

**REC 045**  
**Torah Yoga**  
**American Jewish University Campus in Israel**  
**Young Judea Year Course**  
**( 1 credit)**

**Torah** is the wisdom and the way that has guided the Jewish people for thousands of years.

**Yoga** is the ancient practice of using breath and movement to enlighten body, mind, heart, and soul.

**Torah Yoga**® offers an experience of Jewish Wisdom through Iyengar yoga instruction together with the study of traditional and mystical Jewish texts.

With the **Torah Yoga**® class, you can learn and grow holistically. By studying with your whole self, you acquire wisdom that can inspire and guide your whole life.

This class meets weekly in Jerusalem.