**Jewish Women’s Getaway**

**Daily Schedule**

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| **SUNDAY: NOVEMBER 5** | | |
| **TIME** | **ACTIVITY** | **LOCATION** |
| 2:00-  5:30pm | **Registration** Check-in, grab a snack & enjoy a complimentary massage! | Welcome Center |
| 5:00-  5:30pm | **Tour of Ramah Darom** *w/ Retreat Center Director, Eliana Leader* | Meet Outside Welcome Center |
| 5:45-  6:45pm | **Welcome Session and Ice Breakers:**  The Art of Leaving with Balance  *w/ Rabbis Analia and Danielle* | Main Dining Room |
| 7:00-  7:30pm | **Cocktails by the Fire:** Join us for cocktails, and learn about all the amazing programs the Ramah Darom Retreat Center has throughout the year | Pizza Oven |
| 7:30-  8:45pm | **Mix and Meet Dinner** | Lakeside Dining |
| 9:00-  11:00pm | **Spa Ramah:** Give or receive a manicure, create your own hair refresher, enjoy a complimentary massage, and much more at this fun  and relaxing evening program! | Mountainside Lounge & Main Dining Rooms |



# BODY MIND SPIRIT

**NOTE:** Color behind an event = preregistration required!

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| **MONDAY: NOVEMBER 6** | | |
| **TIME** | **ACTIVITY** | **LOCATION** |
| 8:00–  9:00am | **Morning Move Your Assets!**  Dance Class *w/ Bethanne Weiss* | Multipurpose Room |
| 8:00–  9:00am | **Yoga-Shacharit:** A Movement Morning Prayer Experience  *w/ Rabbi Danielle* | Synagogue |
| 9:00–  10:00am | **Breakfast** | Lakeside Dining |
| 10:15–  11:30am | **Let's play! Positive Psychology Tools to Balance Life**  w/ *Rabbi Analia* | Synagogue |
| 10:15–  11:30am | **Yoga** *w/ Deena Pargman* | Multipurpose Room |
| 10:15–  11:30am | **What’s your Vision?** What would you like more of in your life? Cut and paste a vision board that screams YOU!!  No experience is necessary, just an openness to the possibilities that come from positive thinking.  *w/ Cheri Pollack* | Art Room |
| 9:45–  11:00pm | **Intro to Paper Cutting:** Learn the basics of this delicate art form, and create your own take-home piece  *w/ Loren Stein* | Art Studio |
| 11:45am–  12:45pm | **Group Conversation: Standing at the Fulcrum:** A Cosmic, Communal, and Personal Orientation  *w/ Rabbi Danielle* | Synagogue |
| 1:00–  2:00pm | **Lunch** | Lakeside Dining |



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| **MONDAY: NOVEMBER 6** | | |
| **TIME** | **ACTIVITY** | **LOCATION** |
| 2:15-  3:30pm | **Book Discussion:** *Minding the Temple of the Soul w/ Rabbi Analia* | Library |
| 2:15-  3:30pm | **Are you a clueless crap consumer?**  **…You most definitely are.**  *w/ Bethanne Weiss* | Multipurpose Room |
| 2:15-  3:30pm | **Giant Swing\*** | Giant Swing |
| 2:15-  3:30pm | **Design Your Own Paper-cut:**  Visualize and create your own  paper-cut design *w/ Loren Stein* | Art Studio |
| 3:45-  5:00pm | **The Art of Letters:** An interactive, hands-on session. Explore the mystical energy of the Hebrew Alphabet, unlock creativity and manifest balance  *w/ Rabbi Danielle* | Synagogue |
| 3:45-  5:00pm | **Alpine Climbing Tower\*** | Climbing Tower |
| 3:45-  5:00pm | **Chanukkah Apron Painting Party!** Create a unique and colorful Chanukkah apron *w/ Cheri Pollack* | Art Studio |
| 3:45-  5:00pm | **Internal Balance with Fermented Foods:** Enjoy tasting and making fermented foods. Learn about their benefits to keeping us healthy and balanced from the inside out  *w/ Emily Blustein* | Main Dining Room |
| 5:15-  6:15pm | **Spin Class:** This warm-up and fun spin class will leave you feeling strong  and energized w/ *Deena Pargman* | Gym |



