



The Well is an intensive, year-long, retreat-based program of sustained learning and practice for Jews seeking to live guided by Jewish spiritual teachings. The program will help participants cultivate greater wisdom, clarity, and compassion, supported by Jewish text, tradition, practice, and community.

The Well is unique in adult Jewish education: deep and continuous Jewish study and spiritual engagement in community with teacher-practitioners and fellow seekers. This trusted and supportive community combined with immersive retreat-based practice yield insights and the motivation to practice.

Participants will learn about and practice several different Jewish spiritual modalities, including:



- Jewish mindfulness meditation
- Contemplative prayer
- *Tikkun middot* (cultivation of ethical traits),
- Reflective text study
- Embodied awareness in movement

— understanding that individuals will resonate with different practices.

The Well creates a spiral of experience that helps participants integrate these practices into their daily lives and draw from them in their relationships, work, and social action.



These practices foster new connections to Jewish tradition and cultivate significant inner resources—reserves of resilience, wisdom, and balance—for meeting challenges and cultivating our capacities for greater joy, courage, and new connections to Jewish tradition.

The Well is offered to educate, inspire, and nourish those seeking to bring spiritual, emotional, and intellectual vigor and vision to Jewish life. We welcome participants from all backgrounds and levels of Jewish practice.

Institute for Jewish Spirituality

# The Well: Practice for Deeper Jewish Living

## COST

Tuition for three retreats and two semesters:  
**\$8,500**

Room and Board for three retreats:  
**\$2,700**

## DATES

### Retreat 1, Monday-Sunday, March 16-22, 2020

Focus on Jewish mindfulness meditation  
*American Jewish University's Brandeis-Bardin  
Campus, Simi Valley, CA.*

### Retreat 2, Wednesday-Sunday October 21-25, 2020

Focus on applied mindfulness through *tikkun middot* (the cultivation of ethical traits)  
*Trinity Retreat Center, West Cornwall, CT.*

### Retreat 3, Tuesday-Sunday, April 6-11, 2021

Focus on prayer  
*American Jewish University's Brandeis-Bardin  
Campus, Simi Valley, CA.*

*All retreat facilities are kosher, under the supervision  
of Rabbi Jonathan Slater and local mashgichim.*

## FACULTY

The program is taught by the Institute's core senior faculty members: Rabbi Lisa Goldstein, Marc Margolius, and Jonathan Slater. They will be joined at specific retreats by outstanding experts and leaders in Jewish prayer.



Rabbi Lisa Goldstein



Rabbi Marc Margolius



Rabbi Jonathan Slater



Institute for Jewish Spirituality™

Cultivating Mindfulness. Deepening Connection. Enlivening Jewish Life.

### The Institute for Jewish Spirituality: 20th Anniversary

The Institute for Jewish Spirituality (IJS) is a global leader teaching Jewish mindfulness practices. Since 2000, IJS has pioneered retreat-based educational experiences for hundreds of lay learners, clergy, and educators. Now, as it enters its 20th year, IJS is incorporating the best of digital learning to expand access to its work and enrich the experience of participants in its flagship retreat-based cohort programs, including The Well.

## PROGRAM DETAILS

### The Well runs from March 2020 through April 2021 and includes:

#### Retreat 1: March



#### Retreat 2 : October



#### Retreat 3: April

- three retreats in beautiful settings with private rooms and kosher meals
- two interim semesters of online-based Jewish study and spiritual practice

- curriculum and ongoing support for weekly partner (*chevruta*) study
- periodic whole-group learning via Zoom
- small-group monthly guidance with a faculty member

## For more information and to apply,

please visit our website at  
[jewishspirituality.org/the-well](http://jewishspirituality.org/the-well)  
or contact Rabbi Marc Margolius,  
Program Director, at  
(610) 724-1901 or  
[marc@jewishspirituality.org](mailto:marc@jewishspirituality.org)