**Alternative T’filot Friday, July 7th 2017**

**Options**

Learner’s Minyan with Seth Haaz

Dig more deeply into the meaning of our t’filot with Rabbi Seth Haaz.

Poetry and P’sukei with Elliot Goldberg

Experience p’sukei d’zimra as never before through the poetry of Yehuda Amichai.

Musical T’filot with Elie Greenberg

T’filot with as many songs and as much ruach as can fill the Beit K’nesset!

Yoga T’filot with Meghan Cum

Connect your davening with movements, breath, and intention. Come ready with a towel and clothes you can move around in.

#t’filinspiration with Hannah Glickman

Want to learn more about t’filin, practice wearing t’filin, or think about t’filin’s place in your life? Come to #t’filinspiration for an exciting services full of discussion, ruach, and making our own t’filin.

T’filot in everyday life with Maddie Gelfand

Prayer doesn’t stop at aruchat boker. Explore the various ways t’filot manifest throughout our entire yom, shavua, and shanah.

Meditation T’filot with Maor Gordon-Guterman

Center yourself with Maor, as he guides you through a meditative service.

Leader’s Workshop with Sarah Kieval

A workshop for chanichim that want to become more proficient at leading services. This option will focus on the skills necessary to lead p’sukei d’zimra and shacharit during weekday services.

Minyan with Sarah Glickman

Want your t’filot to be as similar to the traditional Machaneh Ramah t’filot as possible? Come to minyan with Sarah Glickman!

Az Yashir and Leadership with Devorah Lowenstein

Look at different types of leadership as demonstrated by Moses and Miriam during Az Yashir. What type of leader do you want to be?

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| **Option** | **Chanich Sign-Ups** |
| Learner’s Minyan (Beit Midrash) |  |
| Poetry and P’sukei (Chorsha) |  |
| Musical T’filot  (Beit K’nesset) |  |
| Yoga T’filot  (Beit Am Gadol) |  |
| T’filinspiration  (Old Ohel) |  |
| T’filot in Everyday Life (Chorsha) |  |
| Meditation T’filot  (Moadon Machon) |  |
| Leader’s Workshop (Beit Am Bet) |  |
| Minyan  (Moadon Bogrim) |  |
| Az Yashir and Leadership  (Café Ramah) |  |