



Am Kolel Presents: A Wellness Shabbat: For Mind, Body & Spirit



March 13/14, 2020
At Sanctuary Retreat Center
with special guest instructor
Marilyn Spenadel



Marilyn Spenadel, LCPC, ACS is a Holistic Integrative Psychotherapist, Spiritual Coach, Resiliency/Wellness Educator, Approved Clinical Supervisor, and the founder of the Holistic Wellness Enrichment Center “Healing Connections” in Rockville. It’s the home of Authentically U Counseling.

She has a Master’s Degree in Clinical Mental Health Counseling and Post Master’s Certificate in Counseling At-Risk from Johns Hopkins University.

Marilyn has a passion for learning and teaching Holistic mind/body and spiritual awareness, connection, and uplifting techniques to enhance our lives and the greater good.

She is a longtime resident of Montgomery County. View her website at www.authenticallyu.org

FEES (Catered event. Meals are kosher, veggie-dairy and fish.)

- _____ Entire Program (Friday Evening through Sunday Morning): Members \$125, Non-Members \$145
- _____ Friday dinner, sleeping over and breakfast on Saturday morning. Members \$45, Non-Members \$55
- _____ Saturday Meals and Sessions Only: Members \$50, Non-Members \$60
- _____ Saturday Night Sleepover and Sunday Morning breakfast: Members \$40, Non-Members \$50

TOTAL: \$ _____ REGISTER NOW through MARCH 10

(Cut here ↓ and send us the completed form)

REGISTRATION FORM

Spring 2020 Jewish Renewal Weekend

Name:			
Address:			
Phone:		Email:	

TOTAL: \$ _____

Pay online at bit.ly/amkolel or send check (payable to Am Kolel), or complete credit card information:

CREDIT CARD	Name on Card	CVV - 3-digit code, AmEx: 4
	Card Number	Expiration Date

SEND to AM KOLEL, 19520 Darnestown Rd, Beallsville, MD 20839 or FAX 301-349-2744 or Scan / Photo to admin@am-kolel.org
SanctuaryRetreatCenter.org - For more information, contact Anna at 301-349-2799 or email: admin@am-kolel.org



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WEEKEND SCHEDULE

Friday Night

6:00 Kabbalat Shabbat - Welcoming Shabbat

7:00 Candle Lighting and Shabbat Dinner

8:00 Zmiros and Hasidic Tales and Teachings from Reb Nachman taught by Reb David 

Saturday Morning


7:30 Ophanim Yoga & Meditative Walk

8:15-9:30 Breakfast

9:45 Shacharit and Chakras, Nigunim and Chanting

10:30 Torah Reading – Insecurity of Freedom, the Golden Calf

11:00-12:15 Session I: Holistic Wellness: Resiliency Mindfulness Skills for Health and Spiritual Renewal with Marilyn Spenadel, MS, LCPC, ACS

12:30 Kiddush Lunch 

Saturday Afternoon

2:15-3:45 Session II: Elevating Oneself: Practices, Light & Art Meditation and Active Listening Diad Exercise for Personal


(Saturday Afternoon continued)

Growth and Healing with Marilyn Spenadel

3:45 Menucha – Rest & Shabbes Hike

5:00-6:00 Opening the Gates

- Nutrition Myths and Tips with Anna Poddar, Nutrition Coach and Retreat Overseer
- Yoga Nidra with Janeane Marks, Melavah Ruchanit, Spiritual Companion
- Stretching for Wellness with Banibrata Poddar, Resident Flexibility Practitioner
- Cultivating Spiritual Qualities for Wellbeing with De Herman, Rabbinic Pastor

6:30 Seudah Shlisheet – A taste of the Messianic Age! Zmiros and select teachings from Maimonides, Physician, Rabbi and Holistic Philosopher with Reb David 

8:00 Havdalah - taking leave of Shabbat

9:30 Campfire and Esh Kodesh for those staying overnight

