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BELSIZE SQUARE SYNAGOGUE · SYNAGOGUE.ORG.UK



Penimah

פְּנִימָה · TURNING INWARD

A monthly journey through the soul's inner landscape



Each month we gather online to learn from the great masters of Jewish spiritual thought — then sit together in guided meditation, letting the teaching become lived experience.

DRAWING FROM THE MASTERS

The Piaseczner Rebbe

Chovat HaTalmidim · Inner vision & the soul's voice

Bachya ibn Paquda

Chovat HaLevavot · Duties of the heart & bitachon

The Ramchal

Mesilat Yesharim · The path of character refinement



EACH SESSION · ONE HOUR

I

OPENING

Grounding & arrival — setting sacred space

II

TEACHING

One text, one idea, explored with depth

III

MEDITATION

Guided practice rooted in the teaching

IV

CLOSING

Brief sharing & integration



LIVE ONLINE · OPEN TO ALL



No prior knowledge required · All are welcome

7pm BST

9 JUN · 14 JUL · 11 AUG
8 SEP · 13 OCT · 10 NOV · 8 DEC 2026

REGISTRATION & DETAILS
cantor@synagogue.org.uk