

SUMMER/2018





WELLNESS WEDNESDAYS

Thumbs-up for a mid-week energy boost

IN PURSUIT OF HAPPINESS

Counseling informs us that deeply embedded in the human psyche lies a drive to self-actualize. The ultimate quest may be the pursuit of happiness. This interactive series is for anyone interested in uncovering Jewish teachings and holistic principles to enhance joy and inner serenity in daily living.

- Rabbi Mike Friedman, M.Ed
- 4-week Wednesday series
July 11-August 1; 8-8:30 PM
- Facebook Live
[Facebook.com/nafshiwellness](https://www.facebook.com/nafshiwellness)
- No charge

THE FORTITUDE TO FORGIVE

Every theology, philosophy, and social contract has struggled with interpersonal wrongs and the accompanying challenge of forgiveness. Join an interactive no-holds-barred exploration of emotional vulnerability and social fallibility leading up to Yom Kippur, The Day of Atonement.

- Rabbi Mike Friedman, M.Ed
- 4-week Wednesday series
August 8-29; 8-8:30 PM
- Facebook Live
[Facebook.com/nafshiwellness](https://www.facebook.com/nafshiwellness)
- No charge

OM TO SOME THING BIG

Small but impactful changes
to aid in living in the moment

IMAGINE YOURSELF HERE

In this women-only class, participants will learn tools to infuse their day with meditation in order to help reach deep levels of relaxation, cope with stress, and be more present and focused.

As we meditate together, we strengthen our compassion, our connection to others, and our God-consciousness.

- Beth Broodo, MS, LPC, RYT
- July 10, 8-9 PM
- JFS II
16910 Dallas Parkway
- \$10
Registration required by July 8
Email: info@nafshiwellness.org
- nafshiwellness.org/meditate

LITTLE YOGIS

Little Yogis (caregivers with newborn to 2 years) is a relaxing and nurturing yoga series focused on connecting with your baby. Take home new yoga tools that infuse your home with relaxation. Learn poses to help you bond with your baby and enhance your journey through Jewish motherhood with practices that help accentuate the spiritual quality of your home.

- Lauren Margolies, E-RYT
- 3-part series
July 5, 12, 19; 10-10:45 AM
- Move Studio
17062 Preston Road, #108
- \$50 for the series
Registration required by July 1
Email: info@nafshiwellness.org
- nafshiwellness.org/littleyogis
- Roots to Fruits

HARNESS THE NEW YEAR

The Nia Technique is a holistic approach to fitness that tones the body while transforming the mind through sensational experiences. Each Nia class combines dance, martial arts and mindfulness and has its own kind of magic that fosters personal creativity and expression. This class was specially designed in preparation for Rosh Hashana - to address the renewal and reinvention process of the body and soul.

- Lara Lawson and Ellen Simon, LPC
- August 26, 1:30-2:30 PM
- Move Studio
17062 Preston Road, #108
- \$15 pre-registration required by August 19
\$20 at the door
Email: info@nafshiwellness.org
- nafshiwellness.org/nia



PARENTING REINVENTED

Gain critical tools for enhancing parenthood

BLESSING OF A SKINNED KNEE

Join a lively course about what it takes to prepare your child for the ups and downs of life. Parents (of children infant to 10 years) will acquire key tools for raising children who can bounce back from challenges and forge relationships that help them thrive.

Based on the best-selling book by Wendy Mogel, Ph.D, educator extraordinaire Annette Wolk weaves together cutting-edge research with the wisdom of the Torah to provide a positive perspective on this important topic.

- Annette Wolk
- 5-week series
July 11-August 8; 7:30-9 PM
- Home of Batsheva Schwartz
12143 Elysian Court
- \$75 for the series
Registration required by July 8
Email: info@nafshiwellness.org
- nafshiwellness.org/parenting
- Roots to Fruits



“I look forward to a summer of inspiring and thought-provoking programs. The Nafshi team knows how to create incredibly unique experiences which engage the senses, the mind and the heart.”

