

# Puerto Rico

San Juan

Learn Jewish Wisdom  
for the Mind & Soul

## Sunday, December 3

- 1:30 pm WELCOME LUNCH
- 2:15 pm **ICE BREAKER** with **Devorah Buxbaum**
- 3:00 pm TEAM BUILDING ON THE BEACH **MAROONED** 
- 5:00 pm **CHECK IN AT THE ROYAL SONESTA**
- 6:15 pm DINNER: **CARVING AND CRAVINGS**
- 7:00 pm "ATTUNING OUR EARS TO THE VOICE OF OUR SOUL" CLASS with **Nalini Ibragimov**
- 7:45 pm BREAKOUT **DISCUSSION GROUPS**
- 8:15 pm **La Bamba** Get ready to dance! 
- 9:30 pm **DESSERT**

## Monday, December 4




- 7:15 am **EARLY MORNING YOGA** (optional)
- 7:30 am **PRAYER CLASS/EXPERIENCE** with **Elisa Mermelstein** (optional)
- 8:15 am BREAKFAST
- 9:00 am "THE ART AND CRAFT OF BUILDING YOUR CASTLE." WORKSHOP with **Devorah Buxbaum**
- 9:40 am **1 ON 1 LEARNING**
- 10:40 am "CHOOSING IN" CLASS with **Nalini Ibragimov**
- 11:30 am BREAKOUT **DISCUSSION GROUPS**
- 12:00 pm **WRAP IT UP: LUNCH TO-GO**
- DEPART FOR**  
**El Yunque Rainforest Adventure** 
- 1:00-4:00 pm **RAINFOREST** Choose:  
 Moderate Trail OR  
Challenging Trail 
- 6:30 pm **GRILLED, ROASTED & ROLLED DINNER BUFFET**
- 7:30 pm PROJECT **INSPIRE. PRESENTATION** with **Kaila Lasky**  
A PROGRAM OF aish HaTorah
- 8:00 pm **GAME SHOW NIGHT**

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## Tuesday, December 5

- 7:30 am **PRAYER CLASS/EXPERIENCE** with **Shulamith Zakutinsky** (optional)
- 8:15 am **BREAKFAST**
- 9:00 am **"SACRED CONVERSATIONS: CREATING HEALING CONNECTIONS WITH OURSELVES, OTHERS AND THE DIVINE."**  
**WORKSHOP** with **Devorah Buxbaum**
- 9:40 am **1 ON 1 LEARNING**
- 10:40 am **LEARNING CHALLENGE**
- 10:55 am **"FLAMES OF REDEMPTION" CLASS** with **Nalini Ibragimov**
- 11:45 am **TAKING A "PIECE" BACK WITH YOU**
- 12:45 pm **LUNCH**
- 1:15 pm Choose:
-  **Tour Old San Juan** OR  
**Watersports on the Beach** 
- 3:30 pm **FAREWELL PARTY** in Old San Juan
- 5:00 pm **DEPART FOR AIRPORT** 

# SPRING *Retreat*

MAY 7-9 | FOR WOMEN

AT THE  
**HERITAGE HOTEL**  
IN SOUTHBURY  
CONNECTICUT








## KNOWING YOUR GREATNESS AND LIVING IT

### SUNDAY, MAY 7

- 11:00 am WELCOME AND BRUNCH at DCA Meadowlands, 274 Middlesex Road, Darien, CT 06820
- 12:00 pm **ICE BREAKER** with **Devorah Buxbaum**
- 1:00 pm **TEAM BUILDING**
- 3:00 pm DEPART FOR HERITAGE HOTEL
- 5:15 pm "Finding Self Worth in a World of Self Doubt" **CLASS** with **Yaffa Palti**
- 6:15 pm BREAKOUT **DISCUSSION GROUPS**
- 6:45 pm DINNER
- 7:45 pm **CHOPPED COMPETITION** with **Naomi Nachman** 
- 9:30 pm **NIGHT SWIM** 

### MONDAY, MAY 8

- 7:15 am **SUNRISE STRETCH** with **Marla Rottenstreich** (optional)
- 7:30 am **PRAYER CLASS/EXPERIENCE** with **Shulamith Zakutinsky** (optional)
- 8:15 am BREAKFAST
- 9:00 am **CULTIVATING YOUR LIGHT** with **Kathy Shahkoochi**  
- 9:30 am "To Know is to Love" **WORKSHOP** with **Devorah Buxbaum**
- 1 ON 1 LEARNING**
- 11:10 am Choose:
  -  **YOGA** with **Amy Erlbaum**
  -  **HEALTHY HABITS** for the Busy Women with **Marla Rottenstreich**
  -  **ZUMBA**
- 12:05pm "The Superpower of the Jewish Woman" **CLASS** with **Yaffa Palti**
- 1:00pm LUNCH

