

Shabbat Afternoon Choices

Through the (Jewish) Looking Glass: Do You See What I See?
Boulder 2012

Saturday, March 17, 2012
1:00 PM – 4:00 PM

REGISTRATION NOTES:

- Since two of these choices are space limited, assignments will be made on a first received basis. For these you must pick a first, second AND third choice.
- If several persons are coming from the same school, AND you are choosing either Option #1 or Option #2, only one person will be placed in either option.
- Anyone choosing only one "restricted" option will risk being assigned to an option by the conference administrator
- There are no restrictions for those options with no space limitation.

#	Limit	Description of the Option	Facilitator Bio
S-01	23 ONLY	<p>HIKING WITH THE ADVENTURE RABBI <i>Facilitator: Rabbi Jamie Korngold</i></p> <p>DESCRIPTION: Join us for a Shabbat afternoon hike with the Adventure Rabbi, Rabbi Jamie Korngold. On this 3-hour adventure, we will hike some of the awe-inspiring trails of Boulder. Together, we will explore how the magnificence of the outdoors can be used as a spiritual springboard to enhance our Jewish experience. Along the way, we will stop for teachings, discussion, and a brief service, combining Judaism and nature. This hike is geared for participants in good physical condition. Because we are hiking at altitude, we ask that you opt out if you have any medical issues such as heart conditions, recent surgery, or are very out of shape. http://www.adventurerabbi.org/</p>	<p>FACILITATOR BIOGRAPHY: Rabbi Korngold is an ordained Reform rabbi and the founder and executive director of the Adventure Rabbi Program, based in Boulder, Colorado. She is nationally recognized for her innovative work combining religion and nature, as well as or her cutting-edge use of technology. Rabbi Korngold is an athlete and a scholar. She completed the Leadville Trail 100, a hundred-mile running race, in less than thirty hours and was ranked fourth in the nation for telemark mogul skiing. She is a graduate of Cornell University's "natural resources program" and received her masters and ordination from Hebrew Union College. Rabbi Korngold is best known for her ability to make Judaism relevant, meaningful, and accessible and therefore opening the doors back to Judaism for thousands of disenfranchised Jews. She is a magical community builder, creating varied opportunities for people to connect with themselves, each other and God. Through her nature-based approach to religion, she is able to bridge the gap between scientific thought and religion, healing a fissure that often disrupts spiritual paths. Rabbi Korngold is the author of several books: GOD IN THE WILDERNESS (2008), THE GOD UPGRADE (2011) and the children's book, SADIE AND THE SUKKAH BREAKFAST (2011).</p>
S-02	20 ONLY	<p>BOULDER PRIVATE TASTING TOUR <i>Facilitator: Megan Bucholz</i></p> <p>DESCRIPTION: Experience the food scene in Boulder, one bite at a time. From the East End of Pearl Street to the West End, explore a number of foodie hot spots with a local food-loving guide. Taste your way through cheeses, meats, coffees, spices, chocolates, and pastries during this midday private tasting tour. www.localtabletours.com</p>	<p>FACILITATOR BIOGRAPHY: Megan is a local food blogger who has traveled extensively throughout the United States, Europe, Asia, and Central and South America. She moved to Boulder to earn a Masters degree in Educational Foundations, Policy, and Practice from CU Boulder. Megan has lived in Boulder for six years and enjoys the farm-to-table approach to home cooking. She's always cooking something, and A Boulder Table can catch you up on her latest creations. She is also fluent in Spanish, so don't hesitate to practice Spanish with her if she's your guide on tour.</p>
S-03	No Limit	<p>MILE HIGH STYLE <i>Facilitator: Liz Finkelstein</i></p> <p>DESCRIPTION: Learn the secrets of how to shop and create amazing outfits with New York City transplant and current Boulder resident Liz Finkelstein. Liz's <i>Mile High Style</i> specializes in showing not only what to buy but also how to put it all together. With Liz, you'll visit one of Boulder's chicest boutiques 'Chelsea' and receive personal recommendations on clothing and accessories as well as an overview of Liz's style philosophy that works for every shape, every age, every budget, and each gender. www.milehighstyle.com</p>	<p>FACILITATOR BIOGRAPHY: My mother wore Pucci. She graces photos, as a stewardess for Pan Am in the late 60s, in a mini-dress, strands of beads draping, big sunglasses, huge bun sitting atop her head, looking effortlessly chic. And while the 80's of my childhood were marked by questionable trends like stone washed, shoulder pads and formica, my mother wore Escada suits and a camel Calvin Klein blazer. Our home had antiques shipped from her travels around the world paired with inexpensive local finds. My mother was a devotee to quality, remained unimpressed by quantity, and her style was uncorrupted by trends. My love of all things beautiful started by watching her.</p> <p>I graduated from Georgetown with a liberal arts degree and hoping to join the FBI, worked as an investigator in security clearances (after a brief year in broadcasting at CBS). My passion for fashion got me in trouble at both jobs where, after numerous dress code violations, I tried to explain to my bosses that nude fishnets were a perfectly acceptable substitute for 'nylons.' They didn't agree.</p> <p>Working in the world of the drab grey suit and 'sensible shoes,' I sought refuge</p>

			<p>by making over friends' closets, wardrobes and homes, finding ample inspiration in the world around me: the city of New York and all it offers in the way of style. The results of these makeovers were compelling: my friends' external changes resonated on the inside, making them feel confident and beautiful. I felt gratified and grateful to be a part of such positive transformations.</p> <p>Having relocated to Boulder, I am eager to elevate Front Range style beyond our limited shopping options and 'no place to wear anything.' While the Boulder wardrobe certainly has its place (anytime before noon I am always in sweats and wear my hot pink Sanita clogs with pride), it also has its limitations. Beauty and inspiration grace Boulder in spades. It's time to bring it in, make it yours, be the envy of yourself.</p>
S-04	No Limit	<p><u>YOGA & MEDITATION</u> <i>Facilitator: Eva Spector-Avjean</i></p> <p>DESCRIPTION: This 90-minute, inspirational yoga - meditation session is geared for all levels & belief systems. The session will begin with a guided meditation, move into pranayama (breath work), explore some asana (poses) & enjoy savasana (relaxation). We will learn to connect the body & breath to help us move "out of our heads " and "into our bodies." Together we will explore and learn to incorporate valuable tips that can be used in our everyday lives to gain strength, flexibility and balance while reducing stress. This promises to be a fun & creative class designed to help us better understand how to move along more comfortably with the ebbs & flows of life. Mats will be provided. No experience necessary, all levels welcome. Please wear comfortable fitting clothing.</p>	<p>FACILITATOR BIOGRAPHY: Eva Spector-Avjean has been teaching yoga for 10 years. She has taught all levels of yoga and has worked with special needs children and adults. Her class is a favorite with Boulder locals & St. Julien guests.</p>
S-05	No Limit	<p><u>RELAXING ON YOUR OWN</u></p> <p>DESCRIPTION: Create your own Shabbat experience. Explore downtown Boulder on your own; take a hike on the numerous trails near the hotel; read a good book; rest and relax with old or new friends; and/or just generally chill!. A good way to enjoy the peacefulness of Shabbat!</p>	