Nishmat Hayyim at TBZ presents

A Contemplative Shabbat Retreat
January 30 – February 1, 2015

at the Essex Conference Center in Essex, MA
For information about the Essex Conference Center visit http://www.eccr.com

Come join us and participate in a warm, contemplative Shabbat with Reb Moshe Waldoks, Bobbi Isberg, and Yoheved Sheila Katz in an idyllic setting in Essex, MA, only 45 minutes north of Boston.

Share the full beauty of Shabbat in prayer, study, meditation, contemplation, chant, good fellowship, nature walks, yoga, good food, and more in this marvelous natural setting.

The cost is $250 per person for 2 nights lodging with all meals included, beginning with Friday night Shabbat dinner and ending with Sunday lunch. Snacks are available all day and are included in the cost. Early bird registration discount is $225 per person by Dec 15, 2014. (Limited scholarships available.)

Don’t miss this rare opportunity for a Contemplative Shabbat in nature!
Open to TBZ members and everyone in the larger Boston Jewish community!
Reserve your place early and register NOW!
Only 18 double rooms available!

If you are interested please respond to nishmathayyim@tbzbrookline.org
Then call the office 617.566.8171 ext. 17 and charge it! Or send your check to the TBZ office at: TBZ, 1566 Beacon Street, Brookline, MA 02446. Write Jan 30 – Feb 1, 2015 TBZ Contemplative Retreat on the memo line of your check. Deadline for registration (on a first come basis) and payment is Dec 15, 2014. www.tbzbrookline.org

SPREAD THE WORD!!
More on the back of this flyer.
Reb Moshe Waldoks
Along with an infectious laugh, Reb Moshe brings to the rabbinate many years of experience as a teacher and academic. Co-editor of The Big Book of Jewish Humor, he has lectured widely on Jewish cultural renewal and the Jewish spirit. With his wife Anne, and their three daughters, Reb Moshe infuses our community with love, laughter, and joy. Reb Moshe completed his Doctorate in Eastern European Jewish Intellectual History at Brandeis University in 1984, and was ordained as a post-denominational Rabbi in the fall of 1996 by Rabbis Zalman Schachter-Shalomi, Arthur Green and Everett Gendler. Dedicated to building bridges, Reb Moshe went to Dharamsala, India in October 1990 to participate in the first Jewish-Tibetan Buddhist encounter with the Dalai Lama. He is active in Jewish-Christian Dialogue, and in 1999 co-led a Jewish-Catholic Pilgrimage to Israel and Rome. He sits on the Executive Board of the Jewish Community Relations Council. Reb Moshe has been the Rabbi at Temple Beth Zion since January 1998. He also completed a two-year meditation course for Rabbis conducted by Sylvia Boorstein. He is the founder of Nishmat Hayyim: the Jewish Meditation Collaborative of New England.

Roberta Isberg
Roberta has a longstanding interest in meditation, psychotherapy, yoga and spiritual traditions as different ways to address the challenges of life as a human being. She received her MD from Harvard Medical School in 1978 and completed her training in adult and child psychiatry at Beth Israel Hospital, Boston, in 1984. She completed psychoanalytic training at the Boston Psychoanalytic Institute in 1993 and has a private practice in adult and child psychiatry in Brookline. As an Assistant Professor of Psychiatry at Harvard Medical School, she teaches Child Psychiatry Fellows at Children's Hospital. Dr. has had a personal meditation practice for over forty years. Over the past decade she has learned and practiced at the Cambridge Insight Meditation Center and at yearly retreats at the Insight Meditation Society. In 2009, she completed the practicum in Mindfulness-Based Stress Reduction at the Center for Mindfulness at University of Massachusetts Medical School, and she has been integrating the teaching of mindfulness into the training of Child Psychiatry Fellows at Children's Hospital. In 2011, she completed the Jewish Mindfulness Teacher Training sponsored by the Institute for Jewish Spirituality and the Awakened Heart Project. She began leading weekly meditation groups at Nishmat Hayyim in 2005 and now co-leads monthly Shabbat afternoon meditation retreats at Temple Beth Zion with Yoheved Sheila Katz.

Yoheved Sheila Katz
Yoheved teaches Contemplative Practice and Middle East History at the Berklee College of Music. She received her PhD in Middle East History from Harvard University and is author of Women and Gender in Early Jewish and Palestinian Nationalism (University Press of Florida, 2003). Her study of meditation and yoga during involvement in political activism as an undergrad at Brandeis University and her founding of a Palestinian-Israeli dialogue network in Jerusalem taught her the necessity of both inner and outer transformation. Katz' current meditation practice combines concentration and mindfulness learned from Jewish texts, and extended silent retreats, including 100 days of meditation with Rabbi David and Shoshana Cooper's Jewish Meditation at Elat Chayyim, a month of silent Vipassana Buddhism at Spirit Rock, Vietnamese Zen Buddhist Thich Nhat Hanh at Plum Village in France, Soto Zen Zoketsu Norman Fischer in Mexico. She has studied with Rabbi Shefa Gold in the 2-year chant leaders' training, Kol Zimra, with Rabbi Alan Lew, z"l, and Norman Fischer at the 2-year Elat Chayyim Advanced Meditation Program, Rabbis Sheila Weinberg and Jeff Roth at the 2-year Jewish Mindfulness Teacher Training at the Institute for Jewish Spirituality. She has taught meditation at Nishmat Hayyim, the Jewish Meditation Collaborative of New England since its inception in 2005.