



RISING

An Emek Adventures Hike

Sunday, September 22nd, 11am-5pm

Surprise Lake Camp, 382 Lake Surprise Road, Cold Spring, NY 10516

Join nationally recognized spiritual leader [Rabbi Brent Chaim Spodek](#) for **RISING** - an elevation of our bodies through the spectacular Hudson Highlands and an elevation of our souls through the spiritual insights of the Jewish calendar.

Drawing on contemplative and Jewish sources, including Alan Lew's [This is Real and You Are Completely Unprepared](#), Rabbi Brent will facilitate exercises to help us let go of stale narratives in our lives, center ourselves in the present and set our intentions for the future.



We'll be hiking one of the less trafficked trails on Breakneck Mountain; this will be a rigorous hike of about five hours; no specialized gear is needed, but participants should be confident they have the strength for this sort of undertaking.

Adults: \$120 *Register before August 25th & save \$20
BHA Members & SLC Alumni or Staff save even more!
For more info & to register visit <http://bit.ly/emek-rising>

Rising is a project of Emek Adventures, the center for outdoor spirituality at Beacon Hebrew Alliance.