

## **Antisemitism Symposium Workshops, Sunday, March 9, 2025**

Choose from the following to pursue ways to build your resilience:

### **Yoga — Laurie Greenberg**

Gently guided workshop focusing on breath, asana (poses) and physical movement practice. Bring your yoga mat if you plan to attend this breakout.

### **Creating Art as a Process of Exploration and Discovery — Kathy Parsonnet**

Work with art materials as an act of contemplation, meditation, and exploration.

### **Dialogue Circle — What is the intersection between growing resilience regarding antisemitism and collective trauma? — Pam Steiner**

A facilitated discussion of questions arising from Susannah Heschel's talk.

### **Israeli Dancing — Diane Roston**

Discover your inner Klezmer clarinet and let the music move you. Israeli and other folk-dance traditions will be taught.

### **Healing Circle — Gene Kadish**

Through listening to one another's story without judgment, these gatherings create a sense of shared empowerment and a deeper understanding of oneself and one another.

### **The Poetry of Resilience and Resistance “in the midst of life” — in the face of Antisemitism — Doris Ferleger & Beth Kanell**

We will create our own small/yet large contribution to resilience and resistance in the face of antisemitism using poems, writing and sharing exercises, dyads, and large group discussion.

### **Equanimity through Chant — Peggy Kasden & Shari Borzekowski**

In this session we will explore through simple chants the practice of equanimity even when we are triggered or feel threatened.