

In Partnership with Limmud Atlanta + SE

Daat Elyon presents: **Living in the Presence of God** **A Contemplative Shabbaton** *with Rabbi Yoel Glick* **Atlanta, GA**

February 27, 28, March 1, 2015

Come join us for a Shabbaton with the renowned teacher, spiritual guide and mentor Rabbi Yoel Glick. During this weekend, Rabbi Yoel will share insights, practices and experiences from his new book *Living the Life of Jewish Meditation: A Comprehensive Guide to Practice and Experience*.



Friday Night, February 27 – Contemplative Kabbalat Shabbat

Rabbi Yoel Glick will lead a contemplative Kabbalat Shabbat service to greet the Sabbath Queen with short guided meditations, chanting and singing.

Time: 7:30 PM

Location: Ahavath Achim Synagogue, 600 Peachtree Battle Ave. NW, Atlanta 30327

Saturday Morning, February 28 – Meditation Workshop: Building a Jewish Meditation Practice

At the heart of the meditative life is our daily practice. Our day-to-day meditation is the key to transforming our consciousness. In this workshop, we will explore the five categories of meditation techniques – stilling the mind, visualization, concentration, mantra chanting and contemplation – and delve into the inner processes that they set in motion.

Time: 10 AM to 1 PM

Location: Lang Carson Center (at Lang Carson Park), 100 Flat Shoals Ave SE, Atlanta 30316

Fee: \$20.00. Pre-registration/prepayment required. Send fee payable to Yoga and Judaism Center, PO Box 1769, Decatur, GA 30031. Space is limited; first-come, first-served. Bring yoga mat, meditation blanket/cushion.

Saturday Evening, February 28 – Celebratory Havdalah

In this Havdalah service, Rabbi Yoel will utilize the traditional rituals, Kabbalistic chanting, Hasidic melodies and mystical teaching to conclude the Shabbat and draw its spiritual power into the consciousness of the new week.

Time: 7 PM to 8 PM

Location: Vista Yoga, 2836 LaVista Rd., Decatur 30033 (behind Napoleon's)

Sunday Morning, March 1 – Seeking the Living Presence of God: The Story of My Spiritual Journey

In this talk, Rabbi Yoel will talk about his spiritual journey and the vibrant encounter between Judaism and Hinduism which has become his life's path and work.

Time: 11 AM (silent meditation from 10:30 AM to 11 AM; program starts at 11 AM)

Location: Vedanta Center of Atlanta, 2331 Brockett Rd. Tucker, GA 30084

Sunday Afternoon, March 1 - Building the Temple of the Heart: The Three Pillars of the Spiritual Life

In the Hebrew Bible, God commands Israel: "Make me a sanctuary and I shall dwell in your midst." The Baal Shem teaches that each of us is a living temple. The rabbis set out the three pillars of this inner Temple: Torah (study of spiritual wisdom), Avodah (Worship) and Gimilut Hasadim (Acts of Loving-kindness). These three pillars correspond to the three Yogas of Hinduism: Jnana yoga, Bhakti yoga, and Karma yoga. They can also be defined as the expansion of our consciousness, the constant remembrance of God, and the inner work of self-transformation. In this talk and experiential workshop, we will explore how to use these three paths to build a sacred space inside us where the Divine Presence dwells.

Time: 1 PM to 3 PM

Location: Vedanta Center of Atlanta, 2331 Brockett Rd. Tucker, GA 30084

For more information, contact Steve Gold, Yoga and Judaism Center, yajcenter@aol.com, 770-270-8290.

All sessions are free and open to the public, except for Saturday morning, as noted. Donations are welcome to help cover costs. To donate, go to yajcenter.blogspot.com.