

Netivot/Pathways High Holiday Institute on Jewish Spiritual Practices
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Service Descriptions:

Guided Contemplation

Begin the day with a silent space for contemplating kavanah (intention) with a guided entry of moving into silence and stillness.

Jewish Meditation & Meditative Tefilla

Learn Jewish meditative techniques for connecting soul and body. Cultivate awareness of your breath, mind, soul and sound with silence, images, and chant.

Tefilla Yoga*

Morning prayers on the mat. With Tefilla Yoga, Rabbi Altman translates the prayerbook into yoga poses and sequences that match the intention of each prayer. This introductory service focuses on the morning blessings through the Shema.

Rav Yoga*

Embody your intention to awaken to a new year. Rav Yoga fuses the wisdom of two ancient traditions: yoga and Judaism. Explore two major themes of Rosh Hashanah – awakening the soul and new beginnings, with heart opening yoga. Balance the theme of judgement (Din) on Yom Kippur with its counterpart of love (Hesed) with a yoga focus on balance.

Refu'ah Yoga*

Gentle and supportive postures promote deep relaxation, heart softening, and preparing for forgiveness. Enter teshuvah the gentle way, through returning to a sense of deep rest and renewal. The spiritual tasks of letting go and making amends become natural once your physical, emotional, and mental systems come into balance. Healing, peaceful, restorative. A 2- hour session on Yom Kippur will support your fast and help you attend to the spiritual tasks of the day.

Contemplative Torah Study

Open the Torah, read a sacred message, and feel how it resonates and reverberates for you. This heart centered Torah session reveals teaching and truth the way you need to hear it today.

Spiritual Direction

On a day where God appears in our Mahzor as powerful and judgmental, we'll listen for the ways God appears (or doesn't appear) in our personal lives. Spiritual direction is an invitation to explore one's relationship with

mystery and movement; today we'll contemplate "what one thing do I ask of God?" or "what one thing does the divine ask of me?"

Spiritual Inventory and Affirmation

Reflect on your personal spiritual inventory and allow the safe Spiritual Direction group format to affirm your spiritual strengths and resolve. Using the Vidui (confession) as inspiration, will be honest and searching in our positive assessments of our wiser selves.

Healing Prayer Circle

Standing at the lakefront, tears will flow into the healing waters and hope of healing will bless our new year. As we say goodbye to one year and welcome in the next, illness, loss and grief hold our hearts in need of forgiveness, comfort and strength. In a service based on traditional Jewish healing texts we will pray for what we really need and to be present for those who need our prayers. Following the custom of casting our sins away into water, we will shed pain and grief at the shores of love and compassion.

*Yoga preparation: If possible, dress for yoga sessions in stretchy, comfortable clothes. You may want to bring a change of clothing. For Refu'ah Yoga, you may stay in shul clothes, but women should bring leggings or pants. Do not eat heavy meals within 2 hours before yoga.