

# THURSDAY, MARCH 12

## 1:00 PM

Shuttle leaving NYC

*JCC Manhattan*

Sometimes it's all about the journey.

## 3:00-5:00 PM

Guest Arrival/Check In/Arrival Snack

*Great Hall*

What does it mean to truly arrive? What parts of you did you leave behind?

## 5:00-5:45 PM

Welcome and Orientation

*Synagogue*

ELANA BRODY, RACHAEL BRODY, NOAH GOLDSTEIN, JEFFREY YOSKOWITZ

We will discuss the ins and outs of the retreat, both in terms of logistics and in terms of how to show up. We will set intentions, talk through community agreements, and make sure everyone is aware of all the resources available.

## 5:45-6:30 PM

Layers of Living: Guided Embodied Meditation & Talk

*Synagogue*

NOAH GOLDSTEIN

In this guided meditation we will ground ourselves and explore the different layers of our bodies as a foundational practice for the weekend.

## 6:30-7:30 PM

Welcome Dinner

*Dining Hall*

Dinner Theme: Grounding/Opening

## 7:30-8:00 PM

Break/Breath

## 8:00-9:30 PM

Restorative, Grounding, Self-Love Movement Activity

*Library*

RACHAEL BRODY

In this calming and restorative session, we will have an opportunity to connect with ourselves and our bodies, and explore how it feels to give and receive in a loving and caring way. We will better understand how to access self-love as a resource.

## 9:30 PM

Rest & Relaxation Free Time

# FRIDAY, MARCH 13

## 7:00-8:00AM

### Vinyasa Yoga (Optional)

*Library*

REBECCA BLOOMFIELD

Tend to your mind, body, and spirit with a yoga practice that combines alignment and fluidity, using breath as the vehicle. We will practice sun salutations and a sequence of standing and seated poses. Flowy and invigorating, the class will also have many options for modification to a gentler practice. Beginners welcome. If you can breathe, you can do yoga!

## 8:00-9:30AM

### Breakfast

*Dining Hall*

## 10:00AM-12:00PM

### Wave Movement Experience

*Library*

RACHAEL BRODY

Dive deep into your ever changing body and connect to the wealth of wisdom within. In this 2-hour program, we will gather together in community and enjoy a free-form dance with the support of awesome music from around the world. With gentle facilitation and guidance by Rachael, we will deepen self awareness, make space for emotions and sensations to emerge and move through our body, connect with our intentions and prayers, and perhaps have some good ol' wild and funky fun! The dance will be followed by contemplative time to write or make art as a way of integrating what emerged in the movement. The form is inspired and informed by the maps of 5Rhythms, Somasource body-centered Rites of Passage, and dance/movement therapy. No dance experience necessary, come as you are!

## 12:00-1:00 PM

### Lunch

*Dining Hall*

## 1:00-2:30 PM

### Community Acupuncture

*Synagogue*

NOAH GOLDSTEIN

Drop in to a deep restorative healing experience with a simple, yet customized, acupuncture treatment.

## 2:00-3:00 PM

### Challah Braiding & Babka Making

*Great Hall*

JEFFREY YOSKOWITZ & RACHAEL BRODY

Gather in community to prepare the bread we'll break together for Shabbat. We'll braid our dough (all braids and shapes welcome), and we'll practice the old-fashioned method of balabustas in turning excess challah dough into babka.

## 3:00-3:15 PM

### Break

# FRIDAY, MARCH 13

## 3:15-4:00 PM

### Medicinal Herbs Tincture and Syrup-Making

NOAH GOLDSTEIN & ELANA BRODY

*Great Hall*

In this initial herbal medicine workshop, we'll do some hands-on crafting and learn how to make tinctures and syrups out of plants. We'll discuss when and why one might choose a tincture vs. a syrup vs. a tea and familiarize ourselves with some of the basics of herbs as allies.

### Vegetable Fermentation

*Great Hall*

JEFFREY YOSKOWITZ

Come process, prep, and ferment vegetables as our Jewish forebearers did for generations. These flavorful saltwater ferments don't just taste great, but through encouraging the proliferation of healthy gut bacteria, they help with digestion by increasing our intestinal flora and populating our microbiome. And they'll boost our immune system, too. Take a jar home.

## 4:15-5:15 PM

### Shabbat Prep

## 5:15-7:00 PM

### Singing & Meditation Kabbalat Shabbat Services (includes candle lighting)

ELANA BRODY

*Synagogue*

Alternative Prayer Space in the Red Yurt

## 6:40 PM

### Shabbat Begins

## 7:00PM-8:30PM

### Shabbat Dinner

*Dining Hall*

Dinner Theme: Comfort

## 8:45 PM

### After Dinner Digestif or Tea

Opportunity to journal and craft and connect with others.

