

Women's Weekend Retreat: A Journey of Reconnection

Please note: Schedule is not final; some details may change closer to the date.

Friday

4:00-5:00pm: Welcome reception

Get settled and enjoy light refreshments.

5:00pm- Meet the Group

A chance to get introduced to the other women participating in this retreat

5:15-5:30pm- Pre-Shabbat Sing-Along

5:30-5:45pm Candle-lighting

5:45-6:00pm Welcoming words by Chani Altein

6:00-6:30pm- "Shabbat: The Gift of Reconnection" presented by Sharon Saul

6:30-7:00pm- Kabbalat Shabbat song and dance *(Song sheets will be provided.)*

7:00pm- Shabbat dinner

Enjoy a delicious 3-course meal accompanied by song and words of inspiration.

9:30pm- PJ Party

Get comfy in your pajamas and enjoy fun discussion games- or just hang out and enjoy the company of friends.

Shabbat

8:30-10:00am- Breakfast buffet

9:30-10:00am- Torah and Tea led by Rivky Herman

Grab your breakfast and a cup of tea and join Rivky Herman for a meaningful discussion about the Torah portion.

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

a. "Reconnecting Through Yoga and Meditation" led by Sharon Saul, LSW, and Haliel Selig

b. Coffee and Conversation led by Chani Altein on the topic of "Living a Beautiful Life"

c. Walk to the Point (weather permitting)

10:45-11:30am- Your choice of:

a. Tools for Life- Psychology and Personal Growth in the Torah presented by Leah Herman

b. Circle of Healing led by Jennifer Ferris-Glick

11:30- 11:45am- Break with snacks

11:45am-12:30pm- Round Table Discussions

Choose a topic that speaks most to you, and explore that topic with a facilitator and other women on the retreat; topics will include:

- a. Accepting and respecting our bodies
- b. Growing from our challenges
- c. Making Judaism a joyful and meaningful experience
- d. Working toward greater peace in our homes
- e. How to get up when you're feeling down
- f. Engaging in intentional listening to yourself and others
- g. Parenting teens

12:30-2:00pm- Shabbat lunch

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

2:00-3:15pm- 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.)

3:15-4:00pm- Priorities: What are the ideals you value most?

Play an interactive game exploring personal values and priorities.

4:00-4:45pm- Filling Our Cups Physically, Emotionally and Spiritually- A Panel Discussion with Leah Herman, Dana Rofey and Haliel Selig

4:45-5:15pm- Snippets of Inspiration

Four short personal talks given by participants of the retreat

5:15-6:50pm- Seuda Shlishit (Third Meal of Shabbat)

Enjoy a delicious dinner buffet followed by a group activity

6:50-7:15pm- Musical Havdallah and group photo

7:30-8:30pm- Your choice of:

- a. Israeli Dancing with Lynn Berman
- b. Jewelry Making with Michelle Kirk- Create a beaded "inspire me" charm bracelet
- c. Handwriting analysis workshop

8:30-10:00pm- Saturday Night Celebration

Enjoy soups and a hot cocoa and dessert buffet along with light entertainment.

Sunday

8:30-9:30am- Light refreshments

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

- a. Yoga and Meditation for Life Balance- led by Haliel Selig and Sharon Saul, LSW
- b. Start Each Day in a Thankful Way- Exploring the Modeh Ani Prayer and Morning Blessings with Rivky Herman
- c. Fit for Life- Easy-to-incorporate tools for living a healthier lifestyle

10:30-10:45am- Feedback and evaluations

10:45am-12:00pm- Brunch

Enjoy a delicious brunch with closing words by Leah Herman. Receive a special memento from the retreat to take home.