



Lev Eisha presents

A Day of Learning
INSPIRE, INTERPRET, INSIGHT:

Sunday, October 18 8:30am – 7:30pm
The Holy Spirit Retreat Center
4316 Lanai Road, Encino, CA 91346

Teachers: *Rabbi Toba August; Cantorial Soloist Cindy Paley; Chaplain Bonnie Leopold; Rhonda Kiff; Lindsey Leimbac; Holly Zucker*

8:30 Continental Breakfast
9:00 Welcome and Icebreaker
10:00 Workshop I

Mussar

The word *mussar* itself means "correction" or "instruction" and also serves as the simple modern Hebrew word for ethics. Yet *Mussar* can also be described as a way of life. The study of *Mussar* offers tools for living a life more in balance with our actions, emotions, words. This introduction to *mussar* will be a refresher for some, and new to others. We will explore a character trait and see how this applies to our everyday lives. There will be time for taking notes, sharing and exploration of our inner selves. No Hebrew required.

Workshop II

Mindfulness

Mindful Living reduces stress, enhances attention and creativity, improves self-awareness and leads to pleasant outcomes such as centered relationships and better physical health. Through our workshop, Lindsay Leimbach will teach an overview how the brain works and why mindful techniques can be useful in everyday life at home, at work, and in all relationships. We will learn 3 different techniques that will assist in filtering out mental chatter, weigh your options objectively, and cultivate Loving Kindness.

11:15 Workshops are repeated so you may attend both
12:30 Lunch

1:45 **The music of Jewish Women, with Cindy Paley**

2:45 Enjoy a break to stroll the gardens & visit with friends

3:30 **Rabbi August will teach Ecclesiastes: Fleeting and Timeless**

Turn, Turn, Turn: there is a time for everything, and a season for every activity under the heavens. The book of Ecclesiastes is a philosophical account of the attempt to find happiness by a man who has everything.

5:00 Wine & Cheese and time to schmooze

5:30 Dinner

6:30 Small groups meet to discuss questions raised during Rabbi August's teaching

7:15 Closing

Join our Day of Inspiration, Interpretation & Insight

\$95.00 (Payable to Lev Eisha) includes all meals & all activities

For more information, contact Linda Zweig or visit our website: www.levisha.org

Deadline for registration October 11, 2015

lindaleezweig@gmail.com



A Day of Learning **INSPIRE, INTERPRET, INSIGHT:**

Sunday, October 18 8:30am – 7:30pm

*The Holy Spirit Retreat Center
4316 Lanai Road, Encino, CA 91346*

REGISTRATION FORM

Payment MUST BE RECEIVED before October 9, 2015

YES – Sign me up for Lev Eisha’s DAY OF LEARNING! \$95.00 per person

Name:	
Address:	
Phone:	
Email:	

I’m also paying for: \$95.00 per person

Name:	
Address:	
Phone:	
Email:	

**I’m unable to attend, but I am supporting the event,
so scholarships might be offered** \$_____

Total Amount: \$_____

Two ways to register:

1. Mail this Form with your check to:

Lev Day of Learning
10736 Jefferson Blvd. #706
Culver City, CA 90230
Phone: (310) 575-0985 (message)

2. Register & Pay online at our website: www.levisha.org

Lev Eisha is a 501 (c)(3) organization.