

# BREATH LAB

*a center for Jewish embodiment*

## **Bathing in Resplendence: A Breath Lab Full Moon Workshop**



*with Batya Ellinoy  
Hebrew College Rabbinical School ('22)*

### **About the Program**

From our first taste of freedom on Passover to receiving the gift of Torah on Shavuot, seven weeks later, there is a practice of counting these 49 days, linking us with our Biblical ancestors as they journeyed from the Sea of Reeds to Mount Sinai. This is known as the Counting of the Omer. In the Kabbalistic Mystical tradition, each of these days corresponds to a divine aspect of God to contemplate for spiritual growth and cleansing. In this workshop, we will explore the particular emanation of *Hod sh'beHod*,\* or humility within humility, by way of text, song, accessible movement, and ritual.

Join us as we explore this emanation with curiosity and kindness to make space for greater resplendency, groundedness, and love.

### **Details**

Thursday 4/29, 7:00-8:30pm ET  
Open to the public & free of charge  
via Zoom

*\* This day is also Lag B'Omer, a festival day celebrating a variety of historical events, and bringing with it extra light, buzz, and aliveness.*