

# BODY, MIND, & SPIRIT SHABBAT

SATURDAY, MARCH 11 @ 9:00AM



STRETCH/YOGA WITH  
CANTORIAL SOLOIST NANCY LINDER

BREAKFAST IMMEDIATELY FOLLOWS.

\$10.00 FOR BAGELS, LOX, FRUIT, COFFEE, HARD BOILED EGGS,  
VEGGIES, AND COFFEE

***\*BRING YOUR OWN MAT AND DRESS COMFORTABLY\****

PLEASE RSVP BY MARCH 8 TO THE OFFICE  
EMAIL [TBDAVID@TEMPLEBETHDAVID.ORG](mailto:TBDAVID@TEMPLEBETHDAVID.ORG)

— GET CONNECTED —



6100 Hefley Street Westminister, CA 92683