

2019 Women's Retreat Schedule at a Glance

Friday, March 15

- 2:00 p.m. Carpools leave TRS for Hyatt Chesapeake Bay
4:00 p.m. Welcome Reception & Registration
6:30 p.m. Kabbalat Shabbat Songs, Blessings and Dinner
8:00 p.m. Erev Shabbat Worship
9:30 p.m. Oneg Shabbat and Choice of Evening Activities

Saturday, March 16

- 7:00 -8:00 a.m. Yoga for Beginners
Yoga for Those Beyond Beginners
Pilates
Tai Chi
- 7:15-9:15 a.m. Breakfast Buffet
- 9:30 a.m. Torah Study with Rabbi Stephanie Bernstein
10:30 a.m. Shabbat Worship w/Rabbi Bernstein, Anita Thornton & Lauren Rigby
- 12:30-1:45 p.m. Lunch Buffet
2:00-2:35 p.m. Social Action Activity

2:45 - 4:00 p.m. Shabbat Afternoon Learnshops Session 1

3D Low Textural Relief Artwork Inspired by Imagery from the Psalms
The Dance of Connection: Learning to Let Yourself Move
I'm in a "Mussar Frame of Mind"

4:15 – 5:30 p.m. Shabbat Afternoon Learnshops Session 2

Creative Writings inspired by our own Meditative Yoga Poses
Nurturing your Light in Dark Times
Rodef's Remarkable Resources; TRS Women Who Mean Business

- 6:00-6:45 p.m. Service of Gratitude and Healing
7:00-8:15 p.m. Dinner
8:15-8:45 p.m. Havdalah Service
9:00-11:00 p.m. Choice of Activities

Sunday, March 17

Please check out of your room and bring your luggage down to Cutter A/B by 11 AM to avoid late charges.

- 8:00-9:00 a.m. Yoga for Beginners
Yoga for Those Beyond Beginners
Pilates
Tai Chi

- 8:15-10:15 a.m. Breakfast Buffet

Windjammer

10:30 a.m.-11:40 a.m. Sunday Morning Learnshops Session 3

Voices Rising in 2 and 3 Part Harmony
Strong Women, Strong Bones-Nutrition for Energy and Vitality
What's Sex Got to Do with It?
What Our Sacred Texts Have to Say About Physical Intimacy

- 12:00 p.m. Closing Ritual
1:00 p.m. Lunch Buffet
2:00 p.m. Carpools leave for TRS
OR Post Retreat trip to Blackwater National Wildlife Reserve and Harriet Tubman Visitors Center**
**weather permitting