

Feel free to contact me for support and mentoring as you delve into your journey as a new kalla teacher. I can be reached at gabriellehodes@gmail.com or by whatsapp/telephone at 00972545722319

Resources

Books:

Main text: The marriage covenant by Rav Elyashiv knoll (איש ואישה)

Anatomy and physiology and sexuality:

מתבגרת באהבה - מדריך לנערות דפנה פלר
שפת גוף - מסע אם ובת לקראת התבגרות - מאור קפלן
לדעת לאהוב - אברהם שמואל קטן

The Newlywed's Guide to Physical Intimacy - Rosenfeld Ribner
I am for my beloved - Ribner & Rosenbaum
Come as you are - Emily Nagoki
What your mother never told you about S-e-x - Hilda Hutcherson

Relationships:

The 5 love languages - Chapman
Things I Wish I'd Known Before We Got Married - Chapman
When Sorry Isn't Enough - Chapman
The seven principles for making marriage work - Gottman
Eight Dates - Gottman
Getting the love you want - Hendrix & Hunt
Mating in Captivity - Esther Perel
The All or Nothing Marriage - Eli Finkel

Mikve:

Waters of Eden - Aryeh Kaplan
Total Immersion - Rivka Slonim
Taking the plunge - Miriam C Berkowitz

Podcasts

Intimate judaism :Talli Rosenbaum & Scott Kahn

<http://wisdomandwellness.jewishpodcasts.org/episode/how-is-mikveh-meant-to-feel/>
<https://wisdomandwellness.jewishpodcasts.org/episode/mikveh-and-time-management/>
<https://wisdomandwellness.jewishpodcasts.org/episode/talking-to-our-children-about-mikveh/>
<https://wisdomandwellness.jewishpodcasts.org/episode/meaningful-and-relevant/>
<https://wisdomandwellness.jewishpodcasts.org/episode/mikveh-on-erev-yom-kippur/>

Websites

Info about contraception:

<https://ladaat.org.il>

https://www.youtube.com/watch?v=EhjjubgGuIU&ab_channel=%D7%90%D7%A4%D7%A8%D7%AA%D7%A6%D7%95%D7%A8

Resources:

Intimate Anatomy (אנטומיה אינטימית)

<http://www.ve-ahavtem.com/>

Ted Talks

Emily Nagoski <https://www.youtube.com/watch?v=xF-CX9mAHPo>

Al Vernacchio <https://www.youtube.com/watch?v=xF-CX9mAHPo>

Esther Perel <https://www.youtube.com/watch?v=sa0RUmGTCYY>

John Gottman <https://www.youtube.com/watch?v=-uazFBCDvVw>

Continued Education: Courses, Webinars, lectures:

The Eden Centre

Mercaz Yahel

Machon Puah

Nishmat

Tzohar

