

# GARDENING FROM THE SOUL

## A Rosh Chodesh Gardening Opportunity

Join us to take a look within yourself to find the potential for unlimited experience and spiritually in the garden. When we garden, we give and we receive. It's an opportunity to bond with the earth and to breathe with the wind. Gardening in such a fashion lowers our heart rate, blood pressure and promotes relaxation. It encourages us to be present in the moment and feeds the soul.

As the Torah teaches, one of the first tasks of humankind was that of stewardship of the earth. Join Karen Morse (Morah Karen) on a journey of intentionality through Gardening.



### Class 1: Stewardship - May 16

Learn how to weed and feed and alleviate pest problems using home made natural recipes

### Class 2: Bal Tashchit - June 6

Grow a garden with the vegies we waste each time we make a meal

### Class 3: When do I plant? - July 11

Cycles of the Jewish year/the Shmita year

### Class 4: Orchids - August 8

Finding beauty in nature

*Join Karen Morse for this wonderful program that will include gardening, schmoozing and a little Torah learning.*

*Class is limited to 10 people.  
\$18 per person  
Sign up by contacting the Center  
office at (904) 292-1000*