

JEWISH WOMEN'S YOGA RETREAT

February 15-18, 2019 | Isabella Freedman



Friday, February 15

3:00-5:00 PM Guest Arrival

5:00-5:30 PM Candle Lighting & gather
as a community – *Library*

5:30-7:00 PM Kabbalat Shabbat Services with
Anat
Library

Let us welcome Shabbat together in joyful song.
We will use traditional liturgy embedded with

creative expression. All levels of experience
with Hebrew prayer are warmly welcome.

7:00-8:30 PM Festive Shabbat Dinner
Dining Hall

9:00-9:45 PM Gentle Yoga – *Library*
A chance to unwind from your day, your week,
and your commute getting here.

Saturday, February 16

7:00-8:00 PM Just Yoga Flow with Edie
Library

A simple yoga flow (vinyasa) class for all levels
to get you moving in the morning. The
instruction in this class will be purely about
alignment.

8:00-9:00 AM Breakfast – *Dining Hall*

9:15-11:00 AM Shabbat Services with Anat
Library

Let us praise the holy one in song and
contemplative prayer. We will also read and
reflect upon the weekly Torah portion as a
community, allowing our people's ancient
wisdom to nourish and inspire us. We will use
traditional liturgy as well as creative
experiential ritual, and wordless *nigunim*
(melodies) All levels of experience with Hebrew
prayer are warmly welcome.

11:15 AM-12:45 PM AM Yoga Session
Library

Focusing on being present and joyful, Edie and
Carol will offer yoga poses to encourage
connection to the present moment and the
experience of gratitude.

1:00-2:30 PM Shabbat Lunch – *Dining Hall*

2:30-4:00 PM Free Time

2:30-3:45 PM Hike – *Meet in Great Hall*

Hiking in nature provides an opportunity to
tune in – both to our own experience and to the
world around us. While it can be easy to get lost
in thought or daydreams while hiking, the
simple practices of mindfulness can draw us
more closely into our experience of the natural
world. Together, we will follow the red trail up
to our beautiful overlook. This is a steep hike
but well worth it. Sturdy closed-toe shoes are
required.

4:00-5:30 PM Restorative Yoga Session –
Library

It's Shabbat. Shabbat and Restorative yoga are
linked as pathways to rest and joy. Through
both, we generate a sense of generosity to self,
a sense of self-care.

(continued on next page)

6:15-6:45 Havdalah – *Library*

This ritual engages all our senses and supports
our transition from Shabbat into the week.

7:30-8:30 PM Dinner – *Dining Hall*

8:30-10:00 PM AccepDance with Henny Stern
Library

An opportunity to step into your unique dance and creative self-expression, while discovering and honoring the ways in which your body

wants to move and be. Through guided/self guided meditation, somatic movement, and dance, you will have a chance to move from "self-conscious to breath-conscious" in a supportive and non-judgmental space, while delighting in personal and collective AccepDance.

Sunday, February 17

8:00-9:30 AM Grateful Breakfast – *Dining Hall*

10:00 AM-12:00 PM AM Yoga Session – *Library*
Exploring how to overcome obstacles to joy.
Arrive as yourself.

12:00-1:00 PM Lunch – *Dining Hall*

1:00-2:30 PM Free Time

2:30-3:45 PM Optional Hike
Meet in Great Hall

4:00-6:00 PM Partner Yoga Session with
Journaling – *Library*

Discover joy that derives from generosity to others, trust and empowerment.

6:00-7:00 PM Dinner – *Dining Hall*

7:15-8:45 PM Partner Sharing / Meditation /
Restorative Yoga – *Library*

We'll begin with a discussion about non-judgment, then extend the concept into a meditation practice, followed by a restorative practice.

Monday, February 18

7:00-8:00 AM Just Yoga Flow with Carol
Library

A simple yoga flow (vinyasa) class for all levels to get you moving in the morning. The instruction in this class will be purely about alignment.

8:00-9:00 AM Breakfast – *Dining Hall*

***Please remove belongings from your room
prior to 9:30 AM Yoga Session***

9:30-11:00 AM AM Yoga Session – *Library*
How to experience moments of joy in everyday life. Reviewing trust, generosity, gratitude, and non-judgment.

11:15 AM-12:00 PM Closing – *Library*
Reflecting on joy. Closing circle sharing.

12:00-1:00 PM Lunch – *Dining Hall*

1:00 PM Departure
See you next time