

## Let's Get Physical Shacharit – Bogrim Ramah 2008

Goal: Get our bodies into prayer, not just our voices and minds

Start: Modeh Ani **page 2**

שהחזרת בי נשמת – we thank God for returning our soul. the word for breath is neshima – Everyone sit up straight and close your eyes. Inhale deeply through your nose ... and exhale. Inhale again ... and exhale. One more time

Ma tovu **page 2**

Birkot haShachar **page 10 - stand**

זוקף קפופים – we thank God for straightening the bent  
Everyone arch your backs and bend over to touch your toes. Slowly roll up vertebrae by vertebrae.

Birkot HaShachar **page 54**

Ashrei **page 80**

Haleluya **page 88**

Before Yishtabach **page 94** – in preparation for the barchu, the root of the word barchu is the same for the word for knee – hence the bending, although knees aren't actually bent for this tfila. Put your right foot in front of your left, both feet pointing forward, and bend over your right knee in a 90 angle. Now do the same with your left foot in front. You should be feeling a stretch in your calf.

Barchu **page 96**

Sing El Adon, do Or Chadash and Ahava Rabah normally.

Right before Shma – Everyone take a moment to close your eyes and sit up straight. Before shma, you need to be absolutely quiet. Listen to the sounds around you for a moment and clear your mind before the shma.

Shma normally to before tzur Yisrael

The Amida is all about movement – it's a standing prayer, it has choreography already (bowing, three steps back and front) It's also a personal prayer requiring your own personal space. Everyone spread out and feet apart arms out to the side. Twist to the right, then the left, stretch forward straight out, and back as far as you can.

We're going to do the first two brachot and the kedusha all together and then the rest silently. Take the time during the silent part to insert your own personal prayers, whether they be through words or movement

Come back in for Kaddish Shalem, Aleinu and Kaddish

Oseh Shalom – shalom can mean peace, physical and spiritual. Everyone sit in a circle and turn to your right. Massage circle!