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| **MONDAY: NOVEMBER 6** | | |
| **TIME** | **ACTIVITY** | **LOCATION** |
| 5:15-  6:15pm | **Painting and Pinot:** Create your own canvas masterpiece, enjoy a beautiful view, and sip on wine *w/ Loren Stein* | Lakeside Pavilion |
| 5:15-  6:15pm | **Blessing Appreciation Hike:** Discover the beauty and blessings in nature  on this moderate hike to the Ramah Waterfall *w/ Emily Blustein* | Meet on the Main Dining Porch |
| 6:15-  7:15pm | **Rest and Relax-YOU Time** |  |
| 7:15  – 7:45pm | **Cocktails and Conversation** | Main Dining Porch |
| 7:45  – 8:30pm | **Dinner** | Lakeside Dining |
| 8:30-  10:00pm | **Night Odyssey High Ropes Course\*** | Odyssey Ropes Course |
| 8:30-  9:45pm | **Game Night** | Mountainside Lounge |
| 8:30-  9:45pm | **What’s your Vision?** What would you like more of in your life? Cut and paste a vision board that screams YOU!!  No experience is necessary, just an openness to the possibilities  *w/ Cheri Pollack* | Art Room |
| 8:30-  9:45pm | **Feng Shui Beaded Bracelets**  *w/ Loren Stein* | Art Room |
| 10:00-  11:00pm | **Bonfire, S'mores and Singing**  *w/ Rabbi Danielle* | Lakeside Fire Pit |



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| **TUESDAY: NOVEMBER 7** | | |
| **TIME** | **ACTIVITY** | **LOCATION** |
| 8:00–  9:00am | **Spin Class:** A fun fitness class designed to improve your heart health and burn  calories *w/ Deena Pargman* | Gym |
| 8:00–  9:00am | **Morning T'fillah:** An Uplifting Prayer Service to start your day  *w/ Rabbi Analia* | Synagogue |
| 9:00 –  10:00am | **Breakfast** | Lakeside Dining |
| 10:15-  11:30am | **Book Discussion:** *The Ladies Auxiliary*  *w/ Rabbi Danielle* | Synagogue |
| 10:15-  11:30am | **How to Have Difficult Conversations**  *w/ Deena Pargman* |  |
| 10:15-  11:30am | **Balance Pendants:** Create a one of a kind pendant to help bring balance to your life *w/ Loren Stein* | Art Studio |
| 10:15-  11:30am | **Chanukkah Apron Painting Party!** Create a unique and colorful Chanukkah apron *w/ Cheri Pollack* | Art Studio |
| 10:15-  11:30am | **Balanced Baubles Jewelry to**  **Calm and Heal:** Create a unique piece of jewelry with crystals that help bring balance and healing to your life  *w/ Devi Knapp* | Art Studio |
| 10:15 –  11:30am | **Dance Workout:** Let go and move it!  Enjoy this fun 1-hour dance workout  *w/ Bethanne Weiss* | Multi-purpose Room |
| 10:15-  11:30am | **Alpline Climbing Tower\*** | Climbing Tower |

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| **TUESDAY: NOVEMBER 7** | | |
| **TIME** | **ACTIVITY** | **LOCATION** |
| 11:45  – 12:45 | **Group Conversation:** Ayekah?  Where are you? w/ *Rabbi Analia* | Synagogue |
| 12:45-  1:00pm | **Group Photo** | Lakefront |
| 1:00  –2:00pm | **Lunch** | Lakeside Dining |
| 2:15-  5:15pm | **Giving Tuesday: A Field Trip to the Food Bank of Georgia:** Volunteer at the food bank, supporting Clayton and  nearby communities.\* | Meet at the Welcome Center |
| 2:00-  3:30pm | **Odyssey High Ropes Course\*** | Odyssey Course |
| 2:15-  3:30pm | **Jewish Meditation:** Learn to bring yourself into emotional, mental and physical well being and achieve a sense of balance using breath work, mantras, and guided visualization, drawing upon Jewish sources as well as other related ancient wisdom *w/ Rabbi Danielle* | Library |
| 2:15-  3:30pm | **Garlic Planting for Camp Ramah:** Join together to find balance with the earth as we plant garlic together. Prepare the soil with compost, plant and learn how we can protect the garlic through the cold winter months *w/ Emily Blustein*  (The garlic will be the first harvest for  the campers in 2018) | Ramah Garden (Across from Covered Basketball Court) |
| 2:15-  3:30pm | **How to Add Joy, Health, and Balance to Your “Crazy Busy” Life in Ten**  **Minutes!** *w/ Bethanne Weiss* | Multipurpose Room |



