



Join a very special yoga
& Sabbath experience

Shalom Yoga applies
Jewish teachings to the
practice of yoga.

Mandel JCC presents

SHALOM YOGA

Combines power of Yoga with the study of Torah

WEDNESDAYS • 7 PM

MANDEL JCC (RZEPKA FITNESS STUDIOS)
26001 S. WOODLAND ROAD, BEACHWOOD

This FREE class combines spiritual power & beauty of Yoga with the study of the Torah. Shalom Yoga will teach you to experience what is new in the ancient words of the Torah as they reverberate in your own body, mind, heart and soul.

Please enter through The J's main entrance. Bring yoga mat or towel.

INSTRUCTOR: TOBY ROSENBERG
FREE TO MEMBERS OF THE MANDEL JCC

For information contact Kim Gottlieb at
(216) 831-0700, ext. 1365 or kgottlieb@mandeljcc.org



www.mandeljcc.org

