

Torah Yoga at CBE

Vayeshev: *And he dwelt*

Opening Ideas/ Meditation:

In this week's Torah portion we are introduced to a seventeen year old Joseph, son of Jacob.

Joseph's recurrent dreams in which the entire family is bowing down to Joseph.

These dreams encourage Joseph towards greatness and also isolate him from his brothers.

Jacob give Joseph the ornately colored coat that is both encouraging and isolating for Joseph.

In this portion we are reminded that:

Confidence, appreciation of our uniqueness is so important and that too much pride can loneliness, when one is so self centered their behavior can lead to isolation and disconnected from others.

Dreaming big can leads to reaching big goals and overcoming obstacle. This sense of reach and hope found in dreaming is vital and if taken too far can lead to disconnection from reality, therefore we must also always have a sense of groundedness.

Throughout this time together we will strive for **balance** finding a sense of **groundedness** and **aspiration**. A sense of **gratitude and self love** all the while having a sense of **connection with others**.

Class Outline

- Opening meditation
- Body Scan
- **Sing:**Ozi V'zimrat Yah
- Seated side
 - Chassidic tale two notes in pocket
 - Right Side *"I am but dust and ashes"* Left Side *"for me the world was created"*

- *Stretch Center- we try to find a balance of these two in our life. The key is knowing that sometimes we need more of one or the other and know when to take out which note.*

- forward stretch
- Seated Twist
- Foot Yoga-blessing our feet
- Cat Cow
- Balance
- Down Dog/puppy
- Tadasana
- Calf stretch
- Sun A
- Sun B
- Sun A with Warrior 2-“Ma yihyu chalomotav” before Warrior two
- **Tree:**

Our life like an goal or dream to be successful must have groundedness and a sense of hope or reaching, so too with our next balancing pose.

- Bridge
- Supine Twist

Genesis 37:21- “Ma yihyu chalomotav”

What will become of his dreams

- Shavasana
- Alternate Nostril Breath- *creates balance*
- End, **Sing** Ozi

Shabbat Shalom

Torah Yoga
Congregation Beth Elohim

December 24, 2016

24th of Kislev, 5777

Ozi V'zimrat Yah

Balancing will and Surrender: Translation and melody: Shefa Gold

Words: Psalm 118:14; Exodus 15:2

עֲזִי וְזִמְרַת יְהוָה לִי לִישׁוּעָה

Ozi V'zimrat Yah Vay'hi li lishuah

My strength (balanced) with the song of God will be my salvation.

Genesis 37:21
Chant: Lilah Sugarman

“Ma yihyu chalomotav”

What will become of his dreams