

Israel: A Spiritual Journey

May 30 – June 10, 2007

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WEDNESDAY, 30 May – *Women's unique bond to the Holy Land*

Yud Gimmel Sivan: Arrival at King Solomon Hotel to be met and assisted by Bais Chana Staff. Check in. Welcome and first class. Enter the Old City of Jerusalem and proceed directly to the Kotel (Western Wall). 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. Explore the Southern Wall excavations and take a virtual, computerized "walk" to the Holy Temple at the Davidson Center. Class with Rabbi Friedman.

Overnight: King Solomon Hotel, Jerusalem

THURSDAY, 31 May - *In the Footsteps of our Matriarchs*

Morning prayers. Class with Rabbi Friedman. Tehillim and class with Malka Touger at Rachel's Tomb, the burial place of the Matriarch Rachel who died during childbirth on the way from Bet El. Visit Ma'arat Hamachpela, the burial places of our patriarchs and matriarchs in Hebron. Enjoy a very unique tour with Rabbi Danny Cohen in Hebron to learn about this holy city's history and the Jewish life there today. Dinner at the hotel. Class with Rabbi Friedman.

Overnight: King Solomon Hotel, Jerusalem

FRIDAY, 1 June - *Building An Inner Sanctuary*

Morning prayers. Classes with Malka Touger and Rabbi Friedman. Lunch. Rampart walk along Jerusalem Walls. Visit the burial site of King David. This erev Shabbat, take the opportunity to volunteer in a local soup kitchen, walk the streets of Meah Shearim or go shopping on Ben Yehuda. Prepare for Shabbat.

Candle Lighting: 6:59 pm

Friday night prayer by the Western Wall, followed by Shabbat Dinner in the Hotel, followed by Chassidic farbrengen: 'Song is the pen of the soul'.

Overnight: King Solomon Hotel, Jerusalem

SHABBAT, 2 June - *Shabbat in the Holy City*

Parshat Beha'alotcha - Davening in the Tzemach Tzedek Shul, which was the synagogue of the 3rd Lubavitcher Rebbe and where Adin Steinsalz is rabbi today. Shabbat lunch at the hotel. Shabbat rest – enjoy a relaxing Shabbat walk in this picturesque neighborhood, the very first Jewish neighborhood to be built outside of the Old City walls. Tour the quaint houses and beautiful alleys and see the Jerusalem windmill. Third Meal, hear a firsthand account of life in the Old City in 1948.

Havdalah: 8:21 pm

Melava Malka, a unique Saturday evening rooftop experience overlooking the Temple Mount in the Old City with live musical entertainment.

Overnight: King Solomon Hotel, Jerusalem

SUNDAY, 3 June – *The making of a Jewish Monarch: Women & Royalty*

Morning prayers. Class. Early departure down south. Hike through Ein Gedi, one of Israel's oases, and review the biblical stories of King David's hideout from King Saul thousands of years ago. Study with Malka Touger. Indulge at the Ahava Factory. Float in the Sea of Salt, the lowest place on earth and enjoy the mineral-rich mud at the Dead Sea Spa (398m below sea level).

Overnight: King Solomon Hotel, Jerusalem

MONDAY, 4 June – *Digging deep within*

Morning prayers. Class. Depart for Israel's north. Head west, to the stalagmite and stalactite caves. Go back to the time of the Mishnaic era in Kfar Kedem with hands-on pita making and gourmet Israeli style cuisine. Hotel check-in. Class.

Overnight: Kibbutz Lavi Hotel, Tiberias

TUESDAY, 5 June – *Women in the eyes of the Sages*

Morning prayers. Class. Hike the Golan Heights, with kabalistic insights into nature. Experience the breathtaking Mt. Bental and Banias. Taste the fruits of the region in the form of award-winning kosher wines at the Golan Winery. Class.

Overnight: Kibbutz Lavi Hotel, Tiberias

WEDNESDAY, 6 June – *Water and Torah, a Chassidic interpretation*

Morning prayers. Class. Head to the West Coast, through Acco to Rosh HaNikra and take in the magnificent view of the northern coast, waves breaking on rocks forming caves. Travel back to Tiberias. Experience music's inner beat and its connection to the soul in a unique presentation. Class.

Overnight: Kibbutz Lavi Hotel, Tiberias

THURSDAY, 7 June – *Harmony in our lives: Elokim (G-d), Beauty and Nature*

Morning prayers. Class. Relax by the waters of the Kinneret on a women's-only beach. Take in a boat ride and class on the Kinneret followed by an incredible lakeshore dinner. Class.

Overnight: Kibbutz Lavi Hotel, Tiberias

FRIDAY, 8 June – *Mystics and Mountains*

Pray by the holy light in the cave of Rabbi Shimon Bar Yochai in Meron. Visit Amuka, tomb of Rabbi Yonatan ben Uziel. Drive up the mountain with spiritual uplift and enter Tsfat, the city of mystics. Arrive and check-in at Hotel. In-depth tour of the mystical city of Tzfat with your guide. Pray by the holy Arizal, discover Tzfat's synagogues, courtyards, and artists colony. Prepare for Shabbat.

Candle Lighting: 7:15 pm

Stroll through the Old City cobblestone walkways, be uplifted by the Friday night prayer opposite the hilltops where the holy words of 'Lecha Dodi' were composed, then savor our Shabbat Dinner in Ascent. Join our Chassidic farbrengen.

Overnight: Ruth Rimonim Hotel, Tsfat

SHABBAT, 9 June – *Shabbat in the hills*

Parshat Shelach – Meditation walk. Parsha Class. Davening. Shabbat lunch at Ascent. Shabbat rest - Old City walk. Participate in guided Chevrusa, in-depth text tutorial. Third Meal with lively singing in the Cave. Round table study on Pirkei Avot.

Havdalah: 8:28 pm

Havdala followed by a Melava Malka, a unique Saturday evening experience on the rooftop opposite the hilltops with live musical entertainment.

Overnight: Ruth Rimonim Hotel, Tsfat

SUNDAY, 10 June

We have now become closer than sisters, shared memories to last a lifetime and learned more than we'd ever imagined. One last class to wrap up the experience is all we need, then we head back to Jerusalem for our trips back "home"...