

RABBI LAUREN TUCHMAN

Rabbi Lauren Tuchman is a sought-after speaker, spiritual leader, and educator ordained by the Jewish Theological Seminary in 2018. Based in the Washington, D.C. area, she teaches, consults, and leads workshops across North America on disability access and inclusion, bringing a deep commitment to radical inclusivity and the belief that anyone can take hold of Torah and contribute their unique insights. An alum of the SVARA Kollel and the Institute for Jewish Spirituality's Clergy Leadership Program, Rabbi Tuchman is a teacher in multiple Jewish mindfulness and meditation communities and is completing advanced training in Jewish contemplative practice. In 2024, she launched Disability Wisdom As Soul Care in partnership with Kirva, and she writes the Contemplative Torah Substack. Learn more at rabbittuchman.com.

