



**JINSPIRE** **PROJECT INSPIRE.** **aish HaTorah** PRESENT

**The Shabbat Project**  
KEEPING IT TOGETHER

Shabbat Retreat for the  
**Body & Soul**

**15-17 NOVEMBER 2019** At the Woodcliff Lake Hilton

**FRIDAY, NOV. 15**

**1:00 PM** **Hotel Check-in**  
*Lobby*

**Crystal Ballroom** **Hospitality Buffet**


**1:30-3:00 PM** **Great Big Challah Bake**  
*Solarium*  
(For Women)  
Hosted by **JAMIE GELLER** and **DEBBIE HIRSCH**

**2:30 PM** Getting into The Shabbos Mood  
*Hartford* with **Tzvi Sytner**  
**KUGEL BAR AND L'CHAIMS**  
(For Men)

**2:30 PM** **PRE-SHABBOS TORAH**  
*Oaks Room* **Jonathan Rietti**  
The Mind Body Connection in Life and Science Based on Works of Maimonides

**4:00 PM** **Mincha - Afternoon Prayers**  
*Grand Ballroom*

**4:00 PM** Candlelighting Experience  
*Amphitheater* with **Nili Couzens**  
*Lobby* "Lighting up the World"  
cl. 4:20 PM

**4:30 PM** **OPENING SESSION OF BODY & SOUL SHABBAT**  
*Grand Ballroom*  
Hosted by **Aryeh Royde** and **Simcha Barnett**  
**Kabbalat Shabbat**   
Welcoming Shabbat Service with **THE TRAVELING CHASSIDIM**  
A Welcome Message by **Chaim Sampson**  
Director of Project Inspire/  
Jinspire

**Ma'ariv - Evening Prayers**

**6:00 PM** **Shabbat Dinner**  
*Grand Ballroom, Solarium, Crystal Ballroom*


**8:00 PM** **KEYNOTE SESSION**  
*Hartford*  
**Yossi Friedman**, Emcee  
**Allen Isaac Gross**  
Introductory Remarks  
**Tzvi Sytner**  
Change Your Name, Change Your Destiny: Discover the Real You  
**Jonathan Rietti**  
Happiness - Catch Me if you Can!

**9:30 PM** **Oneg Shabbat**  
*Hartford* Late Night Dessert Reception

**10:00 PM** **Improv With DEBBIE HIRSCH**  
*Amphitheater* (For Women)  
Hilarious and Talented Entertainer brought by Popular Demand from Jerusalem!

**Hartford** **TBD SPECIAL PROGRAM** (For Men)  
TBD

**11:00 PM** **LATE NIGHT FEATURED PRESENTATION:**  
*Amphitheater* **Gav Friedman**  
You Made your First Million(s), So What?

**12:00 AM** Overnight Chill with  
*Solarium* **The Traveling Chassidim** 



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### SHABBAT DAY, NOV. 16

**7:30 AM**  
Crystal Ballroom

Breakfast

**7:30 AM**  
Grand Ballroom

**Rabbi Mordechai Tropp**  
Torah Portion Insights

**8:00 AM**  
Grand Ballroom

**Shacharis**  
Morning Prayer Service  
Sermon by **Gav Friedman**

**9:00 AM**  
Oaks Room

**Explanatory Prayer Experience**  
**Simcha Barnett**

**9:00 AM**  
Amphitheater

**Nili Couzens**  
(For Women)  
The Cosmo Effect - Media's Message and the Real You

**10:00 AM**  
Solarium

GALA KIDDUSH

**10:45 AM**  
Grand Ballroom

#### KEYNOTE SESSION

**Yoni Zakutinsky**, Emcee

**Steven Burg**  
CEO of Aish Hatorah  
Introductory Remarks

**Rivki Silver**  
Uniquely You - Personal Reflections on Living a Fulfilled Life

**Steve Gar**  
Counter Terrorism Expert and First Responder  
My Life in Defense of Israel

**12:15 PM**  
Hartford

Lunch  
Grand Ballroom, Solarium,  
Crystal Ballroom

#### 2:00-3:00 PM CONCURRENT SESSIONS

Grand Ballroom

**Gav Friedman**  
How Faith Fits into Life?

Oaks Room

**Tzvi Sytner**  
We Are a Family: The Concept Which Powers the Jewish People

Amphitheater

**Simcha and Aviva Barnett**  
The Road to Intimacy

Palisades Ballroom

**Aryeh Royde**  
Behind Every Beard is a Clean Shaven Face: Judging Everyone Favorably

#### 3:00-4:00 PM CONCURRENT SESSIONS

Crystal Ballroom

**Jonathan Rietti**  
G-d Spoke at Mt. Sinai! How Do We Really Know?

Amphitheater

**Nili Couzens**  
Top 10 Parenting Tips That Even Men Can Handle!

Grand Ballroom

**Steve Gar**  
Living Over the Green Line: Settler or Native Son?

Oaks Room

**Josh Brody**  
Prayer: Where Dreams and Reality Collide

**4:10 PM**  
Grand Ballroom

Mincha - Afternoon Prayers



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**Solarium** The Concluding Shabbat Meal  
With **THE TRAVELING CHASSIDIM** 

