



Mind Yoga

The Kabbalah of Mastering Mind and Emotions
Where East Meets West – Kabbalah and the path of Yoga

A Spiritual Journey

ב"ה

September 11 Memorial Lecture

With renowned Kabbalist and best selling author Rabbi Dr. Laibl Wolf

Wednesday Sept. 10, 7:45 PM

Holiday Inn Montvale, NJ
100 Chestnut Ridge Rd.

Fee: \$18 Pre reserved
\$20 At the Door
\$15 Seniors & Students

RSVP: 201-476-0157 or
ValleyChabad@aol.com



100 Overlook Dr., Woodcliff Lake, NJ 07677

Return Service Requested

Non-Profit Org.
U.S. Postage
PAID
Permit No.613
Westwood, NJ



Welcome to Valley Chabad!

Valley Chabad is an inclusive Jewish educational and outreach center that serves the entire Jewish community. It is a place where men, women and children of all backgrounds can exercise their minds and expand their knowledge of our precious Jewish Heritage in a warm and welcoming environment. Whether it is Hospital visitations, a program at the assisted living home or simply introducing a child to the joys of her tradition, Valley Chabad is there with a smile.

We are very excited to introduce you to "The Chabad Calendar" - a monthly spotlight on a full array of programs and classes that await you.

Come join in the experience,

Dov Drizin
Rabbi Dov Drizin



201. 476. 0157 / ValleyChabad@aol.com

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
7 Hebrew School Begins			10 7:45 PM Mind Yoga Holiday Inn, Montvale, NJ 100 Chestnut Ridge Rd.		12 7 -8 PM Children 3-10 Magic Carpet Club Journey to Shabbat Island filled with song, stories and Shabbat treats	
21 10:30 AM 12:00 PM Children 3-13 Bee Keeper Demonstration Learn about the incredible life of a bee, watch how honey is made and collected Come home with your very own Honey for Rosh Hashanah and have a sweet New Year!			17 Sept. 17, 24 Oct.1 7:30-8:30 PM Rabbi Dov Drizin leads a three part class/discussion The call of the Shofar! Finding meaning, practical wisdom and connection in the New Year		26 8 PM Community New Years Dinner following services \$36 Adult \$18 Child under 12	

5763-4
September with Chabad

All classes and events are open to all men and women regardless of affiliation or spiritual inclination. No prior education needed. Classes and events are held at 100 Overlook Dr. Woodcliff Lake, NJ unless otherwise indicated. For more information: 201. 476. 0157 / ValleyChabad@aol.com