

Jewish Women's Retreat Weekend Program and Schedule

Friday

4:00-5:00: **Welcome reception**

Get settled and enjoy assorted refreshments.

5:00: **Group ice breaker**

A chance to meet the other women participating in this retreat.

5:30: **Candle-lighting** followed by welcoming words by guest speaker **Adrienne Gold**

6:15: **Kabbalat Shabbat song and dance**

Welcome Shabbat with song and dance. (Song sheets will be provided.)

7:00: **Shabbat dinner**

Enjoy a delicious, 4-course meal, accompanied by words of inspiration and another fun ice breaker game.

9:30: **PJs, Popcorn and Playback** (led by **Sara Mayo**)

Get comfy in your pajamas and enjoy a buffet of gourmet popcorn and fun improv games- or just hang out with friends and/or play board games if you prefer.

Shabbat

8:30-10:00: **Breakfast buffet**

10:00-10:45: Your choice of:

- a. **Meditation and Mindfulness** led by **Sharon Saul**, LSW
- b. **Torah and Yoga** led by **Leah Herman** and **Haliel Selig**
- c. **Prayer and Song** led by **Rebbetzin Blumi Rosenfeld**

10:45-11:30: **Spiritual Intelligence: The Top Mindsets of the Spiritually Sophisticated Jew**

(a presentation by **Adrienne Gold**)

11:30- 11:45: Break with snacks

11:45-12:30: Your choice of:

- a. **Freedom Song**: What the Exodus teaches us about personal freedom, growth and overcoming our default positions (a presentation by **Adrienne Gold**)
- b. **Circle of Healing** (led by **Sara Mayo**)

12:30-2:00: **Shabbat lunch**

Enjoy a delicious Shabbat lunch with food for body, mind and soul.

2:00-3:15: **Shabbat rest**

Take a nap, hang out with friends, read a book, or play a game. (There will be an area set up in the hotel with a selection of interesting books and magazines for anyone who would like to enjoy some quiet reading time.)

3:15-4:00: **Q&A with Adrienne Gold**

This is your chance to ask our warm, wise and witty guest speaker anything on your mind, no holds barred.

4:00-4:45: Snippets of Inspiration

Six short personal talks given by participants of the retreat

4:45-5:30:- Forgiveness: The Gift We Give Ourselves (a presentation by **Adrienne Gold**)

5:30-6:50: Seuda Shlishit (Third Meal of Shabbat)

Enjoy a delicious Mediterranean buffet, followed by group sharing and closing words by Adrienne Gold

6:50-7:10: Musical Havdallah

7:15-8:00: Your choice of:

- a. Free **swim/exercise**
- b. **Zumba** with **Miri Levy**
- c. **Films** and popcorn
- d. **Decorate a set of beaded serving spoons** with **Dana Himmel**

8:00-9:00: Your choice of:

- a. Free **swim/exercise**
- b. **Films** and popcorn,
- c. **Paint and Wine** with **Nechama Huber**
- d. **Spa Fun** with **Haliel Selig**

9:00-10:00: **Wine, desserts, music and dancing**

Sunday

8:30-9:30: **Hot breakfast buffet**

9:30-10:30: Your choice of:

- a. **Homeopathic tips for relieving stress and improving sleep** with **Dr. Sari Cohen**
- b. **Handwriting workshop** with expert handwriting analyst **Michelle Dresbold**
- c. **Quotes on canvas** (an interactive discussion followed by a craft) led by **Leah Herman**

10:30-11:30: Your choice of:

- a. **Dance** with **Maria Caruso**
- b. **Free swim/exercise**
- c. **Dream It, Be It** (an interactive workshop on actualizing your goals through the power of visualization led by **Leah Herman**)
- d. **Being Assertive Without Being Aggressive** (a presentation and discussion on effective communication with **Sharon Saul, LCW**)

11:30-12:30: **Taking It Home**

Wrap up the weekend with evaluations, a group photo and a chance to share your highlight of the retreat.

12:30-1:30: **Lunch**

Enjoy a delicious lunch with entertainment by Kol Shira and closing words. Receive a special memento from the retreat to take home.