

Nishmah Women's Shabbat Retreat 2018

Viva La Vida...to the Fullest!

February 9-10, 2018

Cedar Creek Center, New Haven, MO

Schedule at a Glance

Shabbat Evening (Friday, February 9)

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| 3:00-5:00pm | Registration | (Chalet) |
| 3:00-5:00pm | Chair massage offered by Ruth Heyman | (The Hawthorne) |
| 4:30pm | Happy Hour—Margaritas and snacks | (Recreation Lounge) |
| | Colorful Craft Activity | (The Willows) |
| | Hot Latin Moves to Spice Your Life with Violetta Kessler | (The Willows) |
| 5:30pm | Welcome, Candle-lighting, Kabbalat Shabbat led by Lucy Greenbaum | (The Barn) |
| 6:45pm | Shabbat Dinner | (The Barn) |
| 8:30pm | Viva Late Night! | (The Barn) |
| 9:30pm | Dessert and Sangria | (Recreation Lounge & The Oaks) |
| 9:45pm | Introducing Yael Trusch | (The Oaks) |

Shabbat Day (Saturday, February 10)

Check out of room by 12:00pm

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| 8:00-9:00am | Mindful Morning Yoga and Hiking with Maxine Mirowitz | (The Cedars) |
| 8:00-10:00am | Breakfast | (The Barn) |
| 9:00am-4:00pm | Chair massage offered by Amy Charlton and Ruth Heyman | (The Hawthorne) |
| 9:30-10:30am | Musical Shabbat Tefilla led by Rabbi Jessica Shafrin with guitar and singing by Linda Salvay and Anna Jaffe | (The Willows) |
| | Text Study with Maharat Rori Picker Neiss | (The Pines) |
| 10:45-11:30am | The Pursuit of Happiness, Redefined with Yael Trusch | (The Oaks) |
| 11:45-12:45am | Breakout Session 1 | |
| 1:00pm | Lunch | (The Barn) |
| 2:45-3:45pm | Breakout Session 2 | |
| 4:00pm | Women Living Jewishly Around the World | (The Barn) |
| 5:00pm | Seudah Shlishit (Light Dinner) | (The Barn) |
| 6:00-6:45pm | Havdalah with Shelley Dean & Latin Moves with Violetta Kessler | (The Barn) |

Special Program Descriptions

Hot Latin Moves to Spice Your Life

Friday, 4:30pm (The Willows)

Violetta Kessler

Let music fill your heart, the steps will follow...Participants immerse into the world of Latin dance: salsa, bachata and merengue. Basic techniques for each type of dance will be taught every 15 minutes starting at 4:30pm Friday. Jump in anytime! (No previous dance experience is required.)

Viva Late Night!

Friday, 8:30pm (The Barn)

Join us as contestants in your favorite game shows. Learn about Latin and American Jewish trivia as we break the ice and get to know one another.

Introducing Yael Trusch

Friday, 9:45pm (The Oaks)

Yael Trusch

Yael tells her story starting in San Juan, Puerto Rico, and moving all over the world. From an MBA at NYU to developing a healthy obsession with Judaism, we learn how Yael's journey led her to become the Jewish Latin Princess. Get personal with Yael in this intimate, informal conversation.

Mindful Morning Yoga and Hiking

Saturday, 8:00am (The Cedars)

Maxine Mirowitz, 500RYT

Give your senses a workout with a mindful morning, yoga and hiking experience with Maxine Mirowitz, 500RYT. Submerge yourself in a flowing Yoga session followed by an invigorating nature hike. Broaden your horizons to find your Zen as you inhale the scent of fresh air. You will return feeling more present, more at peace. Please dress appropriately for both indoor yoga and an outdoor, winter walk.

Musical Shabbat Tefilla

Saturday, 9:30am (The Willows)

Rabbi Jessica Shafrin with Linda Salvay and Anna Jaffe

Rabbi Jessica Shafrin leads a lively Shabbat morning service with guitar and singing by Linda Salvay and Anna Jaffe. Sephardic, Ladino, contemporary and traditional melodies are incorporated for a mix of old and new.

