

MOVING INTO SHABBAT

A YOGA & CONTEMPLATIVE SERVICE

Friday, September 19, 2008

**Unitarian Universalist Church of Arlington
Fellowship Hall**

7:30 pm

WITH

LARISSA BLECHMAN

Unwind from the work week and flow into Shabbat with gentle, meditative movements, chant and contemplative readings. Embody peace, wholeness and nourishment for body and soul.

Embody Shabbat

Info at

<http://kolaminvrc.org/allevnts.htm>

www.shalomwithin.com

All are welcome, no experience necessary.

