

**KAHAL JOSEPH &  
SEPHARDIC SPICE GIRLS PRESENT**



MELT-AWAY-STRESS  
**MEDITATION**

YOGA & SOUND BATH  
W/ARTIST LEAT SILVERA

Monday, March 13th at 7:30 PM

Kahal Joseph, 10505 Santa Monica Blvd LA 90025



**everyone welcome**

**dress comfortably**

**bring a yoga mat**

**\$26 per person**

RSVP 310.474.0559 or  
kjcongregation@gmail.com

**LIGHT REFRESHMENTS WILL BE SERVED**