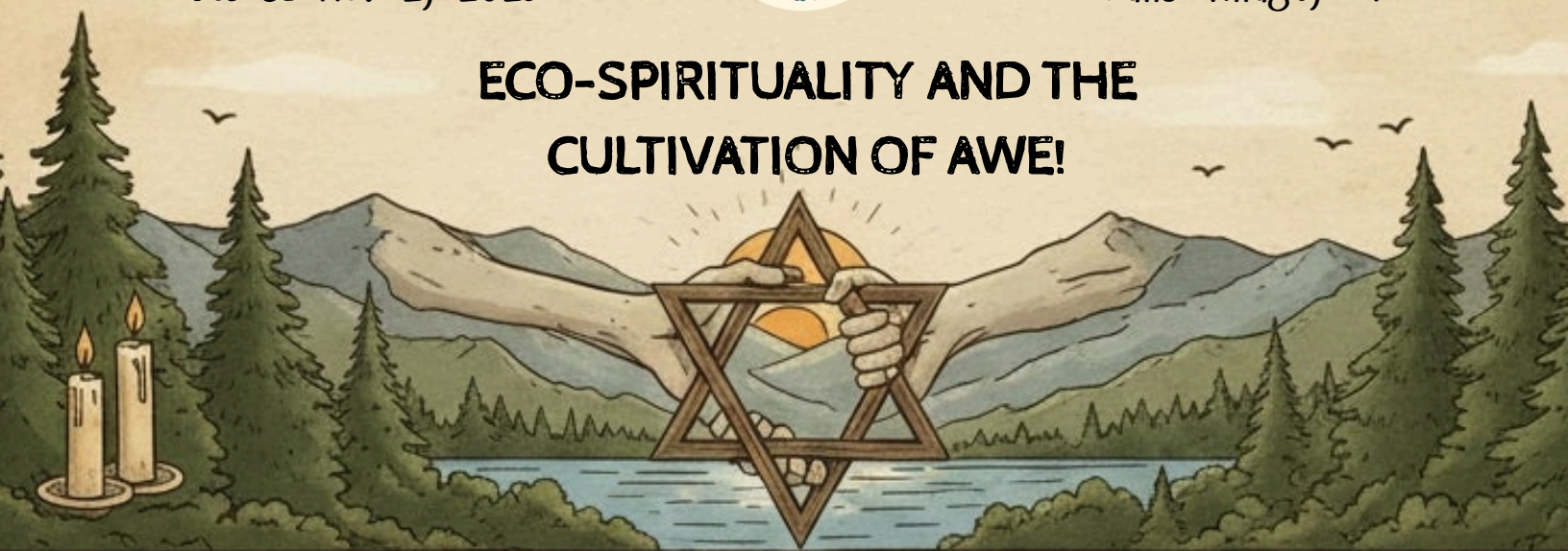


Parashat Lech-Lecha  
9-11 MarCheshvan 5786  
Oct 31-Nov 2, 2015



Isabella Freedman  
Jewish Retreat Center  
Falls Village, CT

## ECO-SPIRITUALITY AND THE CULTIVATION OF AWE!



### Friday October 31

3:00 p.m.

Welcome & Snack

4:00 p.m.

First-Timer Meetup (Library)

4:45 p.m.

Opening Ceremony-Tent

5:30 p.m.

Candle Lighting

Shabbat Begins



6:00 p.m.

Dinner

7:10 p.m.

Kabbalat Shabbat

8:30 p.m.

Mishpacha Group No. 1

10:15 p.m.

Open Jam Session (Synagogue)

Young Mens' Gathering

(Beige Yurt)



### Shabbat, November 1

7:00 a.m.

Optional Yoga-Beige Yurt

8:00 a.m.

Breakfast

9:30 a.m.

Shabbat Morning T'fillah

12:00 p.m.

Lunch

1:00 p.m.

Free Time/Optional Farm Tour

1:30 p.m.

Drachim Session No. 1

2:45 p.m.

Drachim Session No. 2

4:00 p.m.

Mishpacha Group No. 2

6:00 p.m.

Dinner

7:30 p.m.

Havdallah

8:15 p.m.

Eco-Spirituality Ceremony

9:30-Whenever

Fire/Babka/Booze/Vibez

### Sunday, November 2

7:00 a.m.

Optional Yoga/Meditation

Beige Yurt

8:00 a.m.

Breakfast

9:10 a.m.

Drachim Session No.3

10:00 a.m.

Rooms Checkout Time

10:15 a.m.

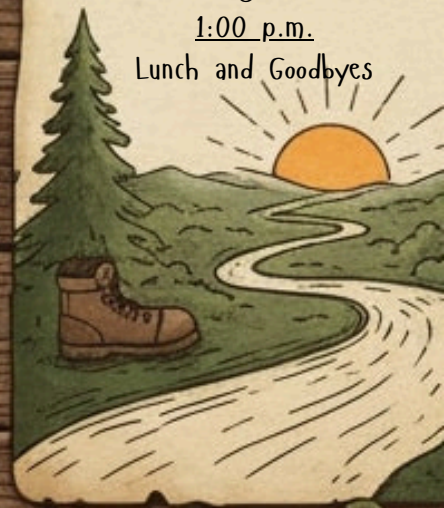
Mishpacha Group No.3

12:00 p.m.

Closing Circle

1:00 p.m.

Lunch and Goodbyes





# JMR34 Drachim (Pathway) Options-REVISED

## Shabbat Drachim Session No. 1

Hamotzi Bread Making (Simon Olsberg)	Arts & Crafts
Eco-Spirituality to experience elements of nature (Les Fagan)	Gazebo
Drumming/Chanting (JoJo Kottler)	Synagogue
Hitbodedut and Mussar on Aging Wisely (Elliott Myrowitz)	Great Hall

Male Friendship (Allen Spivack)	Gazebo
Bodies in Motion (Lawrence Dreyfuss)	Beige Yurt
Adamah Climate Action- (Josh Millman)	Library
Deep Roots: Regenerative Leadership and Ancestral Healing for Jewish Men (Lev Natan)	Red Yurt

## Shabbat Drachim Session No. 2

## Sunday Drachim Session No. 3

Gentle movement, meditation and breathwork (Ben Richman)	Beige Yurt
Gratitude as a Pathway to Awe; Awe as a Pathway to Gratitude (Yosaif August, Steve Masters, David Strauss)	Sanctuary
MenschGroups (Marc Jacobs)	Library
Poetry Pathway (David Piver)	Red Yurt