

You are invited to our annual pre-Purim & Pesach relaxing & rejuvenating
Women's Wellness Retreat in Israel



On the most beautiful, pristine stretch of the Mediterranean Seashore
Sunday, Monday, & Tuesday February 27 – March 1, 2022

Enjoy full board accommodations at the picturesque **Nahsholim Seaside Resort** located directly on the beach with breath-taking views of the sea.

The restaurant will be kosher mehadrin, serving healthy, abundant, delicious meals (including vegetarian, vegan, fish, chicken & meat, gluten-free, & sugar-free options).

* Eida Charedit, Rav Rubin, & Rav Landau hechshures & all produce shmita L'chumra Eida Charedis.

Program of retreat activities includes: Guided nature hikes along the seashore and tranquil coves, yoga with some of *Israel's finest yoga teachers* (including aromayoga with balancing & uplifting essential oils, sunset flow yoga on the beach, gentle yoga for beginners, power yoga, yin yoga), healthy living seminars, Torah classes, Nia dance, world dance & west African dance classes, writing workshops, guided meditation, Shiatsu-Thai massage, holistic massage, facials, improvisation & laughter workshop in celebration of Rosh Chodesh Adar, singing circle, watching glorious sunsets, relaxation, fun, uplifting experiences with amazing women.

Participation is limited to women and girls over 18 years old (no babies). No one-night option.

Registration deadline: Friday February 4th, 2022. Reserve early, we got fully booked the last three retreats.

Prices per person - Full Board - 3 Days / 2 nights	Garden Room	Seaview Boutique Room
Three sharing a room	₪1,500 / person	₪2,000 / person
Two sharing a room	₪1,600 / person	₪2,100 / person
Single Person in Room	₪2,300 / person	₪2,900 / person

Savor the special experience of being relaxed and mindful in this beautiful, soothing natural environment. All activities are optional. Feel free to share with your friends and family who may wish to participate: mothers & daughters, sisters & friends, neighbors, cousins & grandmothers all can share this incredible experience.

With friendship, love, and serenity,

Devora Ratner, Kara Blattman, Susie Rosenfeld, Esther Elfassi, Nechama Tovey, Sarah Friedlander, Sarah Tikvah Kornbluth, Michaela Rosenfeld

If you have specific questions, please email: **Devora Ratner** koshervacationexperts@gmail.com

