



INSTITUTE FOR
**Jewish
Spirituality**

**July 2026 – June 2027
5786 – 5787**

**A YEAR OF
Learning,
Practice,
and Growth**

**PROGRAMS, COURSES,
& FREE OFFERINGS**

DEAR FRIENDS,

While the world outside frequently drives us to turn away, mindful Jewish spiritual practice offers a path forward. This practice invites us to cultivate greater awareness and compassion for ourselves and others. So please take a moment—pause the news, take a deep breath, and tune in.

On the pages of this brochure, you'll find 12 months of incredible courses, retreats, and free offerings to nourish your spirit. Led by an amazing array of our expert faculty and renowned mindfulness teachers, these programs are designed to give you respite from the storm, Jewish wisdom to guide your way, and a community of fellow seekers ready to meet you where you are.

Whether you're new to Jewish mindfulness or an experienced practitioner, you'll find something to enrich each season. **Throughout the brochure, look for these icons to find practices that speak to you:**

Experience:



All levels (beginners welcome)



Advanced/Seasoned Learners

Audience:



Younger Adults (20s-30s)



Clergy

Leading Practice Type:



Jewish Mindfulness
Meditation



Text Study



Embodied Practices



Prayer



Tikkun Middot



Spiritual Direction

Blessings for the journey,



RABBI JOSH FEIGELSON, PH.D.
President & CEO

P.S. Set an intention to try something new this year! Try yoga or text study, sign up for one new online course, subscribe to my Friday Reflections, or follow us on social media to make sure you never miss a new practice.

FOUNDATIONAL COURSES THAT WILL AWAKEN YOUR HEART, BODY AND SOUL



Whether you are entirely new to Jewish spirituality, looking to weave mindfulness into your synagogue life, or you're seeking a spiritual home and a deeper, more personal connection to the Divine, we invite you to explore our new Fundamentals courses as a way to feel more aware and alive during Jewish holidays, Shabbat, and prayer practices.

Led by Rabbi Jordan Bendat-Appell and other guest teachers, these fundamental classes can breathe new life into your holidays or ritual practice, from making candle lighting more meaningful to discovering a richer, more accessible experience on Shabbat. Grounded in mindfulness, our faculty will inspire you to build a more soulful, lasting connection to these core rituals.

FUNDAMENTALS OF MINDFUL JEWISH LIVING

FALL

AWAKENING SHABBAT



Rabbi Jordan Bendat-Appell and Guest Teachers

October 7-28, 4 Wednesdays, 2:00-3:15pm, live on Zoom

Shabbat is more than a day off—it is a sanctuary in time. Join us to discover (or rediscover!) this ancient tradition through a Jewish mindfulness perspective, transforming abstract or routine rituals into a grounded, life-giving experience. Whether you are a lifelong practitioner or new to Jewish tradition, this course offers the tools to breathe new life into your week. Together, we will explore how the wisdom of Shabbat can foster the deep presence and calm necessary for our human thriving. Sessions will focus on candle lighting, Kiddush and blessings at home, Havdalah, and the inner Shabbat experiences of joy and rest.

WINTER

AWAKENING PRAYER



Rabbi Miriam Margles

January 13 - February 10, 4 Wednesdays, 4:00-5:15 PM ET, live on Zoom

What would it be like to infuse your daily life with reminders to wake up from the dullness of habit and the rush of busyness, to feel your connection with the pulse of life, and to consciously gather the goodness all around you? Join us as we explore elements of daily Jewish prayer and blessings as foundational spiritual guidance for mindful, heartfelt living. Whatever your background, knowledge or beliefs, this course will be accessible and experiential, supporting you to discover vitality and meaning in the mindful practices of Jewish blessing and prayer.

MINDFUL JEWISH HOLIDAYS

GREAT FOR BEGINNERS!



Rabbi Jordan Bendat-Appell and Guest Teachers

Seasonal bundles, 1 course per holiday, Wednesdays 7:30-8:30pm

- **Fall Holidays:** Rosh Hashanah, Yom Kippur, and Sukkot
- **Winter Holidays:** Hanukkah and Tu B'Shvat
- **Spring Holidays:** Purim, Pesach, and Shavuot

"There is a season for everything..." (Eccl. 3:1).

Jewish tradition affirms that our system of holidays is an opportunity for spiritual growth and cultivation. In this new, rolling series of workshops on the Jewish holidays, we will learn about the traditional and contemporary rituals and practices associated with each holiday, and ways to invest each ritual with mindfulness and meaning.

Perfect for all levels of learners, from beginners to advanced practitioners.

PERSONALIZED LEARNING JOURNEYS

No matter where you are on your path, there is a place for you here at IJS. We've thoughtfully curated several learning journeys tailored to meet your unique life stage and experience level. Whether you are new to meditation, deepening a lifelong advanced practice, a young adult navigating today's world, or clergy seeking deeper contemplation, your ideal learning experience starts right here.



BEGINNERS

Summer:	• The Shofar Project: Waking Up for a New Year • Earth, Moon, Mindfulness
Fall:	• Awakening Shabbat: Fundamentals of Mindful Jewish Living • Mindful Jewish Holidays • Mindful Civic Engagement: Spiritual Qualities for Wise Response
Winter:	• Awakening Prayer: Fundamentals of Mindful Jewish Living • Mindful Jewish Holidays • Peaceful Parent Project: Parents of Teens • Wise Aging: Walking a Mindful Path
Spring:	• The Sacred River of the Omer: A Journey to Your Better Self • Mindful Jewish Holidays • Grieving with an Open Heart



ADVANCED LEARNERS

Summer:	• The Shofar Project: Waking Up for a New Year
Fall:	• Text Study 5787: The Illuminated Path: Living Torah with the <i>Me'or Einayim</i> • Mindful Civic Engagement: Spiritual Qualities for Wise Response
Winter:	• Wise Aging: Walking a Mindful Path
Spring:	• Grieving with an Open Heart • Sacred Imagination: An Exploration of Zoharic Midrash



MEET YOUR PRACTICE EXACTLY WHERE YOU ARE.



