



Jews Without Jobs

You don't have to be Jewish to attend, or even unemployed...
You just have to complain a lot.

A Workshop and Conversation with Tony Wolff

Have you been Ponzied, Foreclosed, or Laid off? Are you Unemployed, Underemployed, or found yourself victimized by economic conditions? Are you stressed, panicked, fearful, depressed or otherwise finding it hard to take any of the well-intentioned advice all your friends and loved ones offer?

In either the evening conversation or the day-long workshop, you will learn how to use economic calamity as a catalyst for positive personal change. The experiential evening and more in-depth workshop both focus on findings from Western science and neurophysiology in combination with those from Eastern traditions. The result is a course of action utilizing the 5 Not So Noble Truths: Slow Down, Pay Attention, Breathe, Relax and Lighten Up. Actually there are 6 since Lighten Up should be in there twice.

While economic calamity has been universal, Jews may have an exaggerated sense of loss and also an extra capacity for coping. Perhaps one of the reasons Jews have achieved so much in the American experiment is the connection of self-image and identity to economic achievement. In addition, the capacity for self-deprecating non-judgmental humor has helped Jews cope with the negative results of "otherness." Jews Without Jobs hopes to bring the same release that a sense of irony, a shrug of the shoulders, a wry smile, or a good joke can offer in what previously might have seemed to be an untenable situation. It is that focus on levity and lightening up that we count on to help us through the essential groundlessness of emotional and economic disaster.

TONY WOLFF is a recovering achievement addict. Living a double life as a successful marketing consultant climbing the ladder of competitive success, he also was introduced to the teachings of meditation and yoga in the mid '80s. He has been practicing those disciplines for over 20 years and currently teaches yoga in Kensington and offers yoga workshops around the country. Always a bit ahead of his time, Tony experienced the short end of a Ponzi scheme a year before Madoff became a household world. Self Acceptance and humor became his best alternative to jumping off a bridge. He is author of *The Yoga of Self Acceptance*, to be published in 2010. He blogs at jewswithoutjobs.com

A WORD ON FEES: Combining the Buddhist tradition of *Dana* (teachings offered on a donation basis) with the Semitic proclivity towards barter, no one will be turned away for inability to pay. The fee is up to the individual participant.