CONTINUED ON THE FOLLOWING PAGE

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MAY 7-9 | FOR WOMEN

AT THE  
HERITAGE HOTEL  
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CONNECTICUT



## KNOWING YOUR GREATNESS AND LIVING IT

### MONDAY, MAY 8

CONTINUED

1:30pm Choose:



3:30pm **JOY BREAKS BARRIERS** - LAUGHTER WORKSHOP with **Esther Russell**



4:30pm FREE TIME

**OPTIONAL CLASS** with **Esti Stahler**

5:00pm SNACK TIME

5:15pm "The Original Wonder Women - Explorations into the Great (S)heroes who Built Our Nation. A Guide to Extraordinary Living from Our Matriarchs." **CLASS** with **Gevura Davis**

6:00pm BREAKOUT **DISCUSSION GROUPS**

6:30 pm BBQ DINNER

7:30 pm **PI PRESENTATION** with **R' Chaim Sampson**

8:15 pm **LAG BAOMER CELEBRATION!** 🌟

### TUESDAY, MAY 9

7:15 am **PRAYER CLASS/EXPERIENCE** with **Shiffy Edelman** (optional)

8:00 am BREAKFAST

8:45 am "Flipping the Script. Turning Weaknesses into Strengths." **WORKSHOP** with **Devorah Buxbaum**

**1 ON 1 LEARNING**

10:25 am "Pursuing Your Highest Calling" **CLASS** with **Yaffa Palti**

11:15 am BREAKOUT **DISCUSSION GROUPS**

11:45 am KEYS TO SUCCESS **TAKING IT HOME**

12:15 pm LUNCH

12:55 pm DEPART HERITAGE HOTEL

1:45 pm **JACKY DURELL BEACH PAVILION**

2:00 pm **CRAFT CHOCOLATE** Tasting Experience

3:00 pm **CLOSING BANQUET**

4:10 pm DEPART

WINTER RETREAT

# TAMPA FLORIDA



## FINDING YOUR LIGHT AND SHARING IT WITH OTHERS

### TUESDAY, DEC. 6

11:30 AM Depart Airport

12:00 PM Lunch and Icebreaker with **DEVORAH BUXBAUM**

2:00 PM **Beach and Watersports**

**Movement Meditation**  
with **KATHY SHAKOOHI**



4:00 PM Depart for Saddlebrook Resort

6:00 PM Dinner **LOCATION: Pegasus South Patio**

7:00 PM **"THE PATH HOME"** with **EVE LEVY**

8:00 PM Breakout Discussion Groups

8:30 PM **Surprise Night Activity** **LOCATION: Lagoon Pavilion**

### WEDNESDAY, DEC. 7

7:30 AM **OPTIONAL PRAYER CLASS** with **JULIE JOSEPH** **LOCATION: Pegasus South Patio**

8:15 AM Breakfast **LOCATION: Pegasus South Ballroom**

9:00 AM **"LIVING WITH CONFIDENCE"** with **DEVORAH BUXBAUM** **LOCATION: Lagoon Pavilion**

#### 1ON1 LEARNING

10:30 AM

CHOOSE ONE:

**Zumba**  
with **EVE LEVY**  
**LOCATION: Lagoon Pavilion**



**Poolside Pilates**  
with **MALKIE RASKAS**  
**LOCATION: Serenity Pool**



**Sign Language**  
with **TALIA RABKIN**  
**LOCATION: Pegasus South Patio**



11:15 AM **"A SOUL ON FIRE"** class with **EVE LEVY** **LOCATION: Lagoon Pavilion**

12:00 PM Breakout Discussion Groups **LOCATION: Lagoon Pavilion**

12:30 PM Lunch **LOCATION: Pegasus South Ballroom**

1:15 PM

CHOOSE ONE:

**AQUATREAD™**  
**LOCATION: Serenity Pool**



**Tennis**



**Pickleball**



**Biking**



**Painting**  
**LOCATION: Pegasus South Ballroom**

**Torah Class**  
**"THE TRUTH ABOUT HAPPINESS"**  
REACHING IN SO WE CAN REACH OUT  
with **STACEY ANBAR**  
**LOCATION: Pegasus South Patio**

