



## Mishkan Miami Spiritual and Emotional Health Programs SCHEDULE

All our programs will be held virtually.

**Unless otherwise noted** in the column below, all our gatherings can be accessed at:  
<https://zoom.us/j/679972711>

Or call 1-646-558, 8656; enter at the prompt the Meeting ID 679 972 711

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### FEATURED PROGRAMS

**Psalms/Tehillim with Rabbi Solomon Schiff**

Mondays & Thursdays, (April 2, 6, 13, 20, 23, 27, 30) 6 pm

[Click here](#) to learn more and add a name to the prayer list.

**Healing Service with Cantorial Soloist Jodi Rozental**

Monday, April 6, 7 pm

**Virtual Seder – REGISTRATION REQUIRED**

Wednesday, April 8, 5-6:15 pm

To register, click here: <https://zoom.us/j/438649348> or via phone 1-646-558-8656; when prompted enter ID number 438 649 348.

Day	Dates	Time	Description	Important Links
Sunday	April 5 April 12 April 19 April 26	11:30 am-12:30 pm	Spiritual Journaling with Merle Saferstein	Mishkan Miami Meeting Link
	April 6	7 pm	Healing Service with Cantorial Soloist Jodi Rozental (co-sponsored with Temple Judea Coral Gables)	<b>LINK TBD</b>

<b>Monday</b>	April 6 April 13 April 20 April 27	9-9:30am	Jewish Yoga with Rabbi Arielle Shimko	Access via Facebook Live at <a href="http://facebook.com/Arielle">http://facebook.com/Arielle</a>
	April 6 April 13 April 20	10-11 am	Musical Guided Imagery Meditation with Dr. Sammi Siegal and Rabbi Fred Klein	Mishkan Miami Meeting Link
	April 6 April 13 April 20	Noon-1 pm	Spiritual check-in with Rabbi Fred Klein and Rabbi Rafael Goldstein	Mishkan Miami Meeting Link
	April 6 April 13 April 20 April 27	6-6:15 pm	<i>Psalms/Tehillim</i> with Rabbi Sol Schiff <a href="#">Click here</a> to add a name for the prayer service.	<u>Conf. Bridge Information</u> <ul style="list-style-type: none"> <li>• 1.800.222.3589</li> <li>• Conf. Bridge: 618 #</li> <li>• Access code: 2482</li> </ul>
<b>Tuesday</b>	April 7 April 14 April 21 April 28	1pm	Psalms in the Key of Healing with Rabbi Rafael Goldstein	Mishkan Miami Meeting Link
	April 7 April 14 April 21	8-9 pm	The “ <i>Torah</i> of Pandemic”: How can we Frame what we are going through/ ideas for <i>Pesach</i> with Rabbi Fred Klein	Mishkan Miami Meeting Link
<b>Wednesday</b>	April 1 April 8 April 22 April 29	9-9:30 am	Yoga with Rabbi Arielle Shimko	Access via Facebook Live at <a href="http://facebook.com/Arielle">http://facebook.com/Arielle</a>
	<b>April 8</b>	<b>5-6:15 pm</b>	<b>VIRTUAL SEDER PROGRAM</b>	To register, click here: <a href="https://zoom.us/j/438649348">https://zoom.us/j/438649348</a> or via phone 1-646-558-8656; when prompted enter ID number 438 649 348.

<b>Thursday</b>	April 2 April 23 April 30	11 am-Noon	Aging and the Pandemic: Helping you cope with Rabbi Cheryl Weiner	Mishkan Miami Meeting Link
	April 2 April 28 April 30	12:30-1:30 pm	Meditation session with Rabbi Efran-Zarren Zohar	Mishkan Miami Meeting Link
	April 2 April 23 April 30	6-6:15 pm	Psalms/ <i>Tehillim</i> with Rabbi Sol Schiff <a href="#">Click here</a> to add a name for the prayer service.	<u>Conf. Bridge Information</u> <ul style="list-style-type: none"> <li>• 1.800.222.3589</li> <li>• Conf. Bridge: 618 #</li> <li>• Access code: 2482</li> </ul>
<b>Friday</b>	April 3 April 24	9-9:45 am	Yoga with Rabbi Arielle Shimko	Access via Facebook Live at <a href="http://facebook.com/Arielle">http://facebook.com/Arielle</a>
	April 3 April 17 April 24	Noon-1 pm	Lunch and Learn: Spiritual Practices and Rituals with Rabbi Cheryl Weiner	Mishkan Miami Meeting Link
<b>Shabbat</b>			Day of rest with yourself! (Check Federation website to links to local pre- <i>Shabbat</i> and/or <i>Shabbat</i> programs )	