

SHABBAT YOGA

at Temple Israel

SPIRIT IN MOTION: A JEWISH YOGA EXPERIENCE

Temple members and guests: join Karen Moss with Better Bodies Yoga for *Spirit in Motion: A Jewish Yoga Experience* Saturdays at 3:30pm in Temple Israel's Scheidt Family Center.

Women *and men* are encouraged to participate; bring a mat, (or buy one there for \$18) water bottle, and towel.

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 this yoga program, which is generously funded by a donation from 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.

Temple Israel
1376 E. Massey Road
Memphis, TN 38120

(901) 761-3130

www.timemphis.org

www.facebook.com/TempleIsrael