

WhollyPRESENT
presents

***Being with G~d:
Embodying Sh'ma Part II***



A spiritual practice group with
Rabbi Diane Elliot

Do you long to connect more directly and passionately with the Holy wonder that infuses the universe? Would you like to deepen and enrich your prayer life? Join Rabbi Diane for six sessions designed to enliven and expand your practice of the quintessential Jewish devotional *tefilah* (prayer), the *Sh'ma* and its surrounding blessings. Together we will pray and chant, sway and hum, explore the synergistic relationship between prayer and meditation, and dip into the wisdom and beauty of the *siddur* (the Jewish prayer book). Come prepared to expand your mind, stretch your body, and open your heart.

Register now for the winter series:

Mondays, January 2 & 23, February 13 & 27, and March 12 & 26, 7-9:30 PM

Location: Private home in Emeryville, CA; details provided upon registration

Cost: Sliding scale of \$108 - \$324 for the series of six sessions (offering of your choice, less deposit, is due at the first class—payment plans by arrangement)

To register: Send a \$36 deposit check payable to “Wholly Present” to Rabbi Diane Elliot, 6108 Plymouth Ave., Richmond, CA 94805

Space is limited! For more info: call 510-778-9452

Rabbi Diane Elliot, spiritual teacher, dancer, and somatic therapist, inspires her students to become clearer channels for Divine Light through awareness and movement practices, chant, and nuanced interpretations of Jewish sacred text. Her wise, loving presence creates a safe space for those who wish to explore spirituality individually and in community. Based in the San Francisco Bay Area, she teaches workshops nationally, maintains a spiritual direction practice, and leads Jewish meditation retreats.