

December 24<sup>th</sup>-January 5<sup>th</sup>

# Silent Meditation Retreats

with Rabbi David & Shoshana Cooper



## Integrate a sense of continuous Presence

Twelve Day Retreat  
Dec. 24<sup>th</sup> - Jan. 5<sup>th</sup>

Join Rabbi David & Shoshana Cooper (with Eliezer Sobel) for this very popular year-end silent retreat that has proven to be a transformative experience for hundreds of people over the past 12 years. Various techniques of contemplative practice are offered that strengthen concentration while building a solid basis for mindfulness.

The Coopers emphasize Awareness practices. These methods bring a **sense of continuous Presence** into one's life consonant with the goal of Jewish mysticism: *devekut*, merging with the Boundless "Face" of the Divine. This emphasis allows practitioners to develop a contemplative mode that can

Seven Day Retreat  
December 24<sup>th</sup> - 31<sup>st</sup>

be used in everyday life which enhances our relationships with one another and with the Source of Life.

While mainly silent, the retreat has morning chanting and prayer, supported by Eliezer's music. Each day includes teachings and inquiries that invite participation, group interviews, and the possibility for individual guidance.

This retreat accommodates the needs of beginning meditation students while at the same time being extraordinarily useful for advanced students. No special Hebrew skills are required, nor do you need to be learned in kabbalistic

Five Day Retreat  
Dec. 31<sup>st</sup> - Jan. 5<sup>th</sup>, 2007

teachings. All that is required is a **willingness to enter with an open-hearted attitude and a gentle spirit**. The goal of all of these meditative practices is to develop wisdom, compassion and peace of mind.

Participants in this retreat are required only to pay the cost of room and board – **there is no tuition fee**. At the end of the retreat, participants will be invited to contribute free-will offerings for the teachers, of any amount that the individual chooses. We have found this to be the best way to offer this important experience to people from all walks of life. We hope you will join us; it could change your life.



Register online or by phone

CenterForJewishSpirituality.org

(800) 398-2630 x307

NEW LOCATION! Isabella Freedman 116 Johnson Road, Falls Village, CT 06031