

You are invited to our fifth 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 26th – 28th, 2023

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 mehadrin kashrut, serving healthy, abundant, delicious meals (including vegetarian, vegan, fish, chicken & meat, gluten-free, & sugar-free options).

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

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, morning flow yoga, sunset yin yoga, gentle yoga for beginners, power yoga), Torah classes, variety of dance classes, singing workshop, Tai Chi on the beach, festive African & Latin dance evening, writing and art workshops, emotional wellness classes, essential oils workshops, mindfulness and guided meditation, costume dance party in celebration of Chodesh Adar, watching glorious sunsets, relaxation, fun, uplifting experiences with amazing women. **(massage, facials, and one-on-one coaching available at extra cost)*

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

Registration deadline: Friday February 10th, 2023. *Reserve early, we got fully booked the last four retreats.*

Prices per Person	Seaview	Greek	Garden	Kibbutz
3 Days / 2 nights - Full Board	Boutique Rm	Suites	Room	Country Room
Single in a room	3,200 ₪	2,600 ₪	2,400 ₪	1,800 ₪
Two sharing a room	2,200 ₪	2,000 ₪	1,700 ₪	1,400 ₪
Three sharing a room	2,000 ₪	1,800 ₪	1,600 ₪	1,300 ₪
Four sharing a room	1,800 ₪	-	-	1,200 ₪

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-Rock, Susie Rosenfeld, Esther Elfassi, Nechama Tovey, Sarah Friedlander, Shira Gura, Kinneret Dubowitz

If you have specific questions, please email us: retreat@koshevacationexperts.com



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