



The Emanuel Synagogue Adult Education  
Committee presents:

## AN INVITATION TO MINDFULNESS

A 3-class series at Emanuel Synagogue  
with **Sharon Gutterman, PhD**

**Dates:** Sundays, Feb 10, 24 and March 3

**Time:** 3:00-4:15 pm

**Location:** Emanuel Synagogue 160 Mohegan Drive

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Meditation and mindfulness are foundational concepts in Judaism. Join us for this series to discover how sweet it is to live in the present moment and use new ways to deal with challenges and difficulties.

### Key concepts and practices

- What's all the buzz about mindfulness?
- Mindful meditation practices
- Neuro-science documentation
- *Ruach*: your breath is your best friend
- The stress response & resilience
- Handle strong emotions: turn down the flame
- *Chesed* lovingkindness practice
- Creating *shalom* throughout the day

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**Series Cost: \$75 Emanuel Members/\$85 Non-Members**

**Space is limited to 20 participants – Register NOW**

To register: Send Check with the appropriate amount made to Emanuel Synagogue, please specify "Meditation workshop" in memo line. **Questions? Please contact Deborah Mehlman at [debbiemehlman@yahoo.com](mailto:debbiemehlman@yahoo.com) or 860-232-2697**



**Sharon Gutterman, PhD** is an international teacher experienced in guiding people to live mindfully with less-stress and increased well-being. Her background in Jewish studies and Hebrew have given her unique insight into the foundational concepts of meditation and mindfulness in Judaism, and she has co-led mindfulness retreats and classes in Jerusalem. Her teachings are a unique blend of wisdom, sensitivity, humor, and passion. Sharon is a featured presenter and consultant at hospitals, business conferences, yoga studios, schools, correctional institutions, and cruise ships, as well as a Master Teacher at Copper Beech Institute. Sharon's mantra: The quality of care you give to others is related to the quality of care you give to yourself. She is the founder of *Mindful Wow! Wake up*

to your life. To learn more, please visit [www.MindfulWow.com](http://www.MindfulWow.com)