

2019 Meditation Contact List

Thank you for completing the retreat evaluation. Your feedback will help us improve the experience at future programs. The contact list of participants is below.

This list is intended for personal use only to connect with people who you met while at Isabella Freedman. Please do not use it for mass-communications or solicitations.

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Hazon Meditation Retreat 2019 | Resources

Post-retreat guidance:

https://drive.google.com/file/d/1k7t_5zanjiLQPp3t0EdVajPCITvzzJsR/view?usp=drive_web

Praylist:

https://docs.google.com/spreadsheets/d/1qlzYIqfneZU6le1jx8YpIMRIKqJV5C-uEWnIlgUWdJw/edit?usp=drive_web

Incomplete “For Further Reading” List

Pema Chodron, *When Things Fall Apart*

Rabbi David Cooper, *God is a Verb*

Bernie Glassman, *Instructions to the Cook*

Bhante Gunaratana, *Mindfulness in Plain English*

Abraham Joshua Heschel, *The Sabbath*

Byron Katie, *Loving What Is*

Jay Michaelson, *The Gate of Tears* and the new one, *Enlightenment by Trial & Error*

Sharon Salzberg, *Real Happiness*

Ron Kurtz, *Body-centered Psychotherapy*

Haven Trevino, *The Tao of Healing*

Jenina Fisher, *Healing the Fragmented Selves of Trauma Survivors*

Scott Kiloby, *Natural Rest for Addiction*

Lama Surya Das, *Awakening the Buddha Within*

Rabbi Zalman Schachter-Shalomi, *Jewish with Feeling* and *Gate to the Heart*

Adyashanti, *The Way of Liberation* and *Emptiness Dancing*

Tara Brach, *Radical Acceptance* and *True Refuge*

Us:

Miriam Eisenberger, mindfulelement.com

Shir Yaakov Feit, shiryaakov.com ; kolhai.org

Jay Michaelson, jaymichaelson.net

Bob Pileggi, bobbpileggi.info

Some Jewish Meditation Resources and Teachers (Besides Us)

Institute for Jewish Spirituality

Or HaLev

Rabbi Jeff Roth, Awakened Heart Project

Rabbi Goldie Milgrom, ReclaimingJudaism.org

NYC: Romemu, Brooklyn Jewish Meditation

Traditional: Iyyun Institute (Rabbi Dovber Pinson)

Podcasts & Apps:

Ten Percent Happier, DharmaSeed, On Being, Insight Timer, Adyashanti

Please join our Facebook group: facebook.com/hazonmeditation