CLERGY

Summer:	• The Shofar Project: Waking Up for a New Year
Fall:	• Text Study 5787: The Illuminated Path: Living Torah with the <i>Me'or Einayim</i>
Winter:	• Beyond Fight or Flight: Mindful Jewish Leadership in the Face of Antisemitism • Sacred Soundtrack: The Poetry and Music of Piyut
Spring:	• Sacred Imagination: An Exploration of Zoharic Midrash



YOUNGER ADULTS (20s-30s)

Summer:	• Call of the Shofar: A Study and Practice Group for Younger Adults • Earth, Moon Mindfulness
Fall:	• Rest, Return, Honor: A Shevet Day-long Virtual Mindfulness Retreat • Mindful Jewish Holidays
Winter:	• The Shevet Reset Meditation Challenge • Mindful Jewish Holidays
Spring:	• The Four Worlds of Kabbalah: A Mindfulness-Based Introduction for Younger Adults • Mindful Jewish Holidays

CALENDAR AT A GLANCE

		Date	Program	Instructor(s)
FREE	Programs	Ongoing	Daily Meditation Sit	Hosted by Rabbi Marc Margolius with Guest Teachers
		Ongoing	Weekly Yoga Studio	Taught by Cantor Lizzie Shammash
		Ongoing	Shevet: A Jewish Mindfulness Community for Young Adults	Hosted by Rebecca Schisler with Guest Teachers
		Ongoing	Segula: LGBTQ+ Monthly Mindfulness Sit	Hosted by Jes Golden, Ph.D., with Guest Teachers
		Ongoing	Sharing Our Torah: Jews of Color Monthly Mindfulness Affinity Space	Co-Hosted by Kohenet Keshira haLev Fife & Rabbi Sass Brown with Guest Teachers
		Ongoing	Shalem: Monthly Mindfulness Affinity Space for People with Disabilities	Hosted by Rabbi Sam Feinsmith with Guest Teachers
FREE	Podcasts	Ongoing	Jewish Meditation for Everyone	Hosted by Rabbi Marc Margolius, featuring teachers from our Daily Meditation Series
		Ongoing	Soulful Jewish Living: Mindful Practices for Every Day	Rabbi Josh Feigelson
FREE	Learning	Ongoing	Josh's Weekly Reflections (Email)	Rabbi Josh Feigelson
		4x/year	Book Talk (In Conversation) Series	Hosted by Rabbi Josh Feigelson
FREE	Preparing for the New Year	Aug - Sept	The Shofar Project: Waking Up for a New Year	All IJS Faculty
		Aug - Sept	Call of the Shofar: A Study and Practice Group for Younger Adults	Rebecca Schisler & Kohenet Keshira haLev Fife
		Aug - Sept	Spritual Direction During Elul	Rabbi Elisa Goldberg
ONLINE COURSES	ALL YEAR	Anytime	The Gift of Awareness: Cultivating Mindfulness through Jewish Meditation	Rabbi Sam Feinsmith and Rabbi Jordan Bendat-Appell
		Anytime	Awareness in Action: Cultivating Character through Mindfulness and Middot	Rabbi Marc Margolius and Rabbi Lisa Goldstein
		Groups start in Oct	Spiritual Direction Groups	Cantor Ellen Dreskin, Rabbi Shir Meira Feit, and Ashley Plotnick, MEd, MAJS, LCSW, Ph.D.
		Starts in Aug	Earth, Moon, Mindfulness: A Sacred Year of Embodied Practice	Kohenet Keshira haLev Fife
		Starts in Oct	Text Study 5787 (All Learners): The Poetry of Torah: Searching for the Sacred in the Weekly Portion	Rabbi Sam Feinsmith
		Starts in Oct	Text Study 5787 (Advanced Learners): The Illuminated Path: Living Torah with the <i>Me'or Einayim</i>	Rabbi Daniel Raphael Silverstein

	Date	Program	Instructor(s)
FALL	Sept	Mindful Fall Holidays: Rosh Hashanah, Yom Kippur, and Sukkot	Rabbi Jordan Bendat-Appell with Guest Teachers
	Oct	Awakening Shabbat: Fundamentals of Mindful Jewish Living	Rabbi Jordan Bendat-Appell
	Oct - Nov	Mindful Civic Engagement: Spiritual Qualities for Wise Response	Rabbi Marc Margolius with Guest Teachers
WINTER	Dec - Jan	Mindful Winter Holidays: Hanukkah and Tu B'Shvat	Rabbi Jordan Bendat-Appell with Guest Teachers
	Jan - Feb	Awakening Prayer: Fundamentals of Mindful Jewish Living	Rabbi Miriam Margles
	Jan - Feb	Peaceful Parenting Project®: Navigating the Teen Years with Calm and Connection	Rebecca Minkus-Lieberman
	Jan - Feb	Wise Aging: Walking a Mindful Path	Rabbi Marc Margolius and Karen Frank
	Jan - Feb	Sacred Soundtrack: The Poetry and Music of Piyut	Rabbi Roly Matalon
	Feb	The Shevet Reset: A Two-Week Meditation Challenge	Yael Shy
	Feb - Apr	Beyond Fight or Flight: Mindful Jewish Leadership in the Face of Antisemitism	Rabbi Miriam Margles and Rabbi Caryn Aviv
SPRING	Mar - Apr	The Peaceful Grandparenting Project®: Deepening Connections Across Generations	Dr. Jane Shapiro
	Mar - June	Mindful Spring Holidays: Purim, Passover, and Shavuot	Rabbi Jordan Bendat-Appell with Guest Teachers
	Apr - May	The Sacred River of the Omer: A Journey to Your Better Self	Rabbi Marc Margolius and Guest Teachers
	May - June	Presence in Loss: Grieving with an Open Heart	Rabbi Miriam Margles
	May - June	The Four Worlds of Kabbalah: A Mindfulness-Based Introduction for Younger Adults	Rebecca Schisler and Jes Golden, Ph.D.
	May - June	Sacred Imagination: An Exploration of Zoharic Midrash	Melila Hellner-Eshed, Ph.D.
Cohort Programs	Oct - Dec	Boston-area clergy: Beyond Fight or Flight: Mindful Jewish Leadership	Rabbis Miriam Margles and Jonathan Kligler
	Oct 2026 - June 2027	Kivvun: Mindful Jewish Leadership	Rabbi Marc Margolius, Program Director; Rabbis Miriam Margles, Josh Feigelson, and Shir Meira Feit, Faculty
	Applications Open Dec 2026	Clergy Leadership Program (CLP) Cohort 7	Rabbi Sam Feinsmith, Director
	Jan - Oct 2027	Yesod: Foundations for Deepening Jewish Mindfulness Meditation (in partnership with Or HaLev)	Rabbis James Jacobson-Maisels, Dorothy Richman, and Sam Feinsmith
	Apr 2027 - Nov 2028	Kol Dodi: Jewish Spiritual Director Training	Rabbis Elisa Goldberg and Nicole Auerbach
	Ongoing	Marbeh Fellowship	Rabbis Jordan Bendat-Appell and Dorothy Richman
Retreats	Jan 31 - Feb 4, 2027	Hevraya Annual Winter Retreat	Rabbi Marc Margolius, Director
	Aug 19 - 23, 2026	Returning Anew: A Silent Jewish Mindfulness Retreat for Younger Adults	Rebecca Schisler, Kohenet Keshira haLev Fife, Alison Cohen, Jes Golden
	Oct 25, 2026	Rest, Return, Honor: A Shevet Day-long Virtual Mindfulness Retreat	Allison Cohen
	Nov 15 - 19, 2026	Refuge in the Ark: A Jewish Silent Meditation Retreat	Rabbis Jordan Bendat-Appell, Sam Feinsmith, Miriam Margles, Marc Margolius; Rebecca Schisler; and Cantor Lizzie Shammash
	June 16 - 20, 2027	Summer Retreat	IJS Faculty

