	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	Shacharit	Shacharit	Tefillah At The Kotel Classes At Aish World Center	Shacharit	Shacharit
9:00 AM	9:45 am - Rabbi Rosman Weekly Schmooze	Electives • Meaning Behind Mitzvot • Biblical Heroines • From Fomo To Yolo • Orchot Tzaddikim		Electives • Meaning Behind Mitzvot • Biblical Heroines • From Fomo To Yolo • Orchot Tzaddikim	Electives • Karva El Nafshi: Finding Your Inner Self • Beauty Of Shabbat • Relationships: One Plus One Equals One
10:00 AM	Tanach • Stories You Thought You Knew • Mishlei: Wisdom Of Shlomo Hamelech • Shmuel: Birth Of Kingship	Tanach • Shemot: National Redemption & Personal Freedom • Family Relationships In Tanach • Toldot B'iyun: Story Of Our Generations	Rosh Yeshiva Rav Berkovits Shiur Klali	Tanach • Shemot: National Redemption & Personal Freedom • Family Relationships In Tanach • Toldot B'iyun: Story Of Our Generations	Tanach • Stories You Thought You Knew • Mishlei: Wisdom Of Shlomo Hamelech • Shmuel: Birth Of Kingship
10:50 AM	• Open Beit Midrash • Ulpan	Project Based Chessed	Aish Discovery & Foundaishons	Rakezet Chaburas	• Open Beit Midrash • Shana Bet Chavrutas
11:45 AM	The Modern Jewish Woman: Halacha And Hashkafa Text & Philosophy Tracks	Electives • Year Through Time • Gender In Judaism • Connecting Eretz Yisrael • Chassidut	Leadership & Personal Development Seminar: • Discover Your Strengths • Life Skill Series • Israel Advocacy	Electives • Year Through Time • Gender In Judaism • Eretz Yisrael • Chassidut	The Modern Jewish Woman: Halacha And Hashkafa Text & Philosophy Trakcs
12:30 PM	Lunch & Mincha	Lunch & Mincha	Lunch & Mincha	Lunch & Mincha	Lunch & Mincha
3:00 PM	Electives • My Tehillim & Me • Emotionally Inteligent Avodah • Finding Myself In Navi	Psychology In Torah	Chessed	Emunah & Tefillah Workshop • Is Anyone Listening? • Why Daven? • Halachot Of Tefillah • Understanding Your Tefillot • Tefillah: How To Connect	Electives • My Tehillim & Me • Emotionally Inteligent Avodah • Finding Myself In Navi
4:00 PM	Sugyot In Bein Adam L'chavero	Hilchot Shabbat: From Textual To Practical		• Pirkei Avot: Ethics For Life • Derech Eretz & The World	Halachot Of Daily Living
5:00 PM	Electives • Talmudic Tales • Medical Ethics • Why Bad Things Happen To Good People • Jew In The World	Aish Foundations • Jewish Philosophy • Self Mastery • What We Believe & Why • Science & Torah		Aish Foundations • Jewish Philosophy • Self Mastery • What We Believe & Why • Science & Torah	Electives • Talmudic Tales • Medical Ethics • Why Bad Things Happen To Good People • Jew In The World
6:00 PM	Dinner	Dinner	Dinner	Dinner	Dinner
