

Offerings for the Body, Soul, & Spirit

at Beth Am Israel

Music Prayer Lab with Hazzan Harold ~

Sunday, Jan 21, Feb 25, April 22 and Thursday
March 15

Music Prayer Lab is a group of dedicated musicians, pray-ers, and fellow travelers, all interested in the collaboration of prayer, music making and intentional community.

Over the past few years, we have developed into a space for exploring the interaction between the individual and group, listening carefully and deeply with the need for self and group expression.

Spiritual Autobiography Workshop with Donna Kirschner & Ilene Wasserman - Tuesday Nights: Jan 23, 30, Feb 6, 13 at 7:30pm. Space is limited to 10 people.

Map the path you have lived, looking at significant turning points. Explore the themes and patterns that have guided your choices and look inward to notice what resonates.

Tikkun Middot Yoga with Rabbi Myriam Klotz ~

Shabbat Mornings, 9am:

Feb 3, March 17, April 28, May 5, and June 9

Tikkun Middot, the cultivation of wholesome qualities, is a practice in which we develop muscles of character so that our actions align with our deepest values. We study teachings about a character trait and work with that teaching through gentle yoga postures and self-observation in order to explore how those traits find embodied expression. All are welcome, no experience necessary. Please wear clothes suitable to movement and bring a yoga mat if you have one.

Emodied Prayer with Nicole Levin ~

Shabbat Morning, 9-9:45am ~ Jan.20, Feb. 24, March 10, April 21, May 12

Prayer has the potential to reach us in our entirety. Through gentle movement, breath work, and chanting we will embody the essence of each prayer. Using different modalities offers opportunities to deepen your spiritual experience as well as your as well as your understanding of the text. This holistic approach integrates mind, body, and spirit. Gentle practice and requires no previous experience. Accompanied by music from Hazzan Harold and our Music Prayer Lab



Tefillah B'Kavanah

Ongoing, Shabbat Mornings, 9am

An expanded morning tefilah option, encompassing the morning blessings (Birkot HaShachar) and verses of song (Psukei d' Zimra) with song, reflection, and meditation.