1:15 PM

**Torah Class**  
**"G-D LOVES YOU!"**  
with **LEIBA ESTHER FEDOWITZ**  
**LOCATION: Pegasus South Patio**

2:15 PM

WINTER RETREAT

# TAMPA FLORIDA

  
**Saddlebrook**  
RESORT • TAMPA  
Golf • Tennis • Spa • Meetings



FINDING YOUR LIGHT AND SHARING IT WITH OTHERS

3:00 PM **Boat Building and Racing!** LOCATION: Serenity Pool

4:30 PM **Free Time**

Optional

**"Transcend into Light" Meditation**  
with **KATHY SHAHKOHI**



LOCATION: Lagoon Pavilion

5:30 PM **Snack Time** LOCATION: Lagoon Pavilion

## "WHAT'S BLOCKING OUR INNER LIGHT"

5:45 PM **LEARNING HOW TO SHINE USING TORAH INSIGHTS AND WISDOM**  
with **JORDANA BARUCHOV**

6:30 PM **Tapas & Tequila** LOCATION: The Commons Patio of Royal Palms Ballroom

7:00 PM **Dinner** LOCATION: Pegasus South Ballroom

8:00 PM **PI Presentation**

8:45 PM **Night Swim, Tailgating Games and Cocktails by the Pool**

THURSDAY, DEC. 8

7:30 AM **OPTIONAL PRAYER CLASS** with **JORDANA BARUCHOV**

8:15 AM **Breakfast**

9:00 AM **"GETTING OFF THE ROLLER COASTER OF PEOPLE, PLACES AND THINGS"** with **STACEY ANBAR**

## 1ON1 LEARNING

**"LIGHTING UP THE WORLD"** with **EVE LEVY**

12:00 PM **Lunch**

12:45 PM **Depart from Hotel**

2:00 PM **Yacht Party**

3:00 PM **Closing Banquet**

4:30 PM **Depart for Airport**



# SCHEDULE OF EVENTS

## SPIRITUALLY HEALTHY ATTITUDES FOR LIVING

### SUNDAY, MAY 15

**11:00 AM** Welcome and Brunch in the new Brookhaven Mall

*217 Brook Ave, Passaic, NJ*

Ice Breaker - **Devorah Buxbaum**



**2:00 PM** Team Building Activity: Geo Trekking

**4:15 PM** Arrive at the Minerals Resort & Spa



**5:15 PM** “*The Positivity Paradigm: Actions, Intentions, & Opportunities*”  
with **Rina Deutsch** and Breakout discussion groups

**6:30 PM** Dinner



**7:45 PM** Paint Nite with a Twist!



**9:45 PM** Night Swim



All Night Sip & Shmooze



### MONDAY, MAY 16

**7:30 AM** Prayer Class/Experience (*optional*) with **Jordana Baruchov**

**8:15 AM** Breakfast

**9:00 AM** “*Words Create Worlds - Some Thoughts on the Power of Words*”  
with **Devorah Buxbaum**

1on1 Learning



SUBLIME  
DIVERSIONS

Choose:

Guided meditation with **Kathy Shakoochi**

Cardio Dance with **Etti Rosenblum**

Plant Based Nutrition Cooking Demo with **Rivka Golombeck**



“*Embracing Your Life - Fully!*” with **Slovie Jungreis Wolff**

**12:00 PM** Lunch



# At Minerals Hotel Resort & Spa



**1:00 PM**

**CHOOSE 2  
ACTIVITIES**

Hike



Goat Yoga



Archery



Papercutting with **Dena Levie**



Photography Class



Mindful Movement



**4:15 PM**

Free time

**5:00 PM**

Snack Time

**5:15 PM**

“Authenticity- Finding the Real You!” with **Slovie Jungreis Wolff**

**6:00 PM**

Breakout Discussion Groups

**6:30 PM**

Hawaiian BBQ



**7:30 PM**

PI presentation with **R' Chaim Sampson**



**8:15 PM**

Carving, Plattering & Trifleing with **She's The Chef**



**9:15 PM**

Kumsitz/Sing Along



**10:15 PM**

Night Swim



## TUESDAY, MAY 17

**7:30 AM**

Prayer Class/Experience (*optional*) with **Rina Deutsch**

**7:30 AM**

Guided Meditation with **Kathy Shakoochi** (*optional*)



**8:15 AM**

Breakfast

**9:00 AM**

1on1 Learning



“The Art of the Pivot” with **Jordana Baruchov**

Breakout Discussion Groups

**11:15 AM**

Inner/Outer Circle with **Rivka Golombeck**



**12:00 PM**

Roll 'Em Lunch



**2:00 PM**

TopGolf



**4:00 PM**

Closing Rooftop Dessert Banquet

**6:00 PM**

Arrive back @ Brookhaven Mall (*217 Brook Ave, Passaic, NJ*)