

WOMEN'S RETREAT (Sunday, April 19)

11:00-11:15- Welcome and settle in with smoothies

11:15-11:45- Group ice breaker- get introduced to the other participants of the retreat

11:45-12:30- Brunch

Enjoy lunch with a short opening talk by Mor Greenberg and a fun group game.

12:40-1:30- Session 1

Option A: Yoga and Meditation (with Haliel Selig and Sharon Saul)

Option B: Create a Mosaic Mezuzah Cover, Part 1 (with Michal Shachter)

This is a 2-hour workshop that will run for this session and the next one.

Option C: The Chassidic Perspective on the Afterlife (with Rabbi Sruly Altein)

1:40-2:40- Session 2

Option A: Group Workout and Fitness Tips and Tools (with personal trainer Kim Simon)

Option B: Create a Mosaic Mezuzah Cover, Part 2 (with Michal Schachter)

Option C: Positivity Bias (a class with Rebbetzin Blumi Rosenfeld on Chassidic tools for positive thinking)

2:45-3:00- Snacks

3:00-3:25 - Speed chatting

3:30-4:30- Session 3

Option A: Pilates

Option B: Wine Glass Painting

Paint a set of 4 wine glasses in this paint monkey style workshop.

Option C: The Kabbalah of Character (with Leah Herman)

4:40-5:40- Session 4

Option A: Zumba

Option B: Paper Quilling (with Yamit Pressman)

Learn the art of paper quilling, and create an art piece to take home. This session will run until 6pm.

Option C: Putting On Your Oxygen Mask First (a class exploring Torah wisdom on leading a balanced life through insights gleaned from the 3 foundational mitzvot of women, with guest speaker Sara Esther Crispe)

5:45-6:30- Cocktail reception

6:30-7:30- Gala Dinner

Enjoy dinner with a musical presentation, followed by a keynote address on "Stress Relief- Tips from the Torah on Transforming Stress" given by guest speaker, Sara Esther Crispe.