

## Please Join Us at Am Kolel Sanctuary & Renewal Center



### for a **Weekend of Learning, Community, Joyous Prayer and Celebration!**

Retreat includes dairy-vegetarian  
-fish Kosher meals. Lodging  
includes linens & towels provided.

Relax in the country! A large  
deck overlooks our gorgeous 28  
acres that boast a variety of spe-  
cial spaces in which to delight in  
nature, including a meditation gar-  
den, labyrinth, outdoor chapel,  
picnic area, screened gazebo and  
woods.

We have an excellent massage  
therapist on site! Contact  
Beckie Berez directly at  
301.318.5201.

**For more info or to register:**

**gilah@am-kolel.org  
301.349.2799**

**Rabbi Miles Krassen** devotes himself to  
mystical studies and practice, and to teaching a  
new paradigm for inner development and self-  
transformation within the Jewish tradition. He  
serves as Rabbi of Rain of Blessings, a non-profit  
organization for disseminating mystical Jewish  
teachings based on the spiritual insights of early  
Hasidism and Kabbalah. Reb Miles is also an  
author, musician and scholar who taught Jewish  
Studies at Oberlin College and Naropa Univer-  
sity. A beloved teacher at Elat Chayyim, Aleph  
Kallah, and Ruach Haaretz, Reb Miles' classes  
and workshops are based on a deep love for tradi-  
tional sources, familiarity with many non-Jewish  
wisdom traditions, and respect for the latest find-  
ings of contemporary scholarship and science.



**Am Kolel Sanctuary & Renewal Center** is an ecu-  
menical retreat center in Montgomery County, MD  
less than an hour's drive from Washington, DC., and  
a place of natural beauty & serenity, where you can  
experience rest, relaxation and renewal. We are under  
the auspices of Am Kolel, an independent Jewish  
Renewal community founded and directed by Rabbi  
David Shneyer.

### **Am Kolel Sanctuary & Renewal Center**

19520 Darnestown Road  
Beallsville, MD 20839  
Phone: 301.349.2799  
Fax: 301.349.2744

[www.sanctuaryretreatcenter.com](http://www.sanctuaryretreatcenter.com)

## The Torah of Elul & Teshuvah

**A Jewish Renewal  
Retreat  
with**

**Rabbi Miles  
Krassen**



**Am Kolel Sanctuary  
& Renewal Center**

**August 21-23, 2009**

**Rosh Chodesh Elul, 5769**

# The Torah of Elul & Teshuvah

**Reb Miles** will be offering teachings and practices from the Hasidic tradition concerning the month of Elul. Jewish tradition views this month as preparation for the spiritual work that culminates in Yom Kippur. This year, Elul begins on Erev Shabbat, August 21st.

Reb Miles will be sharing wisdom on the essential nature of Teshuvah (rebooting and restoring our soul's operating system), as understood in Hasidic and kabbalist tradition. We will be studying teachings from Rebbe Nachman of Breslov, his main disciple, Rabbi Nathan of Nemirov, and from Hasidism's founder, the Ba'al Shem Tov.

Our learning will be supported by specific practices to facilitate the Teshuvah practice and prepare us for Rosh HaShanah.

## Schedule of Events

### Friday, August 21, 2009:

7pm: Welcome, Kabbalat Shabbat,  
Candle Lighting & Shabbat Dinner

9pm: First Teaching, Reb Miles

### Saturday, August 22, 2009:

7-9am: Breakfast

8am: Kabbalah in Motion Yoga with Gilah

9:45am: Shacharit (Morning Service)

11am: Second Teaching, Reb Miles

12:15pm: Conclude Service

12:30pm: Kiddush Lunch

2-4pm: **OPTIONS**

- \* Rest—Shabbat Menuchaaaaah \*
- \* Sacred Dance \*
- \* Learning with Reb David \*
- \* Massage with Beckie \*

4-5:30pm Third Teaching, Reb Miles

6:30pm: Dinner (seudah shlishi)

8-9pm: Fourth Teaching, Reb Miles

9pm: Havdalah followed by music, song,  
dance & Aish Kodesh (holy campfire)

### Sunday, August 23, 2009:

7-9am: Breakfast

8am: Ophanim Yoga with Reb David  
OR  
Spirit Herb Walk & Ritual with Gilah

10am: Final Teaching, Reb Miles

11:15am: Brunch

**Lodging is Also Available for Thursday  
and/or Sunday Nights!**

## Registration Form: Reb Miles Weekend

I am registering for:	# Attending	Price
<input type="checkbox"/> Weekend Program <i>Includes Fri. dinner, Sat lunch &amp; dinner, Sun. lunch</i>	_____	\$180
<input type="checkbox"/> Lodging Fri. night <i>Includes Sat. breakfast</i>	_____	\$ 40 <i>Per person</i>
<input type="checkbox"/> Lodging Sat. night <i>Includes Sun. breakfast</i>	_____	\$ 40 <i>Per person</i>
<input type="checkbox"/> Additional Nights@ \$40 each	_____	
<input type="checkbox"/> Thu. night <input type="checkbox"/> Sun. night		
<input type="checkbox"/> Saturday ONLY <i>Includes Sat lunch &amp; dinner</i>	_____	\$136
<input type="checkbox"/> Full Member Discount—20%	_____	- _____
<input type="checkbox"/> Assoc. Member Discount—10% <i>or</i> Same Household Couples—10%	_____	- _____
	<b>Total:</b>	_____

\_\_\_\_\_  
Name(s)

\_\_\_\_\_  
Street Address

\_\_\_\_\_  
City, State, ZIP

\_\_\_\_\_  
Phone

\_\_\_\_\_  
E-mail

### Method of Payment

- Check  
Please make payable to: Am Kolel
- Visa
- MasterCard

**Billing Address if different**

\_\_\_\_\_  
Credit Card #

\_\_\_\_\_  
Exp. date

\_\_\_\_\_  
Card Holder's Signature

### Contact Us for Camper Prices

Am Kolel Sanctuary & Renewal Center  
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