# Shabbat Morning Yoga

We are pleased to welcome back yoga teacher Allison Miller this fall.

## Kindly register

For each session you can attend, via the website [calendar](https://templeisraelnh.shulcloud.com/calendar).

## Meet in the Chapel

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Mats provided or bring your own.

Practicing Hatha Yoga since 1997, Allison has trained with a wide range of teachers on specialties including mindfulness-based stress reduction, trauma-sensitive yoga, and meditation practices. A licensed Clinical Psychologist, Health Service Psychologist, and teacher, Allison approaches each practice as an opportunity to connect with our true nature. She is honored to facilitate yoga at Temple Israel, where such inspiration can be drawn from the Torah and experienced through the practice.

## Saturday Mornings

9:00 AM

September 10, 17, 24

October 1, 5

November 5, 12, 19

December 3, 10, 2022