

### Seven Dimensions of Place — Embodied Shabbat Experience

*SHABBOPTION*

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<b>TOPIC (S)</b>	Embodied practice; shabbat; spiritual practice; movement
<b>SUMMARY</b>	The number seven shows up *everywhere* in Jewish tradition, representing a sense of wholeness, peace, and completion. Seven heavens, seven years in the sabbatical cycle, seven wedding blessings, seven patriarchs & matriarchs, and of course the seven days of Creation that becomes seven days of the week, just to name a few. In this session we'll explore what is so special about this number and model several practices for experiencing the cycle of seven through embodied practice both during Shabbat and throughout the week. All bodies welcome!
<b>GOALS:</b>	Guide participants through practices that embody the spirit of Shabbat, cycles of seven, movement and rest, constriction and release. Demonstrate a range of tools that can be used for similar programs in different contexts. Model alternative approaches to teaching and learning about Shabbat and related Jewish frameworks.
<b>AUDIENCE:</b>	As written, primarily for older learners (HS and up) but can be adapted for all ages.
<b>TIMING:</b>	30 minutes
<b>APPENDICES:</b>	N/A
<b>MATERIALS NEEDED:</b>	<ul style="list-style-type: none"> <li>• Wear comfortable, non-restrictive clothing</li> <li>• Optional: meditation cushion for sitting (or similar); prayer rug or yoga mat</li> </ul>
<b>SET-UP DETAILS:</b>	<ul style="list-style-type: none"> <li>• Some space to move in</li> <li>• Comfortable &amp; quiet place to sit without a lot of distractions around</li> </ul>

### SESSION OUTLINE:

- 00:00-00:06 — Welcome and opening practice (seated)
- 00:06-00:08 — Energy Reset: Seven-Layer Shakedown (standing)
- 00:08-00:15 — Full body seven-dimension movement flow (standing)
- 00:15-00:21 — Lulav Breathing II + Seven-layer box breathing — expanding breath & body (seated)
- 00:21-00:30 — Seven-layer Shabbat Shake — movement and stillness (standing)

### SESSION DETAILS:

- 00:00-00:06 — Welcome and opening practice (seated)
  - Open with a song or Niggun (wordless melody) as participants enter and settle in
  - Give opening framing around types of practices and connections to Shabbat, cycles of seven etc
  - Invite participants to check in with their bodies, begin to attune themselves to noticing the sensations happening in their bodies throughout this entire session
  - Lead Lulav Breathing I — guided breathwork utilizing the choreography of shaking the lulav: starting at center, then directing the breath to the front, behind, to either side, above, and below.
    - Allow for at least 20-30 seconds in each direction; Can also give a predetermined number of breaths in each direction
    - Breaths here are full, calm, relaxing breaths
    - Invite eyes closed
    - Optional: add intention to each direction, e.g.
      - Forward: the work or learning that lies in front of us
      - Behind: the path or teachers that have brought us here
      - Right: action, doing
      - Left: heart, emotions, feeling
      - Above: brain, thoughts
      - Below: belly, digestion, processing
    - Return to center for final breathing, directing participants to breath fully expansive breaths in all directions from the center out before returning to eyes open and being back with the group
- 00:06-00:08 — Energy Reset: Seven-Layer Shakedown (standing)
  - Give participants full instructions before beginning the activity together
  - Starting with the right side, “shake” the arm/hand seven times while counting out loud each shake, starting at one // repeat with left arm, then right leg, then left leg

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- Repeat starting back on the right side counting up to six this time, then continue to each limb
- Continue the countdown with energy increasing as you get down to the final single shake (1-1-1-1!) and end with a synchronous clap all together
- *This is a version of a similar activity that often starts at ten*
  
- 00:08-00:15 — Full body seven-dimension movement flow (standing)
  - Guided movement practice accessing framing of seven dimensions (details coming)
  
- 00:15-00:21 — Lulav Breathing II + Seven-layer box breathing — expanding breath & body (seated)
  - This is a second somewhat more intensive version of Lulav breathing
  - Give participants full instructions and brief overview of box breathing before beginning so that you can transition smoothly in the middle
  - In this version, participants take seven focused breaths in each direction — quick and full inhale-exhale — with greater movement of the body rather than staying still
    - Forward: bring chest forward, curving spine forward, on inhale; return to center on exhale
    - Back: Arch spine towards the back on inhale, return to center on exhale
    - Right / Left sides: Bring the arm overhead, stretch up and reach with hand towards the opposite side on inhale; return to center on exhale
    - Above: allow the breath to “pull” the body upwards on inhale, lifting up from the seat, return to center on exhale
    - Below: Direct breath down and into belly, allow belly to expand on inhale, feeling downward pressure, and contract on exhale
  - After all six sides return to center and a normal breathing pattern for 10-15 seconds, inviting them to notice how they’re feeling in their body, what sensations are happening, etc
  - Initiate box breathing starting with one cycle at one beat per side, then one cycle at two beats per side, one cycle at three beats per side ... continuing through a final cycle seven beats per side (the Shabbat breath)
    - Box Breathing — breathing structure where there are four equal “sides” of the breath (inhale, hold, exhale, hold) that follow the same number of beats: eg inhale for 3 beats, hold for 3 beats, exhale for 3 beats, hold for 3 beats ...
  - Immediately after the final 7-beat hold return to a normal breathing pattern, invite participants to notice what sensations they feel in their body
  
- 00:21-00:30 — Seven-layer Shabbat Shake — movement and stillness (standing)
  - This activity uses the relaxation / release technique of “shaking” to hyper-

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- elevate sensation of movement in six parts to immediately contrast with a final seventh “shabbat” segment of complete stillness
- Describe the activity to participants so they know what to expect before beginning
  - Two versions of this can be done:
    - 1) Begin the shake with right arm, shaking to release tension from the shoulder to the fingertips; move to left arm, right leg, left leg, chest / torso, and finally full body shake for final time leading directly into full stillness for the seventh “shabbat” phase with a verbal countdown and cue to “freeze” and become still. Give at least 30-45 seconds in stillness for this final portion.
    - 2) Instead of moving through different limbs and body areas, cue six minutes of full body shaking leading directly into a final minute of Shabbat stillness. This can be mapped onto the six days of creation leading into the first Shabbat. At minimum, tell participants when they move from Day One into Day Two, into Day Three, etc. Optional: use a simple script to describe what is happening in each day of creation as participants continue the shake.
  - In either version, try to cue participants to complete stillness during the final “Shabbat” segment — the feeling of moving from shaking to stillness is a neat sensation and the more exaggerated the difference is the more intense the sensation is.
  - Eyes can be open or closed
  - At end of time, cue participants to slowly start moving again and slowly open their eyes (if closed)
  - Thank participants and close the session — Shabbat Shalom!

### BRINGING IT BACK TO CAMP & SHIFTING TO IN PERSON:

In order to best adapt this program for in camp use we would suggest:

- Have an inviting space set up for participants — everyone in one circle if small enough group; otherwise in a loose “grid” spread out through the space
- For the seated activities we recommend meditation cushions or “backjacks” (floor chairs with a seat cushion + back rest) or everyone simply on the floor / ground if that will be comfortable for participants (e.g. younger folks)
- You may want to set the seated areas around the periphery so that folks can step closer into the middle for the standing movement portions rather than having to move the seats around or trip over them
- Yoga mats may be a helpful addition or alternative to cushions, though some of the movement will go off-mat