

## **COURSE DESCRIPTIONS FOR THE DAR'KHEI NO'AM PROGRAM**

### **Ritual Artistry**

Courses in this arena will offer participants the tools to be artists in the making of ritual. From the perspective that ritual is a form of art-making, we will explore the use of natural elements, gesture, music, movement and symbols - both universal and particularly Hebraic - in the making of ritual for holy days and life cycle milestones.

### **Hebrew Language**

Courses in this arena will provide participants the teaching and opportunity to practice the basic building blocks to read and to pronounce the Hebrew language towards deepened comprehension of Hebrew text. As courses will be based on participants' current level of Hebrew study, all participants can expect to advance their skill level.

### **Jewish Practice Enrichment**

Courses in this arena will support participants to deepen their understanding of Jewish customs, prayer and ritual, and to bring a more embodied and meaningful experience to these practices.

### **Feminine Torah/teaching**

Courses in this arena will enlighten students to approach Torah, both written and oral, with a very new perspective that involves contemplative thought, intuition and creative art to glean, today, the wisdoms of ancient Torah. In this course, we approach Torah study with the intention to receive the illumination embedded in the codification of Judaism as a continuation of the ancient Hebrew's spiritual revelation.

### **Authentic Movement**

Authentic movement is a form of meditation in motion. In this practice we strengthen our presence in compassionate witness of self and others, and we discover more freedom in our embodied experience both alone and within the group experience.

### **Hebrew Devotional Chant**

Hebrew devotional chant is a practice of engaging Hebrew mantras from ancient text with chant and music. Participants discover this practice as a method of personalizing, and more fully embodying, their prayer experience.