

3-week Jewish Meditation Retreat

January 8-29, 2012

with **Rabbi Jeff Roth**

assisted by Brian Arnell & Ruth Jacobson

at **Am Kolel Sanctuary near Washington DC**



Sponsored by The Awakened Heart
Project for Contemplative Judaism

*“The three-week silent retreat at Am Kolel last year was among the absolutely most amazing experiences of my life. Rabbi Jeff and his team are wonderful teachers and retreat managers, the grounds are lovely, and the food topnotch. The sitting periods are not too long and nicely varied with walking meditation, chanting, instructions, yoga, eating, and rest periods. **The heightened state of awareness stayed with me for a few weeks and even now, ten months later, I still experience life more deeply and clearly than I did before the retreat.** When I think of my second three-week silent Jewish meditation retreat coming up I am filled with joyful anticipation, excitement, and gratitude.” - Emunah*

We are very excited to be holding a three week meditation retreat. There are many benefits to an extended period of retreat practice, which makes this opportunity a unique one in the Jewish World. The retreat will be in silence comparable to other Jewish silent retreats. Most mornings, there will be davenning using chanting, and some mornings will be used for solo davenning. There will be instructions given most days. There will be daily lectures. All participants will have private interviews with the teaching staff – two or three times per week – with other contacts as needed to support your practice.

Our hope is that a significant number of people will want to sit for all 3 weeks. Preference will be given to those interested in sitting the entire period – shorter periods will be considered only if space permits. The retreat will be limited to 25 people.

Facilitator of the Retreat:

Rabbi Jeff Roth will be the primary facilitator of the whole period. Other teachers may join for shorter periods. The final staffing pattern will depend on the number of participants. There will be a sliding scale of prices. There are limited options for single and double rooms, and requests for those rooms will be on a first come, first served basis. Teachers at the retreat will be offering their time freely. Donations to support their work will be discussed at the end of the retreat.

Room and Board Costs:

Estimated cost for the three weeks: \$1100 (quad occupancy) \$1600 (double occupancy) \$2100 (single).

More information about Sanctuary available at: <http://www.sanctuaryretreatcenter.com>

For More Information:

Contact Rabbi Jeff Roth at jeff@awakenedheartproject.org