

YOGA with a JEWISH Twist

Programs for Synagogues ▪ Retreat Centers ▪
Schools ▪ Universities

Exploring Jewish Spirituality via the Poses

Experience the power and peace of yoga postures, integrating Jewish meditation techniques, chanting, prayers, song, and Torah study.



Benefits of Yoga:

- Promotes relaxation, focus and creativity
- Boosts strength and confidence
- Provides energy, clarity and concentration
- Eases stress and enlivens the spirit

For adults and students of all ages

Getting into Holy Shapes:

The Alef Bet and Yoga (6-10 sessions)

Yoga for the Jewish Year -

A class for each holiday

The creation story and Shabbat -

a one time class

Yoga for Shabbat - a Shabbat morning class

The Sephirot in the Body

many more kabalistic themes...



"Ida's classes are energizing and life changing."

-Rebbetzin Olivia Schwartz, Chai Center

"The messages Ida brings are part of her passions and beliefs..."

-Rabbi Neil Comess-Daniels Beth Shir Sholom

"...a deep and profound journey toward wholeness"

-Rabbi Carla Howard, Jewish Healing Center

IDA UNGER

11257 Denivelle Place ▪ Tujunga, California 91042

e-mail: iunger@yogagardenstudios.com

YOGA GARDEN STUDIOS

818-353-8050

web site: yogagardenstudios.com



Ida Unger, M.Ed., certified Iyengar Yoga Instructor, and student of Torah grew up with a Yeshiva education and a love of Torah and spiritual pursuits. A full time yoga teacher for over twenty years, she has taught thousands of students at colleges, conferences, retreats, and at her own studio. Her personal yoga practice led her to connect her Jewish roots to her yogic wings, resulting in a deepening of both. She has taught *Yoga & Judaism* at temples, rabbinical schools, conferences and retreat centers since 1992.