

Shabbaton with Rabbi Arthur Green 2016 Schedule

Friday Evening Service: 7:15 PM, doors open at 6:30 PM,
followed by Oneg.

Reb Zalman zt"l asked members of our communities to donate \$1+ for our indigent fund before we light our candles on erev Shabbat. The tzadakah (charity) box will be at the registration table.

Saturday Morning Torah Service: 9:45 AM, doors open at 9:15 AM,
followed by lunch

Kiddush and Luncheon: 12:30 PM (approximately)

TEACHING: 1:15 PM Rabbi Art Green

Workshops: 2:30 PM (approximately 45 minutes to 1 hour)

Sat evening: 7:30 PM, Doors open 7 PM,
Text study with Rabbi Art Green & Havdallah

Sunday Morning: 9 AM, doors open at 8:30 AM
Lite Breakfast, 9 AM,
Praying Your Body's Way – sacred movement *
with Rachael Resch, 9:30 AM
Davvenen (morning prayers) 10:15 AM
and final teaching by Rabbi Art Green
Closing ceremony: 11:30 AM

*** 9:30am Sunday Morning: Sacred Movement**

FreeDancing The Four Worlds

Praying Your Body's Way

The Nia FreeDance practice is designed to take us physically and energetically through the nested systems of body, heart, mind and spirit. There is guidance and a structure, but no choreography. I think this would be a great way for participants to somatically integrate the experiences of the weekend, and also to take back to their own lives and communities the active force of spirit moving in their bodies and therefore the ability to pray their bodies' way in any setting.