



JEWISH SPIRITUAL CHANT CIRCLE



Chanting Circle Series at Temple Beth Elohim

Led by Eva Friedner and Beverly Rich

(alumni of first Kol Zimra Chant Leaders Training program 2004)

Wednesday nights: 7:30-9:00 pm for 6 sessions

March 14, 28; April 4, 11, 25; and May 2, 2012



- **Immerse** yourself in Jewish Spiritual Chant – *no singing ability or experience required!*
- **Learn** about the revived ancient tradition of Jewish spiritual chanting and experience how profound, moving, and healing this practice can be. Chants can be highly spirited or deeply contemplative.
- **Recognize** some of the chants that have become a part of current Jewish liturgical music.
- **Experience** the depth of spiritual connection that can be experienced with the prolonged repetition of the chants. As described by Rabbi Shefa Gold, “Chanting, the repetition of a sacred phrase, is a way of transforming the words of liturgy into doorways. They become entrances into expanded states of consciousness.”
- **Come** bring your voice and intention to experience the deep relaxation of mind, body and soul.
- **Help** create personal and communal energy.
- **Witness** how chanting lights the flame in the words of prayer.

A Chant For All Seasons ~ Come Chant For All Reasons

Cost: \$60 for the series of 6 sessions | \$12 for one session

To register (*required*), contact Greta Fiester at TBE

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