



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 SHAHKOHI**



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**

10N1 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
LOCATION: Swim Shop



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

2:15 PM

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



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**

10N1 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

At Minerals Hotel Resort & Spa



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*)