

## Meditation at PCS

Meditation is held at PCS every Saturday morning at 9:00 am, usually for half an hour.

Once a month we sit for a full hour. Meditation at PCS is open to everyone: synagogue members and non-members alike. One needn't be Jewish - nor be a follower of any religion at all - to feel welcome and to derive benefit from these gatherings.

As it is said "The breath has no religion."

Our half hour gatherings are mostly all in silence (but for some brief basic meditation guidance from Rabbi Mark). Our hour-long gatherings are also mostly silent, but begin with about ten minutes of kirtan-style call-and-response chanting and some centering reflections from Rabbi Mark. The chant (called a "niggun") and the reflection (called a "devar torah") are drawn from the Jewish mystical tradition; and yet, being heart-centered, are accessible to all.

From time to time Rabbi Mark offers classes (introductory and otherwise) on meditation. If you're interested, please send him an [e-mail](#) for information on the next class. You can read Rabbi Mark's Meditation Blog on [www.Pleasantville.Patch.com](http://www.Pleasantville.Patch.com) and follow his daily Meditation Tweets at [www.Twitter.com/Fourbreaths](http://www.Twitter.com/Fourbreaths).

