

The Art of Praise

with Rabbi Shefa Gold

July 13 – 19, 2009 at the Isabella Freedman Jewish Retreat Center

Perek Shirah is an ancient Jewish text that sings praise for the Creator. The heavens, the earth, fruits, vegetables, birds, clouds, rivers, fish, frogs, insects, lizards, snails—all of creation has a voice in this celebration. What can we learn from the creatures that abound in our world? How can we listen to their Song of Creation and let it instruct us in the Art of Praise? We will attempt to unlock the secrets of Perek Shirah through chant, silence, imagination, study, movement and stillness.



Rabbi Shefa Gold is a leader in ALEPH: the Alliance for Jewish Renewal. She received ordination from both the Reconstructionist Rabbinical College and Rabbi Zalman Schachter-Shalomi. She is the director of C-DEEP, The Center for Devotional, Energy and Ecstatic Practice in Jemez Springs, New Mexico. She is the author of *Torah Journeys: The Inner Path to the Promised Land*.

*This seven-day retreat is a program of the **Elat Chayyim Center for Jewish Spirituality**, a living laboratory for the development and renewal of contemporary Jewish spiritual life at the **Isabella Freedman Jewish Retreat Center**.*

Located only two hours from New York City and three hours from Boston, Isabella Freedman is a Berkshire retreat destination that provides glatt kosher dining, country lodging, miles of hiking trails and an organic farm.



For more information and to register, visit us online at IsabellaFreedman.org/praise or call (800) 398-2630.

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