FREE

MEDITATION, YOGA, & AFFINITY GROUPS

DAILY MEDITATION SIT



Hosted by Rabbi Marc Margolius with Guest Teachers

Monday - Friday, 12:30 - 1:00 PM ET, live on Zoom or on demand on the IJS YouTube channel

Drop in and join our worldwide community of meditation practitioners any weekday. Each day's 30-minute meditation is led by an IJS faculty member or other expert Jewish meditation teacher, followed by a 15-minute Q&A session. Each session concludes with an opportunity for those who wish to recite the Mourner's Kaddish. Open to all, no experience needed. Recordings of all sessions are available on the IJS YouTube channel.



SHEVET: A JEWISH MINDFULNESS COMMUNITY FOR YOUNG ADULTS



Hosted by Rebecca Schisler, IJS Core Faculty with Guest Teachers

Mondays, 8:00 - 8:45 PM ET, live on Zoom

Join IJS and our vibrant young adult community for 30 minutes of weekly Jewish mindfulness practice for folks in or near their 20s and 30s. Hosted by IJS Core Faculty Rebecca Schisler, each live Zoom session is guided by a leading guest teacher of Jewish spirituality and mindfulness, and includes an additional 15 minutes of optional Q&A and sharing. Participants are invited to join our Shevet Jewish Mindfulness Community WhatsApp group to connect with other younger spiritual seekers.



WEEKLY YOGA STUDIO



Cantor Lizzie Shammash

Mondays, 11:00 AM - 12:00 PM ET, live on Zoom or on demand on the IJS YouTube channel

Mindful body practices can help us deepen awareness and find safety, strength, and equanimity right where we are, at home in our bodies in the present moment. Join Cantor Lizzie Shammash for weekly all-levels yoga and movement sessions informed by Jewish spiritual teachings.



SHEVET LOCAL COLLECTIVES: BROOKLYN, NY • EAST BAY, CA • CAMBRIDGE-SOMERVILLE, MA



These peer-led groups meet weekly in person to sit in community. Hosted locally by volunteers each week, these groups of younger adults in or near their 20s and 30s meet together for Jewish mindfulness practice. Interested participants in these areas are invited to join their Shevet Local Collective WhatsApp group for information on meeting dates and locations.



SHARING OUR TORAH: JEWS OF COLOR MONTHLY MINDFULNESS AFFINITY SPACE *Mindful Jewish Ritual for Our Times*



Hosted by Kohenet Keshira haLev Fife,
Rabbi Sassoon Brown, and Guest Teachers

Wednesdays, 12:00 - 1:00 PM ET, live on Zoom

Co-Sponsored
by Ammud



We invite Jews of Color (JoC) to join us for a monthly opportunity to slow down together and practice ritual tools for spiritual nourishment. Each month, a JoC leader will lead one mindful Jewish ritual for our times, bringing together the richness of Jewish practice and the beauty of our diverse lineages. This JoC-led space is one part inspiration, one part meditation, one part community connection! Co-led by Kohenet Keshira haLev Fife, IJS Core Faculty, and Rabbi Sass Brown, Program Director at Ammud: The Jews of Color Torah Academy, with guest JoC leaders.

SHALEM: MONTHLY MINDFULNESS AFFINITY SPACE FOR PEOPLE WITH DISABILITIES



Hosted by Rabbi Sam Feinsmith with Guest Teachers

**Wednesdays, 1:30 - 2:00 PM ET, live on Zoom
(ASL interpreter always in attendance)**

IJS invites Jews living with disabilities and/or chronic illness and pain to join us for an affinity space for mindful Jewish practice related to the challenges and opportunities of living a spiritual life with a disability. We understand and embrace disability as a broad container, including but not limited to physical, mental, and sensory disabilities. As we engage in contemplative practice in the context of a caring and supportive community, we explore new ways to affirm our fundamental humanity and wholeness, nurture our personal and collective healing, and grow inner skills to promote our resilience and well-being.

SEGULA: LGBTQ+ MONTHLY MINDFULNESS SIT



Hosted by Jes Golden, Ph.D., with Guest Teachers

Thursdays, 12:00 - 1:00 PM ET, live on Zoom

Co-Sponsored
by Keshet



For LGBTQ
equality in
Jewish life

This monthly LGBTQ+ sit is a sanctuary by and for the LGBTQ+ Jews to share Jewish mindfulness practice. This intergenerational community offers a supportive space where we can slow down and remember our fundamental wholeness. Each month, a guest teacher offers wisdom rooted in Jewish and/or LGBTQ+ teachings that deepen our capacity for clarity, wholeheartedness, and lovingkindness. We welcome curious beginners and seasoned meditators alike.