Torah Study

Saturday, 9:30am (The Pines)

Maharat Rori Picker Neiss

This alternative to the Musical Shabbat Tefilla offers an opportunity to connect to Shabbat through Jewish text and conversation. Take a fresh look at the week's Torah portion, Mishpatim, which details ethical and ritual rules as told by Moses. Discuss how these ancient instructions relate to us as women.

The Pursuit of Happiness, Redefined

Saturday, 10:45am (The Oaks)

Yael Trusch

If happiness is an inalienable right, how come we're all constantly searching for it? Could we be looking for the wrong thing? In the wrong place? Is happiness really a life goal? In this profound talk, Yael helps us re-define happiness, view it from a Jewish lens and find it, perhaps, where we least expect it.

Women Living Jewishly Around the World

Saturday, 4:00pm (The Barn)

A panel of worldly women share their experiences living Jewishly outside of the United States. Karen Aroesty moderates an energetic conversation highlighting the diversity of Jewish customs and ways of life around the globe. Topics include food, holidays, family dynamics, women's rights, synagogue life and more.

Breakout Session Descriptions

Session 1 Options: 11:45am-12:45pm

Finding Space for the Spirit in Poems - Ellie DesPrez (The Chalet)

The practice of writing poems is a practice in paying attention. We will look at poems by a diverse group of poets, all women who can help us slow down in mindful wonder.

Food as Medicine: Mindful eating to reduce the risk of dis-ease - Dr. Sharon L. Fitelson (The Oaks)

Dr. Fitelson will highlight the physiology of hormone imbalance and the effects of stress on our bodies for all ages. Remedies and rationales for mindful eating will be outlined with time for questions and answers.

Making Tradition New: Creating Meaningful Ritual for the Mikvah - Rabbi Jessica Shafrin (The Pines)

Our world is full of big moments. The waters of the mikvah bring a powerful transitional opportunity to open up and mark these occasions. Rabbi Abraham Isaac Kook said that "the old becomes new, and the new becomes holy." We will look at how mikvah use can become a new and holy tool for our lives today.

Vinyasa Flow - Lesley Hoffman (The Cedars)

Lesley's yoga class brings a mixture of deep stretching and strengthening poses to all ages and experience levels. Devoted to helping her students become more aware and accepting of their ever-changing bodies, her class incorporates breathing, movement and meditation practices that promote flexibility, strength and mindfulness.

Words to Action: Can Conversations about Israel Include Empathy? - Karen Aroesty (The Willows)

Spend an hour interactively learning why you may intentionally avoid difficult conversations about Israel, particularly around anti-Semitism, anti-Zionism and anti-Israel bias. At the close, you will begin to learn tools to navigate sometimes tense dialogues and address emotional responses to Israel and how it impacts you. We need to talk about Israel with nuance and empathy—but do so with confidence.

Session 2 Options: 2:45-3:45pm

Become Fearless with Emotional Freedom Technique - Julie Eisenberg (The Oaks)

We are experiencing more and more anxiety and stress daily. What if we could understand why we have such anxiety in the first place? What if we could start over with a blank canvas and live the lives we were brought in this world to live? Would it be worth it?

DACA, Dreamers and Why Jews Should Care about It - Nancy Lisker (The Willows)

President Trump's intention to terminate Deferred Action for Childhood Arrivals (DACA) would result in the potential deportation of tens of thousands of young dreamers back to countries they have never called home. Discuss the intricacies of this controversial policy debate and why it especially matters to us as a Jewish people.

Legacy Letters: Ethical Path to the Hereafter – Rava Shulamit Cenker (The Pines)

Ethical wills, letters of religious and secular guiding principles, are not only useful resources for children once a loved one dies. They act as spiritual exercises, enabling us to reflect, refocus and fulfill a rich and purposeful life. Rava Shulamit Cenker discusses the importance of passing on living legacies, lessons for future generations, and offers guidance on how to compose such a work.

Mindfulness 101 - Prue Gershman, LCSW

(The Cedars)

Mindfulness is the practice of purposely focusing your attention on the present moment and accepting it without judgment. Whether you are new to the practice or a seasoned meditator, take some time out of Retreat to reset. Learn and experience what this rewarding practice can offer you.