

WELCOME TO



FARM TO TABLE
TU B'SHEVAT



FEBRUARY 10-12, 2017

THE KAPLAN MITCHELL RETREAT CENTER

AT RAMAH DAROM



Alumni and Community Engagement Network



JEWISH INSPIRATION. SUSTAINABLE COMMUNITIES.



Welcome!

Thank you for joining Ramah Darom for our first annual Farm 2 Table Tu B'Shevat and Green Festival. We are so excited about the retreat, and hope that you have an amazing experience!

This weekend retreat we will come together to celebrate Tu B'Shevat, the Jewish festival of trees, with delicious, organic, locally-sourced Kosher meals prepared by our stellar Ramah Darom Executive **Chef Todd Jones**, in partnership with **Souper Jenny**, our farm to table guest chef.

Throughout the weekend you will have the opportunity to experience ways YOU can make a difference with inspiring learning sessions with **Rabbi Hillel Norry**, and discover natural crafts and dyes with **Johanna Norry**; Learn how to create your own home skin care and cleaning products and delve into the world of healthy eating with nutrition and natural living guru **Robyn Diamond**; Spend time with the farm animals of **Ivy Rose Farms**, and learn about Urban Farming from **Amy Price** and **Laura Labovitz**; Try your hand at farm to table cooking with **Chef Tal Baum**; Enjoy hikes, yoga, and meditation, and work the land to plant our new Ramah Darom orchard with local farmer **Jonathan Tescher**.

If you have any questions throughout the weekend, please do not hesitate to fine one of our amazing Ramah Darom Staff—we are always happy to help!

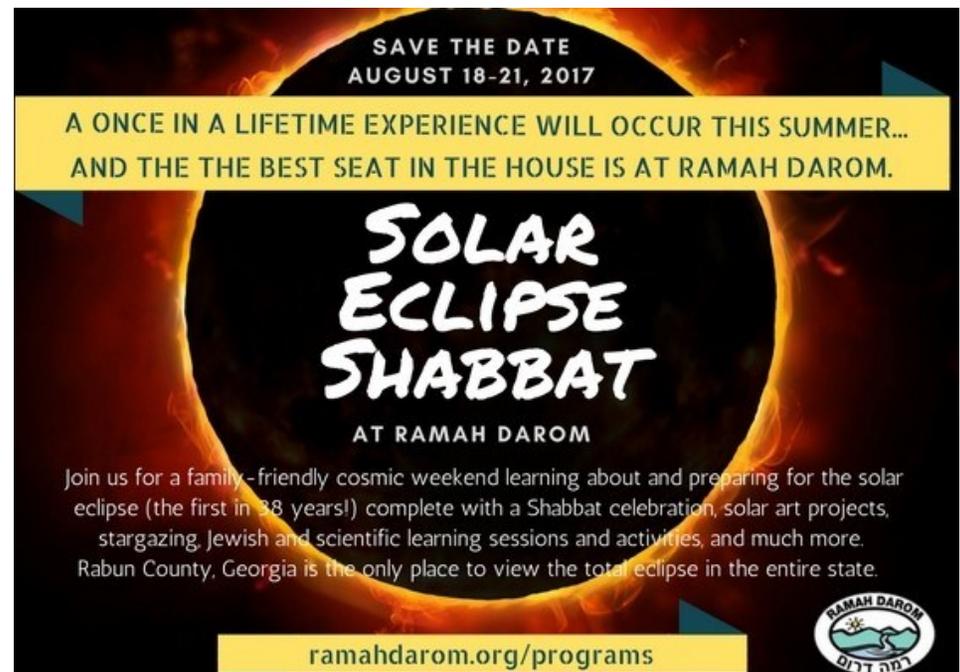
Looking forward to a beautiful weekend together.

Warmly,

Emily Kaiman and the Ramah Darom Retreat Center Team

Winter Break Family Camp *Wednesday-Monday December 27, 2017-January 1, 2018* Winter Break Family Camp is a great opportunity for the whole family to experience the magic of Camp Ramah Darom over the holiday season. Enjoy a fun-filled, meaningful Jewish experience with other families from all over the country. Kids and adults will have time together and time independently to learn, play, relax and explore. There will be spectacular New Year's eve celebrations for all, and you'll enjoy our delicious kosher cuisine throughout your stay.

