



**Sha'ar Communities**  
*Choose Your Gate. Open Your Soul. Find Your Community.*

**MOTHER/DAUGHTER SPA SHABBAT**  
**FRIDAY JANUARY 31, 2014 – SUNDAY FEBRUARY 2, 2014**

**Program\***

**Friday January 31, 2014**

**Arrival and Check in at your leisure.**

***(Room guaranteed by 4pm but guests are welcome to come early and use the facilities.)***

**4pm-4:45pm Welcoming Ritual, Reflection and Candlelighting for Shabbat**

**5pm-5:50pm Chakra Meditation**

**6:15pm-7:15pm Shabbat dinner (Chef's Kitchen)**

**7:30pm-9pm Guided Nocturnal Walk: Nature Welcomes Shabbat**

**9pm Oneg Shabbat at the Bar!**

**Shabbat, February 1, 2014**

**Breakfast and morning activities or Spa treatments of your choosing**

**11am – 12:30pm Shabbat Spa**

**12:30pm-1:30pm Shabbat lunch (Chef's Kitchen)**

**Activities and Spa treatments of your choosing**

**5pm The Holiness of Separation/Bidding Shabbat Farewell**

**6pm Havdalah**

**7pm Dinner**

**8:30pm Night Activity**

**Sunday February 2, 2014**

**Breakfast and morning activities or Spa treatments of your choosing.**

**9am-10am Torah Yoga**

**12pm Checkout**

*(Guests are welcome to store their luggage after checkout and use the facilities for the rest of the day.)*

**12:15pm to 1:30pm Lunch and closing ritual  
(Chef's Kitchen)**

**\*Program schedule is subject to change.**