

Sex and Chocolate September 2, 2009

Time	Active	Creative/Intellectual
8-8:15	Registration and continental breakfast	
8:15-9:15	Tai Chi Netsitsah Manela	A "Mini-pause" on Your Spiritual Journey: Coping Tools for Women in Relationships Israela Meyerstein
9:15-10:00	Cardio Trail Hike Kayam Staff	DIY Balms & Lotions Kayam Staff
10:00-11:15	Yoga Lorinda Belzberg	Cooking & Women's Nutrition Frank Cleveland & Elise Rubenstein
11:15-12:15	Israeli Dancing Madeline Brownstein	Art Jessica Weinberg
12:15-1:00	Yoga Nidra Meditation Sue Borchardt	
1:00-2:00	Lunch and Learn with Rabbi Elissa Sachs-Kohen	
2-3:30	Panel Kate Thomas, Rabbi Gila Ruskin, Brian Sanderoff, Joan Ordman	
3:45-4:45	Breakout Session Rabbi Gila Ruskin	Breakout Session Brian Sanderoff
4:45-5:30	Breakout Session Dr Joan Ordman	Breakout Session Elise Rubenstein
5:30-6:00	Break	
6:00-7:00	Dinner	
7:00-9:00	Evening Keynote and Q & A "Sex & Chocolate" with Sex Therapist Dr. Kate Thomas And Chocolate Dessert Bar	