

CAMP RAMAH IN CALIFORNIA

Ruach Nashim

A women's retreat for the body, mind and spirit

Friday, May 7 – Sunday, May 9, 2010

Mother's Day Weekend

SAVE
up to \$25*



Join us for a weekend retreat of spirituality and relaxation for women at beautiful Camp Ramah in California.

Be part of a unique program combining creativity, text study and friendship with the joyous celebration of Shabbat in an inspirational setting. Share with friends, connect spiritually through reflection, prayer and song. Indulge in relaxation and activities such as yoga and hiking. Bring your daughter (18 years and older), mother, sister or friend! You will return home refreshed and renewed in body, mind and spirit.



CAMP RAMAH IN CALIFORNIA

15600 Mulholland Drive • Suite 252 • Los Angeles, CA 90077

Phone: (310)476-8571 or (888)Camp-Ramah • Email: womenspirit@ramah.org • www.ramah.org/ruachnashim_reg

***SAVE up to \$25** if you register and pay in full by February 1, 2010.

DETACH AND MAIL

Ruach Nashim 2010 Rates & Registration

Please indicate the number attending under each housing preference:

Accommodations	Register & pay in full by 2/1/10	Register after 2/1/10
A. Deluxe – 2 per room <i>Hotel-style accommodations, private bath, linens</i>	___ \$355 pp	___ \$375 pp
B. Standard – 2 per room <i>Private bath, linens included</i>	___ \$300 pp	___ \$315 pp
C. Young Adult/College Student (18-25) <i>Cabins only, your own linens (first 10 applicants only)</i>	___ \$155 pp	___ \$165 pp
D. Levine Retreat House <i>Nestled in the Orange Grove, overlooking the main campus, our newest accommodations offer hotel-quality bedding and linens, private bath</i>	___ \$425 pp	___ \$450 pp

First come, first serve basis. Prices based on two adults per room. A limited number of single rooms are available deluxe, \$450 or standard, \$370. No pets allowed. **Childcare will not be provided.**

Share the gift of Ruach Nashim!

Please consider contributing to the Ruach Nashim Program Fund to offer scholarships for women lacking the resources to attend, as well as to help us sustain and grow our fabulous program.

Yes, I would like to be a Ruach Nashim Program Fund contributor.

My gift is in the amount of \$_____

Do you have any talents or skills that you can share (for example: storytelling, playing a musical instrument, yoga, art, Torah reading)? Let us know!

Ruach Nashim רוּחַ נָשִׁים

A women's retreat for the body, mind and spirit



Body גוּד

- Invigorate the body through yoga, hiking, pilates or sports
- Walk, talk and relax with friends
- Pamper your body spa-style in the beautiful Camp Ramah setting

Mind דַּעַת

- Delve into both traditional and modern texts, bringing them to life in dynamic, participatory study sessions led by Rabbi-in-Residence, Shawn Fields-Meyer
- Enjoy rare quiet time for rest, reading and guided meditation

Spirit נְשִׁמָּה

- Celebrate Shabbat with lively singing, joyous prayer and reflective contemplation
- Discover how the creative meets the traditional through our innovative programming
- Join friends, sisters, daughters, mothers in forming a warm community
- Engage in creativity, friendship and a much-needed respite

About Camp Ramah

- Ojai, California affords a lush backdrop for Camp Ramah.
- The facility includes hotel style rooms with private baths and excellent kosher cuisine.
- Large dining facility, beautiful synagogue, arts and crafts studio, outdoor amphitheatres provide charming settings for many camp activities.
- Sports facilities include Olympic size swimming pool, courts for volleyball, tennis and basketball and playing fields for baseball and soccer.

Rabbi Shawn Fields-Meyer

Rabbi Shawn Fields-Meyer serves as the Rabbi-in-Residence for the Milken Community High School in Los Angeles. She also teaches Bible, prayer and spiritual practice throughout Los Angeles.



Artists in Residence

Wanda Warburton-Peretz, Visual Arts

Wanda uses paper collage, mural painting and textiles to express her personal interpretation of Jewish spiritual concepts and rituals. With a background in children's theater set design, she understands the power of transforming a specific space in order to spark imagination and enhance experience.

Andrea Hodos, Movement

Andrea is a performance artist and arts educator. She is the creator of Moving Torah, an innovative approach to studying and interpreting Jewish texts.



A Journey for a Lifetime
www.ramah.org

REGISTER ONLINE AT
www.ramah.org/ruachnashim_reg
 Or, for more information please call
 888-Camp-Ramah or email womenspirit@ramah.org

DETACH AND MAIL

Please print clearly.

ADULTS: _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

E-MAIL _____

PHONE (DAY) _____ (EVE) _____

ROOMMATE REQUEST _____
 (Roommate must choose same accommodation level.)

DIETARY RESTRICTIONS: _____

Payment is refundable, less a \$50 administrative fee, for cancellations made before March 5, 2010. (No refunds for Early Bird registrants.) No refunds after March 5, 2010.

AMOUNT \$ _____ CHECK CREDIT CARD

VISA/MC # _____

EXP. DATE _____

NAME ON CARD _____

SIGNATURE _____

Mail registration form and payment to:
 Camp Ramah in California
 15600 Mulholland Drive #252 • Los Angeles, CA 90077



I/We authorize the use of still or video photos and audio recordings of ourselves and children for Camp Ramah in California publicity purposes.