

Temple Shalom 8401 Grubb Road Chevy Chase, MD 20815



**Saturday, October 8, 2016**

Drumming & Yoga Shalom with Cantor Lisa Levine

**Saturday, December 10, 2016**

Mindfulness and Yoga with Rabbi Elyssa Joy Auster

**Saturday, February 11, 2017**

Gentle Yoga with Robin Dinerman

**Saturday, March 4, 2017**

Qi Gong for Health with Nancy Illman

**Saturday April 8, 2017**

Gentle Yoga with Robin Dinerman

**Saturday, May 6, 2017**

Family & Kids Yoga Shabbat with Ellen Allard

**Saturday, June 17, 2017**

The Art of Mishkan with Reverend Sandy Pond

**Saturday's 10:00 AM - Noon**

**2016-2017 Program**

*A prayer and supplemental worship and wholeness program for those seeking a heart-centered approach to Judaism.*

*For additional information please contact the clergy assistant at [rabast@templeshalom.net](mailto:rabast@templeshalom.net)*

**Saturday, October 8 2016**

Drumming & Yoga Shalom



**Cantor Lisa Levine** is an internationally known composer, author and worship artist. After earning her BA in Music from UCI and studying in Israel at the Reuben

Academy she went on to HUC-JIR DFSSM in New York, where she completed her Master's Degree in 1989. Lisa is the creator and author of "Yoga Shalom" a unique Book/CD/DVD distributed by Behrman House Books. Lisa is currently a student in the Aleph Rabbinic Pastoral Program and serves as a JSSA Chaplain serving the Jewish Community in Montgomery County. This is her 9th year as Cantor at Temple Shalom.

**Saturday, December 10 2016**

Mindfulness and Yoga



**Rabbi Elyssa Joy Auster**

Director of Jewish Life at JCC of Greater Washington completed a B.A. at Brandeis University and a Masters of Theological Studies at Boston University School of Theology, and then went on to pursue her love of God and Torah in

the rabbinate. She received ordination and a Masters of Jewish Education from pluralistic Hebrew College, and has worked as educator, rabbi, and cantor. She has a passion for the Holy One which manifests through song, movement, meditation, Torah study, making *tallitot*, and deep human connection

**Saturday, February 11 and April 8, 2017**

Gentle Yoga



**Robin Dinerman** is a member of Temple Shalom and host of TV's Cherry Blossom Yoga. Robin has studied and taught for over 30 years; and is certified to teach hatha yoga and to practice Phoenix Rising Yoga Therapy. Using coordinated breathing, stretching, and yoga postures (asanas), Robin helps develop awareness of the body-mind connection relaxing your body, quieting your mind and uniting all your energy!

**Saturday, March 4, 2017**

Qi Gong for Health



**Nancy Ilman** is a member of

Temple Shalom, You may have heard Nancy's violin playing at services at Temple Shalom or seen her sitting behind a very aromatic table at our Hanukkah Mart. She has a law degree from Fordham, an honors degree in English from Harvard University, and a certificate in plant-based nutrition from Cornell. Nancy is an advanced-level practitioner of Usui Reiki and a certified Instructor of the AromaTouch technique, a clinical application of therapeutic essential oils widely embraced by healers worldwide, including nurses, hospice workers massage therapists, personal trainers and members of the clergy

**Saturday May 6 2017**

Family & Kids Yoga Shabbat



**Ellen Allard**

is an Early Childhood Music Specialist. But that's not all she does. Read on.....

She has been privileged since 1976 to perform children's concerts and present teacher workshops/keynotes, seamlessly moving between both the Secular and the Jewish world of Early Childhood. Combining her love of music, personal anecdotes, and her passion for good

health She is a Certified Holistic Health Coach, Though her main work is in the field of music, Ellen often integrates much of what she learned about body-mind-spirit into her work as a musician.

Ellen has been trained in Kidding Around Yoga and its' Jewish counterpart Yoga Yeladim, a nationally recognized Kids Yoga program.

**Saturday May 6 2017**

The Art of Mishkhan



**Rev. Sandy Pond LMT**, tallitot, murals, banners pottery, silver jewelry, stained glass or wood, has been an expression of Sandy's love and awe, of G d for 4 decades. She has traveled to the Near East and to the

Middle East, where she has taught and her art can be found in personal and public installations, collections, and in churches and Synagogues. Ordained n 1987 she has served as a Hostess to the House of Prayer for All Nations in Jerusalem, as an Artist creating graphics, garments, stage installations, and Banners for the International Christian Embassy in Jerusalem. She has been a pilgrim as well as a tour leader many times to Israel. Olive Tree Institute was also founded by her in Bend OR. She presently owns and operates Sandy Pond Studios, and Body and Soul Massage and Therapeutics where she also teaches Yoga from a Hebraic perspective.

