



B”H

Welcome.

We hope you enjoy and are inspired by our first Israel Women’s Retreat. Please don’t hesitate to reach out to us if you need anything.

Here’s the schedule for the weekend.

Blessings,

Rav Daniel Kohn, Shlomo and Rina Shoshana Vile and Shimona

<b>Thursday 25 Av, August 21</b>			
<b>Time</b>	<b>Topic</b>	<b>Additional Info</b>	<b>Presenter/Location</b>
4:00-6:30pm	Welcome, Meet and Greet, Settle in	Feel free to daven mincha on the hillside	
6:45-7:45pm	Dinner		
8:00-9:30	What am I asking of Life? What is Life Asking of Me?	Setting Intention and exploring Purpose through a fun and effective exercise followed by open-table discussion	ST
<b>Friday 26 Av, August 22</b>			
7:00-8:00	Morning movement with Shimona	This cleansing workout is a form of self-massage through body movement	ST
8:00-9:00	Breakfast		
9:00-10:00	Hitbonenut: An Introduction to Jewish Meditation	We will address what Jewish Meditation is and begin some Breath Work exercises, first steps to training the mind	ST
10-10:30	Davening		
10:30-12:30	Finding Purpose, Meaning and Fulfillment in the Everyday	Explore the meaning of a mitzvah and how that fits in with Rosh Hashana, Try the Offerings Meditation	
12:30-1:30	Lunch		
1:45-3:15	Repentance, Prayer and Charity: Making them Happen; and Making them Personal and Meaningful	We’ll look at the inner dimension of all three, with insights and practical suggestions to actionize them	ST

The Method is a practical approach to personal transformation rooted in ancient mystical teachings

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3:15-5:15	Free time	Prepare for Shabbat, daven, take a walk	ST
5:30-6:30	Soul Flames	A legal reasoning for candle-lighting together with a deep insight on a verse in Jeremiah will illuminate the mitzvah of candle lighting for you	ST
6:40-7:30	Candlelighting (latest time is 6:55pm) and a beautiful candle meditation	In addition to the meditation, there will be a guided share for the group	
7:30-8:00	Davening	Kabbalah Shabbat as a group, maariv individually	
8:15 on ward	Meal	Shimona will share a brief insight at the meal	ST
	Teshuva (Repentance) as Personal and Universal Evolution	Meet Rav Daniel at the main lecture after meal	RD
<b>Shabbat Parshat Re'eh, 27 Av, August 23</b>			
8:00-10:00	Davening and Breakfast		
9:00-10:30	You Don't Have to be Perfect to Perfect the World	Delving deeper into the dynamic of a mitzvah	ST
10:45-12:00	The Power of the Name EK-YE-The Secret to Growth	Profound study with Rav Daniel to prepare us for Rosh Hashana and Yom Kippur	RD
12:30-2:00	Lunch	Delicious food, Parsha insights and stories	RD, ST
5:00-6:00	The Child she Gave Away	Lessons on Life from Chana the Mother of Shmuel	ST
6:15-7:15	Seudah shlishit, Pirkei Avot OR You Be the Judge		
7:20-7:30	Havdalah		
8:30-10:30	Melave Malka: Moshe Rabbeinu's Path to Teshuva	Followed by musician and late-night kumzits	RD, Musician, ST
<b>Sunday 28 Av, August 24</b>			
6:30-8:00	Meditative hike: Eikev, Re'eh	Focus on the nature of walking and of growth/movement based on Eikev/Re'eh	ST
8:00-9:00	Breakfast		
9:00-9:30	Davening		
9:45-10:30	Moshe Rabbeinu's Last Will: Choose Life		RD
10:30-11:30	Taking it Home	What have I learned, where am I going, how can I actionize this?	ST