

It's Your Turn—Book A Program, Workshop, or Talk in Your Community

written by Yossi Katz
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Call 347-471-1098 or Email briwomen@breslov.org for more information.

WORKSHOPS

Engaging and exciting, BRI Women workshops are a terrific way for women to learn through creative, hands-on involvement. Every workshop is designed to encourage women to explore various levels of optional participation. Women take home new skills, new ideas, and make new friends.

The Lost Art of Contemplative Writing

We text. We email. Maybe we blog.

But do we ever sit down to contemplate and express ourselves with deep intention?

Women in your community or organization will explore new avenues of creativity and personal development in this engaging eworkshop. Breslov speaker and author Chaya Rivka Zwolinski will discuss using contemplative writing as an inspiring and imaginative tool for spiritual growth. Everyone writes using a series of Breslov-based writing prompts and will have the chance to share and discuss what they have

written. Your material might be considered for a new book, *Rebbe Nachman: A Woman's Treasury*, to be published by the Breslov Research Institute and BRI Women, featuring work by Rebbetzin Tziporah Heller, Sara Yocheved Rigler, Yehudis Golshevsky, and more.

Contemplative Writing 1

Introductory Talk on Contemplative Thought as a Spiritual Practice; Writing Warm Up; Parable Prompt; Text-Based Concept Prompt

Contemplative Writing 2

Talk about Key Breslov Concepts/Texts; Writing Warm Up; Text-Based Concept Prompt; Text-Based Concept Prompt

Contemplative Writing 3

Talk about Reb Noson's Letters; Writing Warm Up; Letter/Essay Prompt 1–Text Based; Letter/Essay Prompt 2–Text-Based Prompt

Book one workshop or book all three.

Who is this workshop for? Anyone interested in creative self-expression; anyone who enjoys writing; creative people who'd like to try something new; professional writers interested in the craft of contemplative writing and professional development; anyone interested in being published; anyone interested in a unique path of spiritual growth. For women. (Separate workshop recommended for girls.)

How long is each workshop? 90 minutes or more, depending on number of participants.

How many can participate? Up to 25-30. For larger groups, it is suggested that two or more workshop sessions are booked.

Hitbodedut–Chassidic Meditation for Beginners (Introduction to Chassidic Meditation)

The Jewish meditation form called *hitbodedut* reveals the still, small voice within. Discover a new kind of listening and uncover your true inner voice. Come to a deeper understanding of who you are and what you truly yearn for. Connect to the Divine. Let go of judgment as well as emotional or physical blockages, and make room for healing and joy.

- Learn Rebbe Nachman's approach to meditation and personal prayer.
- Experience the "Oy breath",
- Discover an authentic Jewish "mantra."
- Includes discussion, guided visualization, breath work, and practical ideas you can use at home.

Who is this workshop for? Anyone interested Jewish spirituality, meditation, and personal growth. No Breslov background necessary. An introductory workshop for those new to either Breslov, Jewish spirituality, or Jewish meditation.

How long is each workshop? 60 minutes. (Longer workshop is available for larger indoor spaces or outdoor spaces where individuals can break off from the group and make *hitbodedut*.)

How many can participate? No limit.

Please contact us for more details or to book.

Chaya Rivka Zwolinski

Briewomen@breslov.org or 347-271-9539

TALKS

Sit back and be inspired with a BRI Women talk. Topics include Overcoming Sadness and Finding Joy, Breslov in the Home,

Relationships, The Tzaddik, Uman for Women, Seasonal topics, and more. Description of Holy Self-Esteem follows:

Holy Self-Esteem

A generation has grown up being rewarded just for showing up—yet despite the culture of entitlement that exists in many quarters, adolescents and adults have never believed in themselves less. A new definition of self-esteem is called for, and in this powerful talk, BRI Women Director, Chaya Rivka Zwolinski, shares a new-old approach to cultivating holy—and healthy—self-esteem. Rebbe Nachman's teachings presaged this age of self-doubt and the devaluing of human life. His teachings form the foundation for a new definition of self-esteem, and are the antidote to narcissism and low self-esteem. The classes are based on a work in progress, The Holy Self-Esteem Workbook.

- What is the current low self-esteem epidemic and why it leads to anxiety, fear, and narcissism
- Explore Rebbe Nachman's approach to belief in self
- How

Who is this talk for? Anyone interested Jewish spirituality, meditation, and personal growth. Parents, teachers, therapists, and caregivers and anyone interested in improving their self-esteem or the self-esteem of others. No Breslov background necessary.

How long is each workshop? 60 minutes. (Longer workshop is available for larger indoor spaces or outdoor spaces where individuals can break off from the group and make hitbodedut.)

How many can participate? No limit.

Please contact us for more details or to book.

Chaya Rivka Zwolinski

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PROGRAMS

BRI Women proudly presents the Azamra! Program for Women. Tailored for your group, the program is a day or half-day of inspiration through a combination of talks, creative participation, and relaxation. Women leave renewed, refreshed and inspired.

Azamra! for Women: Hearing the Song of Your Soul

Participate in a highly engaging half-day or day of self-discovery for women or teens based on the joyful teachings of Rebbe Nachman of Breslov. Through a variety of talks and workshops (workshop choices include Jewish meditation, creative writing, art, and song) each participant uncovers inspiring and healing insights about herself and her relationships. She takes home inspirational and doable ideas for a personal spiritual practice that works in real life.

Women are first introduced to some of the unique psychospiritual concepts in Azamra, one of Rebbe Nachman of Breslov's most well-known teachings. Preempting positive psychology and cognitive behavioral techniques by nearly 200 years, Rebbe Nachman's powerful lesson describes the spiritual force of positive thought and action which compose our personal soul niggun (melody.) Through Azamra, we heal our relationship with the Creator, each other and most significantly, our self. After the talk, a variety of workshops are on offer.

Who is this program for? Anyone interested in being inspired. Women or girls who'd like to try something new; creative people; people interested in meditation; therapists, moms and other caregivers who'd like to make time for introspection, healing and joy; anyone interested in spiritual exploration and growth; For women. (Separate workshop recommended for

girls.)

What is the duration of the Azamra! Program? The program is half day (approximately 3 hours including intermission) or a full day (approximately 6 hours including lunch break.)

How many can participate? Up to 45 but larger groups can be accommodated with specially tailored programming.

Please contact us for more details or to book.

Chaya Rivka Zwolinski

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