

# Yoga in the Jewish Calendar



Yoga is the ancient practice of connecting body, mind and spirit through postures, breath work and meditation. Using themes inspired by the Jewish calendar and teachings, Rachel will guide you to delve into this practice of embodied prayer, using body and breath to deepen your study of Jewish wisdom, and of yourself.  
All levels welcome!

Class meets **Sundays** of Religious School\* from **10:00 - 11:15am**  
at Congregation BJBE, 1201 Lake Cook Rd. in Deerfield

**First class on Sunday, September 26th is FREE.**  
After that, fees are \$12 per drop-in, \$100 for a 10-class card.

Perfect for parents dropping off children at religious school, but open to everyone. Non-members welcome!

\*please note that there will be **NO class** on Oct. 31st, Nov. 28th & Dec. 19th & 26th.

Please contact Rachel with any questions [RachelDewan@comcast.net](mailto:RachelDewan@comcast.net), or call 914.980.5879

Rachel Dewan is an Anusara-Inspired E-RYT with over 600 hours of training, including pre/postnatal certification. She recently began an 18-month intensive program offered by the Institute for Jewish Spirituality on Yoga and Jewish Spirituality. Rachel's ultimate goal as a teacher is to cultivate a sense of community in her classes, and help students strengthen their connection to their own unique and divine nature through both Yoga and Jewish philosophy.