Passover Retreat 2018 *Thursday March 29-Sunday April 8, 2018* Your all-inclusive Passover vacation includes everything you need to celebrate a meaningful, fun and relaxing holiday with your family and friends – new and old. During the Passover Vacation guests enjoy the rare opportunity to spend time learning and exploring Jewish life, culture, texts and history with a diverse mix of distinguished scholars, leaders and thinkers. And you won't believe it's Passover when you taste our food! Our Communal Seders are led by engaging leader or choose to enjoy your own semi-private Seder with space reserved just for your group. And of course, throughout the week your family can choose from hundreds of programs, trips, activities and lectures, including everything from woodworking and fly fishing to waterfall hikes and campfires!

A promotional poster for a solar eclipse event. The background features a large, glowing orange and yellow sun with a dark circular eclipse in the center. Text is overlaid on the image. At the top, it says 'SAVE THE DATE AUGUST 18-21, 2017'. Below that, a yellow banner contains the text 'A ONCE IN A LIFETIME EXPERIENCE WILL OCCUR THIS SUMMER... AND THE THE BEST SEAT IN THE HOUSE IS AT RAMAH DAROM.' The main title 'SOLAR ECLIPSE SHABBAT' is written in large, white, stylized letters across the eclipse. Below the title, it says 'AT RAMAH DAROM'. A paragraph of text describes the event: 'Join us for a family-friendly cosmic weekend learning about and preparing for the solar eclipse (the first in 38 years!) complete with a Shabbat celebration, solar art projects, stargazing, Jewish and scientific learning sessions and activities, and much more. Rabun County, Georgia is the only place to view the total eclipse in the entire state.' At the bottom, there is a yellow banner with the website 'ramahdarom.org/programs' and a circular logo for Ramah Darom on the right side.

SAVE THE DATE
AUGUST 18-21, 2017

A ONCE IN A LIFETIME EXPERIENCE WILL OCCUR THIS SUMMER...
AND THE THE BEST SEAT IN THE HOUSE IS AT RAMAH DAROM.

**SOLAR
ECLIPSE
SHABBAT**

AT RAMAH DAROM

Join us for a family-friendly cosmic weekend learning about and preparing for the solar eclipse (the first in 38 years!) complete with a Shabbat celebration, solar art projects, stargazing, Jewish and scientific learning sessions and activities, and much more. Rabun County, Georgia is the only place to view the total eclipse in the entire state.

ramahdarom.org/programs



SAVE THE DATE FOR THESE AMAZING UPCOMING PROGRAMS AT RAMAH DAROM!



Finding Our Roots: Digging Deep at Aluma Farm *Sunday March 19, 2-4pm* "As the garden grows, so does the gardener" - Hebrew Proverb. Come continue learning about Urban Farming at Aluma Farm, an Urban farm in Atlanta, GA .Get your hands dirty and grow with us as we dig in and prepare the farm for the upcoming Spring. Spend the afternoon connecting to the earth, and learning about this awesome Urban Farm in our own backyard. This program is free to attend and friendly for all ages! Bring your family, friends and kids, kosher certified snack will be provided.

Summer Family Camp 2017 *Session A June 28 - July 2, 2017*
Session B: July 26-July 30 At Family Camp, you experience the very best of what camp has to offer. Participants enjoy plenty of family bonding time, from hiking to the beautiful waterfall, to playing the traditional Shabbat softball game and singing at the campfire. The Family Camp program is best suited for families with children age 3-10.

Solar Eclipse Shabbat *August 18-21, 2017* Join us for a cosmic weekend learning about and preparing for the solar eclipse (first in 38 years!) complete with a Shabbat celebration, solar art projects, stargazing, Jewish and scientific learning sessions and activities, and much more. Rabun County, Georgia is the only place to view the total eclipse in the entire state!

