



RABBI Yael Levy has developed a creative and accessible approach to teaching mindfulness that is grounded deeply in Jewish tradition.

Affiliated for 18 years with Mishkan Shalom, a

Reconstructionist synagogue in Philadelphia, she has created and facilitated contemplative services, adult and teen education, all-day mindfulness retreats and weekly meditation sittings.

For over a decade, Rabbi Levy has immersed herself in

the spiritual practice of *Counting the Omer*, the 49 days between *Pesach* and *Shavuot*, and has helped others explore its meaning. She has prepared a daily Guide to Counting the Omer which includes teachings, meditations and psalms.

An experienced hiker and backpacker, Rabbi Levy draws continual inspiration from the high desert of the American Southwest.

A graduate of the Reconstructionist Rabbinical College, Rabbi Levy has co-lead retreats in Alaska for Jewish professionals through the Institute for Jewish Spirituality. The 5772 *Shavuot* Retreat is the 4th she will facilitate in New Mexico.

She serves as a spiritual director for Reconstructionist and Reform rabbinical students and individuals seeking a deeper relationship with the Earth and God.

My teaching has grown out of my deep personal commitment to spiritual practice and my passionate belief in its potential to change not only individuals but the world.



photo: Ghost Ranch brochure

Chimney Rock at Ghost Ranch

GHOST RANCH, ABIQUIU, NM

Standing at Sinai 5772 will be held at Ghost Ranch Retreat Center in Abiquiu, New Mexico. Abiquiu is located about 2.5 hours by car from the Albuquerque airport.

Ghost Ranch is best known as the site where Georgia O'Keefe lived and painted for much of her life. Sitting on the porch outside the dining room during daylight, it is easy to see the landscape that inspired many of her paintings. At night, the sky is clear and the stars seem to be within reach.

The facility is staffed year-round by volunteers who exchange room and board for the privilege of living within the beauty and calm of this desert and mountain setting.

www.ghost ranch.org

May 24 - 29 — 3 - 8 Sivan
5-Day Retreat in Abiquiu, NM

Standing at Sinai

2012 - 5772

Shavuot in the Desert of New Mexico



photo: Frida Samost

SPONSORED BY A WAY IN
4101 Freeland Ave • Philadelphia PA
215-508-0226 • awayin@Ymail.COM
mishkan.ORG/A-Way-In
facebook.COM/jmndfulness

Standing at Sinai: Shavuot in the Desert of New Mexico

Shavuot commemorates the receiving of Torah in the wilderness. The Mystics teach that at the moment the Torah was received, the world reverted to its primordial state: every soul knew the Oneness that we call God, with no doubt, no hesitation, no holding back.

On *Shavuot*, we remember this moment and open ourselves to receive the wisdom and insight that is waiting to be revealed.

EXPERIENCE THE OMER AND SHAVUOT IN THE DESERT

This 5-day retreat will invite participants to experience *Shavuot* in the desert's open expanse. We will hike through red rock canyons and sit by desert streams. We will count the final two days of the Omer together and we will prepare for *Shavuot* with meditation and prayer.

On *Shavuot*, we will spend the evening in meditation, song and prayer. Text study will be aimed at the heart, rather than the head. We will greet the dawn together, giving thanks, offering praise and listening to the ten commandments being chanted into the rising sun.

WHAT TO EXPECT

This retreat will be centered on Jewish mindfulness practice. Participants will be asked to maintain periods of silence each day. *It is important for participants to have prior mindfulness experience.*

Hiking, singing and body prayer will complement our meditation time. There also will be opportunities for questions, discussions, *hevruta* (study pairs) and group study.

Group hiking level is easy to moderate.

Meals are buffet-style with vegetarian & vegan options at all meals.

Modest single and double twin-bed rooms as well as a camping option are available.

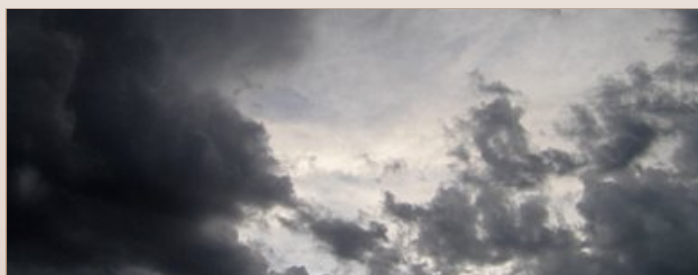


photo: Frida Samost

When God gave the Torah, no bird sang, no fowl flew, no ox bellowed, no angel stirred a wing, the seraphim did not say Holy, Holy, the sea did not roar, and no creature spoke. The whole world stood hushed in breathless silence and a voice went forth and proclaimed "I am the Mystery your God" — Exodus rabbah 29:9

Email requests for more information to Mindfulness@mishkan.org

• REGISTRATION •

Shavuot Retreat • Ghost Ranch, Abiquiu NM

May 24 - 29 • 5772 • 3 - 8 Sivan

Space is limited to 15. A waiting list will be initiated once the Retreat is filled.

Name _____

Email _____

Address _____

Best Phone Contact _____

I am interested in a Roommate Share.

FEE

Camping, if paid in full before Mar 1 \$390

Double Room, if paid in full before Mar 1 \$590

Single Room Supplement add: \$250

Non-Member Supplement add: \$180

Payment or balance after Mar 1 add: \$100

Fee includes room or camp site & three meals daily. Fee does not include airfare or airport transfers to or from Ghost Ranch. Roommate & Group Car Rental Shares are coordinated by Retreat planners.

- Early Discount if paid in full by Mar 1; all others, payment in full is required by Apr 19.
- \$125 administrative fee will be retained for cancellations prior to Apr 19. We regret that no refunds will be granted after Apr 19.
- Remit payment by check: payable to "A Way In" c/o 4101 Freeland Ave, Phila PA 19141 or online: www.mishkan.org/a-way-in. Click on Donate Now. Indicate "Shavuot Retreat" or the check's memo line or online in the Notes field.

Direct questions about payment to Bea Leopold
A Way In Treasurer c/o BeaGL@me.com