

Yom Kippur (5780) Afternoon Activities

1:30 - 2:30, Library

Yom Kippur Yoga with Ellie

Ease into Yom Kippur afternoon by joining a gentle Hatha yoga class led by long-time Shir Libeynu member, Ellie Goldenberg. If you have always wanted to take a yoga class but thought you were not flexible enough, this is the class for you. People with any level of practice, including absolute beginners, are welcome to attend. The class will focus on stretches, restorative poses and will offer lots of space for rest. Bring a yoga mat (if the you have one) and wear comfortable clothing.

Ellie is a yoga instructor with over 15 years' experience teaching adults, youth and children. Her passion is creating a safe space for yoga practice & modifying poses for people with reduced mobility.

2:45 - 3:45, Library

Moving Through Time and Space

After sitting at Yom Kippur services, this is a chance to move your body to music, as you release yourself into the spirit of Yom Kippur. Being in tune with how your body needs to move and increasing your repertoire of movements with others is healing and energizing. We'll start with slow music, build to a higher energy and return to a slower pace, feeling revitalized and calm. The movements will include individual self expression, mirroring in pairs, snake and circle dances. We'll dance in socks or barefoot and dress in loose, cool, comfortable clothing.

Shoshana Fainsilber is a long-time member of Shir Libeynu. She has been involved in free-style dancing for over 30 years. She currently co-organizes and DJ's a free-style dance venue. She has also participated in choirs for the past 7 years. Music and dance are her passions.

3:00 – 4:00, Shaw Hall

Meditation Before the Gates

As we approach the closing gates of Neilah, this workshop will offer an opportunity to deepen the journeys we've been on, collectively and individually, from Rosh Hashana to Yom Kippur, and also the chance to simply b r e a t h e in quiet community.

Lorne Blumer, a long-time member of Shir Libeynu, leads Hineinu, an initiative for Jewish contemplative practice, and is a graduate of the Institute for Jewish Spirituality's program in Jewish Mindfulness Meditation Teacher Training, as well as a student in Emmanuel College's Masters program in Pastoral Studies.

PLEASE SEE REVERSE FOR MORE ACTIVITIES

Yom Kippur 2019 (5780) Afternoon Activities continued

4:00 - 5:00, Library

A Circle of Open Hearts

The format of the Heart Circle offers a space for unconditional acceptance of whatever is moving in us and in one another as Yom Kippur afternoon draws toward a close. It helps us live more deeply into the truth that authentic atonement requires a lived practice of wisdom and compassion.

We'll start with a short centering meditation and then review the ground rules for our practice:

- Only one person speaks at a time, without cross-talk or commentary.
- We speak from the heart, not from the head.
- We speak succinctly, mindful of giving others time to share.
- We commit to complete confidentiality.
- We offer one another safety to share as deeply as each is moved.

Depending on how our time together unfolds, we may continue for a while beyond the designated one-hour time-slot, but for no more than 90 minutes. There will be opportunities to leave and to re-enter the circle at appropriate moments.

David Townsend facilitates workshops that encourage creative development of personal ritual practice. He keeps a blog, [Anchorhold](#), on the spiritual journeys of gay, bi, and otherwise queer men. He has been a member of Shir Libeynu since 2008.

**Childcare, with crafts and activities will be
available for children (ages 3-11) all Yom Kippur afternoon.**
