

HINENU PROGRAM SCHEDULE

SESSION TWO | APRIL-MAY 2021

YOGA

SUN 11 AM - 12 PM EST

EVA IFRAH &
R' SCHACHAR ORENSTEIN

APR. 4 - CHESED

APR. 11 - GEVURA

APR. 18 - TIFERET

APR. 25 - NETZACH

MAY 2 - HOD

MAY 9 - YESOD

MEDITATION

TUE 7 PM - 7:30 PM EST

R' JORDANIA GOLDBERG

APR. 6 - GEVURA

APR. 13 - TIFERET

APR. 20 - NETZACH

APR. 27 - HOD

MAY 4 - YESOD

MAY 11 - MALCHUT

EMBODIED TEXT STUDY

TUE 7:30 PM - 8:30 PM EST

R' SHERRIL GILBERT &
R' SCHACHAR ORENSTEIN

APR. 6 - FIVE SENSES
R' SHERRIL

APR. 13 - EMBODIED EMOTIONS
R' SHERRIL

APR. 20 - DANCING
R' SCHACHAR

APR. 27 - NATURE
R' SCHACHAR

MAY 4 - SICKNESS
R' SHERRIL

MAY 11 - JUST BEING
R' SCHACHAR

SACRED MOVEMENT

FRI 6:30 PM - 7:30 PM EST

CHERINA EISENBERG
APR. 9

NADIA STOLPNER
APR. 23

MEIRA ALPER,
FRAN AVNY &
R' SHERRIL GILBERT
MAY 7