

Israel: A Spiritual Journey • May 30 – June 10, 2007

In Israel now? Join us! Call 052.423.3208 or email to info@baischana.org and let us know when to expect you: for classes only, Shabbat reservations, or accommodations on any other nights. Please include your telephone number in Israel. Classes are 50 shekel each. If you are planning on attending multiple classes contact us for a reduced rate.

WED, MAY 30	Women's Unique Bond to the Holy Land	13 Sivan	Prima Kings Hotel
1:00-2:00 pm	Arrival and Lunch at Prima Kings Hotel		
2:00-3:00 pm	Check in to Prima Kings Hotel		
3:00-4:00 pm	Women and Eretz Yisrael - class with Malka Touger		
4:00-7:00 pm	Go to 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		
7:00-8:00 pm	Dinner and break		
8:00 pm	Looking at the World Through Jewish Eyes - with Rabbi Friedman		
THURS, MAY 31	In The Footsteps of Our Matriarchs	14 Sivan	Prima Kings Hotel
7:00-10:00 am	Breakfast available & Davening		
10:00-11:00 am	Tanya* class with Rabbi Friedman		
11:00-12:00 pm	Trip to Chevron.		
12:00-12:30 pm	Lunch		
12:30-3:00 pm	Visit Ma'arat Hamachpela, the burial places of our patriarchs and matriarchs. Enjoy a unique tour of Chevron to learn about this holy city's history and the Jewish life there today.		
3:30-5:00 pm	Tour of Kfar Etzion, an area's that's played a central role in Jewish history for nearly 2,000 years		
5:00-6:45 pm	Travel to Kever Rochel, the burial place of our matriarch Rachel. Class with Malka Touger, then prayer and tehillim at Kever Rochel		
6:45-7:00 pm	Travel back to hotel		
7:00-8:00 pm	Dinner		
8:00 pm	Eve & The Tree of Knowledge: Lessons from Paradise - with Rabbi Friedman		
FRI, JUNE 1	Building An Inner Sanctuary	15 Sivan	Prima Kings Hotel
7:00-10:00 am	Breakfast available & Davening		
10:00-11:30 am	Tour of the Bait Hamikdash - class with Malka Touger		
11:30-1:00 pm	Tanya* class with Rabbi Friedman		
1:00-2:00 pm	Lunch, Ride to Rampart walk		
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 or volunteer in soup kitchen. Ride back to hotel.		
6:59 pm	Candle lighting at hotel, Kabbalat Shabbat at the Kotel		
8:30 pm	Kiddush and meal		
	The Silence of Jewish Meditation - with Rabbi Friedman		
	Late night "Farbrengen" and song		
SAT, JUNE 2	Shabbat in the Holy City	16 Sivan	Prima Kings Hotel
7:00-10:00 am	Breakfast available		
9:15-10:00 am	Insight into Morning Prayers - with Rabbi Friedman		
10:00-12:00 pm	Davening at Chabad of Rechavia or Great Synagogue		
1:00-3:30 pm	Kiddush, lunch and rest		
3:30-4:30 pm	Ethics of Our Fathers - with Rabbi Friedman		
4:30-8:00 pm	Tour of Old City. Hear Puah Shtainer's firsthand account of life in the Old City		
8:00-8:30 pm	Walk back to hotel		
8:30-9:00 pm	Havdalah, Melava Malka dinner at hotel		
9:30 pm	Take in the beautiful view and violin music on the Schlass Family's Jerusalem rooftop. Hear Anita Tucker's account of Gush Katif		

