

Yoga & Jewish Wholeness



Sundays, September 16 and 23, October 7 and 14 | 4:30–6:00 pm

Join Tracey Green and welcome the Jewish New Year in this gentle class that explores yoga infused with Jewish wisdom. No previous experience with yoga or Judaism is necessary—all levels and backgrounds are welcome!

Location: Peninsula Sinai Congregation (PSC), 499 Boothbay Ave., Foster City

Reserve your free space today!

Register through PSC at 650.349.2816 or roassia@peninsulasinai.org.



About your instructor:

Tracey Green has more than 1,000 hours of Yoga Teachers Training and 20 years of experience as a yoga instructor. She creates a safe, peaceful space to explore and feel renewed in mind, body, and spirit. She has taught yoga at the Ruach Ha'aretz summer retreat and High Holiday retreat with David and Shoshana Cooper, and is a graduate of Yoga and Jewish Wisdom Teacher Training.

Sponsored by the Peninsula Jewish Community Center and Peninsula Sinai Congregation.



Peninsula Jewish Community Center
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