



Making Connections through Meditation

Save the dates for our 2023
Virtual Recovery Meditations

Explore the powerful and healing connection between mindfulness meditation, Jewish wisdom, and recovery in a welcoming virtual environment.

Co-hosted by the Institute for Jewish Spirituality (IJS) and Jewish Addiction Awareness Network (JAAN), our no-cost, virtual Recovery Meditations provide a safe space to build connection and find community. Open to all, these 30-minute guided meditations are designed for anyone in recovery as well as their friends, loved ones, and allies.

Virtual Recovery Meditations start at 9:30am PT/12:30pm ET on:

Thursday, March 16, 2023

Thursday, June 15, 2023

Thursday, September 28, 2023

Thursday, December 7, 2023

Everyone is welcome to stay for the 15-minute discussion following each session.



SIGN UP to receive Zoom links and reminders for these and all online IJS meditations.



CLICK HERE to join the meditation live or view recordings on the IJS YouTube Channel.



thejaanet @jaanetwork

Jewish Addiction Awareness Network

jaanetwork.org



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Cultivating Mindfulness. Deepening Connection. Enlivening Jewish Life.

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