**Crystal Ballroom** Special Women's Concluding Shabbat Meal  
Featuring Celebrity Chef **JAMIE GELLER**

**5:30 PM** Maariv - Evening Prayer  
**Grand Ballroom**

**5:50 AM** MUSICAL HAVDALA  
with **THE TRAVELING CHASSIDIM** 

**7:00 PM** You Ate it Now Burn It:  
**Crystal Ballroom** **WOMEN'S ZUMBA**  
with **Debbie Hirsch**

**Oaks Room** **KRAV MAGA FOR MEN**  
with **Steve Gar**  
Counter Terrorism Instructor and First Responder

## 8:30 PM CONCURRENT SESSIONS

**Palisades Room** **Nili Couzens**  
Welcome to Planet Earth:  
Do you Know What you are  
Doing Here?

**Oaks Room** **Jonathan Rietti**  
Raising Happy Children in a Fast  
and Confusing World

**Grand Ballroom** **Gav Friedman**  
Yeah I'm Talking to You! - Anger  
Management for Normal People

**9:30 PM** My Rebbe Taught Me We Can All  
**Amphitheater** Change the World  
**RABBI NOACH WEINBERG**  
**TRIBUTE FILM**  
with **Chaim Sampson**

**9:50 PM** KOSHER COOK-OFF   
**Amphitheater** With **JAMIE GELLER**

**11:00 PM** Melava Malka - Escorting the  
**Solarium** Shabbos Queen  
**Post Shabbos Reception**  
Musical Entertainment by  
**THE TRAVELING CHASSIDIM**

**11:45 PM** Late Night Swim (For Women)

**12:45 AM** Late Night Swim (For Men)

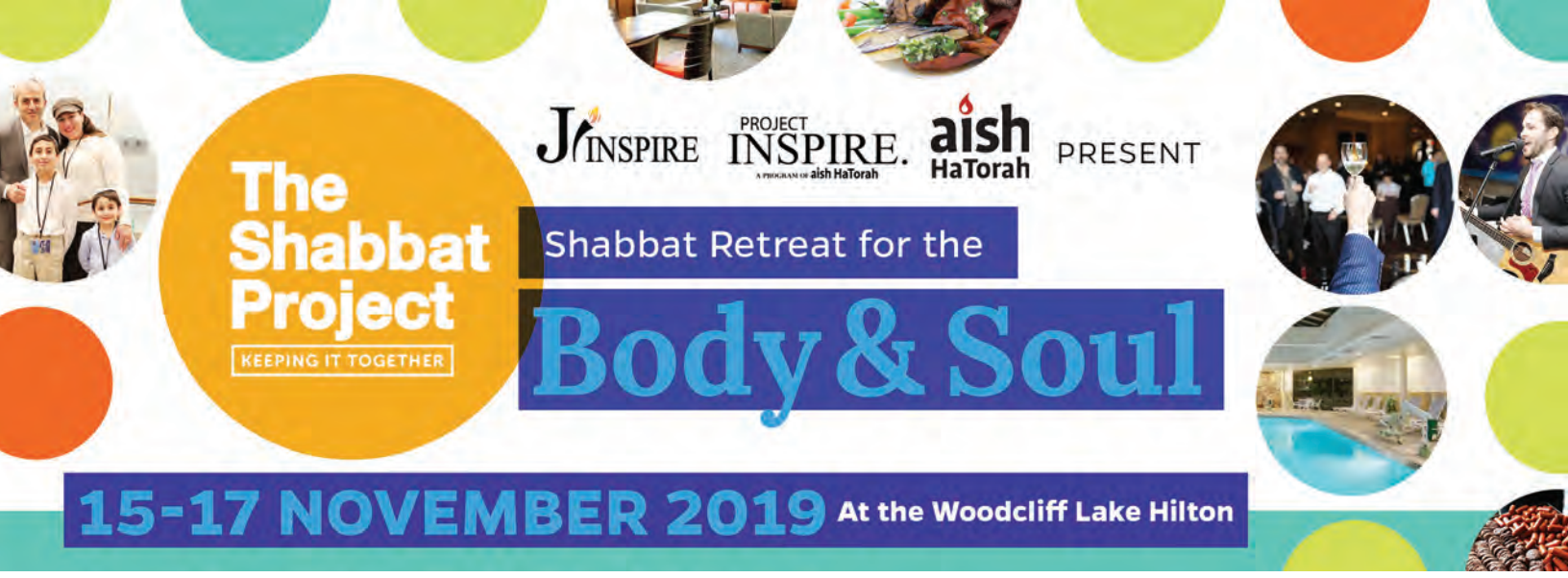
## SUNDAY, NOV. 17

**8:00 AM** Breakfast  
**Solarium**

**7:30 AM** Morning Prayers  
**Grand Ballroom** First Minyan

**8:15 AM** Morning Prayers  
**Grand Ballroom** Second Minyan

**8:15 AM** Alternative to Traditional  
**Palisades Room** Morning Service:  
(For Men)  
**BLACK BOX BREAKFAST** with  
**Yoni Zakutinsky** and Friends -  
Tefillin, Shema and more



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## 9:30 AM CONCURRENT SESSIONS

Amphitheater	<b>Tzvi Sytner</b> The Shema: Words to Die by and Live For?
Palisades Room	<b>Josh Brody</b> How to Love People that you Can't Stand
Oaks Room	<b>Nili Couzens</b> Life is a Test - Navigating the Challenging Times
Grand Ballroom	<b>Rivki Silver</b> Impacting Community without Losing Yourself

10:30 AM Grand Ballroom	<b>CLOSING KEYNOTE</b> <b>Chaim Sampson</b> Closing Remarks <b>Shlomo Farhi</b> Of, By and For the People: <i>The Power of the Jewish People</i>
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11:30 AM	Thanks for Joining and Safe Travels!
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