

Three Elements of Teshuvah

written by Yehudis Golshevsky

August 13, 2015



In this meaningful preparation for Rosh Hashana, we'll discuss three elements of teshuvah based on Rebbe Nachman of Breslov's teachings.

Three Elements of Teshuvah

Time: Sunday, 11:00 AM EST – 6:00 PM Israel Time

Date: Sunday, Aug. 23; Aug. 30; Sept. 6

Level: Intermediate, beginners welcome.

Instructor: Yehudis Golshevsky

Text: Likutey Moharan and Likutei Halachot, various.

For women only.

In this meaningful preparation for Rosh Hashana, we'll discuss three elements of *teshuvah* based on Rebbe Nachman of Breslov's teachings. We will also learn some meditations for hearing the *shofar* on Rosh Hashana.

The three elements include:

- Abandoning the Sin: Developing a healthier approach to the past.
- Confession: Revisiting the past in order to move forward.
- Resolution for the Future: Building vision and tools.

Course Text

*As a valued student of Breslov Campus, you may use the following discount code to receive 10% off any of any Breslov Research Institute publication: breslovcampusstudent10 .

To use this or any other special discount code, visit the Breslov.org (BRI) [online bookstore](#), paste the discount code in at check out and then click "apply changes." We offer free shipping in the USA.

Class #1

Sunday, August 23d, 2015 at 11:00 AM EST

[Audio/mp3 Download](#)

Class #2

Sunday, August 30th, 2015 at 11:00 AM EST

[Audio/mp3 Download](#)

Class #3

Sunday, September 6th, 2015 at 11:00 AM EST

[Audio/mp3 Download](#)