PODCASTS

JEWISH MEDITATION FOR EVERYONE

Rabbi Marc Margolius
and teachers from our
Daily Meditation Series

**Two New Episodes
Each Week**



A meditation from our Daily Sit and/or Shevet young adult sit is presented in podcast form, available for download on all podcasting platforms.

SOULFUL JEWISH LIVING: MINDFUL PRACTICES FOR EVERY DAY

Rabbi Josh Feigelson

**New Episodes Every
Tuesday**



Podcast presented in partnership with
Unpacked, a division of OpenDor Media



Overstressed, overworked, overstimulated? Close your eyes, take a deep breath, and tune in. In each episode, IJS President & CEO Rabbi Josh Feigelson will share ancient wisdom and modern mindfulness practices to help center your soul and ease you into your week. Available wherever you get your podcasts.

FREE

LEARNING OPPORTUNITIES

JOSH'S WEEKLY REFLECTIONS

Every Friday morning

Every Friday morning, IJS President & CEO Rabbi Josh Feigelson shares a short reflection on the week in preparation for Shabbat by email. Josh weaves together personal experience, mindfulness practice, and teachings from the weekly Torah portion in a uniquely accessible and powerful way.

Subscribe to have it delivered right to your inbox.

BOOK TALKS: IN CONVERSATION WITH RABBI JOSH FEIGELSON

All events live at 8:00 PM ET on Zoom

Join us throughout the year for conversations between IJS President & CEO Rabbi Josh Feigelson, and leading thinkers and writers in the Jewish world. Past Book Talk guests include Rabbi Angela Buchdahl, Jane Eisner, Rodger Kamenetz, Sarah Hurwitz, and Rabbi Shai Held. Dates will be announced throughout the year.

BEGINNER COURSES: AVAILABLE ANYTIME

THE GIFT OF AWARENESS: CULTIVATING MINDFULNESS THROUGH JEWISH MEDITATION



Rabbi Sam Feinsmith and Rabbi Jordan Bendat-Appell

Open all year at any time

This self-guided eight-session online course is the perfect introduction to Jewish mindfulness meditation and mindful Jewish living, to help you become more present to your life and find greater meaning in your Judaism. Each of the eight modules includes video teachings by Rabbi Bendat-Appell, text study with Rabbi Feinsmith, a guided meditation, a "mindful life" practice, reflection questions, and a supplemental handout.

AWARENESS IN ACTION: CULTIVATING CHARACTER THROUGH MINDFULNESS AND MIDDOT



Rabbi Marc Margolius and Rabbi Lisa Goldstein

Open all year at any time

Join IJS at any point in the year for a self-guided, eight-week online course combining Jewish mindfulness with spiritual and character development, enabling participants to grow more conscious of habitual reactivity and learn to respond instead with wise words and actions informed by middot, innate spiritual character traits. The program consists of eight modules with short video teachings, guided meditations, chants/songs, poetry, music playlists, and practical, accessible guidance for daily practice—all of which you can do at your own pace!

TEXT STUDY ARCHIVE

Available for purchase all year at any time



While the words of the Parashot never change, the wisdom we find within them takes us on a new journey every single year. Each year our faculty presents incredibly meaningful content each week during our two text-study courses. For those who would like to study teachings from a previous year, we offer tracks for those both new to text study and those more experienced. Please contact us for more information.



FREE

PREPARING FOR THE NEW YEAR

THE SHOFAR PROJECT: WAKING UP FOR A NEW YEAR



August 12 - September 2, Wednesdays, 8:00 - 9:00 PM ET, live on Zoom

The shofar is traditionally sounded throughout the month of Elul, like an alarm clock awakening us from emotional, moral, and spiritual slumber. Over four weeks, the IJS faculty will help us “wake up” and prepare our inner lives for the upcoming Jewish New Year. With new materials grounded in essential themes of Rosh Hashanah and drawn from key prayers of the holiday, this year’s Shofar Project will include guided text study, suggested practices, and live practice sessions.



CALL OF THE SHOFAR: A STUDY AND PRACTICE GROUP FOR YOUNGER ADULTS

Hosted by Rebecca Schisler and Kohenet Keshira haLev Fife



August 17 (Monday) then August 25 - September 8, Tuesdays, 8:00 - 9:15 PM ET, live on Zoom

The shofar blasts through the final month of the Jewish year like a cosmic alarm clock, awakening us from spiritual autopilot and nudging us toward reflection and honest soul-accounting. The IJS Shofar Project will help us prepare our inner lives for the upcoming Jewish New Year. Over four weeks, each live practice session will have NEW materials grounded in key themes of the High Holidays. The program will include guided text study, suggested mindfulness practices to do on your own, and an option to connect in hevruta.

TEXT STUDIES 5787: YEAR-LONG OFFERINGS

FOR ALL LEARNERS



THE POETRY OF TORAH: SEARCHING FOR THE SACRED IN THE WEEKLY PORTION

Rabbi Rachel Barenblat

**Weekly Source Sheets, beginning October 4.
Monthly live Zoom sessions start
November 12, Thursdays, 11:00 - 12:15 PM ET**

Our sages tell us that Torah is written in black fire on white fire. The black fire is the ink and words. The white fire is the page and surrounding space of endless possibility. While Torah is often treated as prose, tradition teaches that Torah is to be understood as poetry. Combining mindfulness practices with poetry, we’ll explore the metaphoric, symbolic approach of Torah as poetry, turning Torah to see her (and ourselves) in a new light, cultivating our ability to hear the kol demamah dakah, the “thin murmuring Voice” at its heart. Each week will include an optional creative prompt to spark poetry or journaling.

FOR ADVANCED LEARNERS



THE ILLUMINATED PATH: LIVING TORAH WITH THE *ME’OR EINAYIM*

Rabbi Daniel Raphael Silverstein

**Weekly Source Sheets, beginning October 4.
Monthly live Zoom sessions start
November 3, Tuesdays, 11:00 - 12:15 PM ET**

Rabbi Menachem Nachum Twersky (1730-1797) is also known as the Me’or Einayim, “The Light of the Eyes.” Of the early Chasidic masters, his teachings are among the most clear, radical, and practically applicable. In this course, we journey through an entire Torah cycle with Reb Menachem as our enlightening guide, helping us appreciate the deepest and sweetest ideas of Jewish mysticism, and learning how to integrate them into our embodied experience through practice.

