Am Kolel Presents:
A Wellness Shabbat: For Mind, Body & Spirit

March 14th, 2020
At Sanctuary Retreat Center

with special guest instructor

Marilyn Spenadel

Marilyn Spenadel, LCPC, ACS is a Holistic Integrative Psychotherapist, Spiritual Coach, Resiliency/Wellness Educator, Approved Clinical Supervisor, and the founder of the Holistic Wellness Enrichment Center “Healing Connections” in Rockville. It’s the home of Authentically U Counseling.

She has a Master’s Degree in Clinical Mental Health Counseling and Post Master’s Certificate in Counseling At-Risk from Johns Hopkins University.

Marilyn has a passion for learning and teaching Holistic mind/body and spiritual awareness, connection, and uplifting techniques to enhance our lives and the greater good.

She is a longtime resident of Montgomery County. View her website at www.authenticallyu.org

REGISTER NOW through MARCH 10

(Cut here ↓ and send us the completed form or call in the information (301)-349-2799)

REGISTRATION FORM

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TOTAL: $ __________

$25 donation for Afternoon Program welcome. Please send check (payable to Am Kolel), or complete credit card information or call in your credit card info:

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SEND to AM KOLEL, 19520 Darnestown Rd, Beallsville, MD 20839 or FAX 301-349-2744 or Scan / Photo to admin@am-kolel.org
SanctuaryRetreatCenter.org - For more information, contact Anna at 301-349-2799 or email: admin@am-kolel.org
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SCHEDULE

Saturday, March 14th

7:30 Ophanim Yoga & Meditative Walk

8:15-9:30 Breakfast

9:45 Shacharit and Chakras, Nigunim and Chanting

10:30 Torah Reading – Insecurity of Freedom, the Golden Calf

11:00-12:15 Session I: Holistic Wellness: Resiliency Mindfulness Skills for Health and Spiritual Renewal with Marilyn Spenadel, MS, LCPC, ACS

12:30 Potluck (Vegetarian/Dairy) Lunch 🍴🍷

2:15-3:45 Session II: Elevating Oneself: Practices, Light & Art Meditation and Active Listening Diad Exercise for Personal Growth and Healing with Marilyn Spenadel

3:45 End of Program – Please feel free to enjoy early Spring on the Sanctuary grounds