



Preparing for Pesach: Yoga for your Seder Table!

"All who are hungry, let them come and eat. All who are needy – let them come and celebrate the Passover with us. Now we are here; next year may we be in the Land of Israel. Now we are slaves: next year may we be free people"
Haggadah



CAMEL POSE.

Why not try this one at your Pesach table? You can even do a seated version by placing your hands on the side of your chair and arching your back backwards, just like a camel. It's easy when you know how. The yogis called this posture 'Ustrasana' and it's all about opening up your heart space and feeling free. We often read how Pharaoh had a 'hard heart' (look in the Book of Exodus/Shmot and see if you can find where it is written). On Pesach we are trying to keep our hearts soft and open to other people – that's why we

begin the seder by saying 'all who are hungry, let them come and eat'. So...try Camel Pose and open up your heart!!



TRIANGLE POSE

It must have been pretty exhausting building the pyramids and the Children of Israel probably had very sore legs and backs. Trikonasana, or Triangle Pose, is good for increasing strength and healing injuries. We read in the Hagaddah how 'everyone who increases the story of leaving Egypt is praiseworthy'. In other words, the more creative you are, the more points you get. So why not get creative? Whenever the word 'slave' is mentioned you could get everyone around the table to do Triangle Pose so that they can remember the pyramids, and whenever there is a mention of 'freedom', everyone has to do Camel Pose. After all, it is the camels which helped shlep our stuff to freedom, to the Holy Land, to Eretz-HaKodesh (Pico-Robertson)....

If you would like to know more, visit www.bibliyoga.com where you can sign up for a free weekly Kosher Sutra. Enjoy!

Dramatise Seder Night!

Seder night is all about unlocking the art of creativity. Here's a simple way to spice up your seder night with a dramatic flavor. If you look closely, much of the Hagaddah is written like a script, and you could ask everyone to read a part:

NARRATOR: It happened that **Rabbi Eliezer, Rabbi Yehoshua, Rabbi Elazar ben Azaryah, Rabbi Akiva and Rabbi Tarphon** were reclining [at a seder] in B'nei Berak. They were discussing the exodus from Egypt all that night, until their students came and told them:

STUDENTS: Our Masters! The time has come for reciting the morning Shema!

NARRATOR: Rabbi Elazar ben Azaryah said:

RABBI ELAZAR: I am like a man of seventy years old, yet I did not succeed in proving that the exodus from Egypt must be mentioned at night-until Ben Zoma explained it:

BEN ZOMA: It is said, 'That you may remember the day you left Egypt all the days of your life;'

RABBI ELAZAR: Now 'the days of your life' refers to the days, and the additional word 'all' indicates the inclusion of the nights!"

Now you've started the script reading, it's time to ask each of the actors questions about their character. Encourage everyone to make up their answers but stay in character – this is the art of CREATING MIDRASH. Here are some questions that you can ask them. The only rule...enjoy it!

- What did Rabbi Elazar ben Azaryah look like? Describe him. Did you like him?
- What was it like living under the Romans?
- I've heard that you are all hiding in the cave whilst on the run – please can you describe the cave to me?
- What did you used to do before the Romans came to Israel?
- Your students have just come in to tell you it's time to say the Shema – why didn't you realize?
- Please could you stand on one foot and tell the whole story of leaving Egypt in as few words as possible? (you can sing it if you'd like).

Marcus J Freed is a performer and educator, originally from England and currently living in Los Angeles. He has toured to 25 countries performing his one-man Biblical comic plays (that are all co-written with Dr Raphael Zarum) including 'Solomon: King, Poet & Lover – a tale of one man & 700 wives', 'Elijah: First Action Hero' and 'King David's Greatest Hits: A tale of swords, slingshots and married women'. Marcus is the creator of Bibliyoga, president of the Jewish Yoga Network and artist-in-residence for Jewlicious Festivals & JConnectLA. He often visits Jewish communities across the USA as scholar-in-residence.

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