SHABBAT BLESSINGS

Barukh Atah Adonai Hamnechameinu Ha'olam melekh eloheinu Adonai etah barukh the universe king of our God Lord are you Blessed

Asher karchem be'mitzvotov, zaken v'le'elchilim to kindle and commanded us with his commandments who

Bereshit shel aver shel shabbat shabbat of candles

Barukh Atah Adonai Hamnechameinu Ha'olam melekh eloheinu Adonai etah barukh the universe king of our God Lord are you Blessed

Hagga'fen peri borei the wine, Trail of Who creates

Barukh Atah Adonai Hamnechameinu Ha'olam melekh eloheinu Adonai etah barukh the universe king of our God Lord are you Blessed

Hamotzi la'mash matzorim the earth from bread the Who brings forth

[Respond: Amen.]

Remember to check our Online Yoga Yeladim Facebook Group often for more ideas & resources.