

How to Have a Breslov Shabbat

written by Yehudis Golshevsky

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Shabbat is a focal point of an authentic Jewish life, and is perhaps the most beloved mitzvah. It's a day completely set apart from the mundane, an oasis in the hustle to keep and remember the Shabbat. The more we feel inspired, the better we're able to appreciate what Shabbat offers.

In this course, Rebbetzin Yehudis Golshevsky will discuss Rebbe Nachman and Reb Noson's insights to help us connect to and appreciate the spiritual delights of Shabbat, and make the day a genuine sanctuary in time for ourselves and our families.

Topics include:

Preparing for Shabbat

The Meaning of *Melachah*

The Shabbat Meals & Torah at the Table

Singing, Simplicity, and Simcha

Tefillah and Dveikut

And more...

Use this link now to log into your live class or save it to log into the course in the future:

(https://breslovcampus.clickwebinar.com/Speaking_from_the_Soul_With_Yehudis_Golshevsky) If you would prefer to listen to the class on the phone, call:

New York: [+1 \(917\) 338-1451](tel:+19173381451)

For Other Countries: – [See Global Access Numbers](#)

When prompted, dial this code: 567669# Currently available for [iPhone](#) – [iPad](#) – [Android](#) – [BlackBerry](#)

1. Click on your device type above.
2. Download the ClickMeeting Mobile App.
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Class 1

Class 2

Class 3

Class 4 – Audio only

Class 5 – Audio only

Time:Sunday, 11:00 AM EST – 6:00 PM Israel Time**Date:**Sunday, October 29 through Sunday December 3

Schedule Changes: class on November 19th will be at 8 pm EST; no class December 3**Level:**Women Only, Intermediate through Advanced, Everyone Welcome**Instructor:**Yehudis Golshevsky**Text:**Likutey Moharan, various; Likutey Halachot, various; Siach Sarfei Kodesh