ONLINE YEAR-LONG OFFERINGS

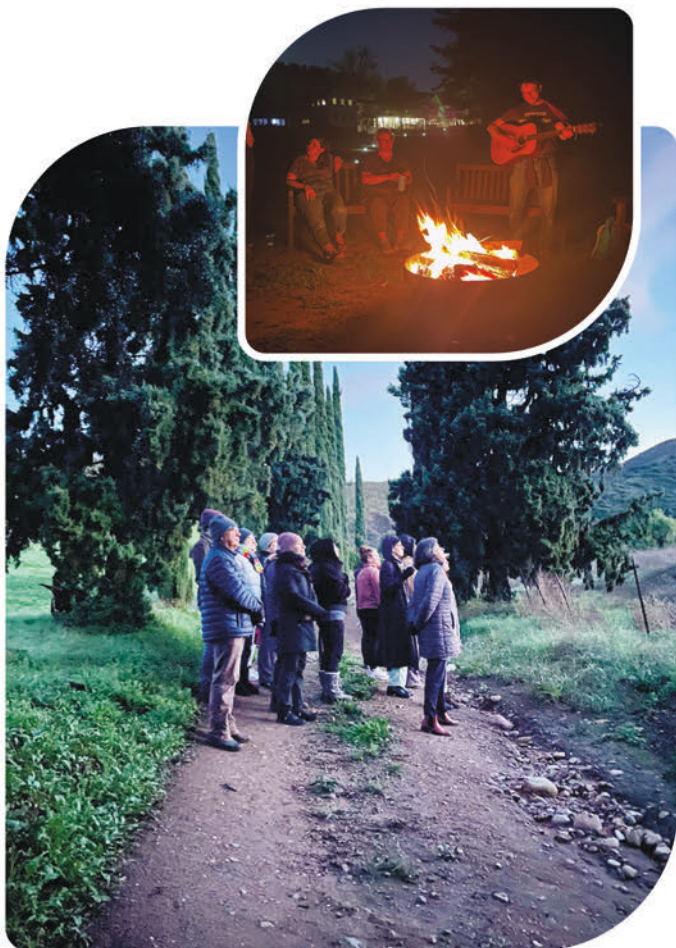
EARTH, MOON, MINDFULNESS: A SACRED YEAR OF EMBODIED PRACTICE



Kohenet Keshira haLev Fife,
IJS Core Faculty

**August 11 - July 27,
Tuesdays, 3:30 - 5:00 PM ET,
live Zoom sessions each month**

Join Kohenet Keshira haLev Fife for a journey through the Jewish year rooted in earth-based practice, embodiment and mindfulness. This full-year course will draw upon themes from the Jewish months, phases of the moon, and seasonal cycles, inviting participants to deepen their connection with Jewish time.



SPIRITUAL DIRECTION GROUPS



Led by Cantor Ellen Dreskin, Ashley Plotnick, MEd, MAJS, LCSW, Ph.D., and Rabbi Shir Meira Feit

**A variety of groups available to join
between August - June**

Spiritual Direction Groups provide the unique opportunity to be part of an intimate group of no more than six participants for spiritual growth facilitated by a seasoned Spiritual Director. Spiritual direction is a contemplative practice that invites you to grow in awareness of the sacred dimension present in every moment. For many of us, having spiritual companions in our lives helps cultivate our ability to stop and pay attention to “the still, small voice within.” To hear that voice, members of your group will accompany you with heartfelt listening, help you connect with your spiritual longing, explore your inner wisdom, and strengthen your attunement to the sacred.

Interested in finding your own spiritual director?

Visit our website for a directory of spiritual directors trained by IJS's **Kol Dodi: Jewish Spiritual Direction Training Program**. They're available for a 30-minute exploratory session to see if spiritual direction is right for you.



ONLINE COURSES: FALL

MINDFUL FALL HOLIDAYS: ROSH HASHANAH, YOM KIPPUR, AND SUKKOT



Rabbi Jordan Bendat-Appell and Guest Teachers

**September 9, 16 and 23, 3 sessions on
Wednesdays, 7:30 - 8:30 PM ET, live on Zoom**

"There is a season for everything..." (Eccl. 3:1).

Jewish tradition affirms that our system of holidays is an opportunity for spiritual growth and cultivation. In this new, rolling series of workshops on the Jewish holidays, we will learn about the traditional and contemporary rituals and practices associated with each holiday, and ways to invest each ritual with mindfulness and meaning.

- **Rosh Hashanah:** What is in charge of our lives?
- **Yom Kippur:** A time for facing our mortality and seeking forgiveness.
- **Sukkot:** Inhabiting a leaky hut with joy.

AWAKENING SHABBAT: FUNDAMENTALS OF MINDFUL JEWISH LIVING



Rabbi Jordan Bendat-Appell and Guest Teachers

**October 7 - 28, 4 sessions on Wednesdays,
2:00 - 3:15 PM ET, live on Zoom**

Shabbat is more than a day off—it is a sanctuary in time. Join us to discover (or rediscover!) this ancient tradition through a Jewish mindfulness perspective, transforming abstract or routine rituals into a grounded, life-giving experience. Whether you are a lifelong practitioner or new to Jewish tradition, this course offers the tools to breathe new life into your week. Together, we will explore how the wisdom of Shabbat can foster the deep presence and calm necessary for our human thriving. Sessions will focus on candle lighting, Kiddush and blessings at home, Havdalah, and the inner Shabbat experiences of joy and rest. This course is less about traditional “rules” and more about cultivating a deeper experience no matter your level of observance.

MINDFUL CIVIC ENGAGEMENT: SPIRITUAL QUALITIES FOR WISE RESPONSE



Rabbi Marc Margolius and Guest Teachers

Featured Teachers:

Rabbi Sharon Brous, Rabbi David Ingber, Rabbi Sharon Kleinbaum, Rabbi Isaiah Rothstein, Rabbi Rachel Timoner, and Yossi Klein haLevi

**October 15 - November 19, 5 Thursdays,
2:00 - 3:15 PM ET**

In turbulent, divisive times, strong emotions can push us to retreat and shut down, or to react unwisely, ineffectively, or in a harmful manner. This program will explore how Jewish spiritual practice and the wisdom of Jewish heritage can help us engage the “better angels of our nature” to respond more effectively to the pressing issues of our time. Each weekly session and practice will focus on a specific *middah*, a fundamental Jewish spiritual trait which can spur and shape our words and actions and help us meet this moment wisely. Hosted by Rabbi Marc Margolius, each live session will feature a major Jewish spiritual teacher as an expert in that week’s *middah*.



