

B"H

## **'NEW HORIZONS' RETREAT**

### **"BODY, MIND & SOUL"**

SHEVA SPA HOTEL JULY 16-18 2024

#### PROGRAM

16.07

14:00 – CHECK IN TO ROOMS

SNACKS BY THE POOL

15:00 – WELCOME GATHERING - EYAL RIESS

#### **WELLBEING AS A WAY OF LIVING**

15:30 – TALK & MEDITATION – ANNA COHEN

#### **THE TREE OF LIFE AS PRACTICAL TOOLS FOR LIFE TODAY**

17:00 – GUIDED TOUR TO SPRINGS VALLEY

19:30 – DINNER AT HOTEL

21:00 – MUSICAL CONCERT AT HOTEL

17.07

9:30 – MORNING GRATITUDE CIRCLE

10:00 – EYAL RIESS – **WELLBEING IN JEWISH SPIRITUALITY**

11:30 – NATHALIE RIESS - **HEALING RELATIONSHIPS IN THE NEW ERA**

13:00 – LUNCH AT HOTEL

15:30 – ANNA COHEN - **THE ENERGY AROUND US – HOW TO NAVIGATE THIS**

#### **WORLD WITH EXPANDED AWARENESS.**

17:00 – MOUNT GILBOA TRAIL GUIDED TOUR

19:30 – DINNER AT RESTAURANT

21:00- KUMZITZ AT HOTEL

18.07

9:30 – MORNING GRATITUDE CIRCLE

10:00 – CHAIM OREN - **NEW HOLISTIC APPROACH TO PERSONAL WELLBING**

11:30 – PANNEL SESSION WITH TEACHERS: CHAIM, EYAL, NATHALIE, ANNA

13:00 - LEHITRAOT