



2021 Brings More Opportunities for Recovery Meditations

Building on the success of our first co-hosted event, IJS and JAAN are pleased to offer quarterly recovery-focused online meditations throughout 2021.

Open to everyone, these free guided meditation sittings blend Jewish mindfulness and recovery in a safe, remote setting. Join us and build your meditation practice for the year.

Join us for recurring online recovery meditations at 9:30am PT/12:30pm ET on

Friday, March 5

Friday, June 4

Friday, September 10

Friday, December 10

Sign up to receive reminders of these and other online meditations at <https://www.jewishspirituality.org/get-started/resources-for-challenging-times/>

Or join the Facebook Live stream at <https://www.facebook.com/jewishspirituality>

About JAAN

JAAN works to increase the understanding of the disease of addiction and decrease stigma by connecting individuals, families, and professionals across the Jewish spectrum in order to explore the intersection of Judaism and recovery, exchange resources, and support those in crisis.

JAANetwork.org



*Addiction is a Jewish issue.
We're working to address it.*

About IJS

For over 20 years, the Institute for Jewish Spirituality has connected people to resources, teachings, inspiration, and guided meditations that help them become more mindful, peaceful, compassionate and resilient – through the rich wisdom of Jewish tradition.

jewishspirituality.org



Institute for Jewish Spirituality™

Cultivating Mindfulness. Deepening Connection. Enlivening Jewish Life.