Suzanne Luftig
Nafshi participant and enthusiast



NIKKI FRIEDMAN M.A.T
RABBI MIKE FRIEDMAN M.Ed

Nikki and Rabbi Mike are the co-founders of Nafshi. Their personal tale of infertility, which they share openly, is the genesis of the WOMBS community. They are also passionate about education: Rabbi Mike has a Master of Education degree in counseling and works at Jewish Family Service. Nikki has a Master of Arts in Teaching in secondary school mathematics education and teaches at Yavneh Academy of Dallas.



BETH BROODO
MS, LPC, RYT

Beth is the Program Director and Clinician of Breast Cancer Support at Jewish Family Service in Dallas, Texas and a breast cancer survivor herself. At JFS, Beth facilitates support groups for women survivors of cancer and provides individual counseling for women and couples. She is also a registered yoga instructor.



LARA LAWSON

Lara is both an avid Nia student and Nia Brown Belt instructor. Her favorite past-time is learning as much as she can about Nia - a toning and transforming art based on the intelligent design of the body - and sharing this knowledge and expertise with others. Lara teaches Nia in several locations throughout Dallas, Texas.

LEADERS



LAUREN MARGOLIES E-RYT

Lauren began practicing yoga in 2003 as a way to increase flexibility but quickly realized so many other benefits, including the ability to quiet the mind. After having two children, and as a working mom, she recognized her yoga and meditation practice was paramount in creating harmony in daily life. In 2013, she embarked on the journey into teacher training at The Dallas Yoga Center as a way to deepen her practice.



ELLEN SIMON, LPC

Ellen is a board licensed psychotherapist who has been in private practice for over 20 years. The founder of Imadulation, LLC, she has authored a library of guided imagery titles and unique aromatherapy blends with the intention to offer relief from stress, pain and suffering and to empower states of peace and hope. Ellen is board certified in biofeedback, neurofeedback and hypnotherapy. She is a Nia Blue belt and enjoys integrating healing modalities to optimize health and well being.



ANNETTE WOLK

Annette spent her childhood in the Washington, D.C. area. In pursuit of her passion for Torah, she spent an immersion year at Machon Gold Seminary in Jerusalem, Israel, earned a B.A. in Jewish Studies from Yeshiva University, and achieved a certificate degree from University Of Paris, Sorbonne. Annette has been a day school teacher for 38 years, teaching ages from toddler to teenager. For 25 years, she has been a beloved staff member at Akiba Academy of Dallas.

COMMUNITY

Nafshi offers inspiring programming that integrates Jewish and holistic principles to enhance emotional, physical, intellectual and spiritual wellness. The small communities we create connect Jews of all backgrounds and affiliations in authentic relationships that lead to personal growth and development. **Souled on Wellness.**



A guided support workshop for women who are experiencing infertility and/or miscarriage. Participants will discover a sisterhood and a safe space to share personal challenges and give others strength. Each class is led by Nafshi founder Nikki Friedman, M.A.T and JFS therapist Beth Broodo, MS, LPC, RYT.

nafshiwellness.org/wombs



This community was designed to promote bonding with your child through a Jewish lens. These intriguing and fruitful programs focus on strengthening family relationships in a warm, welcoming environment.

nafshiwellness.org/rootsstofruits

bench♥mark



This book-club style community meets weekly in a cozy-home environment. Women of all ages and at all stages of marriages are welcome to attend. Renowned educator, Rivka Harper, facilitates the program using the book *Marriage Secrets*, by Leah Richeimer.

nafshiwellness.org/benchmark

HOME

nafshiwellness.org

CONTACT

info@nafshiwellness.org

972.896.0519

SERVICES

Holistic programming

Personal spiritual consulting

Jewish marriage mentorship
for engaged couples

CO-FOUNDERS

Nikki Friedman, M.A.T

Rabbi Mike Friedman, M.Ed