Book It To Shabbat: A PJ Library—Ramah Shabbaton *October 20-22, 2017* Throughout the weekend, you and your family can take advantage of Ramah Darom's state-of-the-art facilities, while connecting with other families and enjoying some rest and relaxation. From climbing the rock wall tower and reading time in Sammy Spider's "Web" to evening porch parties for the adults, this unique opportunity for your whole family is one you won't want to miss.

Jewish Women's Getaway *Sunday—Wednesday November 5—8, 2017* Bring your mother, sister, grandmother, best friend, or come solo and meet other amazing women looking to build their community of Jewish friends. This women's-only weekend will have everything you need to relax, rejuvenate your body, and fill your spirit.

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Kaplan Mitchell Retreat Center at Ramah Darom

Important Information and Campus Rules

Arrival & Departure: Registration and check-in will be Friday, February 10th, from 3:00 – 5:00pm. The reception desk at the Welcome Center will be staffed every day until 8:00pm. The reception desk phone number is (706) 782-9300. After regular registration and Check In ends at 5:00 pm on Friday, all registrations will be at the Help Desk in the Welcome Center. Check Out is Sunday at 4:00pm.

Busing Tables: Please clear your table after finishing your meal. Bins for compost and dishware are located at the kitchen entrance. Breakfast will be served buffet-style, lunch and dinner will be served family-style. During family style meals please go up to the kitchen bar to refill the serving bowls and bring back to the table

Compost & Recycling: Around campus you will see recycling bins and landfill trash bins located in a variety of areas, with marked signs stating trash and recycling. PLEASE NOTE that glass is unable to be recycled in Rabin County, and must be placed in the landfill container. Compost bins are available in the main dining hall next to the dish busing areas. Items that are compost: All food, paper napkins, paper towels, to-go Greenware, corks, and wooden coffee stirrers. Disposable coffee cups are to go in the recycling.

Drinking Water: All water served, as well as faucets and fountains at Ramah Darom is underground mountain spring water – great for drinking! There are water bottle refilling faucets located at each water fountain.

Electronics: Farm 2 Table Tu B'Shevat is a great time to take a break from electronics. In the spirit of community, we encourage everyone to use cell phones, and game-playing devices only in their rooms. In addition, while camp is a safe environment, please be aware that individual rooms do not lock and pack accordingly.

Emergencies: The front desk will be staffed from 8:00am – 8 p.m. and the answering machine will be on in case of an emergency. In the case of an emergency, call 911 from any landline on campus. Be prepared to state the nature of the problem and your location (Ramah Darom Retreat Center, 70 Darom Lane, Clayton, Georgia 30525). Do not hang up until instructed to do so by the 911 operator. If you need to be driven to emergency care, the hospital in Clayton is about 15 minutes away. Please bring your own prescription medication and any over-the-counter supplies you may need. First Aid kits and a Defibrillator are located in the main dining hall below the coffee station.

The phone number of our Clayton Campus Front Desk is (706) 782-9300

MEET OUR RAMAH DAROM STAFF



Sarah Attermann
Camp Program Director



Michael Fingerman
Retreat Center Assistant
& Youth Coordinator



Anthony Franklin
General Manager



Katie Hendricks
Retreat Center
Hospitality and Sales
Coordinator



Todd Jones
Executive Chef and Food
and Beverage Manager



Emily Kaiman
Retreat Center
Program Director



Eliana Leader
Retreat Center Director



Fred Levick
CEO of Ramah Darom



Rachel Dobbs Schwartz
Camp Assistant Director



Justin Thompson
Assistant Facilities
Manager



Shira Wasser
Camp Administrative
Associate



Ramah Darom (Ramah of the South) is a world-class Jewish overnight camp and retreat center in the foothills of the Blue Ridge Mountains. Ramah Darom's mission is to offer exceptional experiences in Jewish living and learning to youth, adults, families and communities year-round.

We are incredibly proud of our growth over the past 20 years. Every summer, campers join us for a fun, inspiring and educational Jewish overnight camp experience. Throughout the rest of the year, Ramah Darom hosts people of all ages on our campus for programs, simchas (celebrations) and retreats.

