

## israel trip

Israel: A Spiritual Journey  
May 2010

Join us on a fabulous 11-day dream trip of study and touring Israel in the spring of 2010. This is going to be one of the most meaningful experiences of the Land ever &ndash; whether you&rsquo;ve been to Israel before or not &ndash; as you learn with two of the most extraordinary Jewish educators around. It&rsquo;s not too late to sign up.

Visiting Israel? Made aliyah in the past couple of years? Join Bais Chana in Israel for classes, touring or Shabbat, and get a taste of the learning and inspiration for which Bais Chana is so widely and affectionately known.

Scroll down to see touring itinerary, featured educators, information about required documents, cell phones, travel, rates for Israelis and tourists in Israel, and safety.

Curious about our organization? Please take a minute to watch our video.

Apply now.

[Click here for a sample schedule](#)

Study, pray and connect with remarkable Jewish women from all over the world, on a spectacular tour of Israel.

In the spring of 2010, Bais Chana opens a live text book on life, as we tour Israel&rsquo;s physical and spiritual terrain. Along the way, uncover Israel&rsquo;s soul with engaging, dynamic learning and discussion that&rsquo;s profoundly connected to each point on our itinerary.

Go beyond the Bible and Talmudic stories related to the sites we visit, and explore the Kabbalistic sources that connect us with the essence of the Jewish experience. Go deeper &ndash; deeper than you&rsquo;ve ever gone before &ndash; into the spirit, heart and soul of Israel.

Read what Daniela wrote about her Spiritual Journey.

### Touring Itinerary

From a Shabbat in the city of the Kabbalists to the vibe and excitement of modern Jerusalem; from the holy burial cave of our patriarchs and matriarchs in Hebron to a magnificent dinner overlooking the Temple Mount; from the ancient synagogues of the mystics to Friday night prayer at the Western Wall; from Rachel&rsquo;s tomb to Israel&rsquo;s modern-day heroes and heroines; from a Mishnaic village to the accommodations of quality hotels, the dead sea spa, great food and some of the country&rsquo;s most spectacular sites off the beaten path, Israel most definitely is calling us. Check here for a more detailed itinerary.

Featured Educators

Rabbi Manis Friedman is a gifted educator &ndash; an internationally acclaimed lecturer, social philosopher, author and counselor. Friedman&rsquo;s compelling worldview comes from Torah, Kabbala and Chassidut, and with his trademark wit and wisdom, he&rsquo;ll challenge our assumptions about Judaism, spirituality and G-d. Over thirty-five years in the classroom and on the lecture floor, a profound knowledge of the soul and psyche, and a crystal clear perspective on life today make Friedman one of the most riveting teachers you&rsquo;ll have the pleasure to study (and travel) with.

Malka Touger, a dynamic and dedicated educator, knows Israel like the back of her hand. Touger&rsquo;s authenticity and infectious enthusiasm for Jewish study, and her passion for Israel will come through loud and clear on this phenomenal combination of touring and learning. Touger has co-authored several best-selling books in both English and Hebrew; created educational videos in both languages; and produced a series of audiotapes on intimacy in marriage.

Friedman, Touger and the local teachers who join as we travel look forward to making the sights and sounds of Israel come alive through penetrating, relevant study of classic Jewish and Kabbalistic concepts and texts.

### Cuisine

Excite your palates with a rich and varied cuisine ranging from Mediterranean-style buffets to multi-course Shabbat meals. Please let us know when you sign up if you have any food allergies or dietary restrictions (diabetic, vegan, etc.) so we can have what you need for the trip.

### Weather/Climate

During months of May and June expect beautiful warm weather. Precautions should be taken to protect from the heat and sun; plan to apply lots of sunscreen and drink plenty of water.

### Required documents

All participants must have a passport that is valid for six months after your departure from Israel. U.S. passport holders need no visa to enter Israel. All other nationalities, please check with your local Israeli consulate or embassy.

Once you sign up for the trip, we will email you a medical form. Submit the form, completed and signed by your doctor, by mailing to: Bais Chana Women International, 383 Kingston Avenue, Suite 248, Brooklyn, NY 11213-4333. Or scan and email the form to [Israel@baischana.org](mailto:Israel@baischana.org).

Throughout the 11 day trip, Bais Chana trip organizers will operate with cellular phones that can be reached 24 hours a day. Personal cell phones can be rented for the duration of the trip upon arrival into Ben Gurion Airport, at a number of stores in the airport.

### Travel

#### Flights To and From Israel

We ask that you make your own arrangements for air travel, since participants will be coming from all over the world. Check in at Jerusalem hotel will begin at 2 pm. Give the hotel front desk your name and tell them you&rsquo;re in the Bais Chana group.

#### Arriving/Leaving Ben Gurion Airport (TLV)

A reasonably priced way to get to and from Jerusalem from Ben-Gurion Airport is by sherut, a van shared by eight passengers with a fixed per-person rate, available 24 hours a day to major cities. The current fare is NIS 45 (\$10 USD) per person, baggage included. The sherut, run by Neshet Taxi, is to the left as you exit the arrivals area of the terminal building at Ben Gurion Airport. Confirm that the destination of the Neshet van is Jerusalem, give your luggage to the driver, and climb in. When all the seats are claimed, the van will take off. The ride is approximately 1 hour. The driver will take you from the airport to the door of the hotel. When returning to Ben Gurion Airport at the conclusion of the trip, order a seat by phone a day in advance by calling 02.625.3233 or 02.625.7227. They offer extremely reliable 24-hour airport

service. Tell the dispatcher when your flight is and he will tell you what time to be ready for pick-up. The cost is NIS 45 (\$10 USD) per person. There is no extra charge for baggage and no need to tip the driver.

