

✨ HEALING HEARTS: Guided Meditation & Healing

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Dear Friends of YAAANA and Yiddishland California,

We are delighted to welcome the summer with opportunities for healing, reflection, and connection. As we gather once again through Healing Hearts, we look forward to sharing meaningful conversations, supportive community, and moments of renewal.




Click on the Image of Meaghan to watch her introduction to


Healing Hearts

[On Zoom](#)

Join Meaghan Fitzsimmons for an hour of guided meditation and energy healing rooted in Jewish spirituality and timeless wisdom. This session focuses on healing trauma and reclaiming your narrative to create a healthier, more grounded context for daily life. Together, we will cultivate inner harmony and share a collective sense of compassion and hope within a Jewish communal framework

 2nd Thursdays of the month — July 9, August 13, September 10 / 12–1 p.m. PT / 2–3 p.m. CT / 3–4 p.m. ET / 10–11 p.m. in Israel

 Online via Zoom


 **Cost: Suggested Donation: \$5–\$36 (sliding scale)**


Options: \$5, \$18, \$36

Meaghan Fitzsimmons holds a master's degree in clinical mental health counseling and currently serves as a professional mental health care and lifestyle coach here in La Jolla Village. Her experience in the international field of disaster trauma and group counseling facilitation allows her to support this local Jewish community to share, grieve, and empower each other through these radical times of terrorism, war, and social upheaval. You can read a special message from the coach and learn more about the sessions [Here](#)

A Global History of Silence: Ancient Laws about a Woman's Voice with Elizabeth Schwartz!

World-renowned klezmer vocalist Elizabeth Schwartz on the factors affecting her as a performing artist, the factors affecting women of all religions and cultures, and the inspiration behind her feminist shtetl horror anthology, "The Sweet Fragrance of Life."

 Sunday, July 12, 2026, 11:00 a.m.–12:00 p.m. PT / 12:00–1:00 p.m. MT / 1:00–2:00 p.m. CT / 2:00–3:00 p.m. ET

 Online via Zoom

Early Bird: \$20 (register before June 29, 2026) Regular Admission: \$25

[Register Here](#)


We are grateful to grow both our local and international communities. Whether you join us online or in person, we look forward to Yiddishizing you.

 **Explore Our Offerings** 

See all our events and classes.

 [View](#)

 **Have a Suggestion?** 

 Got an idea for a class or event you'd love us to create?

We'd love to hear from you!


 info@yiddishland.ca


 **Join Our Board** 

 Help shape the future of YAAANA and

Yiddishland California

 **Contact Jana at jana@yiddishland.ca to learn more.**

 **Stay yiddishized with us!**

 Jana and the Teams of YAAANA and Yiddishland California

 **858-220-2992**  yiddishlandcalifornia.org

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You're receiving this because you're part of our Yiddishland community.

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