



Shir Ha-Yam and the Elijah Minyan sponsor:
BRING ART AND SOUL INTO THE LOSSES IN OUR LIVES
Transforming Pain from the Past Into Joy

April 28 1:00 PM-4:30 PM
Lag B'Omer Hod she'b hod
Lawrence Family JCC

“Remember that the meaning of life is to live life
as if it were a work of art”
(Rabbi Abraham Joshua Heschel).

Join with us and internationally renowned artist, spiritual director and psychotherapist, Carola de Vries Robles. In this workshop we will view her moving documentary film, 'To Remember To Return'. The film shows how she brings art and soul into the tragedies of life. Her personal story opens us to our own unique yet universal human stories. She shares how to turn a legacy of loss and pain, unattended sorrow and anger into reconnecting to Source. This connection allows for the discovery of unconditional love, compassion and joy.

Through the use of Jewish spiritual teachings, meditation, movement and expressive arts we will practice the **art of shifting** from fear to love. We learn to move from resisting pain and shame, to beauty and soul strength. Instead of staying stuck in old patterns of identifying with our pain, (or running from it), we learn to turn toward the difficulties and negativities. By embracing them we 're-member' and 're-turn'. A new perspective emerges that allows for facing and blessing all that is. As Reb Zalman Schachter Shalomi teaches 'We 're-contextualize' the past and bring a soul to more light and wholeness, for ourselves and the planet."

In this workshop we will:

- Learn to create new understanding of our painful stories
- Learn to re contextualize and release the past
- Bring light into dark areas of our lives. Finding wholeness in brokenness.
- Use the power of Jewish Time as found in Lag b'Omer.

This workshop is led by three wise women:

Carola De Vries Robles: a child of Holocaust survivors. Feldenkrais practitioner, body oriented psychotherapist, artist and Jewish leader in the Netherlands. Creator of the documentary 'To Remember to Return.'

Rhonda Mason LCSW: a psychotherapist in private practice for 30 years, utilizing energy psychology and stress management. A leader of Havurah Shir Ha Yam.

Ruth Platner: a successful local artist, art teacher and mentor. Widely acknowledged as a 'wise woman and a Holocaust survivor'.

Come and join us in deep listening and in moving and drawing out the soul.

Contributions to Shir Ha-Yam will support Carola De Vries Robles in her work

Please RSVP to rhondmason@aol.com or 619-251-4618 by April 22nd