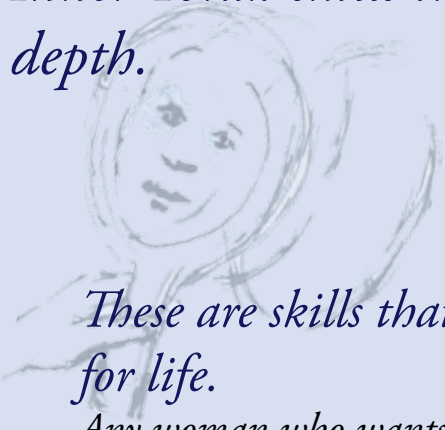


*Rebbetzin Miriam
Millhauser Castle, author
of the books — Inner Torah,
Practical Inner Torah, and
The Breath and Body of
Inner Torah —
presents a program for
those who want to learn
Inner Torah skills in
depth.*



*These are skills that are useful
for life.*

Any woman who wants to:

- know and grow herself
- heal old wounds
- come into deeper, more authentic relationship with herself, others, and Hashem
- learn how to ground, center, and be more connected to her breath and body
- experience more ease and joy
- be a better wife and mother

will benefit from learning Inner Torah.

INNER TORAH

Learning Workshop



www.innertorah.com

info@innertorah.com

TEL/FAX: 02 566 3630

US: 410 486 4306

While continuing to work with women one-on-one, Rebbetzin Castle created the Workshop so that the many women from around the world who want to learn Inner Torah can do so in a convenient, less costly way.

The Workshop, held via teleconference, meets weekly for an hour and a half, during which time Rebbetzin Castle guides the group through breath and body explorations, answers questions, and offers a step-by-step way to develop the awareness and skills needed to reap the many benefits of using Inner Torah in everyday life.

Participants are welcome to email, fax, and phone in questions, comments and experiences as well as share them live during the Workshop. Often just hearing that others are engaged in similar struggles helps maintain perspective on what otherwise might be experienced as overwhelming difficulties or personal failings. It's a wonderful way to help others as you help yourself.

Past Workshop participants found it very beneficial to have someone with whom to review the material and work through the process. So you are encouraged to join with a *chevrusa* (study partner). In addition, periodic in-person meetings, led by advanced Inner Torah students, may be scheduled in locations convenient to participants.

To learn more about the Inner Torah Learning Workshop, please visit www.innertorah.com, or email info@innertorah.com, or call **02-566-3630** (Israeli line) OR **410-486-4306** (U.S. line).

The Inner Torah books are available on line at www.targum.com, in your local Jewish bookstore, or directly from Rebbetzin Castle.

In the words of workshop participants:

The Inner Torah Learning Workshop has deepened/strengthened/broadened my understanding of myself within my family structure and enabled me to act in a more "adult"/present/Torahdik way. I wish Inner Torah would be taught everywhere and to everybody from teens to older women; we would see nachas from ourselves and our children and Hashem would see nachas from His children!!

Yetty, NY

A woman who is serious in taking the time and effort to walk her internal path should consider it imperative to join the Inner Torah Learning Workshop. There is an immense distinction between just reading the books and the clear knowledge of the process along with hands-on guidance from Miriam Millhauser Castle that one receives in the Workshop to help her walk within.

R.S., England

Inner Torah gave me a new lease on life. It helped me grow up and be the adult that I really am without being so enmeshed in all my problems from childhood. I find myself much calmer, happier and enjoying the now more fully. Inner Torah helps you be in a situation as it is now, be there for yourself, come into your body, ground, be your own best friend, and take care of your own problems without leaning on others. It's such a treasure, so real and so true. It's changing my whole way of living. Whoever has the merit to join the Inner Torah Learning Workshop is very lucky, they themselves and everyone around them.

Y.D., Monsey NY

Inner Torah gave me the ability to look at my own truth on the emotional level and align this with my spiritual goals. Making a relationship with the diverse parts of myself, as the workshop is helping me to do, brings me into truer relationship with Hashem. Although I thought I was growing while aging, I became aware that I often lived from a young, vulnerable standpoint, and still relied on others to take responsibility for my needs. Now I know that I need to take care of my own needs, and have fewer expectations. I feel liberated from feeling that others are not delivering, and when a situation comes up, I know what to do. Most of all, I am learning to love those parts of myself that did not live up to my own expectations – as this too is my Inner Torah.

E.B., UK

Each session in the Inner Torah Learning Workshop is special and helpful. I am really feeling a difference in myself and am so thankful this workshop was created.

D.B., Lakewood NJ

With Inner Torah I feel that I have improved in areas that I might not even have been aware of without it. I am forever grateful to the life changing Inner Torah work.

Michelle, Jerusalem

Inner Torah has transformed my life and helped me deal with life's challenges in a more mature way. I have learned to perceive myself in a different light, undistorted by my childhood experiences. Inner Torah has helped me relate to other people more sincerely, without bringing my own baggage into the relationship, and to be more giving and accepting. Most importantly, Inner Torah has strengthened my relationship with Hashem and helped me perceive my life as constant communication with Him.

Yehudis, Los Angeles CA

Inner Torah offers unparalleled growth.. Having tried and researched other healing therapies, Inner Torah is by far the most comprehensive and effective. The workshop offers a framework in which the key principles of Inner Torah are explained in considerable depth enabling participants to then apply them personally. Participation by members of the group offers the benefit of different perspectives and increases understanding in a way that is encouraging and strengthening. All in all, the workshop provides a wonderfully supportive structure, designed for all ages and stages, for those interested in a real growth experience. A highly recommended course!

Hindy, London

From my experience the Inner Torah method is the truest on-target method I've come across for inner healing. It is expansive and deep, encompassing an array of tools and essential concepts. This is no quick fix, promising instant magical results but a comprehensive method to be applied conscientiously step by step. In addition Miriam Millhauser Castle presents the workshop in a clear, articulate, lucid, interactive manner and serves as a sterling example of her own teachings.

T.A. Israel