

Israel: A Spiritual Journey • May 14-24, 2009

Call 052-860-8768 for more information about classes, Shabbat reservations, meals and touring.

For classes: NIS 40/class For 3 or more classes: 25/class For students: 10/class

THURS, MAY 14 King Solomon	Women's Bond to the Holy Land	20 Iyar [count Omer* 36 at night, Kindness in Connection]
1:00-2:00 pm	Arrival and Lunch at KING SOLOMON Hotel (32 King David St, Jerusalem)	
2:00-3:30 pm	Check in to KING SOLOMON	
3:30-7:00 pm	TOUR CITY OF DAVID and Southern Wall Excavation	
7:00-8:00 pm	Dinner at Jerusalem Restaurant	
8:00 pm	"The Sefirot: Building Blocks of Creation, Elements of the Soul" with Rabbi Manis Friedman:	
FRI, MAY 15 King Solomon	Building An Inner Sanctuary	21 Iyar [count Omer 37 at night, Restraint in Connection]
7:00-10:00 am	Breakfast & Davening	
10:00-11:30 am	"If I Forget Thee, Jerusalem" with Malka Touger	
11:30-1:00 pm	Hazon Yisha'ya: Helping out in soup kitchen	
1:00-2:00 pm	Lunch	
2:00-4:00 pm	Rampart walk along Jerusalem Walls and burial site of King David	
4:00-6:00 pm	City Center, free time to shop. Ride back to hotel.	
6:35 pm	Candle lighting at hotel (exact time 6:48 pm) Kabbalat Shabbat at the Kotel	
8:30 pm	Kiddush and meal	
9:30 pm	"A Kabbalistic Look Into the Soul of Shabbat" with Rabbi Manis Friedman	
SAT, MAY 16 King Solomon	Shabbat in the Holy City	22 Iyar [count Omer 38 at night, Harmony in Connection]
7:00-10:00 am	Breakfast available	
9:15-10:00 am	Insight into Morning Prayers with Rabbi Manis Friedman	
10:00-12:00 pm	Davening at Chabad of Rechavia or Great Synagogue	
1:00-4:30 pm	Kiddush, lunch and rest	
4:30-5:45 pm	"The Path To Personal Refinement: Pirkei Avot with Chassidic Commentary" with Rabbi Friedman	
5:45-8:00 pm	Walking tour of Old City led by Malka Touger	
8:00 pm	Havdala	
8:15-9:30 pm	Melava Malka dinner at hotel	
9:30 pm	Kotel Tunnel Tour: In the Kotel Tunnels, walk alongside the massive foundation stones and stand as close as one can today to the "Holy of Holies" - the most sacred spot in the Holy Temple.	
SUN, MAY 17 King Solomon	In The Footsteps of Our Matriarchs	23 Iyar [count Omer 39 at night, Ambition in Connection]
7:00-10:00 am	Breakfast & Davening	
10:00-12:00 pm	"Soul to Soul: Mystical teachings on faith and prayer at the graves of tzadikim" with Rabbi Friedman	
12:00-12:30 pm	Lunch	
12:30-3:00 pm	Travel to Kever Rochel, the burial place of our matriarch Rachel. Class with Malka Touger, then prayer and tehillim at Kever Rochel	
3:30-5:30 pm	Visit Ma'arat Hamachpela, the burial places of our patriarchs and matriarchs. Tour Hevron to learn about this holy city's history and the Jewish life there today.	
5:30-6:30 pm	Visit Bat Ayin	
6:30-8:00 pm	Dinner at Restaurant	
8:00 pm	"Daughters of Sarah, Rivka, Rochel & Leah" with Rabbi Manis Friedman	
	At the home of Miriam & Meir Rhodes in Bat Ayin. For directions, call 02.930.9364.	

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MON, MAY 18 King Solomon	Women & Royalty	24 Iyar [count Omer 40 at night, Humility in Connection]
7:00-10:00 am	Breakfast & Davening	
10:00-11:30 am	"Tanya**": Understanding our souls, our psyches, our selves" with Rabbi Manis Friedman	
11:30-12:30 pm	Head south to Ahava factory	
12:30-1:00 pm	Travel to Ein Gedi, one of Israel's oases	
1:00-1:30 pm	Lunch	
1:30-4:30 pm	Visit Ein Gedi and study the Biblical stories of King David's hideout thousands of years ago - class with Malka Touger	
4:30-6:00 pm	Indulge at Ein Gedi Spa's mud and sulfur baths	
6:00-7:00 pm	Travel to hotel	
7:00-8:00 pm	Dinner	
8:15 pm	"Marriage is all about Give & Take, Right? Or is it Give & Give?..." with Rabbi Manis Friedman At the home of Tzipora & Yerachmiel Lifchitz 9/13 Cheil Nashim, Katamon (first floor up, white door on the left) For directions, call 054 547 4635.	
TUES, MAY 19 King Solomon	Digging Deep Within	25 Iyar [count Omer 41 at night, Connection in Connection]
7:00-10:00 am	Breakfast & Davening	
10:00-11:15 am	"Tanya**": Understanding our souls, our psyches, our selves" with Rabbi Manis Friedman	
11:15-12:00	Travel to stalagmite and stalactite caves	
12:00-1:30 pm	Visit caves, lunch and class with Malka Touger	
3:00-7:00 pm	Free afternoon (Kotel, Meah Shearim, Yad Vashem, Israel Museum, etc.) or group tour of Jerusalem	
7:00-8:00 pm	Dinner	
8:15 pm	"Preparing for Shavuot: What Does G-d Want From Us?" with Rabbi Manis Friedman At Beis Malka Hall, 2 Brandeis Street, corner Malchei Yisroel	
WED, MAY 20 Kibbutz Lavi	In The Eyes of the Sages	26 Iyar [count Omer 42 at night, Receptiveness in Connection]
7:00-10:00 am	Breakfast & Davening (please make sure to be packed before class)	
10:00-11:00 am	"Tanya**": Understanding our souls, our psyches, our selves" with Rabbi Manis Friedman	
11:00-6:00 pm	TRAVEL UP NORTH TO TVERIA: Visit the graves of Rabbi Meir Baal Haness, Maimonides and Rabbi Akiva, and connect through their teachings. Class with Malka Touger and lunch. Kineret swim and boat ride.	
6:00-7:00 pm	Travel to Kibbutz Lavi (Lower Galilee, Tiberias)	
7:00-8:00 pm	Dinner	
8:00 pm	"Meant to Be: If everything happens according to the Divine Plan, what's the point of our prayers and good deeds?" with Rabbi Manis Friedman	
THURS, MAY 21 Kibbutz Lavi	Water & Torah	27 Iyar [count Omer 43 at night, Kindness in Receptiveness]
7:00-9:30 am	Breakfast	
9:30-10:00 am	Davening	
10:00-11:30 am	"Tanya**": Understanding our souls, our psyches, our selves" with Rabbi Manis Friedman	
11:030-6:00 pm	Travel to Tel Dan, Banias, Har Bental, Golan Winery. Class with Malka Touger and lunch. Visit Katzrin, a Talmudic village.	
6:00-7:00 pm	Travel back to Kibbutz Lavi	
7:00-8:00 pm	Dinner	
8:00 pm	"Water, Wine, Oil: Mystical Metaphors & Meaning" with Rabbi Manis Friedman	

