















# Heart and Soul Women's Journey and Retreat in Israel

## March 2 – 11, 2023

<p>Thursday Mar 2, 2023</p> <p>Day 1</p> <p>Arrival</p>	<ul style="list-style-type: none"> <li>• Arrival to Israel</li> <li>• Transfer to Tel Aviv</li> <li>• Opening Dinner and Welcoming Exercises</li> <li>• Walk through the Artist Quarter</li> <li>• Enjoy Jaffa at night</li> </ul> <p><a href="#">Accommodation – Tel Aviv</a></p>	
<p>Friday Mar 3, 2023</p> <p>Day 2</p> <p>TLV-Jaffa</p>	<ul style="list-style-type: none"> <li>• Tel Aviv – Jaffa Tour</li> <li>• Culinary tour at Lewinsky Market</li> <li>• Walk through the Flea Market</li> <li>• Visit Neve Tzedek</li> <li>• Meet the locals –Jewish &amp; Arab Education</li> <li>• Kabbalat Shabbat experience</li> </ul> <p><a href="#">Accommodation – Tel Aviv</a></p>	 
<p>Saturday Mar 4, 2023</p> <p>Day 3</p> <p>Mitzpe Ramon</p>	<ul style="list-style-type: none"> <li>• Travel to the Negev for Shabbat Yoga</li> <li>• Meditation &amp; Mitzpe Ramon</li> <li>• Workshop at Beit Sade -Opening with grounding into our body/soul from the magic and malchut (majesty) of the Desert</li> <li>• Bedouin Hospitality with camels</li> </ul> <p><a href="#">Accommodation – Arava / Mitzpe Ramon</a></p>	

<p>Sunday Mar 5, 2023</p> <p>Day 4</p> <p>Mitzpe Ramon</p>	<ul style="list-style-type: none"> <li>• Yoga</li> <li>• Jewish Meditation</li> <li>• Hike in Ein Avdat</li> <li>• Visit the Bedouin Village in Segev Shalom for Woman discussion.</li> <li>• Beit Israel Village to learn of Ethiopian Journeys &amp; Cooking.</li> <li>• Neot Smadar.</li> </ul> <p><a href="#">Accommodation – Arava / Mitzpe Ramon</a></p>	
<p>Monday Mar 6, 2023</p> <p>Day 5</p> <p>Masada Dead Sea</p>	<ul style="list-style-type: none"> <li>• Masada Tour</li> <li>• Dead Sea</li> <li>• Explore the unique atmosphere of the Lowest place on Earth.</li> </ul> <p><a href="#">Accommodation – Dead Sea</a></p>	
<p>Tuesday Mar 7, 2023</p> <p>Day 6</p> <p>Sunrise Galilee</p>	<ul style="list-style-type: none"> <li>• Early wake up</li> <li>• We'll start our day with the unique view of The Sunrise from Metzokei Draghot.</li> <li>• Drive to the North</li> <li>• Visit Safad and experience meeting with Local woman.</li> <li>• Drumming circle</li> </ul> <p><a href="#">Accommodation – Galilee</a></p>	  

<p>Wednesday Mar 8, 2023  Day 7  Galilee</p>	<ul style="list-style-type: none"> <li>• Beit Lechem of the Galilee</li> <li>• Visit the Artist Colony in Ein Hod</li> <li>• Visit the Druze community and have lunch With a Druze Family.</li> <li>• Drive to Jerusalem</li> </ul> <p style="text-align: center;"><a href="#">Accommodation – Jerusalem</a></p>	
<p>Thursday Mar 9, 2023  Day 8  Jerusalem</p>	<ul style="list-style-type: none"> <li>• We'll start our day with a panoramic view of Jerusalem from Mt. of Olives.</li> <li>• Walk through the Old City of Jerusalem</li> <li>• Jerusalem tour in a religious perspective</li> <li>• Dual Narrative tour in Jerusalem that Reflects both sides of the political sphere.</li> </ul> <p style="text-align: center;"><a href="#">Accommodation – Jerusalem</a></p>	
<p>Friday Mar 10, 2023  Day 9  Jerusalem</p>	<ul style="list-style-type: none"> <li>• We'll start our day with a walking tour at Machane Yehuda Market</li> <li>• Lunch: Picnic at the Sataf</li> <li>• After noon walk through the Old City</li> <li>• Shabbat Dinner and Havdallah Experience</li> </ul> <p style="text-align: center;"><a href="#">Accommodation – Jerusalem</a></p>	 
<p>Saturday Mar 11, 2023  Day 10  Departure</p>	<p>Check out and transfer to Ben Gurion Airport Flight back home</p>	



