



VISIT OUR WEBSITE FOR FULL INFORMATION AND AN UPCOMING SCHEDULE OF FREE EVENTS ● WWW.YU.EDU/WURZWEILER/CARECAFE

Wurzweiler Care Cafe is a free offering from the Wurzweiler School of Social Work at Yeshiva University

Supported by New York City Councilmen Eric Ulrich and Ydanis Rodriguez

To learn more, please contact Dr. Katherine Mitchell, Program Director: katherine.mitchell@yu.edu or 631.481.6550

RESOURCES: Finding Your Way to the Life You Want to Live

February 12, 2018

TRY NEW THINGS AND TAKE TIME FOR YOURSELF ● KEEP A JOURNAL ● MEDITATE ● ENJOY YOGA & OTHER ACTIVITIES

FREE Meditation Classes in New York City ● For more information, visit www.nycmeditation.org or call (212) 380-8153

- BREATHING TECHNIQUES – how to use calming breath to put out the fire of emotions and thoughts.
- MANTRA – how to properly use the repetition of spiritually resonant phrases to calm the mind.
- HEART MEDITATION – focusing on the heart center, the safest and most effective energy center (chakra).
- VISUALIZATION TECHNIQUES – guided meditations to invoke a peaceful and expanding inner landscape.
- ILLUMINATING LIFE HABITS – we are often painfully unaware of our own destructive habits and tendencies that continually bring unrest into our lives. Methods for awareness and transformation of bad habits are shared, as well as secrets for maneuvering through a challenging contemporary lifestyle. Tips are shared for more spiritually grounded and productive living. You'll learn how to get centered in the city.

SHAPE UP NYC: SHAPE UP NYC ● To find classes near you, visit www.nycgovparks.org/programs/recreation/shape-up-nyc

A FREE, drop-in fitness program with locations across the five boroughs. There is no class registration, simply show up to take fitness classes like aerobics, yoga, Pilates, Zumba, and much more. Instructors know how to make fitness fun!

YOGA TO THE PEOPLE ● For more information, visit www.yogatothepeople.com

Offers power vinyasa flow yoga classes. There is an optional, suggested donation of \$10 per class.

BRYANT PARK ● For more information, visit www.bryantpark.org/programs/yoga

When the weather gets warmer, Bryant Park hosts FREE yoga sessions once or twice a week. Usually running from mid-May through September, these free outdoor yoga classes are sure to be fun.

GREENTHUMB ● For more information, visit www.greenthumbnyc.org or call (212) 602-5300

Offers community gardening events and many FREE workshops across NYC; locations include Bronx & Brooklyn Botanical Gardens.

BOOKS ABOUT FINDING PASSION AND PURPOSE:

- *When in Doubt, Make Belief: An OCD Inspired Approach to Living with Uncertainty*— by Jeff Bell
- *The Untethered Soul: The Journey Beyond Yourself*—by Michael A. Singer
- *The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are;*
Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead; and *Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead*—by Brené Brown
- *Man's Search for Meaning*—by Viktor Frankl
- *The Art of Loving*—by Erich Fromm

LAURA BERMAN FORTGANG ● www.laurabermanfortgang.com

Master life coach, career strategist, author and interfaith minister, who will be featured in an upcoming event:

Wurzweiler Care Cafe at Riverside Memorial Chapel, NYC: Wednesday, April 11, from 6-8 p.m.

Clues to Clarity: Finding Meaning, Purpose and Next Steps

Find Laura's books at: www.laurabermanfortgang.com/books/

- *Now What? 90 Days to a New Life Direction; The Little Book of Meaning: Why We Crave It, How We Create It; et al.*

TEDx Talk: www.youtube.com/watch?v=wFNX1cHK-fE&feature=youtu.be

Find more FREE resources at: www.laurabermanfortgang.com/free-resources/

Disclaimer: Wurzweiler Care Cafe provides this list of resources, programs and providers only as an informational service.

These resources, programs and providers are not endorsed and have not been evaluated.

We encourage attendees to independently investigate and evaluate the listed resources, programs and providers.

