

A SAMPLE RETREAT

An introductory talk and discussion

What does she mean by "Hebraic wisdom" and why do I care?

This hour long talk occurs some time before the retreat begins - either the evening before, or the morning of the retreat

The Magic of Hebrew Mantras, an interactive teaching

Some of the treasures of the Jewish inheritance are the ancient Hebrew texts of praise and devotion, (*t'heelim*) understood to be from the time of King David. Here, we glean some sacred phrases, or mantras, from within the texts. Participants are guided to pronounce, understand and read (if possible) the key Hebrew words in phrases of text and discuss the primary roots. We engage with the text with contemplative thought and creative processes. No Hebrew literacy necessary.

Quiet break, personal or small group reflective assignments

Participants are requested to bring a journal or notebook for writing exercises and reflection.

Filling in the Blanks,

deepening the experience of standard practice

Would you like to feel touched by the standard prayers you speak in services? Create new meaning within traditional practice at home and in shul. Participants are encouraged to bring a prayer they are drawn to understand in a more personal way, and the group will engage in as many as possible. All questions and inquiries are welcome.

"Miriam's Drum", a presentation of songs, mantras and meanings

Participants will enjoy an hour of musical performance. Explanations and meanings for the mantras and words in the songs are offered.