# SATURDAY, MARCH 14

## 8:00-9:30 AM

Breakfast

*Dining Hall*

## 9:30AM-10:30 AM

Singing & Meditation Shabbat Services

ELANA BRODY

SYNAGOGUE

Alternative Prayer Space in the Red Yurt

## 10:30-11:00 AM

Break

## 11:00AM-12:15 PM

Outdoor Activity: JOFEE Long Hike (Blue Trail)

*Meet in Great Hall*

JOFEE EDUCATOR, NOAH GOLDSTEIN & JEFFREY YOSKOWITZ

Enjoy a moderate hike through the woods on our Blue Trail and get acquainted with the beauty of the Berkshires. We'll spend some intentional time with nature, and let our curiosity infuse this time with a sense of wonder. (JOFEE = Jewish Outdoor, Food, Farming & Environmental Education)

Indoor Activity: Expressive Arts & Play Activity

*Library*

RACHAEL BRODY & ELANA BRODY

Enjoy reflective time allowing your conscious and subconscious to infuse a creative artistic expression. No art skills needed, just bring your heart, senses, hands, and a willingness to let whatever comes through you flow.

## 12:15-12:30 PM

Kiddush

*Great Hall*

## 12:30-1:30 PM

Lunch

*Dining Hall*

## 1:30-2:00 PM

Break

## 2:00-4:30 PM

Community Acupuncture

*Synagogue*

NOAH GOLDSTEIN

Drop into a deep restorative healing experience with a simple, yet customized, acupuncture treatment.

## 3:00-4:15 PM

Kundalini Yoga

*Library*

ELANA BRODY

This style of yoga is a full body-mind-spirit healer and works mostly with breathing, sound, and concentration, while holding postures. You can expect to experience very deep relaxation and new physical sensations!

# SATURDAY, MARCH 14

**4:30-5:00 PM**

Break

**5:00-6:00 PM**

**Medicinal Herbs Learning**

*Great Hall*

NOAH GOLDSTEIN & ELANA BRODY

Learn about the different uses of medicinal herbs, as Noah and Elana share the uses of the healing herbs in their repertoire. You'll taste a few infusions and blend a few herbs for yourself, as well.

**6:00-6:30 PM**

Break

**6:30-7:45 PM**

**Dinner**

*Dining Hall*

Dinner Theme: Heart-Warming

**7:41 PM**

Shabbat Concludes

**7:45-8:30 PM**

**Singing Sensory Havdalah**

*Great Hall*

ELANA BRODY, NOAH GOLDSTEIN & JEFFREY YOSKOWITZ

Say farewell to Shabbat with beautiful song, as well as tastes, smells, and all the feels.

**8:30-9:30 PM**

**Cocktails & Mocktails**

*Great Hall*

JEFFREY YOSKOWITZ

We're going to make craft cocktails with local herbs, freshly made syrups, and other curious ingredients from the local environs. We'll likely have a laugh or two in the process.

**9:30 PM**

**Firepit with S'mores**

*Firepit*

Sometimes warmth and comfort, and community around a fire are what we need most.

# SUNDAY, MARCH 15

**7:00 AM- 8:30 AM**

**JOFEE Overlook Hike**

*Meet in Great Hall*

JOFEE EDUCATOR

Breathtaking views await! Hike our Red Trail to the Overlook and you'll be rewarded with the best view of Isabella Freedman. A beautiful steep hike leads to an incredible experience.

**Vinyasa Yoga**

*Library*

REBECCA BLOOMFIELD

Tend to your mind, body, and spirit with a yoga practice that combines alignment and fluidity, using breath as the vehicle. We will practice sun salutations and a sequence of standing and seated poses. Flowy and invigorating, the class will also have many options for modification to a gentler practice. Beginners welcome. If you can breathe, you can do yoga!

**8:00-9:30 AM**

**Breakfast**

*Dining Hall*

**10:00 AM**

**Check out of Rooms**

Please be sure that you and all of your belongings are out of the rooms by 10am. You are welcome to stow your things on the stage in the Great Hall.

**10:00 AM-12:00 PM**

**Dance Prayers & Closing Program**

*Library*

RACHAEL, ELANA, NOAH & JEFFREY

In our closing program we will continue to engage our body, minds, and spirits with dance as an integrative and expressive process. We will spend time consolidating what we've experienced during our time here and reflect on how to integrate it into our lives as we journey home. Here we will celebrate our journey through the weekend and ensure we return home with our proverbial cups overflowing.

**12:00-1:00 PM**

**Lunch**

*Dining Hall*

**1:00 PM**

**Departure from Site**

We are so happy you joined us at Isabella Freedman for the Wellness Retreat!

**1:00 PM**

**Shuttle back to NYC**

*Meet in Great Hall*

Drop off at JCC Manhattan