

A MUSSAR APPROACH TO MINDFULNESS

Fridays, April 29th – June 3
10:00 am – 11:15 am (Zoom)

Mussar might best be described as “Jewish spiritual ethics” and has been practiced for centuries by people who sought to cultivate and strengthen the qualities of their INNER MENSCH.

Mussar study and practice is open to EVERYONE.

No knowledge of Hebrew or a Jewish upbringing is necessary.

Explore a different MIDDOT, or trait, each week.

Registration fee \$36 JCC Members/ \$40 Program Guests.

Fee includes a copy of the book *Everyday Holiness*.

[Click here to register](#) or call 518-438-6651.

Email LisaM@albanyjcc.org for more info.

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