Ramah Darom is surrounded by more than 10,000 acres of hiking trails in the adjacent Chattahoochee National Forest. The inspiring scenery, beautiful facilities and comfortable lodging provide the perfect landscape for fun and meaningful Jewish experiences.

Many people ask us how they can be a part of the magic here at Ramah Darom. There are so many ways to support the meaningful programs we do. Your support is greatly appreciated and goes a long way toward ensuring Ramah Darom's future. To learn more about how you can help Ramah Darom please visit our website at ramahdarom.org/donate or contact Sharon Rosenfeld, our Director of Development at 404-503-2129 or srosenfeld@ramahdarom.org.

Food, Drink & Meals We are looking forward to an incredible weekend of delicious food and drink together. We are a kosher facility and ask that no outside food or drink be brought into the main dining hall. Likewise, we ask that you not take any dishes/mugs/silverware out of our dining areas.

Coffee, tea and snacks will be available throughout the weekend in the dining hall. There will be a station location on the mountain-side of the main dining hall for self-service. Please support our effort to keep our environmental footprint to a minimum by using reusable cups, mugs and water bottles whenever possible. If you do need to take food or drink out of the dining hall please use the compostable/recyclable cups and plates to remove food from the dining hall. Any announcements, as well as any possible changes or additions to the schedule, will be made at mealtimes

Parking: Parking is available at all cabins and hotels. Once you have arrived at Ramah and parked your car, for safety reasons we ask that you do not drive it during the weekend until your departure.

Program Daily Schedule: During this program, many workshops and sessions are appropriate for all ages, where adults and children can participate together. We do have some sessions which are age-specific and will be delineated in the schedule. During "adults-only" sessions, we have fantastic counselors and Ramah Darom staff to run special "kids-only" sessions during the day, and *shmira* at night.

Shmira/Night-Listening: For families with children, after you have put your kids to bed, we invite you to join in with the Adult Evening Program. During these late night adult activities, counselors will be assigned to central spaces in the hotel and cabin areas to listen for children who wake up or need something. Counselors are there to respond to needs that arise, but are not available to supervise bedtime. One counselor will always be available to get a parent if necessary, and every location will have a walkie talkie to stay in communication. However, please note that each family will not have its own individual babysitter. If you wish to participate in *Shmira* (Night Listening), you must fill out the *Shmira* Agreement, and return it to us at registration.

Tefilah/Prayer: Communal prayer will take place daily in the Sanctuary. These participatory services will be egalitarian, inclusive and uplifting; all are invited. Please note that there is no mechtza provided at the communal service. Feel free to bring your own head covering, *talit* or *tefilin*, if that is your custom.

Smoking: Smoking is not allowed inside any building. The designated smoking area is behind the Dining Hall. A fee will be assessed to rooms or areas showing evidence of smoking or smoke damage.

Telephones: Cell phone service has improved in recent years, but does not always work reliably in the beautiful mountains of Clayton, Georgia. WIFI is now available throughout camp, making it easier to send/receive text messages and email via smart phones and other devices.

Friday, February 10

3:00 to 5:00 pm	Registration Open
4:00 to 5:00 pm	Heart Opening Yoga —Multipurpose Room Pita Making for Shabbat —Pizza Oven Sports Fields and Courts Open
4:30 pm	Camp Tours—Meet at Welcome Center
5:30 pm	Feed the Farm Animals—The Farm
5:45 pm	Community Candle Lighting—Main Dining
6:00 to 7:00 pm	Kabbalat Shabbat & Ma'ariv—Beit Knesset
7:00 to 8:00 pm	Shabbat Dinner—Chadar Ochel
8:15 to 11:15 pm	Shmira (Night Listening) available
8:30 pm to 9:30 pm	How Much is Enough?: Jewish Reflections on Consumption and Waste with Rabbi Hillel Norry—Library Spa Ramah—Make Your Own Natural Face Masks with Robyn Diamond —Mountainside Dining
9:30 to 11:30 pm	Shabbat Oneg, Local Cocktails and Craft Brews