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SUN, JUNE 3	The Making of a Jewish Monarch: Women & Royalty	<i>17 Sivan</i>	Prima Kings Hotel
7:00-10:00 am	Breakfast available & Davening		
10:00-11:30 am	Tanya* class with Rabbi 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	Open House at Bais Malka, Rechov Brandeis 2 (corner Malchei Yisrael) class with Rabbi Friedman		
MON, JUNE 4	Digging Deep Within	<i>18 Sivan</i>	Prima Kings Hotel to Kibbutz Lavi
7:00-10:00 am	Breakfast available & Davening (please make sure to be packed before class)		
10:00-11:15 am	Tanya* class with Rabbi Friedman		
11:15-12:00	Travel to stalagmite and stalactite caves		
12:00-1:30 pm	Visit caves, lunch and class with Malka Touger		
1:45-4:00 pm	Head north to Kfar Kedem		
4:00-6:30 pm	Tour Kfar Kedem, replica of a village from the era of the Mishna		
7:00-8:00 pm	Check into Kibbutz Lavi, dinner		
8:00 pm	Out of Darkness, Light - with Rabbi Friedman		
TUES, JUNE 5	Women In The Eyes of the Sages	<i>19 Sivan</i>	Kibbutz Lavi
7:00-9:30 am	Breakfast available		
9:30-10:00 am	Davening		
10:00-11:00 am	Tanya* class with Rabbi Friedman		
11:00-6:00 pm	Travel to Tel Dan, Banias, Har Bental, Golan Winery. Class with Malka Touger and lunch		
6:00-7:00 pm	Travel back to Lavi		
7:00-8:00 pm	Dinner		
8:00 pm	Seeing Is Believing?: Why We Can't See G-d - with Rabbi Friedman		
WED, JUNE 6	Water & Torah, A Chassidic Interpretation	<i>20 Sivan</i>	Kibbutz Lavi
7:00-9:30 am	Breakfast available		
9:30-10:00 am	Davening		
10:00-11:00 am	Tanya* class with Rabbi Friedman		
11:00-2:00 pm	Head west to Rosh Hanikra and take in the magnificent view of the northern coast, lunch		
2:00-6:00 pm	Travel to Bait Shearin, burial site of Yehuda HaNasi. Class with Malka Touger		
6:00-7:00 pm	Travel back to Kibbutz Lavi		
7:00-8:00 pm	Dinner		
8:00 pm	Mind Over Emotions: The Mystical Meaning of Handwashing - with R' Friedman		
THURS, JUNE 7	Harmony In Our Lives: G-d, Beauty & Nature	<i>21 Sivan</i>	Kibbutz Lavi
7:00-9:30 am	Breakfast available		
9:30-10:00 am	Davening		
10:00-11:00 am	Tanya* class with Rabbi Friedman		
11:00-1:00 pm	Visit the graves of Rabbi Meir Baal Hanes, Maimonides and Rabbi Akiva, and connect through their teachings - with Malka Touger		
1:00-2:00 pm	Go back to hotel, lunch, change for beach		
2:00-5:00 pm	Walk along boardwalk, shop, swim at Kinneret		

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5:00-6:00 pm	Kinneret Cruise
6:00-7:30 pm	Dinner at Lakeshore Restaurant
8:00 pm	Healing & The Soul - class with Rabbi Friedman at Kibbutz Lavi

FRI, JUNE 8	Mystics & Mountains	<i>22 Sivan</i>	Kibbutz Lavi to Rut Rimonim Hotel
7:00-9:30 am	Breakfast available		
9:30-10:00 am	Davening		
10:00-11:00 am	Tanya* class with Rabbi Friedman		
11:00-1:45 pm	Trip to Meron where we'll pray by the holy light of 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, and the Cave of Chana and her 7 sons		
1:45-2:00 pm	Travel to and check into Rut Rimonim Hotel		
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		
7:15 pm	Candle lighting		
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		
	Spread Your Wings & Fly: How love and awe are essential to all of life's relationships - with Rabbi Friedman		

SAT, JUNE 9	Shabbat in the Hills	<i>23 Sivan</i>	Rut Rimonim Hotel
7:00-10:00 am	Breakfast available		
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		
5:00-6:00 pm	The Soul of Torah, The Nature of the Soul - with Rabbi 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	Beautiful rooftop Melave Malka at Ascent with live music		

SUN, JUNE 10	24 Sivan		
7:00-9:30 am	Breakfast available		
9:30-10:00 am	Davening		
10:00-11:00 am	Tanya* class with Rabbi Friedman		
11:30 am	Travel back to Tel Aviv or Jerusalem		

*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.