



FOR IMMEDIATE RELEASE

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MindYoga™; the KABBALAH of Mastering Mind and Emotions

November 2, 2009 – *A spiritual adventure led by Australian mystic Rabbi Dr. Laibl Wolf*

The entire Jewish community is invited to a spiritual adventure of mystical exploration with Rabbi Dr. Laibl Wolf on Wednesday, November 25th. A bestselling author and spiritual mentor, Wolf promises to stretch your mind, stimulate your senses and provide systematic tools for restoring balance in your life.

“Chabad hosted a program with Rabbi Wolf in 1998”, reports Rabbi Shmuly Altein, Director of Chabad’s Jewish Learning Institute, “and people still rave about his dynamic presentation! We are bringing him back by popular demand, and we are expecting to have a sold-out event. If you are looking for a meaningful, inspirational and spiritual evening, this is your opportunity.”

This community-wide event is sponsored by the Chabad Jewish Learning Institute and will take place at the Lubavitch Centre, 2095 Sinclair Street from 7:30^{pm} until 9:00^{pm}. Admission is \$15 for advance registration and \$18 for tickets purchased at the door.

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Rabbi Dr. Laibl Wolf LL.B M.Ed.Psych. D.Div., of Melbourne, Australia is an internationally acclaimed lecturer, author and authority on Kabbalah, mysticism, and Jewish meditation. Creator of a phenomenon called MindYoga™, Rabbi Wolf is a spiritual pioneer who has been described as the Jewish synthesis of Deepak Chopra and Anthony Robbins. Rabbi Wolf is trained in law and in psychology, is an unusual blend of Hassidic Rabbi and universal teacher.

His expertise, Kabbalah, the ancient Jewish mystical teaching, is blended with contemporary psychology and quantum physics



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to facilitate a 'behavioral' approach to life training. His innovative approach taps into the power of Kabbalah and applies its message to the daily challenges of life. Laibl's teachings utilize meditation and consciousness training techniques to enable personal growth and emotional mastery. He has adapted the deep Kabbalistic insights providing an insightful training program with practical application to the minutiae of everyday life.

He has met with world spiritual leaders such as the revered Lubavitcher Rebbe. Founding lecturer in Jewish spirituality at Melbourne University, Australia, he has most recently founded Spiritgrow - The Josef Kryss Wholistic Growth Centre, www.spiritgrow-JosefKryssCentre.org.

Rabbi Dr. Wolf is the author of the best-selling book, Practical Kabbalah (Random House). Through his meditation techniques and innovative MindYoga™ approach, Laibl's audiences are able to master their emotions and empower their lives. The son of Polish holocaust survivors, he received his rabbinic ordination from the Chief Rabbi of Israel. His degrees in law, psychology, and comparative religions were earned in Australia, Israel and USA.



Chabad Lubavitch of Winnipeg is a non-profit organization, dedicated to providing a Jewish experience for every man, woman or youngster who walks through its doors in a non-judgmental way, regardless of background, affiliation, or level of commitment.

The Chabad Jewish Learning Institute, a division of Lubavitch Centre, has been created with the objective of developing and coordinating adult education. By introducing a kaleidoscope of innovative programs, both social and educational, we hope to build, educate, engage, and energize a young and vibrant Jewish community.

The Chabad Jewish Learning Institute brings authentic, relevant Jewish learning to adults seeking intellectual and spiritual growth. For further information, please call (204) 414-5624 or email us at JLI@ChabadWinnipeg.org.



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