



Pocono Retreats



OPHANIM – “**YOGA**” OF THE KABBALAH The original “Yoga” and “Internal Energy Exercises” of Israel based on fundamental teachings of the Hebrew alphabet attributed to Abraham, unifying body–breath–mind–soul through embodiment of the sacred “signs” of the Hebrew alphabet and meditation with and breathing the Name of God.

Experience harmony, healing, joy, and new levels of spiritual awakening gained through the “Prayer of the Body”.

JEWISH PROPHETIC MEDITATION

Techniques of the prophets for settling the mind and accessing the true inner voice, the God within, Tikkun Hanefesh (repair of the soul).

Using the Hebrew Alphabet in the form of the names of G-d.

Accommodations are in our new Pocono’s retreat house located in Monroe County near Bushkill Falls, 90 mins. from NYC and a few miles from the Delaware Water Gap.

COST: \$325 per person or \$550 per couple. Includes accommodations, breakfast, dinner and program.

www.treeoflife.net

718-544-5997