

CLERGY

• CONTINUED from PAGE 7

the practice is beneficial to her role as cantor.

"It is great for breathing," she said. "Connecting my breath to my body is wonderful for my singing."

Jacobson said the deep breathing, stretching and relaxation techniques taught in yoga keep stress levels in check.

Rabbi Danielle Upbin of Congregation Beth Shalom in Clearwater and Tampa's Rabbi Sack also practice yoga regularly.

Rabbi Sack said he takes a 90-minute bikram yoga (hot yoga) class once a week. "I love it. It's done indoors at 105 degrees," he said. "It involves 26 postures. It keeps my mind and body limber."

Some members of the clergy spoke of a strong spiritual connection to their physical exercise.

"The Torah obligates us to take care of our bodies," said Rabbi Sack, who works out in the gym before morning minyan in addition to the yoga and riding the recumbent.

"Judaism does not separate the body and soul — it's all connected," he said.

The rabbi added that exercise helps him connect more strongly to congregants.

"Exercise helps me gain focus," he added, "so when I am with someone I can be fully present."

As parents of three young children, Rabbi Upbin and her husband, Rabbi David Weizman, both of Congregation Beth Shalom in Clearwater, said they have to work hard to find the time to exercise.

Rabbi Upbin has a weekly routine. In addition to yoga classes,

she runs and works out in the gym. Rabbi Weizman said his schedule makes an exercise routine difficult.

"My main exercise is picking up the kids," he said.

Yet he has managed to work in other forms of physical exercise and seems to value its connection to his spiritual side.

What works best for him, he said, is taking a run on the beach and then a swim in the Gulf of Mexico.

"It's a form of thanksgiving," he said of the experience. "When I run

thalon called "Athletes Who Care," held in August.

"Every year as a family we do this mini triathlon for children with cancer," she said. "We train for it by biking, running and swimming."

Gym work, daily walks and yoga

all play a significant role in her daily workouts.

"Exercise can do so much for mind-body-spirit," she said. "I get energy to go on with the rest of my day."

The cantor makes committing to

exercise sound easy.

"If you can find the time to read the paper or chat on the phone you can find the time to exercise," she said. "If the president of the United States can find the time, anyone can."





Let us cater your next event



MADE FROM SCRATCH FRESH DAILY:
Falafel, Tahini, Hummus, Greek Salads
Eggplant, Babaginous, Pita Bread
...and much more

SERVING LUNCH & DINNER EVERY DAY 11AM-9PM

CHECK OUT OUR DAILY SPECIALS
www.pitasrepublic.com

<p>SOUTH TAMPA 813-879-4976 808 S. Dale Mabry Hwy.</p> <p>CARROLLWOOD 813-960-4976 14614 N. Dale Mabry Hwy.</p>	<p>DOWNTOWN AREA 813-223-3288 210 Madison St.</p> <p>WEST TAMPA 813-885-4976 8412 West Hillsborough Ave.</p> <p>USF AREA TAMPA 813-988-4976 5105 East Fowler Ave.</p>
---	--

Yes!
Every patient sees Dr. Forman!

You are my patient.
One doctor...
One location...
One phone call away.

Specializing in conditions of the
SKIN, HAIR AND NAILS.

- **General dermatology** – Skin cancer screening & surgery, psoriasis, Rosacea
- **Pediatric Dermatology** – Acne, rashes, eczema

New Patients Welcome!
Appointments Available NOW Call Today!

Seth B. Forman, MD
Diplomate,
The American Board of Dermatology

NO, you don't need a referral
FL statute 641.31 (33) permits you to see a dermatologist 5 times a year without a referral from your physician. No matter what insurance program you have.

www.FormanDerm.com



813.960.2400 • 3622 Madaca Lane, near corner of Bearss & Dale Mabry • Tampa, FL 33618
727.437.1552 • 300 Lake Ave. NE Suite 100 • Largo, FL 33771 • Call for appointment times!



From life-threatening stroke to perfecting your stroke.

Tampa General Hospital is a Joint Commission-certified primary stroke center, and state-designated comprehensive stroke center. The TGH team of stroke neurologists, neuroradiologists and neurosurgeons provides patients with the most advanced stroke care available.

Our neuroscience program is also recognized for its care of adult and pediatric patients with spinal cord and brain injuries, epilepsy, movement disorders, and tumors of the head, neck and spine. Choose TGH to get your life back on course.

PhysicianFinder Referral Service 1-800-822-DOCS

Affiliated with the USF College of Medicine

