



# RUACH + The Path: LAByrinth Partnership Experiences

## Rosh Hodesh Elul 5785

Join Hebrew College campus partner RUACH for a grounding, uplifting LAByrinth experience.

On **Monday, August 25**, we'll be celebrating the start of Elul, the month when Jews around the world begin preparing for the High Holy Days. Choose your own adventure with one or more mindful practices to **connect with yourself, with friendly faces, and with the spirit of life** that animates and renews us all.

### Authentic Movement as Jewish Practice (11:00 am - 12:15 pm)

We will walk the LAByrinth, created so beautifully by Shirah Rubin, and walk in silence to the RUACH Studio on campus to practice Authentic Movement. Authentic Movement is a movement meditation practiced with eyes closed in the presence of a compassionate witness. Both are practices of embodied movement meditation with deep listening at the core.

### Jewish Meditation (4:30 - 5:30 pm)

We will enter Elul physically and emotionally through meditative song and movement. We will incorporate 2 wordless melodies from the Elul season into a walking meditation through the Path: LAByrinth.

### Breath Lab (3:00 - 4:00 pm)

We'll explore the diagram of the *sefirot* (Kabbalistic energies) on the amphora vases at the LAByrinth's entrance, then engage in a gentle, meditative breath practice to connect with these energies in our own felt experience. We'll walk the LAByrinth with continued receptivity to the breath, which brings the *sefirot* naturally into balance.

### Details

These partnership experiences are **free and open to the public**. Please register [here](https://www.hebrewcollege.edu/registration). Even if you're planning to attend more than one session, only one registration is needed. The LAByrinth is located by Hebrew College's main entrance at 1066 Washington St., Newton, MA 02466