

## SPIRIT IN MOTION: A JEWISH YOGA EXPERIENCE

Join Karen Moss with Better Bodies yoga for Temple's first ***Spirit in Motion: A Jewish Yoga Experience*** class on Saturday, August 21, 2010 at 3:30pm.

This event, ***which will be held weekly at Temple on Saturdays at 3:30 pm***, is open to all Temple members.

Women ***and men*** are encouraged to participate; bring a mat, (or buy one there for \$18) water bottle, towel, and a willingness to have a wonderful weekly experience!

Many individuals differentiate between religious experience and physical wellness. However, in practice, Judaism has consistently advocated that while the soul and the body might be separate, these two entities are inseparable. By offering yoga, provided by WRJ-Sisterhood, in a Jewish context, we designate time to consciously find *shleimut*, balance, in the caring of our souls and bodies.

Having a Jewish yoga experience in preparation for Havdalah offers participants an opportunity to mark the culmination of Shabbat with a feeling of completeness and holiness prior to returning to the normalcy of our daily work.

As myjewishlearning.com articulates, "In the Creation story, we read of God blowing a 'breath of life' into the man of earth and dust (Genesis 2:7). The word used is a form of the Hebrew root indicating breath. Although this neshamah later becomes associated with the soul, the word here only describes the element that animates a body.

This animating element is not, in early biblical tradition, separate from the body in life, nor does it possess any personality." The word neshamah, breath and soul, shares the fundamental Jewish belief that the body and the soul are intertwined, providing a natural connection to yoga's connection to Judaism.