



alison laichter

CONSULTING + MEDITATION + ETC

Hi, I'm Alison. Let's work together.

I partner with synagogues, communities, and organizations to bring Jewish meditation and contemplative practice into communal life. Through meditation, text, ritual, and facilitated conversation, I create grounded, welcoming spaces where people can slow down, build connection, and cultivate presence—rooted in Jewish wisdom and real life.

◆ **Mystic in Residence**

- Short-term or multi-month designed in partnership with your community.
- Shabbat-adjacent contemplative programming
- Shabbat and holiday-based interactive, inspiring mystical learning
- Spiritual nourishment for clergy and staff

Residencies are flexible, relational, rooted in the culture and needs of your community

◆ **Jewish Meditation Workshops + Series**

Standalone workshops, series, or retreats that bring Jewish wisdom into lived experience.

- One-time introductory workshops
- 4-6 week meditation series
- Programs for parents, teens, and young adults
- Deep, experiential workshops and gatherings aligned with Jewish holidays or Shabbat:
- Elul workshops for reflection, teshuva, and spiritual preparation
- Passover workshops exploring freedom and transformation
- Shabbat dinners blending creative ritual, transformative meditation practices, and facilitated discussions

All programs are adaptable and customizable for adults, kids, and multi-generational audiences

“Alison seamlessly blends skill, humor, and profound wisdom. She brings a refreshing, no-nonsense approach to meditation, making it both practical and engaging.”

Past Programs Include

- Spiritual Parenting: Meditation series helping parents weave Jewish meditation into daily life
- Being Here Now: Three-part Jewish meditation and self-care workshop
- Jewish Meditation Intensive: Multi-session course for beginners and experienced practitioners
- Creative Shabbat Dinners: Guided meditations, innovative rituals, and community conversation
- Freeing Your Inner Pharaoh: Workshop exploring Passover, freedom, and meditation

“Each gathering has been meaningful, inclusive, and special. Participants always leave wanting more.”