



Rabbi Lauren Tuchman

Program Director and Founder, Disability Wisdom As Soul Care

Kirva: Jewish Spirituality and Action for Social Change

Rabbi Lauren Tuchman is a sought-after speaker, spiritual leader, and educator, who was ordained by the Jewish Theological Seminary (JTS) in 2018.

She teaches, consults with, and provides workshops and trainings to individuals and organizations within and outside of the Jewish community on a variety of matters pertinent to disability access and inclusion. She was named to the New York Jewish Week's 36 To Watch for her innovative leadership concerning inclusion of Jews with disabilities in all aspects of Jewish life. In 2017, she delivered an ELI Talk entitled We All Were at Sinai: The Transformative Power of Inclusive Torah.

In addition to her work in the disability inclusion space, Rabbi Tuchman passionately believes in the power of spiritual and contemplative practice as a path of transformational personal and collective change for the Jewish world and beyond. In 2024, she launched Disability Wisdom As Soul Care in partnership with Kirva, formerly The Inside Out Wisdom and Action Project. She is an alum of the Institute for Jewish Spirituality's Clergy Leadership Program. She is completing the three-year Gates of Awareness Jewish mindfulness and meditation teacher training program under the auspices of the Institute for Jewish Spirituality and Or haLev. In 2022, she completed Flourish: an immersive in mindfulness practices under the direction of expert mindfulness teacher, Yael Shy. She is a SVARA fellow, completing the SVARA Kolel in 2019. She continues to be a regular teacher with SVARA.