ONLINE COURSES: WINTER

THE PEACEFUL PARENTING PROJECT®: NAVIGATING THE TEEN YEARS WITH CALM AND CONNECTION



Rebecca Minkus-Lieberman

January - February 2026, 6 live Zoom sessions

Uniquely designed for parents of teenagers, this program integrates Jewish text study, discussion, and guided mindfulness practice to nourish parents and help you bring more compassion and Jewish wisdom into your family life. In this safe and supportive space, you'll connect with other parents of teens who are navigating similar challenges, and you will learn to reshape and deepen your interactions with your teens and respond to the bumps of these years with greater calm and connection.

THE SHEVET RESET: A TWO-WEEK MEDITATION CHALLENGE



Yael Shy

February 2 - 17, 2 live Zoom sessions with daily inspiration

Start the year from the inside out with a **two-week Jewish meditation challenge** designed for folks in their 20s and 30s seeking clarity, motivation, and authentic connection. Each day of the challenge, you'll receive a piece of inspiration sent directly into your inbox, including guided meditation practices, sparks of Jewish wisdom, journaling prompts, beautiful music, and a "deep dive" resource. There will also be two live parties (via Zoom) to launch and close the journey together.

BEYOND FIGHT OR FLIGHT: MINDFUL JEWISH LEADERSHIP IN THE FACE OF ANTISEMITISM



Rabbis Miriam Margles and Caryn Aviv

**February 24 - April 14, 8 Wednesdays, 3:30-5:00 PM ET,
plus opening and closing retreats from 2:00 - 5:00 PM.**

This course is specifically for clergy and Jewish communal leaders. Since October 7, 2023, being a Jew has demanded a kind of spiritual stamina and nuanced understanding in the face of antisemitism for which few of us were prepared. Jewish leaders bear a double burden: holding communal fear, pain, anger and complex moral questions while navigating their own. Most communal efforts focus on "combatting antisemitism," but there is a critical need to understand antisemitism's distorting impact on Jews, individually and collectively. Our unique approach integrates theory, grounded in practice. With skillful facilitation and a supportive and confidential cohort of peers, participants learn to identify and attend to the ways that both we and those we serve are impacted by anti-Jewish blame and contempt, and how inherited ancestral trauma shapes our perceptions and fuels our 'fight or flight' reactions. Together, we will learn to settle our nervous systems and regulate emotions, nurturing embodied stability and mindful self-awareness. As Jewish leaders receive the support and tools they need, they will be able to lead their communities more sustainably, with greater wisdom, courage, and effective responsiveness.

For Boston area clergy only, join our more intensive six-month cohort of this course that includes opening and closing in-person retreats October 20 - December 2. Visit the IJS website for more information.



ONLINE COURSES: WINTER

MINDFUL WINTER HOLIDAYS: HANUKKAH AND TU B'SHVAT



Rabbi Jordan Bendat-Appell and Guest Teachers

2 sessions on Wednesdays, December 2 and January 20, 7:30 - 8:30 PM ET, live on Zoom

In our winter holiday workshops, we will learn about the traditional and contemporary rituals and practices associated with Hanukkah and Tu B'Shvat, and ways to invest each ritual with mindfulness and meaning.

- **Hanukkah:** Bringing light into darkness.
- **Tu B'shevat:** Celebrating the trees.

ENCORE PROGRAM

WISE AGING: WALKING A MINDFUL PATH



Rabbi Marc Margolius and Karen Frank

January 14 - February 25, 6 Thursdays, 3:30 - 5:00 PM ET, live on Zoom

How can Jewish mindfulness help us extract and expand the wisdom of the latter stages of our lives? Based on *Wise Aging*, the now-classic book by Rabbi Rachel Cowan and Linda Thal, this six-week program will immerse participants in a community of ongoing mindfulness practice, reflection, and connection. Together, we'll explore how meditation and mindfulness can help us meet physical and emotional challenges, live with greater joy, gratitude, and resilience, and shape a legacy for the future.



AWAKENING PRAYER: FUNDAMENTALS OF MINDFUL JEWISH LIVING



Rabbi Miriam Margles

January 13 - February 10, 4 Wednesdays, 4:00-5:15 PM ET, live on Zoom

What would it be like to infuse your daily life with reminders to wake up from the dullness of habit and the rush of busyness, to feel your connection with the pulse of life, and to consciously gather the goodness all around you? Join us as we explore elements of daily Jewish prayer and blessings as foundational spiritual guidance for mindful, heartfelt living. Whatever your background, knowledge or beliefs, this course will be accessible and experiential, supporting you to discover vitality and meaning in the mindful practices of Jewish blessing and prayer.

SACRED SOUNDTRACK: THE POETRY AND MUSIC OF PIYUT



Rabbi Roly Matalon

January 13 - February 17, 6 Wednesdays, live on Zoom, 1:30 - 2:45 PM ET

Piyut—the rich treasury of Jewish liturgical poetry and music developed over centuries across the Jewish world—offers a powerful pathway into transformative, soulful prayer. In this six-week course, designed specifically for rabbis, cantors, and leaders of communal prayer, Rabbi Roly Matalon will guide participants through poetic and musical traditions from diverse Jewish communities exploring their meaning, beauty, and spiritual power. Participants will learn to work with piyutim across a range of settings, from mindfulness practices and contemplative preparation for prayer to full integration into services. The course is designed to equip rabbis, cantors, and prayer leaders with knowledge, repertoire, and inspiration to bring this global Jewish heritage alive in their own communities.

ONLINE COURSES: SPRING

THE PEACEFUL GRANDPARENTING PROJECT®: DEEPENING CONNECTIONS ACROSS GENERATIONS



Dr. Jane Shapiro

March - April, 6 sessions, live on Zoom

This six-week program introduces texts and topics resonating with the unique experience of being a grandparent. The program integrates Jewish wisdom with mindfulness practices and teachings to help you cultivate greater empathy and understanding, deepen connections with your adult children and grandchildren, and infuse family moments with sacredness and tranquility.

