rooted in Jewish mystical practices and mindfulness meditation.

REGISTRATION

Please RSVP at
info@ttsp.org

Contact
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In collaboration with

Twin Cities Jewish
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