

Where Jewish mindfulness and recovery meet.



Join us in 2022 for our virtual Recovery Meditations

We're all in urgent need of connection, now more than ever. Please join the Institute for Jewish Spirituality (IJS) and Jewish Addiction Awareness Network (JAAN) as we explore the power of Jewish mindfulness and recovery in a shared and safe virtual experience.

Our co-hosted virtual 30-minute Recovery

Meditations are guided and open to all. Whether you or someone you love is in recovery — or not — anyone can benefit from the practice of meditation, the healing power of Jewish wisdom, and the joy of community.

Stay for the 15-minute discussion after each session. We'll see you there!



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

Friday, March 11
Friday, June 10

Friday, September 9
Friday, December 9

[CLICK HERE](#) to receive Zoom link and reminders for these and all online IJS meditations.

[CLICK HERE](#) to join the meditation live or view recording on the IJS YouTube Channel.



Institute for Jewish Spirituality™
Cultivating Mindfulness. Deepening Connection. Enlivening Jewish Life.



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JEWISH ADDICTION
Awareness Network



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