



Shabbaton

A Sabbath of
Complete Rest

Because You Deserve It!

A Spiritual
Shabbaton

January 21

9:30 a.m. – 5:00 p.m

Start the secular new year with an experience of full immersion in Shabbat.

A Retreat Day

for adults and post-Confirmation age teens.

We will experience a full day of restoration, meditation,
aspiration, concentration, and rejuvenation.

Treat Yourself to this experience

Art, yoga, prayer, quiet,
stillness, discussion and contemplation.

A Full Shabbat

like you've never experienced before.

Registration limited to 20 participants
Please call Arlean to RSVP
(504) 895-4843