

Tour Info

Dates:

4-15 January 2015

Bookings:

info@neshamalife.org

Cost:

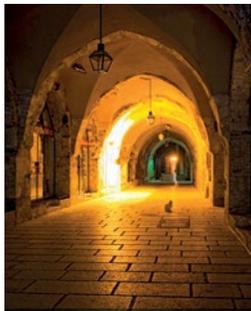
Including shared accommodation, meals, tours, tips and travel

Early bird price
\$3,250 USD (deposit by 1 September)

Full price
\$3,680 USD

For private room add \$570 USD

Book now to secure your place.



Highlights

Jerusalem
The holy city

Tsfat
City of the mystics

Ein Gedi
Natural oasis

Mount Masada
Archaeological site

Dead Sea
Healing waters

Kineret
Sea of Galilee

Mount Meron
Sacred forest of sages

Ramon Crater
Desert expanse

David Wadi-Gorge
Desert waterfalls

Hula Valley
Bird Sanctuary

Tsipori
Ancient synagogue

NESHAMA LIFE PRESENTS

Land & Spirit

KABBALAH TOUR OF ISRAEL

Land & Spirit

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*Neshama
Life* KABBALAH
FOR THE SOUL

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In association with

4-15 January 2015

Land and Spirit

KABBALAH TOUR OF ISRAEL

Neshama Life is proud to present our inaugural Kabbalah Tour of Israel. Over 12 days, we will visit spiritual and holy sites including the desert landscape in the south, historical Jerusalem and surrounds, the Galilee and Tsfat in the north. Australian Kabbalah teacher, Rabbi Dr. Orna Triguboff will lead the tour, accompanied by a local Israeli educational tour guide. At each destination, you will have an opportunity to learn with many renowned teachers who specialise in Kabbalah, meditation, art, tai chi and Jewish spiritual music. The tour will include:

- Kabbalah study
- Meditation and tai chi
- Sacred music and chanting
- Nature walks to breathtaking canyons, forests and sacred springs
- Visiting ancient places of prayer

People from all backgrounds, and with all levels of knowledge, are welcome to join us on this tour. It is suitable for those who have travelled to Israel many times before, as well as for first-time visitors.

About Orna Triguboff

DIRECTOR OF NESHAMA LIFE

As director of Neshama Life, Rabbi Dr. Orna Triguboff has over 25 years of experience in teaching yoga and meditation, as well as 15 years of experience in teaching Kabbalah. She completed her Ph.D. at Sydney University in 2003 and has trained in a number of fields, including Hatha Yoga with Acharya Upendra Roy and Jewish studies at the Shalom Hartman Institute in Jerusalem.

Besides Neshama Life courses and retreats, Orna is currently teaching Kabbalah at the Melton Institute and Jewish meditation for teenagers at Emanuel School in Sydney, along with long-distance courses in Kabbalah and Hasidism for the Ohalah Institute for Jewish Learning in the USA.

Rabbi Dr. Triguboff, who is currently serving as a rabbi at Emanuel Synagogue in Sydney, received her rabbinic ordination and spiritual counselling ordination in 2010 from Rabbi Zalman Schachter-Shalomi and the Jewish Renewal movement. She is committed to self-improvement in an open-minded and healthy way, and to creating a caring, compassionate community.



Teachers

Joining us on the journey will be special guest facilitators from around the world...

Rabbi Dr. Orna Triguboff
Tour leader, Kabbalah
meditation teacher

**Rabbi James
Moshe Maisels**
Jewish Mindfulness
teacher, Pardes Institute

Dr. Melila Hellner-Eshed
Kabbalah teacher,
Hartman Institute,
Author of *A River Flows
from Eden*

Michael Kagan
Jewish meditation and
self-development teacher,
Author of *Holistic Hagadah*

Rav Yitzhak Even Shays
Teacher of Jewish
mysticism at Rav Kook
Institute, Jerusalem

Netanel Goldberg
Sacred Hebrew chant
and healing circles

Josh Oshlack
Spiritual music
& earth connection

David Friedman
Kabbalah artist and
meditation teacher

Nava Tehila Ensemble
Music and prayer
CD: Libi Er, *'My Heart is
Awakened'*

Avraham Leader
Kabbalah teacher,
Editor of Even Hoshen
edition of *Sefer Yetsirah*

Rabbi Ruth Kagan
Jewish Renewal rabbi
and spiritual teacher

Yehoshua Engelman
Torah teaching and
meditative music
CD: *Song of Songs*

Gad Levy
Kabbalah tai chi teacher

Nadav Kahn
Kabbalah chanting
& meditative prayer
CD: *Lev Shalem*