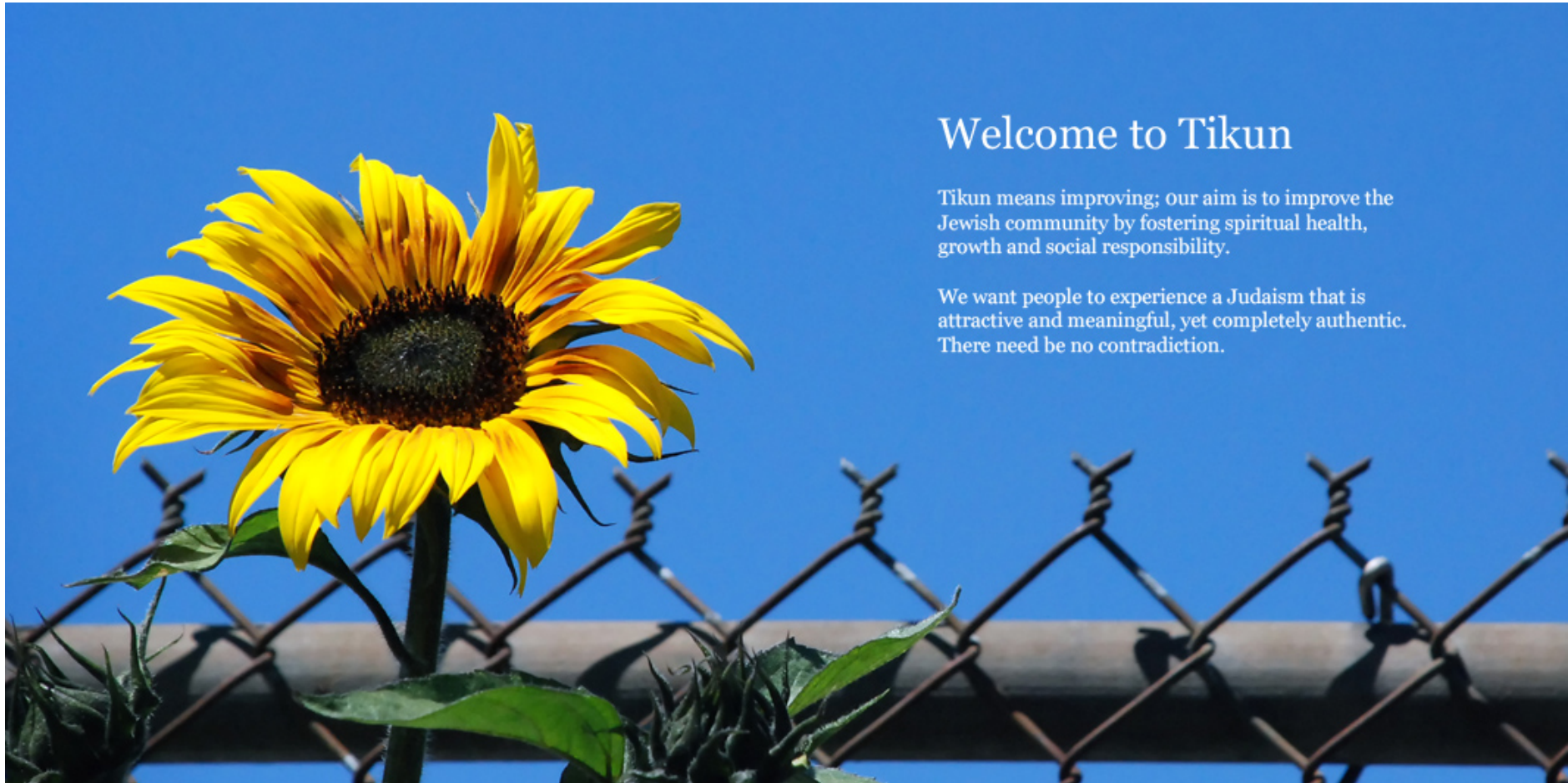




Tikun, 1117 Finchley Road, London NW11 0QB
T 0208 912 1212 www.tikun.co.uk

A BETTER WORLD THROUGH ANCIENT JEWISH WISDOM | TIKUN



Welcome to Tikun

Tikun means improving; our aim is to improve the Jewish community by fostering spiritual health, growth and social responsibility.

We want people to experience a Judaism that is attractive and meaningful, yet completely authentic. There need be no contradiction.



TIKUN HAMIDOS

PRACTICAL
JEWISH WISDOM

Judaism's wisdom has shaped Western values. It offers so much guidance in every area of life and an approach to spirituality that is as relevant as it has ever been. We aim to be very pragmatic in our teaching; to distill Jewish ideas and wisdom into a form that can be applied practically to our lives. We also appreciate that we have as much to learn from our students as they do from us.

Programmes include:

- Weekly Classes
- One on one personalised learning
- Residential Shabbat away weekends
- Explanatory Shabbat Service
- Friday night dinners
- Intermittent Classes in schools and communities



TIKUN HANEFESH

WELL BEING THROUGH
THE THREE PRINCIPLES

Our aim is to guide people towards healthier psychological and spiritual functioning by teaching a novel understanding of the relationship between thinking and experience - an inside-out view. That's why it is known as Innate Health.

We offer a new perspective that enables people to live with more contentment, greater connection to others, and less struggle in the face of adversity. We believe that simply recognising the creative process that generates thinking is the key to mental health and stability. Once understood, people are able to navigate the ups and downs of their lives more gracefully.

Programmes include:

- Evening taster events
- One on Ones
- Weekly Classes
- Guest Speakers
- 2-4 Day Intensives



TIKUN
OLAM | MAKING A DIFFERENCE
TO IMPROVE OUR WORLD

We offer opportunities to contribute towards a better world. We also want to deepen our Jewish community's commitment to *hacares tov*, gratitude: for hundreds of years, the UK has provided us with a safe home: Judaism teaches us to give back to a society that has shown us such generosity.

Our programmes include:

- Monthly volunteering at soup kitchens and care homes
- Light up a Life – volunteering over the winter holidays at a difficult time for those in need
- Hope for Heroism – visits by groups of injured Israeli soldiers for a week of respite and communal love



TIKUN | WISDOM • CAFE

We believe that mind and body go hand in hand and that a happy mind cannot live in an unhappy body. So if the saying “you are what you eat” is true, we recommend you try our kosher café.

Our versatile menu includes freshly made soups, salads, sushi and many other delights. The cafe environment which has free wifi, throughout is a relaxed place where everyone can study, recharge, enjoy the use of free wifi, and of course enjoy our delicious food and drinks.



Under the supervision of the Beth Din
of the Federation of Synagogues