

# Coming to the Idra



The Idra is a center of spiritual learning and growth at Congregation Kol Shofar, led by Senior Rabbi Lavey Derby

- Kabbalah Talks
- Chavurah For Jewish Spiritual Practice
- Neshama Minyan – Contemplative Services

## KABBALLAH TALKS

Meditation, chanting, and discussion. Open to all.

Tuesday, May 5: Polishing the Character of the Soul

Tuesday, June 2: The Tree of Life: A Guide for Daily Living

7:00–8:30 PM Free

Classes held at: Davidson Middle School Annex

150 Lovell Avenue, San Rafael

## CHAVURAH FOR JEWISH SPIRITUAL PRACTICE

An in-depth experience of chanting and meditation.

Wednesdays,  
7:50–9:00 PM

April 22 & 29,  
May 6 & 13

Free

Held at Kent Middle School:  
250 Stadium Way, Kentfield

## NESHAMA MINYAN

Nurture and enrich your soul with an introspective Shabbat morning prayer experience.

Upcoming Dates:  
April 11 and May 23

9:30 AM – Meditation

10:00 AM – Shabbat Service

Services held at: Davidson Middle School Annex  
150 Lovell Avenue, San Rafael

BEIT AYIN AND CONGREGATION KOL SHOFAR PRESENT...

## An Evening of Sacred Hebrew Chant & Meditation

with Rabbi Ethan Franzel and the Beit Ayin Band

Live music and Hebrew chanting as a form of meditation and ecstatic prayer in which we repeat sacred phrases to open our hearts and minds.

All are welcome as we experience prayer in an entirely new and transformative way.

Thursday, May 7 • 7–9 PM • Open Secret Bookstore, 923 C Street, San Rafael  
\$10 in advance • \$12 at the door

For more information, contact Hagar Ben-Eliezer, Director of Programming:

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Congregation Kol Shofar • [www.kolshofar.org](http://www.kolshofar.org)

