

## SCHEDULE

### **Rosh HaShanah Netivot/Pathways Alternative Services 5768 First Day -Thursday September 13, 2007**

- 9:00-9:15 Guided Contemplative Silence
- 9:20-9:40 Jewish Meditation  
Cultivate awareness
- 9:45-10:15 Tefilla Yoga\*  
Morning prayers through movement
- 10:20-10:40 Rav Yoga\*  
Embodied teshuvah, letting go from inside-out
- 10:45-11:15 Refu'ah Yoga\*  
Deep relaxation, heart softening, forgiveness
- 11:20-11:50 Contemplative Torah Study
- 12:00-1:00 Spiritual Direction  
One thing I ask of God-One thing God asks of me

### **Rosh Hashanah Netivot/Pathways Alternative Services 5768 First Day - Thursday September 13, 2007**

4:00-5:30 pm **Healing Prayer Circle**  
(1.5 hrs before tashlich)

**Location: meet at Clock Tower, walk due east to  
ramp down to lakefront**

**Yom Kippur Netivot/Pathways Alternative Services 5768**  
**Saturday September 22, 2007**

- 10:00-10:15 Guided Contemplative Silence
- 10:20-10:50 Tefilla Yoga\*  
Morning blessings through movement
- 10:55-11:25 Rav Yoga\*  
Balancing Judgment and Love
- 11:30-12:00 Meditative Tefilla  
Penetrating Power of Sound
- 12:15-1:15 Spiritual Inventory and Affirmation
- 1:30-2:25 Silent Space for personal reflection and prayer
- 2:30-4:30 Refu'ah Yoga  
Passive resting poses. Support your fast with deep rest that will allow you to attend to the spiritual tasks of the day.