MINDFUL SPRING HOLIDAYS: PURIM, PESACH, AND SHAVUOT



Rabbi Jordan Bendat-Appell and Guest Teachers

March 10, April 14, June 2, 3 sessions on Wednesdays, 7:30 - 8:30 PM ET live on Zoom

In our spring holiday workshops, we will learn about the traditional and contemporary rituals and practices associated with Purim, Pesach, and Shavuot, and ways to invest each ritual with mindfulness and meaning. All levels of experience are welcome.

- **Purim:** Increasing joy in an upside down world.
- **Pesach:** Exploring liberation and freedom.
- **Shavuot:** Receiving a Torah of today.



THE SACRED RIVER OF THE OMER: A JOURNEY TO YOUR BETTER SELF *A 49-Day Mindfulness Challenge*



Marc Margolius and the IJS Faculty

April 14 - May 26, 2:00 - 3:15 PM ET, 8 sessions, live on Zoom

Join Rabbi Marc Margolius and the IJS faculty for a seven-week mindfulness challenge. During the Omer (the period between Passover and Shavuot) we'll nurture our innate sacred qualities through the practice of tikkun middot—cultivating sacred character traits that can enhance our lives. Each week, we'll integrate ongoing mindfulness with exploration of one of seven core middot (Loving Connection, Wise Boundaries, Balanced Self, Energetic Response, Gratitude, Righteousness, and Mindful Speech). The program will include written teachings, guided mindfulness practices, and live weekly practice sessions.

SACRED IMAGINATION: AN EXPLORATION OF ZOHARIC MIDRASH

Melila Hellner-Eshed, Ph.D.

May 5 - June 2, 5 sessions Wednesdays, 1:00 - 2:15 PM ET



The course will focus on Zoharic midrash, its antecedents in classical midrash, and their roots in Biblical narrative. Participants will develop a more nuanced understanding of 'classical' rabbinic midrash. This course will explore the new (and sometimes radical) dimensions into which the Zohar takes the art of midrash, and will deepen appreciation for how mystical consciousness changes and expands the boundaries of midrash. Ideal for clergy and other Jewish educators, this program assumes familiarity with rabbinic texts and terminology.

ONLINE COURSES: SPRING

THE FOUR WORLDS OF KABBALAH: A MINDFULNESS-BASED INTRODUCTION FOR YOUNGER ADULTS



Rebecca Schisler and Jes Golden, Ph.D.

**May 6 - June 3, 5 Wednesdays,
8:00 - 9:15 PM ET, live on Zoom**

Join our Shevet young adult community for an accessible and practical introduction to mindful Jewish practice grounded in Jewish mysticism's model of the "four worlds"—finding holiness in our bodies, emotions, thoughts, and spirit. Together, we'll awaken to our essential divinity and help achieve a greater sense of wholeness. Whether you are new to mindfulness or are a longtime spiritual seeker, this course will help you explore a uniquely Jewish approach to meditation and mysticism that can support you in living more holistically, with greater awareness, resilience, and authenticity.

PRESENCE IN LOSS: GRIEVING WITH AN OPEN HEART



Rabbi Miriam Margles

**May 11 - June 15,
6 Tuesdays, 3:30 - 4:45 PM ET,
live on Zoom**

How do we grieve honestly, bravely, and with an open heart? In this course, we will explore Jewish wisdom and contemporary teachings, meditation, ritual, prayer and song, supporting us to turn toward our experiences of personal loss and collective grief with hearts held in tender care, truthfully naming the complexities of grief, centering ourselves in sacred aliveness, and moving along the non-linear path of healing.



COHORT PROGRAMS

KOL DODI: JEWISH SPIRITUAL DIRECTOR TRAINING



Rabbis Elisa Goldberg and Nicole Auerbach,
Co-Directors

April 2027 - November 2028

Kol Dodi translates from the Hebrew as "voice of my beloved." Participants in this program will learn to accompany others on their spiritual journeys in one-on-one or group settings.

This 20-month intensive training program prepares up to 30 participants to serve as spiritual directors. The program is directed by Rabbis Elisa Goldberg and Nicole Auerbach, augmented by additional mentors and supervisors, and guest faculty. Visit the IJS website to sign up if you are interested in applying early for the next cohort of Kol Dodi that will launch in April 2027 with the first of two in-person retreats. Applications open in July and close October 29, 2026.

YESOD: FOUNDATIONS FOR DEEPENING JEWISH MINDFULNESS MEDITATION



Rabbis James Jacobson-Maisels, Dorothy Richman, and Sam Feinsmith

January - September 2027

Yesod is grounded in the belief that our ability to teach skillfully is determined by our depth of practice and understanding. This 10-month online program, held in partnership with Or HaLev, is the first part of the three-year Gates of Awareness Program. Yesod offers participants an opportunity to deepen personal practice and develop their capacity and skill as teachers of Jewish mindfulness meditation.

COHORT PROGRAMS

HEVRAYA



Rabbi Marc Margolius,
Program Director

**Ongoing, throughout
the year**



Hevraya, or “community of friends,” is an essential companion program open to the almost 600 alumni of our Clergy Leadership Program, who collectively serve over 250,000 people. Hevraya provides vital ongoing teaching and support to graduates of the IJS Clergy Leadership Program as they deepen their spiritual practices and bring the work back to their communities. **The annual winter retreat for Hevraya will take place January 31-February 4, 2027, at the Brandeis-Bardin Campus of American Jewish University in Simi Valley, CA.**

KIVVUN

Rabbi Marc Margolius, Program Director

Rabbis Miriam Margles, Josh Feigelson, and
Shir Meira Feit, Faculty

October 2026 - June 2027

Kivvun provides a unique opportunity in the field of adult Jewish learning: deep, continuous in-person and virtual Jewish study and practice over 10 months in an intimate and supportive community, led by experienced teachers of Torah, prayer, meditation, character, and embodied awareness. Kivvun helps participants integrate these practices into their daily lives and apply them to their work, relationships, leadership, and social action. These practices help develop and sustain the inner resources to meet challenges such as stress, fear, loss, and grief—and to live with greater joy, courage, presence, and gratitude. This program is by application only. The next cohort is scheduled for 2028-29. Please visit the IJS website to sign up for updates.

