

**Spiritual Journey Series with Rabbi Heather Altman**  
CJE -7 week series – 45 minute sessions –2007

CJE Lieberman: (Wed 10 am) January 10, 24, February 7, 21, March 7, 21, April 11  
CJE Gidwitz: (Tues 10 am) January 9, 23, February 6, 20, March 6, 20, April 17

Kavanah: Introduce residents to a variety of Jewish spiritual practices. Provide them with interesting, novel and expertly delivered tools and resources. Allow them the space and opportunity to reflect on their spiritual life, and their relationship with God and others.

Curriculum and material created by Heather Altman especially for CJE.

- session 1    creating sanctuary for your soul: perspectives, influences & inspiration  
Acquire an overview on the development of these spiritual journey practices with perspective on how they developed. Hear about the teachers who influenced Rabbi Altman's integration of spiritual journey and how they were the inspiration for her work and this series.
  
- session 2    Jewish Meditation and chant  
Learn about ancient and modern techniques of meditation, breath and chant.
  
- session 3    Postures of Prayer  
Explore the role of the body and movement in traditional Jewish prayer.
  
- session 4    Tefilla Yoga  
Experience embodied prayer with gentle postures that evoke your inner desires.
  
- session 5    Personal prayers  
Enter the world of the *tkhines*, personal prayers about matters of everyday life. See yourself in these women's prayers and consider how they meet your needs.
  
- session 6    Writing your own prayers  
Using the *tkhines* as inspiration, you'll discover your needs and use this format to express them.
  
- session 7    Spiritual companioning  
Using contemplation and prayerful presence, get a taste of the power of Spiritual Direction in this group session devoted to reflecting on God's presence in your life and in the past 5 Spiritual Journey sessions.