Private taxi service to Jerusalem is available at the curb outside the arrivals hall in Ben Gurion Airport. The standard fare is approximately \$50 USD. Ask the driver to put on the meter (known as "moneh") as opposed to agreeing on a fixed price. When returning to the airport at the conclusion of the trip, a private taxi should be booked by phone a day in advance. There are several private taxi services: Ram Hakiryia, 02.500.2484; Kochav Hapisga, 02.585.3030; or Jerusalem Taxi, 02.625.4444.

Sherut or taxi arrangements are the sole responsibility of the participant.

#### Cost

The cost of the trip includes hotel accommodations, all meals, classes and workshops, and all touring and travel included on the itinerary. It does not include your flight to and from Israel, and car fare to and from the hotel.

Cost: \$3100 Double occupancy

\$3650 Private

Space is limited. To hold your place you must pay at least \$500 towards the total when you sign up. Pay the balance by April 15th or contact us about a deferred payment plan.

To be eligible for a \$150 discount, sign up by March 15, 2010 and pay at least \$1550. Your balance must be paid by April 15, 2010.

#### Apply Now

Click [here](#) to apply. Complete the online form, click submit, then pay at least \$500 to hold your place when you're directed to the payment page.

Pay the balance by April 15, 2010 or email us about a deferred payment plan.

#### In Israel and Want To Join?

If you are a local Israeli resident or tourist and would like to join our group, email us to find out the cost of classes, meals or Shabbat accommodations.

#### Last But Definitely Not Least: Your Safety Comes First

The safety of participants is our top priority. A safety and security orientation will be held for the group upon arrival at the hotel and you will be briefed regularly concerning the security arrangements and guidelines for the day. All trip organizers are experienced tour operators and have undergone rigorous accreditation. Highly trained tour guides and staff, fluent in local languages and familiar with the entire country travel with the group at all times. The most stringent security measures will be carried out throughout your trip to ensure a comprehensive safety umbrella. There will be no effort or expense saved or spared for the safety and security of our participants. We will be in constant contact with Israeli security and public safety authorities.

There will be at least one highly trained and well-equipped medic assigned to our group for the duration of the trip. They are able to assist participants with the everyday incidents that may happen during active travel as well as in the case of an accident. Rest assured, Israel is home to first class medical facilities.

#### Cancellation Policy

Cancelled reservations received on or before April 1 will be refunded less \$100 per person. Cancellations received after April 1 and before April 15th will be refunded 50% of the total payments. After May 1 payments are not refundable. To protect your investment please purchase travel insurance.

## A Spiritual Journey

by Daniela Lowinger

When I read the advertising for this program it said "Uncover the soul of Israel&hellip;" It seemed promising to go to Israel and study with Rabbi Friedman and Malka Touger.

What I didn't know at the time was that the soul that was going to be uncovered was mine.

I knew Israel after living two years on a kibbutz, and before this trip Israel was Zionism and pioneers, working the land, changing society and the world. That was a long time ago&hellip;but not long ago just in time, but a long time in the soul too.

Coming back to Israel and meeting twenty-some women from different parts of the world, with different backgrounds, ages, some married some not, some with kids, some with grandkids, was something challenging. How would I get along with complete strangers who were going to share with this special experience with me?

At the beginning we shared information about our families, the countries we came from, which seminars we attended before coming to this one, etc&hellip; but when we started davening at the Kotel, at the cave of the Patriarchs, Rachel&rsquo;s Tomb, and the graves of the great tzadikim that fill the land of Israel, when we saw the beauty of the land and its fields and understood what a great heritage we have, how blessed we are as the chosen people, we started sharing tears, hopes, aches and pains.

Kabbalat Shabbat at the Beirav Synagogue in Tzfat, listening to Anita Tucker speak about Gush Katif at a rooftop in Jerusalem one full moon night with the Old City at our feet, volunteering at a soup kitchen, singing and dancing in a boat in the middle of the Kineret, listening to the people of Hebron about their vision of a Land of Israel &ndash; all these meaningful moments were the bond that transformed us from a group of strangers to a group of friends for life.

Studying with Malka Touger about the Matriarchs, about King David, about the Land of Israel and its connection to women, we understood that the bond we have today doesn't come from this trip together but from our past, from the long way we&rsquo;ve come through history. Rabbi Friedman took us a step further&hellip;to this part within each of us that we don't usually see and sometimes don't even know exists. A part of us that is above our own being and is connected higher than ourselves. Each class seemed to answer questions we hadn't asked, as if Rabbi Friedman knew what we wanted to ask before we asked. His words touched our hearts and uncovered our souls.

It was an intense program but the hours didn't matter. Time just stopped like we were in a dream. And when it came to an end we couldn't part from each other. We realized at that moment of separation that we were all sisters, that the road we walked together the past twelve days was the special gift each of us received from Above. That for some reason we were the chosen ones to be together in Israel, at this special moment in our lives. And now, back in our homes and our communities it&rsquo;s time to share our experiences.

