

***Awaken
your Spirit.***

***Find your
Voice.***

***Bask in the
power of
Sisterhood.***

***Pamper
Yourself.***

CONGREGATION SUBURBAN TORAH
with CHABAD OF BINGHAMTON

ב"ה

Invites you to join

Spa for the Soul

A Women's Retreat inspired by, and held in memory of,
Naomi Rosenfeld ז"ל Binghamton U. '97

June 8-10, 2018

* HOTEL
WESTMINSTER
LIVINGSTON, NEW JERSEY

Register: www.fcnpj.com/spaforthesoul

Bring your mother, sister, grandmother, best friend, or come solo and meet other amazing women at the *Spa for the Soul* weekend. Eat, drink, laugh, learn, sing and study together as we listen to our authentic selves.

This women-only retreat will have everything you need to relax your mind, rejuvenate your body and fill your spirit. Share delicious meals. Connect to your Jewish spirituality through song, prayer, and reflection.

Let your creativity run wild as you create a work of art. Indulge in relaxation with yoga, massages, and more. *Let us pamper you!*

For Your *Soul*:

- * Heartwarming stories
- * Uplifting and mind-expanding workshops and learning sessions
- * Inspiring Davening
- * Riveting talks

For Your *Spirit*:

- * Soulful singing
- * Special debut performance by women's a cappella group
- * Female bonding
- * Real and honest sharing
- * No-holds-barred, stump the Rebbetzin, late-night Pajama Party

For *Fun*:

- * Jewelry-making workshop with the celebrated Ofra of Ofra Jewels
- * Comedy with Devorah Lewis
- * Games galore

**One weekend,
with an
afterglow to
last a lifetime.**