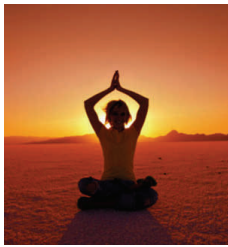


A Conservative Shabbaton in the Poconos

GET IN THE SPIRIT

Healing the body, mind and spirit



Practicing Ophanim:

The principles of Ophanim yoga are rooted in deep spiritual meaning. Sometimes referred to as *Jewish*, *Torah*, or *Kabbalistic* yoga, the practice is both a movement exercise and meditation.

All Meals are vegetarian
Shared Accomodations
Car Pooling is available



Total Shabbaton Cost is \$225.00

For Reservtions, Contact Rachelle: 718-544-5997

Celebrate this Shabbat in a Spiritual Community and the tranquility of nature

Date: Sept. 3-5,

Friday Program:

Mincha/Maarive Service
Kabbalat Shabbat
Welcoming the Sabbath Queen with song and dance and the ceremony of light
Shabbat meal with a discussion of the Sabbath laws and blessings

Saturday Program:

Shakkharis/Musaf Service
Sit down Kiddush
Discussion: The Meaning of Rosh Hashana—Days of Awe and Repentance
Mincha
Seudah Shlisheet (The Third Meal)
discussion: The Meaning of Yom Kippur—Days of Awe and Repentance
Maariv

Evening Program:

The beautiful Havdalah Service
Melaveh Malka (Escorting the Sabbath Queen) with music, song and dance

Sunday Program:

Shakkharis (learning Tallit and Tefillin for men)
Discussion: Understanding Jewish Beliefs