**Requested Vehicle:**

Mercedes Sprinter

18 Seats

Free Wi-Fi

Water

Coffee Machine



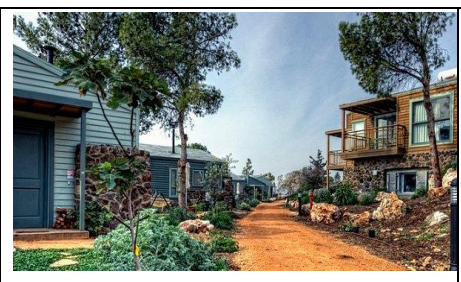
**Optional Hotels:**

Selina TLV Hotel

BB Base



Vered Hagalil Hotel  
BB Base  
Galilee



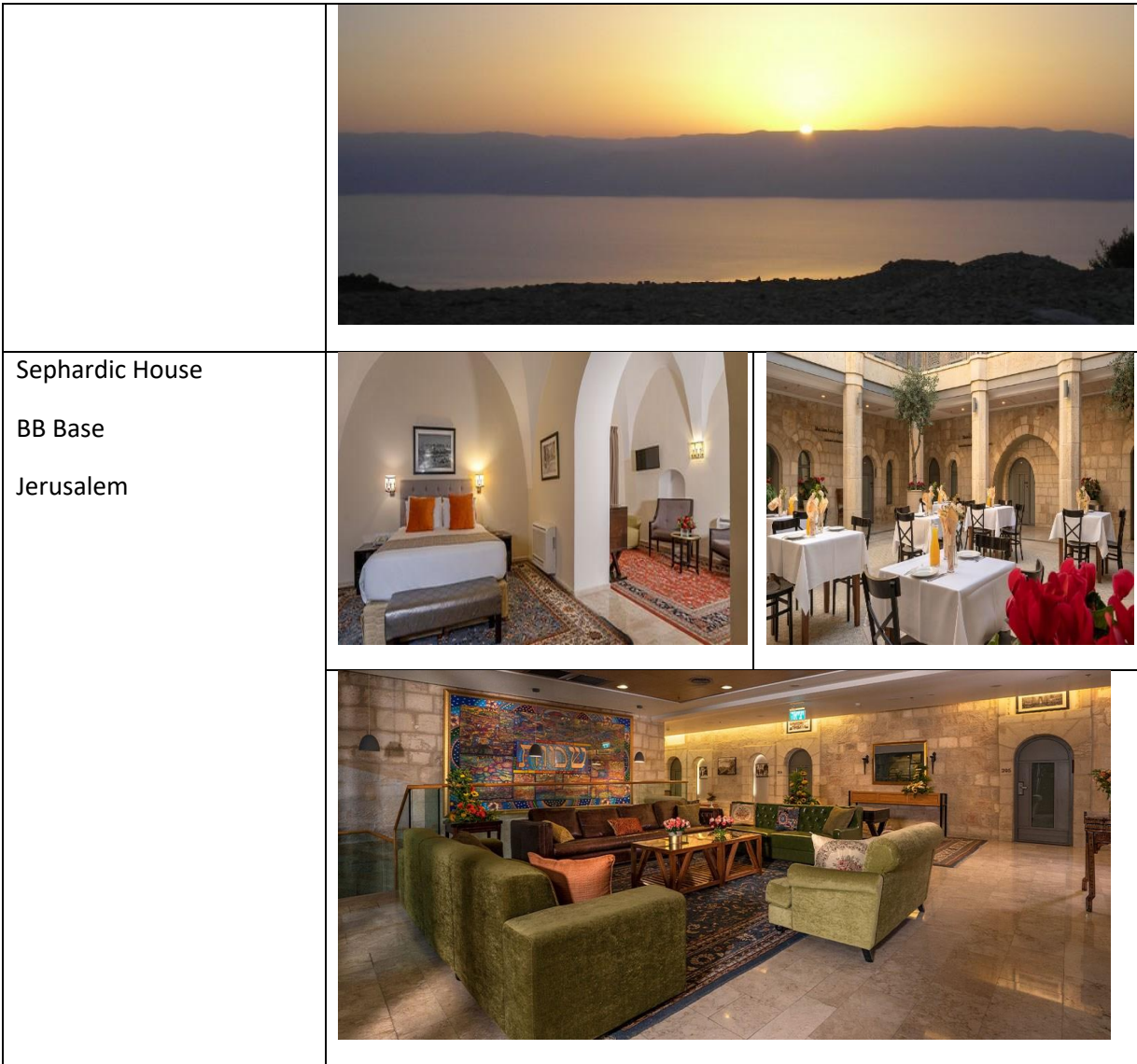
Nof Zukim Resort  
BB Base  
Arava Desert



Metzokei Dargot  
Dead Sea  
BB Base







\*\* Program and accommodations subject to change

**Rate per person sharing a double room \$3600 USD**

**Single room supplement add \$1150 USD**

**For more information, application and terms of payment,  
please contact:**

***Stacey Tessa Krone Battat***

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**Co-creating our vitality in Act 3!**

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