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| **TUESDAY: NOVEMBER 7** | | |
| **TIME** | **ACTIVITY** | **LOCATION** |
| 3:45-  7:00pm | **Women Supporting Women Marketplace:** Support the creative and talented women of JWG by exploring what they have to offer for sale!\* | Main Dining Room |
| 3:45-  5:00pm | **If I am not for Myself, and If**  **Not Now, When?** *w/ Rabbi Analia* | Synagogue |
| 3:45-  5:00pm | **Yoga: “Bikram Style” Sequence\***  w/ *Rabbi Danielle* | Multi-purpose Room |
| 3:45-  5:00pm | **Engaging the Senses-A Hike to Hillbilly Falls:** Intermediate hike. Use all your senses to experience the beauty of nature. Only for participants stable on their feet. Some climbing/scrambling.  w/ *Emily Blustein* | Main Dining Porch |
| 5:15-  6:15pm | **Giant Swing\*** | Giant Swing |
| 5:15-  6:15pm | **Essential Oils for Balanced Emotions**  *w/ Robyn Diamond* | Synagogue |
| 5:15-  6:15pm | **Defining Curls:** Curl Care and Identity  *w/ Amy Ferman-Slakman* | Multi-purpose Room |
| 5:15-  6:15pm | **An Hour of Yiddish** w/ *Joan Pohl* | Mountainside Lounge |
| 6:15-  7:15pm | **Rest and Relax-YOU time** |  |
| 7:15-  7:45pm | **Cocktails and Conversation** | Main Dining Porch |



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| **TUESDAY: NOVEMBER 7** | | |
| **TIME** | **ACTIVITY** | **LOCATION** |
| 7:45-  9:15pm | **Dinner and Dialogue:** Gratitude: The Essential Jewish Tool for Balanced Living *w/ Rabbi Danielle* | Lakeside Dining |
| 9:30 –  11:00pm | **Healing Service** A gentle and sacred space to cultivate personal and communal healing through music, traditional and contemporary prayer, song, ritual, and reflection *w/ Rabbi Danielle* | Library |
| 9:30 –  11:00pm | **Open Art Studio:** Come finish up your projects from the week or just enjoy some playful art *w/ Devi Knapp* | Art Studio |
| 9:30 –  11:00pm | **Watercolor and Wine-Creative Card Making\*** *w/ Cheri Pollack* | Art Studio |
| 9:30 –  11:00pm | **Late Night Snacks and Games** | Mountainside Lounge |

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| **WEDNESDAY: NOVEMBER 8** | | |
| **TIME** | **ACTIVITY** | **LOCATION** |
| 8:00–  9:00am | **Yoga: “Bikram Style” Sequence\***  w/ *Rabbi Danielle* | Multi-purpose Room |
| 8:00–  9:00am | **Morning Prayer** w/ *Rabbi Analia* | Synagogue |
| 9:00–  10:00am | **Breakfast** | Lakeside Dining |
| 10:00-  10:45am | **Group Conversation:** How to find the Right Path: Walking on a Shvil HaZahav (Path of Gold) w/ *Rabbi Analia* | Lakeside Dining |
| 11:00am | Depart Ramah Darom with Balance… Until Next Time! |  |

**Activity/Class Descriptions**

**\*Alpine Tower** is a remarkable high ropes course adventure constructed on a series of vertical towers, providing an unforgettable outdoor climbing experience. Challenge yourself!

**\*Odyssey High Ropes Course** is a team-building-focused high ropes obstacle course. This two-level course is built to allow teams to accomplish goals 20 and 40 feet off the ground. After successfully navigating the course, the team celebrates their accomplishment by flying to the ground on a zip-line.

**\*Giant Swing:** Teammates pull on a rope that raises you up to 26\*\* meters in height. When you pull the cord the massive cables take hold and swing you out in a pendulum swing. Suitable for a wide range of participants who can choose the height from which they wish to swing.

**\*Watercolor and Wine-Creative Card Making** with Cheri Pollack: Using watercolors and markers you will get to create colorful cards to send to friends and family.\* You are invited to write yourself a note that will be delivered to your home around Channukah. Love letters are always welcome in my house and I think you might enjoy one too.

**\*Women Supporting Women Marketplace:** Are you an entrepreneur? Do you have an amazing craft you sell? During this time, all business owners, artists, authors and more are invited to set up a table to market and sell your goods and services. Come out and support the creative and talented women of JWG by exploring what they have to offer!

**\*Giving Tuesday: A Trip to the Georgia Food Bank:** Take a field trip down to Clayton, to the Foodbank of Northeast Georgia.\* Take a tour of this facility, and then help assemble Bread Bags for the Food 2 Kids program. Great opportunity to help give back to our Clayton Community!

**\*Yoga: “Bikram Style” Sequence:** 26 Postures | 2 Breathing Exercises Energize, Relax, Heal & Revitalize from Head to Toe

Great for beginners and advanced students alike, Bikram Method Hatha Yoga is a series of 26 postures & 2 breathing exercises (generally) practiced in a heated room. Benefits of a regular practice include weight loss, improved muscle tone, stress relief, increased energy, and overall physical and mental well being. Safe and effective for daily practice, this class will promote steady physical progress of strength and flexibility, cultivate mental focus and discipline, and create a foundation for stillness and meditation in motion.



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