CLERGY LEADERSHIP PROGRAM



Rabbi Sam Feinsmith,
Program Director



July 2025 - January 2027

The Clergy Leadership Program (CLP) is an 18-month, immersive, practice-based program designed for Jewish clergy from across the Jewish community. Clergy deepen their spiritual lives and leadership capacity through study and a variety of Jewish contemplative practices grounded in mindfulness. Through retreats, interim study with a chevruta (practice partner), regular personal practice, faculty mentorship, and support from a nonjudgmental and caring community of practice, participants learn to access an inner well of calm, clarity, resilience, compassion, authenticity, and gratitude that nourishes and sustains them from the inside out in service to their communities. Visit the IJS website to sign up to be notified when applications will open for CLP's next cohort, which will begin in January 2028.

MARBEH

Rabbi Jordan Bendat-
Appell, Program Director

Rabbi Dorothy Richman,
Guiding Teacher



Marbeh is a 30-month fellowship program to cultivate a new generation of Jewish mindfulness and spirituality educators to lead the field with enhanced teaching and practice. The 24-member cohort participates in intensive retreats, ongoing study, writing, *chevruta*, teaching, publication, and mentorship. This program is by application only. The current cohort will meet through August 2028. Please visit the IJS website for more information.

RETREATS

RETURNING ANEW: A SILENT JEWISH MINDFULNESS RETREAT FOR YOUNG ADULTS



Led by Rebecca Schisler, Kohenet Keshira
haLev Fife, Jes Golden, and Yael Shy

**August 19 - 23, 2026, Trinity Retreat Center,
West Cornwall, CT**

Opening at the start of the Jewish month of Elul, a season of awakening, and Teshuva, return, this retreat is a sacred space to set things down, reflect on where we've been, and move into the new Jewish year with clarity, intention, and an open heart. Our teachers will help us create a sacred container for this profoundly soulful experience that invites you to slow down, return to yourself, and drop into what matters most within a sacred community of practice. This retreat is open to students, young professionals, and seekers under 40 who are searching for an opportunity for immersive spiritual practice. No experience with mindfulness and/or Judaism is necessary. This retreat will be held mostly in silence.

REFUGE IN THE ARK: A JEWISH SILENT MEDITATION RETREAT



Rabbis Jordan Bendat-Appell, Sam Feinsmith,
Miriam Margles, Marc Margolius; Rebecca
Schisler; and Cantor Lizzie Shammash

**November 15 - 19, 2026, The Garrison
Institute, NY**

In the midst of turbulent seas it is good for the soul to take periodic refuge in an ark of mindful practice. This Jewish mindfulness meditation retreat, led by IJS faculty and other beloved instructors, will focus on deepening meditation practice in a primarily silent retreat container, enhanced with Jewish teachings, meditation instructions, mindful prayer, and yoga/embodied practice. All experience levels are welcome, as this retreat features two tracks: one for those new to meditation and retreat practice and one for those with more experience. We will use silence as a tool to enhance our sense of presence and connection.

REST, RETURN, HONOR: A SHEVET DAY-LONG VIRTUAL MINDFULNESS RETREAT



Allison Cohen

**October 25, Sunday, 11:00 AM - 4:00 PM ET,
live on Zoom**

After the High Holiday season and as the month of Cheshvan continues its unfolding, we invite our younger adults to come together and turn inward, supported by *kehilah* (community)—honoring what this sacred season has stirred in us. Join the Shevet Jewish Mindfulness Community for a **virtual** day-long retreat to rest in our innate capacity for awakening, and to sow seeds of intention and compassionate awareness in the gardens of our minds, bodies, and hearts. Our day together will include sitting and walking practice, wisdom teachings, embodied practice, and journaling, held in sacred silence with optional time for questions and sharing.

SUMMER RETREAT



**June 16 - 20, 2027, Pearlstone Retreat
Center, MD**

Come join the IJS team for a retreat experience that will help you begin or deepen a Jewish spiritual practice. Each day will include: Jewish mindfulness meditation with instructions; joyous, contemplative prayer and song; text study to enliven the soul; and grounding yoga and embodied practice. This retreat will also include tracks that will explore essential facets and applications of a Jewish mindfulness practice. Our schedule will be spacious, allowing time to rest, renew, and enjoy the beautiful trails and grounds of Pearlstone Retreat Center.



Help sustain our transformative community of practice

Tuition covers only a portion of the cost of running a world-class hub of Jewish mindfulness. We rely on generous donors to help sustain our programs, retreats, free offerings, and the many ways IJS is revitalizing Jewish life for the 21st century.

This is the Judaism so many are yearning for. Support IJS to make it accessible to all.

SUSTAINERS CIRCLE

A sacred community of supporters who invest in IJS as a home for Jewish spiritual practice.

Sustainers include alumni of our Kivvun program and those who make annual gifts of \$10,000 or more. They are invited to special events throughout the year to nourish their own spiritual journeys.

ROSH CHODESH COMMUNITY

A dedicated circle of monthly giving.

When you join the Rosh Chodesh Community by setting up an automatic monthly gift, the steady support allows IJS to meet ongoing needs, plan for the future, and innovate to meet the challenges of a constantly changing world.

LEGACY SOCIETY

Ensuring Jewish Mindfulness for Generations to Come.

By naming IJS in your estate plan or as a beneficiary of a retirement account, you'll help make sure this community continues to thrive long after you. Legacy giving is a powerful act of Hesed that benefits future generations of Jewish seekers.

GIVE A GIFT FOR MINDFULNESS



Visit www.jewishspirituality.org to support IJS today

For more information or to join our communities of giving, please contact Maidelle Goodman Benamy, Chief Development Officer, at maidellegb@jewishspirituality.org or 646.863.5223.

The Institute for Jewish Spirituality is a sacred haven for nurturing the mind, body, soul, and spirit. Since 1999, IJS has helped thousands of people slow down, reconnect with themselves and others, and find a greater sense of purpose—all grounded in the deep wisdom of Jewish tradition. Like and follow us on social media.

