

LEARNSHOP SERIES 1 – Saturday, March 16 from 2:45 – 4pm

3D Low Textural Relief Artwork Inspired by Imagery from the Psalms (limited to 20 participants)

Make a low-relief artwork inspired by a passage from the Psalms. We will use some simple materials, some stiff and some plastic that can be built up and textured: The materials will include canvas, twine, string, texture paste, sand and shredded paper. We will listen to some Psalms being read while working, so that our artwork can be influenced by the rhythm and texture of the Psalms themselves. You do not need to "be able to draw" or "be a good artist" to participate in this activity. Participants should bring a painting shirt, apron or smock.

Facilitator: Joan Slottow

The Dance of Connection: Learning to Let Yourself Move

Dancing is an authentic expression of self, or as Martha Graham put it, "the hidden language of the soul." But you don't need to be a performer, learn complicated steps, or even follow anyone's lead to speak this language. If you enjoy dancing, your soul will soar and your feet will follow! All fitness levels are welcome! You'll be supported and guided through an array of exercises designed to introduce you to restorative movements and ways to release tension and replenish your energy. You'll expand your personal movement repertoire and learn ways to use dance as self-care. **Facilitator: Jody Wager**

I'm in a "Mussar Frame of Mind"

Ever wish you had more patience? Regretted saying something the minute it came out of your mouth? Want to be more thankful for all that you have? Feel like you are losing what makes you magnificent? Mussar is a study and daily practice that focuses on keeping balance in your life through the great number of "soul traits" you possess. Central to Mussar is getting back to the purest and most remarkable form of you, allowing you elevate the needs of others to the same level as your desires. This Learnshop will give you a taste of what Mussar is all about.

Facilitator: Beth Singer and Debra Weiner

LEARNSHOP SERIES 2 – Saturday, March 16 from 4:15 – 5:30pm

Creative Writings inspired by our own Meditative Yoga Poses

We will use Yoga as a literary device to inspire us to write. Our yoga poses will be our inspiration to create beautiful and meaningful written pieces. Even if you have never written creatively before, or tried yoga before... Let yourself try something new in this safe space of ours! No judgement here- we promise! - and you'll be surprised at what you'll accomplish and how great you will feel! Be present "in the now" and come enjoy this session.

Please wear comfortable clothes. No yoga or writing experience necessary.

Facilitators: Jaimee Saxe & Joanne Muir

Nurturing your Light in Dark Times

These are dark times that we live in, the Me-Too Movement and what it reveals, Parkland and Pittsburgh to just name a few. All of these crises have taken a toll on our lives and on our souls. Come join us for a confidential discussion on the impact these events have had on our psyches and therefore on our lives. We will focus on positive self-soothing strategies which will enhance our resilience and cultivate more joy and hope.

Facilitator: Ilene Van Hoozer

Rodef's Remarkable Resources; TRS Women Who Mean Business

Do you have valuable resources to share with us? Or are you looking to grow your business, or maybe trying to figure out your next career move? During this retreat we are launching a "TRS Women Who Mean Business" Network; A group designed for professionals, business owners, and entrepreneurs **both active and retired**. A panel of 4 of our very own TRS experienced business owners, (active and retired) will lead a discussion / planning session, for an ongoing TRS community of women supporting women in business. Our new group will include a mentoring option. One objective will be to match women who are just starting out or need business advice with our members who have deep years of experience. If you have expertise or wisdom to share, **you** are encouraged to join us as we navigate this start-up community together. **Facilitators: Stacey Lewis, Nikki Koch, Jodie Chase, Deb Cohen**

LEARNSHOP SERIES 3 – Sunday, March 17 from 10:30 – 11:40am

Voices Rising in 2 and 3 Part Harmony

Join our music leaders as we break into harmony and sing some fun one, two and three-part music together. Some old, some new and all beautiful! Reading music is helpful but not required. Neither is a perfect voice! Just come and have fun!

Facilitators: Anita Thornton, Janice Zucker, Lauren Rigby

Strong Women, Strong Bones-Nutrition for Energy and Vitality

Sample delicious smoothies! Learn what ingredients give you optimal energy, focus, and freedom to do what you want. We will look closely at Calcium, its food sources and supplements, and the powerhouse it is in keeping your bones strong. Plus, we'll discuss all kinds of ways to keep bones solid and resilient—a must for women on the go! Recipes will be included. **Facilitator: Kathy Glazer**

What's Sex Got to Do with It? What Our Sacred Texts Have to Say About Physical Intimacy.

Jewish teachings view sexual intimacy as both natural and sacred. Jewish tradition has a favorable view of sexual intimacy and sexuality, within boundaries. In this workshop, we will explore texts from the Torah, the Talmud, the Mishneh Torah and other Jewish sources on sexual relations. We will discuss how these texts can inform how we understand and experience sexual intimacy. **Facilitator: Rabbi Stephanie Bernstein**