Saturday, February 11

8:00 am	Feed the Farm Animals—The Farm
8:30—9:30 am	Breakfast—Lakeside Dining
9:00—10:00 am	Meet the Farm Animals —The Farm Morning Cup of Yoga with Amy Hargis—Multipurpose Room

JOHANNA NORRY Johanna Norry is an artist and fiber sculptor living in Atlanta, GA. She explores metaphysical ideas and their metaphorical relationship with the physical realities of a body's openings and closings and confronts seeing the bodies of animals and humans differently. Employing traditional techniques of weaving, handknitting, coiling, embroidery and stitching, her work often combines comforting materials with discomfiting images and ideas. She received her BFA in Textiles from Georgia State University in Atlanta, GA in 2015, and her BA in Anthropology and Writing at Sarah Lawrence College, and is currently pursuing her MFA in Fabric Design at the Lamar Dodd School of Art, University of Georgia.

Sessions: **Natural Tie-Dye** (Sun. 10:00am), **Sun Prints, Paper Making** (Sun. 2:00pm)

AMY PRICE Amy loves all things outdoors and is excited to be a part of the very first Farm 2 Table Tu B'Shevat. She lives in Chamblee with her fiancé, 2 step daughters, and 20 chickens. Professionally she supports people of all abilities to find employment opportunities and dream big for their lives. She spend time at Isabella Friedman working for The Teva Learning Center doing outdoor environmental education. This is where her passion developed for exploring the connection between Judaism and the environment. She also spend time farming at a youth village in Rwanda.

Sessions: **Journey Within-A Shabbat Morning Hike and Meditation** (Sat. 11:00am), **How Jewish Farming Teaches Us the Importance of Social Justice** (Sat. 1:15pm), **Hike and Forage: Pick Native Plants, Brew Tea** (Sun. 11:30am), **Fermentation Basics: Sauerkraut Making and Other Fermented Treats** (Sun. 3:00pm)

JONATHAN TESCHER Jonathan Tescher is an organizer and entrepreneur with experience in food, social enterprise, nonprofits and community development. He started the East Atlanta Village Farmers Market and worked with state and federal agencies to become the first farmers market in Georgia to accept SNAP benefits (formerly food stamps). While the Farmer Services Coordinator a Georgia Organics, Jonathan consulted farms and farmers markets throughout Georgia and worked across the industry with suppliers, distributors, retailers and academia. Most recently he worked with investors to launch Sparta Imperial Mushrooms as part of an economic development initiative in an economically distressed small town. Jonathan holds an MBA from Georgia State University and a BA in marketing from The University of Texas.

Sessions: **Orchard Planting** (Sun 10:00am-12:30pm, 2:00-4:00pm)

Meet Our Facilitators Cont.

JENNY LEVISON (SOUPER JENNY) A native of Atlanta, Jenny opened her first restaurant 17 years ago with only 2 employees, and today has four restaurants and employs a staff of 48. Also known as the original “Soup Diva” Jenny spends most of her time reinforcing her mission of hospitality one bowl of soup at a time. Most recently Souper Jenny has started their own non profit, The Zadie Project, in honor of her father, her inspiration to become a cook. Through this initiative Souper Jenny has committed to cook and deliver 400 quarts of soup weekly to hungry families in Atlanta. When she is not slinging soup, Jenny is an actress and enjoys performing in local theaters.

ROBBIE MEDWED Robbie Medwed is an Atlanta-based educator, political activist, consultant, and cocktail enthusiast. He was most recently the Education Director of SOJOURN, the Southern Jewish Resource Network for Gender and Sexual Diversity. He has a weekly opinion column at The New Civil Rights Movement and has been published in Slate, The Georgia Voice, Creative Loafing Atlanta, JewSchool, My Jewish Learning, Atlanta Jewish Times, Grok Nation, the Jewish Food Experience, and more. He can be heard occasionally on the "Breakroom" on Georgia Public Broadcasting's On Second Thought. His cocktail recipes and articles can be found at koshercocktail.com.

