

about the teacher



Michal is an experienced Jewish educator, dynamic facilitator and certified yoga teacher. She enjoys exploring the intersections of health, education, and creativity, offering innovative classes, workshops, and private sessions that empower students in all aspects of their lives.

about the program



Since autumn 2009, over one hundred participants from a variety of ages, genders, religions, and ethnicities have enjoyed this welcoming workshop.

Based in Philly, **deep breath baking** has traveled to groups in New York, DC, Boulder, Montreal, and Mexico City.

# deep breath baking

BREAD AND YOGA FOR A BALANCED LIFE

deep breath baking is an experiential workshop that weaves together challah baking instruction with yoga practice, leaving participants empowered to take lessons out of the kitchen, off the mat and directly into their lives.

# deep breath baking

BREAD AND YOGA FOR A BALANCED LIFE

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creating balanced, relaxed, and connected communities

## the workshop

The workshop is tailored to and co-created with each group. Choice of ingredients reflects the philosophy of the workshop: as healthy, local, and organic as possible.



Some groups that have enjoyed **deep breath baking** include:

- \* a mother/daughter gathering
- \* several Jewish organizations and synagogue groups
- \* a women's retreat
- \* group-bonding/professional development program for a non-profit
- \* yoga studio workshop

**“The most memorable thing I got out of the experience was the idea that just as ‘rest is in the recipe’ for making challah, rest is in the recipe for life in the form of Shabbat.” Miriam**

The workshop is suited to all sorts of groups:

- \* bridal and baby showers
- \* birthday parties
- \* stress reduction for high school and college students



## gluten-free and vegan challah

Food allergies and special diets can create a conflict for connecting with traditional foods.

Any **deep breath baking** workshop can offer a vegan option. Gluten-free workshops must be scheduled separately (and can be vegan, as well).

**“I could never get my yeast to bubble until I learned to take deep breaths and wait, a lesson that easily transfers to the rest of my life.” Lily**

## deep breath baking for rosh ha'shana

Imagine welcoming the High Holidays, feeling fully prepared to benefit from their rich inspiration. **deep breath baking** for Rosh Ha'Shana is offered in September, leading up to the holiday. It provides the opportunity to reflect on the past year and set intentions for the year to come. Each participant comes home with dough for a sweet, round challah that may be baked immediately, or frozen and baked for a holiday meal.

**Dates fill up quickly for this popular, limited-time program, so register your group today!**