

Fall session begins September 10!



# Shabbat Morning Yoga

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

## Meet in the Chapel

Mats provided or bring  
your own.

## Kindly register

For each session you can  
attend, via the website  
[calendar](#).