Sessions: **Farm to Table Oneg** (Fri. 9:30pm), **Late Night Local Bar** (Sat. 9pm), **Holy Spirits: History and Halacha Through Taste and Text** (Sun. 2:00pm)

RABBI HILLEL NORRY Born and raised in Rochester, New York, Hillel Norry earned a degree in Near Eastern and Judaic Studies from Brandeis University in 1987, and an MA in Talmud from the Jewish Theological Seminary of America. He was ordained in 1993 and later pursued doctoral studies in Talmud while serving as an Adjunct Instructor in the Department of Professional and Pastoral Skills. Rabbi Norry has served as spiritual leader at Congregation Shaare Zedek on the Upper West Side of New York City and as Senior Rabbi of Congregation Shearith Israel in Atlanta. An avid vegetarian chef and proponent of ethical eating, he has taught vegetarian cooking on cable television, at the 92nd Street Y in NYC, to Emory Hillel students in his own kitchen, and at Shearith Israel.

Sessions: **Pita Making** (Fri. 4pm), **Kabbalat Shabbat** (Fri. 6pm), **How Much is Enough: Jewish Reflections on Consumption** (Fri. 8:30pm), **Shabbat Morning Prayer** (Sat. 10am), **Roots, Trunk Crown: An Environmental, Biological, and Spiritual Case for Veganism** (Sat. 2:45pm), **Tu B'Shevat Seder** (Sat. 5:30pm), **Vegan Epicurious Scavenger Hunt** (Sun. 2pm)

Saturday cont.

10:00—11:00 am	Shabbat Shira: A Shabbat Morning Song-Filled Prayer Experience (with Shacharit and Torah Service) —Beit Kneset
11:00—11:45 am	Kids Only! Tallit Parachute & Tu B'Shevat Storytime — Multipurpose Room Journey Within: A Shabbat Morning Hike & Meditation (Adults Only) - Depart from the Beit Kneset Mussaf & Conversation: Putting Together a Farm to Table Program—Beit Kneset Mindful Eating: Food Meditation—Library
12:00—1:00 pm	Shabbat Lunch —Lakeside Dining
1:15—2:30 pm	How Jewish Farming Teachers Us the Importance of Social Justice (Adults Only)—Under Porch The Italian Lunch Box: Ideas and Demos—Main Dining Kids Only! Waterfall Hike—Meet at Multipurpose Room
2:45—3:45 pm	Roots, Trunk, and Crown: An Environmental, Biological, and Spiritual Case for Jewish Veganism—Beit Kneset Tu B'Shevat Harvest Challenge (Kids Only)—Kikar
4:00—5:30 pm	Shabbat Menucha—Rest and Rejuvenate
5:00 pm	Feed the Farm Animals—The Farm
5:30—7:00 pm	Tu B'Shevat Seder and Seudah Shlishit—Lakeside Dining
7:05—7:30 pm	Havdallah—Main Dining
7:30—8:30 pm	Ditch the Chemicals and Make it Yourself: DIY Spray Cleaner and Fabric Softener—Mountainside Dining
7:30—9:00 pm	Kids Movie: Ratatouille—Multipurpose Room Film Screening: Food Inc.—Library
9:00—11:00 pm	Shmira Available Pizza Making, Jamming and Late Night Local Bar (BYO Instruments) - Pizza Oven Raw Sweet Treats—Mountainside Dining

Sunday, February 12

8:00 am	Feed the Farm Animals—The Farm
8:30—9:30 am	Breakfast—Lakeside Dining
9:15—10:00 am	Shacharit B'Yachad—Morning Prayer Service —Beit Knesset Morning Cup of Yoga with Amy Hargis—Multipurpose Room
Tu B'Shevat Green Festival Activities Come and go into these activities as you please!	
10:00—11:15 am	Fresh Pasta Making Workshop —Main Dining Natural Urban Farming, What's Jewish About it? - The Farm Ditch The Chemicals and Make It Yourself: DIY Deodorant and Moisturizer—Mountainside Dining
10:00 am—12:30 pm	Natural Tie-Dye —Art Studio Kids Only! Upcycled Ramah T-Shirt Tote—Art Studio Orchard Planting— Next to the Softball Field
11:30—12:30 pm	Hike & Forage: Pick native plants and brew tea —Meet on Dining Hall Porch How to Detox with Real Foods and Get Real Results—Library Kids Only! Find Your Roots Yoga—Multipurpose Room
12:45—1:45 pm	Community Lunch—Lakeside Dining
2:00—3:00 pm	Vegan Epicurious Scavenger Hunt—Main Dining Holy Spirits: History & Halacha Through Taste & Text (Ages 21 +) - Mountainside Dining Little Free Farm: How you can still Tithe today—The Farm
2:00—4:00 pm	Sun Prints & Paper Making—Art Studio Orchard Planting—Next to the Softball Field
3:00—4:00 pm	Fermentation Basics: Sauerkraut making and other fermented treats—Mountainside Dining Meals in a Jar: Overnight oats and salads—Main Dining

