

## **A Three Night Jewish Meditation Retreat**

Nov 21 – 24, 2013

with Rabbi James Jacobson-Maisels & Rabbi Jeff Roth

Isabella Freedman Jewish Retreat Center, Falls Village, CT

Join Rabbis James Jacobson-Maisels and Jeff Roth for a three-night Jewish meditation retreat at Isabella Freedman Jewish Retreat Center in Falls Village, Connecticut. There are many benefits to a period of retreat practice, which include cultivating deep wisdom into the nature of the human mind and the opening of the heart to love of self and others. The retreat offers the opportunity to experience practices which thousands of people have found transformative and life enhancing.

Participants will enhance their skills in a range of meditative techniques. These include concentration techniques, contemplative prayer chants, mindfulness meditation, the path of blessing, walking and eating meditation, and practices that cultivate joy.

- See more at: <http://www.awakenedheartproject.org/retreats/opening-the-heart-of-wisdom-and-compassion-a-three-night-jewish-meditation-retreat#sthash.I4ljgkcdpuf>

## **Awakening the Divine: The Pardes Jewish Spirituality Retreat,**

Dec 24 – 29, 2013, outside Baltimore

The Psalms teach that the human soul is the light of God, illuminating our hearts and minds, our actions and relationships, for the Divine to enter.

This retreat offers the opportunity for a sacred pause, enabling us to open ourselves to the joy and presence which is our divine nature and take that awakening back with us into our everyday lives. It provides the skills necessary to transform the sometimes muffled, tense or distracted experience of our lives into an open-hearted engagement with every moment. It offers the opportunity to touch that still, small voice within each of us and the soul-wisdom which is our birthright. It transforms our Jewish practice and lives into a deep mode of spiritual awakening.

Combining prayer, mindfulness meditation, silence, text study, group work and other modes of spiritual practice, this retreat will introduce participants to the profound depths of Jewish spirituality and offer the possibility of finding life-transforming meaning in the Jewish tradition.

For more details go to <http://www.awakenedheartproject.org/retreats/opening-the-heart-of-wisdom-and-compassion-a-three-night-jewish-meditation-retreat>