



SHABBAT BLESSINGS



בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

ha' o' lam me' lekh e' lo' he' y nu 'A donai 'at' tah ba rukh
the universe king (of) our God Lord are you Blessed

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְהַדְלִיק

le' hadlik v' tsivanu be mits' vo' tav kid' de' sha' nu 'a' sher
to kindle and with his sanctified us who
commanded us commandments

נֵר שַׁבָּת.

shabbat shel ner
shabbat of candles

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

ha' o' lam me' lekh e' lo' he' i nu A donai at' tah ba rukh
the universe King of our God Lord are You Blessed



בוֹרֵא פְּרֵי הַגָּפֶן.

hag' ga' fen pe' ri bo' rei
the vine. fruit of Who creates

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

ha' o' lam me' lekh e' lo' he' i nu 'A donai 'at' tah ba rukh
the universe king (of) our God Lord are you Blessed



הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

ha' a' rets min le' chem ham' mo' tsi
the earth from bread the Who brings
forth

[Respond: Amen.]

Remember to check our [Online Yoga Yeladim Facebook Group](#) often for more ideas & resources.