Meet Our Facilitators

TAL BAUM Baum moved to Florence, Italy at the age of 21. During her seven years in Italy Baum mastered the language and developed an intimate knowledge of Italian cuisine. After learning the secrets of traditional Italian cooking, she produced and published a cookbook entitled “Zeb”. As the owner of Bellina Alimentari, Baum has built her restaurant on the philosophy that the hectic nature of modern life should not compromise the quality of the food we eat. Her goal is to create an environment where healthy, quality, affordable food is a way of life.
Sessions: **The Italian Lunchbox: Ideas and Demo** (Sat. 1:15pm), **Pizza Making** (Sat. 9:00pm), **Fresh Pasta Making** (Sun. 10:00am)

ROBYN DIAMOND Robyn Diamond is a Certified Integrative Nutrition Health Coach. She received her training from the Institute of Integrative Nutrition and is Board Certified through The American Association of Drugless Practitioners. Diagnosed with Crohn's Disease in 1995, Robyn found her way to Health Coaching through her personal health challenges. After many years of follow doctor's orders, she took her health into her hands and turned to nutrition and lifestyle to heal her body. She now coaches individuals and groups, as well as, leads workshops and classes on healthy living and nutrition.

Sessions: **Spa Ramah: Natural Face Masks** (Fri. 8:30pm), **Mindful Eating: Food Meditation** (Sat. 11:00am), **Ditch the Chemicals: DIY Spray Cleaner and Fabric Softener** (Sat. 7:30pm), **Raw Sweet Treats** (Sat. 9:00pm), **Ditch the Chemicals: DIY Deodorant and Moisturizer** (Sun. 10:00am), **How to Detox with Real foods and Get Real Results** (Sun. 11:30am), **Meals in a Jar: Overnight Oats and Salad** (Sun. 3:00pm)

AMY HARGIS Owner & Co-Founder of the Wellness Place, Amy is an Ordained Healing Minister with a Master's Degree in Counseling and an undergrad of Youth Ministry, a Certified Yoga Teacher, Personal Trainer, Corrective Exercise & Posture Specialist, Martial Arts, Kettlebell & Pilates Instructor, Senior Fitness Specialist, Plant-Based Nutritionist, and certified in Vedic Thai Assisted Stretching as well as Aroma Touch® (which uses Essential Oils to promote Wellness). She has recently been accepted for her Doctorate in Stress Management & the effects of Positivity.

Sessions: **Heart Opening Yoga** (Fri. 4:00pm), **Morning Cup of Yoga** (Sat. 9:00am, Sun. 9:15am), **Kid's Only! Find Your Roots Yoga** (Sun. 11:30am)

LAURA LABOVITZ Laura Labovitz grew up in Sandy Springs, Georgia then moved to Colorado where she fell in love with farming. She now lives on her farm in North Georgia with her animals: horses, llamas, goats, chickens, ducks, rabbits, dogs, and cats! Laura's passion started with wanting to live a more sustainable lifestyle, which has quickly grown into a desire to help teach others how to live an urban sustainable life! Laura is actively working towards turning her farm into an educational space and working on multiple side projects too!

Sessions: **Feed the Farm Animals** (twice daily), **Meet the Farm Animals** (Sat. 9:00am), **Natural Urban Farming: What's Jewish About It?** (Sun. 10:00am), **Little Free Farm: How You Can Still Tithe Today** (Sun. 2:00pm)