

April Learning Opportunities with Rabbi Shere

Prayerful/ pilates

Strengthen Your Core...
Through Jewish Tradition

Mondays, April 3 & May 8 - 11 am
at Adat Shalom Synagogue

Rabbi Shere will share spiritual insights during a floor Pilates class led by Sheila Tyner, Health and Wellness Coach and Pilates Instructor

RSVP greatly appreciated.

Register online: www.adatshalom.org/pilates or contact Jodi Gross at jgross@adatshalom.org.

Co-chairs, Lori Issner, Sheila Tyner & Julie Wiener

SOULFUL YOGA at Adat Shalom



Shabbat Mornings at 10 a.m.

April 8

Focus on preparing for Pesach

April 29

with Rabbi Shere and yoga instructor Mindy Eisenberg

Connect body and soul as we apply the wisdom of Torah to the gentle practice of yoga.

No yoga experience necessary.

Dress comfortably.

- Sisterhood Rosh Chodesh -

Study Session with Rabbi Shere for women

*With the new moon comes an
opportunity for self-renewal*
New Moon ✨ New Start

*We are all busy caring for others. Experience the potential
Rosh Chodesh offers you in caring for yourself.*

Wednesday, April 26
10 - 11 am

Join Rabbi Shere at Adat Shalom for one hour of study
in honor of the new month of Iyar.

RSVP by April 20 to Rochelle Lieberman 248-553-2498
or rochelle.r.lieberman@gmail.com

For questions on any of
these programs -
Contact Jodi Gross,
248.851.5100 or
jgross@adatshalom.org

