



Congregation Beth Tikvah invites you to join us
for a renewal of body, mind and spirit at a
SHABBAT MORNING YOGA SERVICE
with Nancy Davis and Rabbi Pamela Gottfried.
at 9:30 am in the Sanctuary.



SEPTEMBER 14 ~ NOVEMBER 9 ~ JANUARY 11 ~ MARCH 1 ~ MAY 3



PLEASE WEAR COMFORTABLE CLOTHES AND BRING A YOGA MAT (IF YOU HAVE ONE) OR A BEACH TOWEL.



If you think you're not going to be good at yoga because you're not athletic or flexible, Nancy Davis, a certified yoga instructor for 19 years, will share this bit of wisdom she has acquired from practicing yoga: "Flexibility starts in your mind, not in your spine." Nancy's father, one of the first yoga teachers in Philadelphia in the 1970's, was her first teacher. Now a parent to three adult children and grandmother to four perfect grandchildren, Nancy teaches yoga to children and adults at the Katz JCC and at a private studio in Cherry Hill. She has degenerative arthritis and has had seven joints replaced, and states with conviction, "Practicing yoga enables me to continue moving."



Rabbi Pamela Gottfried has been interested in the choreography of Jewish prayer as long as she can remember. "Jewish prayer involves the whole body, and often the movements are embedded in the Hebrew words." During her years as a rabbinical school student at the Jewish Theological Seminary, she studied liturgy, medieval poetry and piyutim, liturgical poems. Rabbi Gottfried strives to model prayerful posture and teach her students of all ages that "swaying when they're praying" can help them achieve kavannah, intention, and an alignment of the mind and soul with the Source of Life.