



*Spiritual*

CROSS-  
TRAINING

SEARCHING THROUGH SILENCE,  
STRETCH, AND SONG

BENJAMIN SHALVA

**Spiritual Cross-Training:  
Searching through Silence, Stretch, and Song**  
by  
**Benjamin Shalva**

Published by Grand Harbor Press (January 5, 2016)

On a quest for enlightenment, Benjamin Shalva journeyed through the wilds of Tibet and took a pilgrimage to a white-walled monastery in Rhode Island. He wrestled with demons, danced with temptresses, and sang with hundreds of voices under the stars. Now, using the lessons and techniques gained through years of religious exploration and inward reflection, Shalva offers simple and powerful ways to connect with your spiritual self, whether it be in a place of worship or the yoga studio, or even while sitting in traffic, working late at the office, or kneeling in your garden.

In this honest, intimate—sometimes embarrassing and frequently funny—memoir with down-to-earth instruction and guidance, Shalva reveals that you don't have to be perfect or singularly focused to accomplish deep spiritual work. By cross-training in three simple exercises—silence, stretch, and song—you can strengthen your spiritual muscles and deepen your personal search for meaning.

Inspiring and refreshingly candid, *Spiritual Cross-Training* encourages you to trust your own path, grow with an open mind and a light heart, and uncover the truth as you search for your place in the universe.

## PRODUCT DETAILS

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## SUGGESTED INTERVIEW QUESTIONS

1. What is "spiritual cross-training" and how does one begin on this path?
2. What is the value of spiritual practice in our contemporary world?
3. Why is it beneficial to follow multiple spiritual paths instead of one alone?
4. Why did you choose the three paths of silence, stretch, and song for your spiritual cross-training?
5. Does one need to meditate, practice yoga, and sing in order to spiritually cross-train, or do other kinds of activities also qualify?
6. Your spiritual journey has taken you from India to Tibet to Israel to Mexico--does one need to travel far and wide on the spiritual path, or can one find God right in one's backyard?
7. Can anyone from any religious or secular background spiritually cross-train?
8. Does one have to believe in God or some kind of higher power to spiritually cross-train?
9. Throughout *Spiritual Cross-Training*, you expose many of your personal faults and foibles. Why did you choose to present yourself this way? How does this type of honesty help your readers as they encounter their own struggles?

## ABOUT BENJAMIN SHALVA



As a rabbi, writer, and yoga instructor, Benjamin Shalva leads spiritual cross-training seminars and workshops around the world. He received his rabbinical ordination from the Jewish Theological Seminary in New York City and his yoga teacher certification from the Yogic Physical Culture Academy in Los Cabos, Mexico. Shalva serves on the faculty of the Jewish Mindfulness Center of Washington and the 6th & I Historic Synagogue in Washington, DC, leads

musical prayer services for Bet Mishpachah in Washington, DC, and spends his summers as the camp rabbi of Tamarack Camps in Michigan. His writings have been published in the Washington Post, Elephant Journal, and Spirituality & Health magazine, and his second book, *Ambition Addiction: How to Go Slow, Give Thanks, and Discover Joy Within*, will be published by Grand Harbor Press in November 2016. Born in Milwaukee, Wisconsin, he lives in Reston, Virginia, with his wife and their children.

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