

The Healing Dance Of Body And Soul

written by Chaya Rivka Zwolinski
May 4, 2016



Series: Relationships with Chaya Rivka Zwolinski

For women only.

How do the eyes, hands, heart, and other body parts reflect your spiritual anatomy?

Does good health or it's opposite always correspond to the state of your soul?

Is there an original holistic healing modality that is rooted in Jewish mysticism, one that is relevant today?

We'll explore the answers to these and other essential questions using the fascinating BRI book, Anatomy of the Soul by Chaim Kramer as our guide. Rebbe Nachman's stories and other Breslov sources will also be referenced.

Most of Rebbe Nachman's lessons include a discussion of some part of the human anatomy. His approach to our bodily forms and functions is unique in all of Judaism, yet it rests firmly on a foundation of the deepest Torah. As we discuss this intriguing topic, we'll come to a richer understanding of why God houses our soul in this brilliantly-complex home we call "my body", the paradoxical interplay between soul and body, and a fresh outlook on health and healing.

- A Kabbalistic Map of the Body
- Towards A Definition of Healing
- Body/Soul Health vs. Body/Soul Dis-ease
- Spiritual Power of Each Organ and Body Part
- Digestion: Eating and Food
- Anatomy of Anger
- Purity vs. Toxicity
- Joy as Medicine

And much more...

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Class #1

Monday, May 9th, 2016 at 8:00 PM EST

Class #2

Monday, May 16th, 2016 at 8:00 PM EST

Class #3

Monday, May 23rd, 2016 at 8:00 PM EST

Class #4

Monday, May 30th, 2016 at 8:00 PM EST

Class #5

Monday, June 6th, 2016 at 8:00 PM EST

Time:8:00 PM Eastern time, 5:00 PM Pacific time**Date:**Monday, May 9th – June 27th (7 weeks)**Level:**All, beginners welcome**Instructor:**Chaya Rivka Zwolinski**Text:**[Anatomy of the Soul](#), by Chaim Kramer