



MEDITATION CLASS

שערי
פרדס

“Meditation of the Jewish Masters” A Four month Program led by Instructor Ari Weller

Beginning the first Shabbat in February through the month of May, Ari will teach a Saturday morning class from 9:00 am to 9:45 am on the first Shabbat of each month, as well as a Thursday afternoon class from 4:00 pm–4:45 pm each Thursday of the four month program, where we will examine the meditation techniques and the thoughts of:

Saturday, February 4th: Rabbi Avraham Abulafia: Kabbalistic Concentration

Saturday, March 3rd: The Baal Shem Tov: Jewish Equanimity

Saturday, April 7th: Rabbi Nachman of Bratzlov: Hitbodedut (Seclusion)

**Saturday, May 5th: Rabbi Kalonymus Kalman Shapira (Rebbe of Warsaw Ghetto)
Quieting the Chaos**

The weekly Thursday meditation classes will build upon the actual practice of meditation that we have experienced together on the previous Shabbat, and combine study and discussion from that month's "Master". The two modalities complement each other, as the meditation opens and helps focus our minds, and the study enriches the meditation experience.

By studying and practicing the teachings of these Masters the intention is to go beyond simple relaxation or quieting the mind. Kabbalistic meditation is a means to become centered, to wean ourselves from identifying with externals and to redirect our focus toward the center of all reality.

Ari is a graduate of the Elat Chayyim Advanced Meditation program. He has studied meditation on and off retreats with Rabbi David and Shoshana Cooper, Rabbi Jeff Roth, Rabbi Joanna Katz, Rabbi Dovber Pinson, Rabbi Alan Lew and Norman Fisher. Ari is a year-round resident of Sag Harbor and works out of Lift Hampton studio in Wainscott.

Call 631-324-9858 for more information.

THE JEWISH CENTER OF THE HAMPTONS

44 Woods Lane, P.O. Box 5107, East Hampton NY 11937 | 631.324.9858 | www.jcoh.org
Rabbi Sheldon Zimmerman | Cantor Debra Stein | Diane Wiener, Executive Director
Shelley Lichtenstein, Director of Education & Programming | Michael Salzhauer, President



Ari Weller was raised in Plano, Texas. He studied Media Arts at the University of Arizona and went on to a successful career in advertising. Looking for more passionate work, Ari became a private fitness trainer in New York City focusing on mindful and corrective methodologies such as Pilates and Gyrotonic. His work led him to create, Integrative Movement (IM), a complete training philosophy in physical fitness and mindful awareness. IM's focus is to improve core strength, flexibility and proper alignment. Ari was named one of the top 5 "Guru Trainers" by NY Magazine, has attracted major public personalities and his work has been featured in The New York Times, Entertainment Weekly, Self Magazine, W Magazine and New York Magazine. After 13 years in the NYC fitness scene, Ari took a sabbatical from the industry to do non-profit work as the Director of the Elat Chayyim Center for Jewish Spirituality at The Isabella Freedman Retreat Center.

In 2009 Ari, his wife Marie and son Jacob moved to the East End to re-establish his fitness training business. In addition to the range of disciplines he teaches, Ari teaches meditation at the Jewish Center of the Hamptons and co-created Embodied Judaism, a spiritual and physical practice grounded in traditional Jewish teachings about the sanctity of the physical body and the natural world.

Ari is also a graduate of the Elat Chayyim Advanced Meditation program. He has studied meditation on and off retreats with Rabbi David and Shoshana Cooper, Rabbi Jeff Roth, Rabbi Joanna Katz, Rabbi Dovber Pinson, Rabbi Alan Lew and Norman Fisher.

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For more information go to www.AriWeller.com

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Led by Instructor Ari Weller**

Schedule

<i>Saturday, February 4, 2012</i>	<i>9:00 am - 9:45 am</i>
<i>Thursday, February 9, 2012</i>	<i>4:00 pm - 4:45 pm</i>
<i>Thursday, February 16, 2012</i>	<i>4:00 pm - 4:45 pm</i>
<i>Thursday, February 23, 2012</i>	<i>4:00 pm - 4:45 pm</i>
<i>Saturday, March 3, 2012</i>	<i>9:00 am - 9:45 am</i>
<i>Thursday, March 8, 2012</i>	<i>4:00 pm - 4:45 pm</i>
<i>Thursday, March 15, 2012</i>	<i>4:00 pm - 4:45 pm</i>
<i>Thursday, March 22, 2012</i>	<i>4:00 pm - 4:45 pm</i>
<i>Thursday, March 29, 2012</i>	<i>4:00 pm - 4:45 pm</i>
<i>Saturday, April 7, 2012</i>	<i>9:00 am - 9:45 am</i>
<i>Thursday, April 12, 2012</i>	<i>4:00 pm - 4:45 pm</i>
<i>Thursday, April 19, 2012</i>	<i>4:00 pm - 4:45 pm</i>
<i>Thursday, April 26, 2012</i>	<i>4:00 pm - 4:45 pm</i>
<i>Saturday, May 5, 2012</i>	<i>9:00 am - 9:45 am</i>
<i>Thursday, May 10, 2012</i>	<i>4:00 pm - 4:45 pm</i>
<i>Thursday, May 17, 2012</i>	<i>4:00 pm - 4:45 pm</i>
<i>Thursday, May 24, 2012</i>	<i>4:00 pm - 4:45 pm</i>
<i>Thursday, May 31, 2012</i>	<i>4:00 pm - 4:45 pm</i>