

Harmonia: Mind, Body, Soul Retreat

August 1 - 3, 2010

Harmonia is a unique opportunity to have a personally fulfilling experience of your own at camp. You can challenge your mind, strengthen your body and nourish your soul for 3 days and 2 nights at camp.

The beautiful Northwoods will be the setting for

stimulating study with outstanding teachers and fantastic Ramah activities including boating, swimming, ropes course, art, music and more.

The fee of \$325 per person/double occupancy (\$50 additional single supplement) includes accommodations, meals and programming.

Sunday, August 1

3:00 p.m. Introduction & Welcome

S 4:00 p.m. Opening Workout Session: *Exercise focusing on creating a healthy body to strengthen the mind and calm the soul. Options will include strength training, yoga, cardio and resistance training.*

A 7:00 p.m. Dinner

M 8:00 p.m. Study Session I: *Workout your mind and explore Jewish texts with Rabbi Steven Rubenstein and Rabbi Joshua Ben-Gideon.*

P Monday, August 2

L 8:15 a.m. Tefillot: *Begin the day with a reflective tefillah experience immersed in the natural surroundings of camp.*

E 9:00 a.m. Breakfast

10:00 a.m. Group Run/Walk: *Resistance, agility, stability and core strengthening exercise.*

S 12:00 p.m. Yoga overlooking the beautiful Lake Buckatabon

C 2:00 p.m. Lunch

C 2:30 p.m. Rest and relaxation

H 3:30 p.m. Recovery Workout: *Isometric and therapeutic based movements*

E 5:30 p.m. Study Session II

D 7:00 p.m. Dinner

U 8:00 p.m. A Night at the Ramah Theater: Nivonim Performs *Chicago*

L Tuesday, August 3

L 8:15 a.m. Tefillot

E 9:00 a.m. Breakfast

10:00 a.m. Final Event: 10K Run or 5K Run/Walk

L'hitraot!