B"H

NOGA
Wellness Solutions®

Delight your body,
Open your mind,
Ignite your soul!

NOGA® Holistic Spa

Menu Of Services

BODY

MIND

SOUL

Contact: Rus Devorah (Darcy) Wallen, LCSW, ACSW, PC
917.584.0440
NOGA@Toratherapeutics.com
www.Toratherapeutics.com

Each of these workshops requires a minimum of 45 minutes (preferably 60 minutes per workshop). The symbols: Down triangle, Up triangle and Magen David (Jewish Star) correspond to Body, Mind and Soul. All two-part workshops may be done in sequence or alone. None of the activities or workshops requires any prior knowledge. Workshops and activities can be configured in any combination or sequence. Individual workshops, ½ day or full-day seminars and weekend retreats can be developed by choosing various NOGA® menu options for a longer holistic program. All workshops, themes and lengths can be modified and suggestions for additional ones are welcome. Additional fees, supplies or appropriate attire may apply with use of local specialists for enhanced menu options.

BASIC MENU OPTIONS

- ***Bach Flower Remedies (part 1)***
  Discover how these safe flower essences can help in times of stress and improve overall emotional states
- ***Bach Flower Remedies (part 2)***
  Create your own customized remedy to take home
- ***Therapeutic Meditation (part 1)***
  Gain insight into how living in the moment and having greater appreciation for the here and now can help in many ways
- ***Therapeutic Meditation (part 2)***
  Learn therapeutic meditation activities such as a mindful walk, body scan, focused listening, etc.
- ***Sound Healing***
  Understand how sound and music can affect our wellbeing on a multitude of levels
- ***Tapping/EFT***
  Learn how simple statements accompanied by tapping certain spots on the body can release emotional pain and blockages
- ***Stress Busting (part 1)***
  Discover how simple techniques can provide relaxation and calm in a hectic world
- ***Stress Busting (part 2)***
  Acquire additional calming and meditative techniques and how and when to use them
- ***Guided Imagery***
  Experience how positive visualization with one's senses can provide physiological and emotional healing
- ***Aromatherapy Basics***
  Understand how various scents can benefit and influence various health and emotional states
- ***Create Your Own Custom "Safeplace" Guided Imagery Recording***
  Discover how to develop your own guided imagery recording, customized to your own preferences
- ***Humming for Health and Happiness***
  Learn how humming has over a dozen benefits to the human system
- ***Journaling***
  Discover how keeping a journal can increase insight and provide a safe place for expressing and releasing difficult emotions
- ***Breathing Techniques***
  Feel and experience how "proper" breathing relaxes and grounds the body/mind/soul

NOGA® SPA MENU

BASIC MENU OPTIONS

- ***Drumming Circles*** ▼▲
  Learn how Drumming Circles have been shown to enhance one's personal and social wellbeing
- ***Vocal and Musical Improv Group*** ▼▲
  Learn how vocal and musical improvisation can enhance confidence – no prior experience needed!
- ***Basics of Breathwork for Health*** ▼▲
  Learn simple principles of healthy breathing to improve stamina, increase calm and enhance immune response
- ***Creating a "Grounding Kit"*** ▼▲
  Develop your own handy "kit" to center you back "into your body" and help you focus
- ***Mindful Munching*** ▼▲
  Learn basic principles of healthy diet and body awareness for mindful eating
- ***NOGA® Noshing*** ▼▲
  Taking an actual snack break, we will discuss the ingredients in NOGA® nosh and/or other healthy snacks that are nutritious and easy to make (recipes will be provided)
- ***An Attitude of Gratitude Basics (part 1)*** ▼▲
  Learn the basics of how having an attitude of gratitude can enhance one's wellbeing
- ***Attitude of Gratitude Journaling (part 2)*** ▼▲
  Discover how journaling about the blessings all around us can help us live happier lives
- ***Smiling and Laughter Therapy*** ▼▲
  Find out how the mere effort of smiling and laughter have dozens of therapeutic benefits to the immune system as well as affording significant psychological relief
- ***GPS Your Way Joy (with NOGA's own GPS - Great Productivity Scheduler™)*** ▼▲★
  Learn how simple scheduling principles enhance well-being and give buoyancy and meaning to life
- ***GPS Your Way To Time Management (with NOGA's own GPS - Great Productivity Scheduler™)*** ▼▲★
  Use this creative but simple scheduler to get control of your day and feel alert, alive and buoyant
- ***Think Good, It'll Be Good!*** ▼▲
  Gain techniques to reset your mindset, rebooting to positive thinking mode
- ***Attain Life Goals Through Positive Affirmations*** ▼▲★
  Learn how to compose effective affirmations for growth and healing.

