

RAV YOGA @ DSLTI

February 2-4, 2007

Rav Yoga workshops offer a fun, relaxing and introspective experience in which to forge a deeper connection between mind, body and soul. Rav Yoga creates an innovative environment that promotes the tradition of embodied Jewish wisdom through yoga breath, physical postures and sequences. An ordained rabbi with experience on the pulpit and the mat, Rabbi Heather Altman designs and teaches Rav Yoga programs for synagogues, Jewish community organizations, schools, camps, and yoga studios.

Heather Altman is a Yoga Alliance Registered Yoga Teacher and practices Forrest Yoga and Vinyasa Flow Yoga, for powerful combination classes that foster physical health, mental and emotional clarity, and forging connection to Spirit. Focusing her attention on proper alignment and injury prevention, Heather's workshops are appropriate for students of varying levels of yoga experience and a wide range of physical capabilities. Heather enjoys working with adults, teens and children. More info @ www.rabbiheatheraltman.com

Not Waiting to Exhale: Breath and Basic Mindful Movement

Friday morning 45-60 min

Jewish concepts of the soul join with yogic wisdom on experiencing your authentic self through breath and basic body mindfulness. Learn breath techniques for centering and grounding, for calming down and for generating energy. Match these breath practices with where your physical-energetic and emotional-mental bodies need the nourishment of breath. A perfect orientation for coming to Rav Yoga with compassionate attention and acceptance.

Tefilla Yoga -Saturday morning 75-90 min

An inner prayer experience that translates the siddur into a physical sequence, this Shabbat morning you pray on the mat. This practice builds a sequence of postures that correspond to themes and specific key words of traditional Jewish prayers. Come in yoga clothes for an intense session! Modifications can be made for those with injuries or illness; please speak with your instructor before the session.

Shabbatsana - Saturday afternoon 45-60 min

Before we complete Shabbat with Havdalah, we'll make sure you've had a full dose of Shabbat rest. You're in store for some seriously deep relaxation and renewal with this restorative Rav Yoga workshop that emphasizes the sacredness of rest on Shabbat. Learn how to embrace the peace and let go of stress. Way better than even a Shabbat nap!

Rav Yoga - Sunday morning – 60 min

Begin the day with an intense and powerful session of yoga lightly infused with the breath of Judaism. This all level class builds strength, supports healing and creates balance, joy and integrity. Forrest Yoga and Vinyasa Flow meet up with the Jewish principles of going deeper, respecting all creation, honoring your divine soul and promoting overall health and wellness.