

BAIS CHANA in the Berkshires, APRIL 25-28, 2010

| Sunday | Monday | Tuesday | Wednesday |
|----------------------------|---|--|--|
| 8:00 AM | BREAKFAST available from 8:00-9:15 am | | |
| 8:15 AM-8:50 AM | Movement Class <i>Menucha BenDavid</i> | Movement Class: Experiencing the sefirot through movement <i>Bracha Meshchaninov</i> | Movement Class: Experiencing the sefirot through movement <i>Meshchaninov</i> |
| 8:30 AM | Morning Prayers: Beginner? Intermediate? What's davening? Sign up & learn how | | |
| Morning Session 1 | 9 am Prayer, A Journey of the Soul <i>Sara Hecht</i> | 9 am Raising a Family: What to do when the sanctuary you call home becomes Grand Central Station <i>Zohari</i> | 9 am Mikvah in Practice <i>Karmely</i> <i>Please make sure to check out of your room by 9:45.</i> |
| Morning Session 2 | 10:00 am Kabbala and Healing, 1: Laying the groundwork for emotional and spiritual healing <i>Yanover</i> | 10:15 am Kabbala and Healing, 2: A practical guide to spiritual balance <i>Yanover</i> | 10:15 am Women, Wisdom, Wells & Water: Biblical texts on the subject of inspiration <i>Meshchaninov</i> |
| Break | 11:25 am - 5 Minute Break | | |
| Morning Session 3 | 11:30 am The Jewish Soul & Psyche,*1 <i>Friedman</i> | 11:30 am The Jewish Soul & Psyche,*2 <i>Friedman</i> | 11:30 am The Jewish Soul & Psyche,*3 <i>Friedman</i> |
| 1:00 PM | LUNCH | | |
| 1:45 PM | <i>Take a boat out on the lake, schedule a massage, relax in the gazebo, or hike on one of Isabella's beautiful paths...</i> | | Departures... |
| Afternoon Session 1 | 3:00-4:00 pm Check in, unpack & explore 4 pm Yes, We Can? Every time we make an effort to improve, we find out just how difficult it is to change. Learn to overcome your resistance <i>Nachshon Zohari</i> | 3:00-4:20 pm Haven't Mastered the Give & Take of Marriage? No problem, you don't need to <i>Zohari</i> | 2:30-3:30 pm The Laughter Workshop <i>with Esther Rachel Russell</i> 3:30-4:35 pm Still Waters Run Deep: Understanding Mikvah <i>Sara Karmely</i> |
| Break | 10 Minute Break | | |
| Afternoon Session 2 | 5:15 pm Dreams and the Dreamers Who Dream Them: Dream interpretation according to Torah <i>Freidy Yanover</i> | 4:30 pm From Fury to Forgiveness: A Chassidic 4-step plan to address anger and estrangement <i>Yanover</i> | 4:45 pm Astrology, the Golden Calf, & The Nature of Women: A Chassidic discourse <i>Meshchaninov</i> |
| 6:30 PM | DINNER | | |
| 7:30 PM | Song Is the Pen of the Soul | Song Is the Pen of the Soul | |
| 8:00 PM | You Are What You Remember: The blessing of remembering...and forgetting <i>Rabbi Manis Friedman</i> | What Men and Women Need Each Other To Know <i>Friedman</i> | It's Never Too Late: From good to better, how to transform the past <i>Friedman</i> |

"Chevrusa" (study with a partner) is available any time you prefer to pass on the scheduled class. Let us know what you're interested in: the order of the prayers, Jewish law, kosher, Shabbat, Biblical commentary, etc. Participate even if you know little or no Hebrew.

* Tanya, the seminal text of Chassidic teachings, is studied this period with English translation. Tanya is a synthesis of traditional and mystical Jewish sources that explores our spiritual, moral and psychological make-up. Written over 200 years ago as a guide to serving G-d more fully and with more joy, Tanya retains its remarkable relevance for us today.