ENHANCED MENU OPTIONS

Mrs. Rus Devorah (Darcy) Wallen is uniquely trained and versed in a variety of wellbeing practices and is happy to collaborate with local practitioners and help coordinate a balanced program. To provide attendants with a body / mind / soul experience, it is imperative that all workshops adhere to and work within a shared framework and perspective. Rus Devorah helps ensure that this balance work seamlessly while enhancing all areas with her insight, knowledge and guidance.

BODY MIND SOUL

The following activities work extremely well alongside our basic menu options. They require a local specialist in the area of expertise.

(additional fees, supplies, appropriate attire may apply)

- Graphology / Graphotherapy (handwriting analysis) ▽△✡
- Art Workshop / Art Therapy ▽△
- Body Stretching ▽△
- Massage / Body Work ▽△
- Aromatherapy ▽△
- Homeopathy ▽△
- Nutrition and Diet ▽△

SPECIALS

If you have recommendations for other workshops, please don't hesitate to ask. We will happily cater any sessions to your group's specific needs.

Rus Devorah (Darcy) Wallen, LCSW, ACSW
917.584.0440 • NOGA@Toratherapeutics.com

NOGA® SPA MENU (continued)

TORATHERAPEUTICS® MENU OPTIONS

THE FOLLOWING ACTIVITIES HAVE TORAH CONTENT
No prior Torah background is required for these workshops.
Additional fee for learning materials may apply.

WORKSHOP 1

The Consonance of Current Scientific Therapeutic Trends with Torah

WORKSHOP 2

Positive Thinking – Its Effect On Our Body, Soul and Pocket!

WORKSHOP 3

The Strangely Ironic Impact of the "Garments of the Soul" on our Subconscious

WORKSHOP 4

Tikkun (Reprogramming) Therapy
Practical Techniques for Changing Bad Habits and Old Messages

WORKSHOP 5

Bitachon (Confidence) –"Let Go and Let G-d": Trusting it will all Work Out for the Best

WORKSHOP 6

V'Isha Achas – Chassidic Discourse:
What To Do when we Feel Unmotivated or Numb Inside

WORKSHOP 7

The Rebbe's Request: Therapeutic Meditation and Relaxation Techniques
Following The Guidelines of The Lubavitcher Rebbe

WORKSHOP 8

How Happiness Happens:
Infusing Life with *Simcha* (Joy) and *Bitachon* (Confidence)

NOGA® and Toratherapeutics® programs, services and informational content are informed by Torah and halacha (Jewish Law). When halachic questions arise, Mrs. Wallen uses competent Rabbinic guidance to advise her decisions. If you have any questions about this, please contact her directly at:

917-584-0440 or **NOGA@Toratherapeutics.com**

What is NOGA®?

Our NOGA® brand has been created in order to encourage our clients to utilize and benefit from the vast array of holistic healing modalities available in today's world that are permissible according to Torah Law. Nevertheless, NOGA® products and services are generally free of any religious or cultural bent: NOGA® is our "pareve"- neutral brand.

In holiness there are three strata. There is the realm of the holy or "a mitzvah"; there is the realm of the unholy or the impermissible. The third domain is "*kelipat noga*" - literally – "the husk that glimmers." In this realm, things can either be elevated or denigrated. Utilizing items in the realm of *kelipat noga*, or the natural world, one can spiritually elevate them to a 'better position.' Without human intervention, this realm is neither holy nor profane. When we take anything created by G-d and use it for our benefit in a positive or healthy way, we actually elevate that thing and transform it from something that was once neutral to something that can now be considered holy because it has brought healing to both the body and the soul. Matters of therapy, medicine, exercise, diet and healthy lifestyle overall, are those things that fall in the realm of *kelipat noga*.

Self-help requires therapeutic tools, methods, techniques and information that may not be directly commanded by Torah. However, The Torah states (Deuteronomy, 4:15), "You should guard your souls [lives] very well." Maimonides, in Hilchot De'ot 4:1 says, "Because to have a sound and healthy body is among the ways of Hashem…therefore a person must distance himself from those things that cause his body damage." Thus, enhancing our health and wellbeing becomes a holy act through our efforts. As the Maggid of Mezeritch said, "a small physical defect is a great spiritual one." It is by feeling healthy and robust that a person is able to serve G-d to his best capacity – with all his heart, soul, and might. A healthy body/mind facilitates our best performance in day-to-day life, and in our uniquely human task to elevate and improve our surroundings.

The Talmud states,"Sanctify yourself by [the proper use of] that which is permitted to you" (*Yevamot, 20a*). The NOGA® brand utilizes the permissible to facilitate health and healing. We hope you enjoy it!

TO LIFE AND TO HEALTH!

Contact: Rus Devorah (Darcy) Wallen, LCSW, ACSW, PC
917.584.0440
NOGA@Toratherapeutics.com

Please Visit our NOGA® Sound Solutions Store at:
https://toratherapeutics.com/shop/noga-sound-solutions-vol-1