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FRI, MAY 22	Mystics & Mountains 28 Iyar [count Omer 44 at night, Restraint in Receptiveness]
Rut Rimonim	
7:00-9:30 am	Breakfast
9:30-10:00 am	Davening
10:00-11:00 am	"Tanya**: Understanding our souls, our psyches, our selves" with Rabbi Manis Friedman
11:00-1:45 pm	Trip to Meron where we'll pray by the cave of Rabbi Shimon Bar Yochai. Visit Amuka, tomb of Rabbi Yonatan ben Uziel, and the graves of the Arizal and Rabbi Yosef Caro in the old cemetery in Tsfat. Lunch.
1:45-2:00 pm	Travel to and check into Rut Rimonim Hotel (Artists Colony, Tsfat)
2:00-5:00 pm	Tour the Old City of Tsfat, the City of Mystics' synagogues, courtyards and artists' colony
5:00 pm	Prepare for Shabbos
6:50 pm	Candle lighting (exact time 7:04 pm)
7:30 pm	Kabbalat Shabbat in Ari Shul, opposite the hilltops where the holy words of "Lecha Dodi" were composed
8:30 pm	Kiddush and dinner at Ascent
9:30 pm	"The Gift of the Mystics, Connoisseurs of the Soul" with Rabbi Manis Friedman
SAT, MAY 23	Shabbat in the Hills 29 Iyar [count Omer 45 at night, Harmony in Receptiveness]
Rut Rimonim	
7:00-10:00 am	Breakfast
9:15-10:00 am	Insight into Morning Prayers with Rabbi Friedman
10:00-12:00	Davening
1:00-4:00 pm	Lunch at Ascent, then rest
4:00-5:00 pm	Afternoon class to be announced
5:00-6:00 pm	"Mind, Heart or Soul: Which do we trust - and when?" with Rabbi Manis Friedman
7:00-8:00 pm	Third Shabbos meal in the Cave, Ethics of Our Fathers roundtable with Malka Touger
8:30 pm	Havdala
9:30 pm	Women's Farbrengen
SUN, MAY 24	Rosh Chodesh, 1 Sivan [count Omer 46 at night, Ambition in Receptiveness]
7:00-9:30 am	Breakfast
9:30-10:00 am	Davening
10:00-12:00 am	"Tanya and wrap up" with Rabbi Manis Friedman
12:30 am	Travel back to Tel Aviv or Jerusalem through Elijah's cave, Rosh Hanikra and lunch

*The 49-day "Counting of the Omer" retraces our ancestors' seven-week spiritual journey from the Exodus to Sinai. Each evening we recite a special blessing and count the days and weeks that have passed since the start of the Omer on Passover; the 50th day is Shavuot, the festival that celebrates the giving of the Torah at Sinai.

The teachings of Kabbalah explain that there are seven "Divine Attributes" -- *Sefirot* -- that G-d assumes, and we'll be discussing these throughout the trip. In the human being, created in the "image of G-d," the seven *sefirot* are mirrored in the seven "emotional attributes" of the human soul: Kindness, Restraint, Harmony, Ambition, Humility, Connection and Receptiveness. Each one of the seven attributes contains elements of all seven, i.e., "Kindness in Kindness", "Restraint in Kindness", "Harmony in Kindness", etc., for a total of forty-nine traits. The 49-day Omer Count is therefore a 49-step process of self-refinement, with each day devoted to the "rectification" and perfection of one the forty-nine *sefirot*.

**The sourcebook of Chassidic teachings, Tanya is a synthesis of Kabbala and traditional Jewish sources that explores the individual's spiritual, moral and psychological makeup. Written over two hundred years ago, the Tanya's author, Rabbi Shneur Zalman, guides us to serve G-d more fully and with more joy, while giving us a surprisingly fresh perspective on our daily struggles and dilemmas.