

Ninja Tefillot

Background:

Movement awakens the soul and re-energizes the spirit. Movement exercises as part of the Tefillah experience reminds the participant of the body-soul interaction and engages the entire human experience with the spirituality of Tefillah.

Boker Tov, this morning, in true ninja fashion, we'll start off our morning with martial arts shacharit to help us find the zen of our body and soul.

Warm Up Exercise- Tallit and Tefillin

Talit and Tefillin-

BEFORE you put on your Tallit and Tefillin, go through the movements

7 arm circles, representing wrapping our Tefillin. Roll head side to side to include the head as part of Tefillin (Put on Tefillin)

sweep arms in a circular motion around body as if wrapping Tallit. Now try it with Tallit. Say bracha

Shacharit

Modeh Ani/ Mah Tovu- p 4

Explanation- I am thankful that God has restored my soul and made me, me!

Exercise:

Movement : waking up from slumber

Go through each body part in Hebrew from toe to head and move it slowly to awaken your body and soul for prayer

Ideas: Circle the head, shrug shoulders, move your head side to side (say hello to person beside you!)

Shake shoulders- k'tayfayim, Circle elbows- marpek, Bend torso down, lift up- torso in Hebrew is torso, Circle hips- mot'nayim, Squeeze hands into fists and release (yadayim b'egrofim), Round the back and arch it (gav), Circle the legs- raglayim,

Birkot Hashchar- p 8

Explanation- Birkot Hashachar guides through all of our movements of the morning routine from wake up, through getting dressed, eating breakfast, etc.

One of the things we praise G-d for is "straightening the bent" (zokef kefufim)

=spine roll

touch toes, roll all the way up.

Baruch She'amar- p 11

Ashrei- p 18

In one verse of the Ashrei—Poteach et Yadeacha... It translate to “God, open your hand, and you satisfy the will of every living thing.”

in the spirit of this verse, Let’s practice our Ninja Hand motions by showing off our stances.

Yishtabach- 27, Chatzi Kaddish,

Barchu/El Baruch Sun Salutation- page 28

Explanation- *El Baruch* reminds us that each morning we are given a brand new opportunity to bask in the “Good Light” that radiates from God. Surrounded by the glow of God’s power, we have the possibility to be a partner in the ongoing process of creation.

Yoga move- Sun Salutation

Stand erect with your arms above your head. Arch your back backwards and move arms behind you so you make a semi-circle with your body (if too difficult to do backwards, arch forwards).

Following Barchu:

Shema- page 32

Explanation- Shema celebrates the oneness and unity of Hashem. We rely on one strong G-d, and have faith that he will be sturdy and strong for His people. To experience the idea of “oneness,” we’re going to practice the Ninja skill of balance.

Balance on one foot

Amidah- page 36 micha mocha

Explanation: Moving the Body to the Brachot

Before we read the Amidah, we prepare ourselves for prayer with our bodies. We can practice the Ninja skill of concentration by focusing on the purpose of davening and being completely silent. Also, we include our bodies during the Tefillah using the motions we learned earlier this session so that we may connect with some of the brachot?

Kaddish Shalem- p 105, Aleinu- 107, Kaddish Yatom- p108, Adon Olam—p 109

This song talks about the strength and power of G-d.

While we cannot compare our strength to that of Hashem’s, we can find our inner Ninja strength by exercising our muscles. (hold plank position) then, BOKER TOV!