

Sunday, Jan 6

Monday, Jan 7

Tuesday, Jan 8

Wednesday, Jan 9

Thursday, Jan 10

**8:00 – 9:15 AM BREAKFAST**

**8:30 – 9:00 AM DAVENING/MORNING PRAYERS-** beginner? intermediate? what's davening? *Speak to Rivky Bell if you need assistance.*

9:00-10:15 am		<b>The Sexual &amp; The Sacred, 1:</b> A candid look at intimacy and love in marriage <i>Slonim</i>	<b>A Woman's Mitzvot, 1:</b> Understanding modesty, with a focus on haircovering from Biblical, Talmudic and mystical perspectives <i>Slonim [selected texts]</i>	<b>For Love or Money:</b> You have a destiny and so does your stuff – this unique concept is the basis of understanding materialism, envy and what role "things" play in our lives <i>Tzukernik [selected texts]</i>	<b>Beauty of the Beast:</b> Get past the usual hype of self-image, "inner beauty," the social mirror and more, for a working definition of true beauty <i>Tzukernik</i>
		<b>10:15 – 10:20 AM BREAK</b>			
10:20 - 11:25 am		<i>There's a choice of 2 classes at this time</i> <b>Kabbala and Healing, 1:</b> Laying the groundwork for emotional and spiritual healing <i>Yanover</i>	<i>There's a choice of 2 classes at this time</i> <b>Kabbala and Healing, 2:</b> A practical guide to spiritual balance <i>Yanover</i>	<b>Keeping It Simple, 1:</b> Approaching life with simplicity and humility is an art that can be learned - deeply - in this Chassidic discourse ("maamar") <i>Yanover [text study]</i>	<b>10:45 am-12:15 pm</b> <b>Our Souls, Our Psyches, Our Selves:</b> Lessons in Tanya* <i>Friedman [text study]</i>
		<b>The Sexual &amp; The Sacred, 2</b> <i>Slonim</i>	<b>A Woman's Mitzvot, 2</b> <i>Slonim</i>		
		<b>11:25 – 11:30 AM BREAK</b>			
11:30am-1:00 pm		<b>Our Souls, Our Psyches, Our Selves:</b> Lessons in Tanya* <i>Friedman [text study]</i>	<b>Our Souls, Our Psyches, Our Selves:</b> Lessons in Tanya* <i>Friedman [text study]</i>	<b>Our Souls, Our Psyches, Our Selves:</b> Lessons in Tanya* <i>Friedman [text study]</i>	<b>LUNCH</b>
		<b>1:00 PM LUNCH AND BREAK</b>			
3:00-4:35 pm	<b>Soul Trek:</b> Where do souls come from? What are they doing here on earth? Where do they go? <i>Rivkah Slonim [selected texts]</i>	<b>The Power of Sisterhood:</b> How the energies of Rachel and Leah inform our lives today <i>Slonim [text study]</i>	<b>2:00 PM Note the earlier time Rivkah:</b> Kind maiden with an iron will <i>Slonim [text study]</i>	<b>Keeping it Simple, 2:</b> The art of simplicity and humility, according to this Chassidic maamar <i>Yanover [text study]</i>	<b>1:15-2:30 pm</b> <b>From Inspiration to Transformation:</b> Everyone knows the truth takes honesty and effort. What's the next step? <i>Yanover</i>
		<b>4:35-4:45 PM BREAK</b>			
4:45-6:00 pm	<b>Achieving Intimacy with G-d:</b> When and how do we connect most deeply? <i>Freidy Yanover</i>	<b>Handwashing:</b> The mystical interpretation of this simple mitzva reveals an intricate relationship between intellect and emotions <i>Yanover</i>	<b>Thou Shalt Honor:</b> Being a child (of any age) requires that you honor your parents - no matter what <i>Shimona Tzukernik [selected texts]</i>	<b>Forgiving for Good:</b> What does Torah say about why we hold grudges and how we let go of them? <i>Tzukernik [workshop]</i>	
		<b>6:30 PM DINNER and BREAK</b>			
8:00 PM	<b>The Feminine Side of Torah:</b> Insight into the feminine Divine and our feminine selves <i>Rabbi Manis Friedman</i>	<b>When Women Give Too Much:</b> Is this what they call the "feminine mistake"? <i>Friedman</i>	<b>The Silence of Jewish Meditation:</b> It's a whole new way of appreciating what your soul has known all along <i>Friedman</i>	<b>"The Question Box":</b> Your questions; honest answers <i>Friedman</i>	

All necessary texts will be provided at the start of each class. All primary texts are translated.

**Chevrusa Tutorials:** Here's your chance to study any subject you like with a tutor. Learn Hebrew, review the order of the prayers, figure out how to make your kitchen kosher and more. Let us know if you'll be skipping any of the scheduled classes and we can set you up with a partner.

**\*What is Tanya?** Tanya is the sourcebook of Chassidic teachings, a synthesis of Kabbala and traditional Jewish sources that explores the individual's spiritual, moral and psychological makeup. Written over 200 years ago by Rabbi Shneur Zalman, Tanya 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. Selections studied in each 11:30 am class.