8:00 PM	Night Seder • Open Beis • Skills Workshops • Mesillat Yesharim, Chovot Hatalmidim, Ahavat Hashem, Hashkafa & More!	Free Evening	Night Seder • Open Beis • Skills Workshops • Mesillat Yesharim, Chovot Hatalmidim, Ahavat Hashem, Hashkafa & More!	Night Seder • Open Beis • Skills Workshops • Mesillat Yesharim, Chovot Hatalmidim, Ahavat Hashem, Hashkafa & More!	Parsha • Hashkafa • Chassidut • Bekiyut • Practical Lessons • Live Music Tisch

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Info	Description
HL101 **HL102** **STORIES YOU THOUGHT YOU KNEW** MRS. TZIPPY FRIEDENBERG	CHUMASH IS FILLED WITH STORIES, SOME SHORT AND SOME LONG, AND IN OUR EFFORTS TO IDENTIFY AND FOCUS ON THE MAJOR THEMES MANY OF THE SMALLER STORIES GET OVERLOOKED. PERHAPS WE KNOW THE STORY ABOUT THE MEKOSHESH, THE MAN FOUND COLLECTING WOOD ON SHABBOS, BUT LIKELY WE HAVE NEVER REALLY LOOKED DEEPLY INTO THE STORY TO UNPEEL ITS MANY LAYERS. THE AIM OF THIS CLASS IS TO DIVE DEEPER INTO THESE SMALL STORIES, LOOKING INTO THE INTERPRETATIONS OF THE MEFARSHIM AND CHAZAL TO SEE THE HIDDEN DEPTH WHICH THEY REVEAL. IN STUDYING THEIR UNDERSTANDING WE CAN REACH A RICHER APPRECIATION OF THE STORIES THEMSELVES, AS WELL AS GAINING SKILLS IN OUR LEARNING OF CHUMASH AND APPLICABLE LESSONS WHICH THE STORIES COME TO TEACH US. DAY TO DAY, THIS CLASS WILL EMPHASIZE GUIDED CHAVRUSA LEARNING, WHERE STUDENTS WILL GAIN AND PRACTICE READING AND ANALYTICAL SKILLS, MIXED WITH REGULAR CLASS TIME TO CLARIFY AND SUMMARIZE THE LEARNING AND THE LESSONS WE'VE UNCOVERED.
HL101 **HL102** **RELATIONSHIP IN TANACH** MRS. TOVA ORENBUCH	HAVE YOU EVER WONDERED WHAT IT WOULD BE LIKE TO BE A FLY ON THE WALL IN THE HOMES OF THE AVOS AND IMAHOS? WHAT WERE THEIR RELATIONSHIPS WITH EACH OTHER LIKE? WHY DOES THE TORAH HIGHLIGHT CERTAIN RELATIONSHIPS AND NOT OTHERS? THE GOAL OF THIS CLASS IS TO UNRAVEL THE DEPTH IN THE RELATIONSHIPS IN TANACH, AND TO BRING TO LIFE THE PERSONAS WE THINK WE ARE FAMILIAR WITH. WE WILL FOCUS ON USING CHAZAL, RISHONIM, AND ACHRONIM TO EXPLORE REAL LIFE ISSUES THAT THE AVOS FACED; INFERTILITY, SIBLING RIVALRY, STRUGGLING MARRIAGES, DATING, AND MORE. THIS CLASS WILL ESPECIALLY EMPHASIZE RASHI AND RAMBAN'S METHODOLOGIES WHO GENUINELY USE THE TEXT AS A MAP TO ADD LAYERS OF DEPTH TO STORIES WE HAVE HEARD SINCE TODDLERHOOD.
HL101 **HL102** **ULPAN** MRS. SHAINDY WOLBE	IN THIS CLASS WE WILL LEARN THE MODERN HEBREW LANGUAGE IN AN ENERGETIC AND INTERACTIVE ENVIRONMENT. THE CLASS AIMS TO DEVELOP THE STUDENTS' ABILITY TO EXPRESS THEMSELVES ON DAILY MATTERS AND TO HOLD SIMPLE CONVERSATIONS IN HEBREW.
HL101 **HL102** **BIRCHOS HASHACHAR: COMMUNICATING WITH THE CREATOR** MRS. PEARLY HAUSMAN	IN BIRCHAS HASHACHAR, STUDENTS WILL EXPLORE THE MEANINGS AND HASHKAFIC IMPLICATIONS OF THE MORNING PRAYERS. BY BRINGING THEIR SIDDURIM TO CLASS, THEY WILL WRITE DOWN THEIR THOUGHTS AND INTEGRATE THESE INSIGHTS INTO THEIR PERSONAL TEFILLOS. ADDITIONALLY, STUDENTS WILL LEARN HOW TO APPLY THESE PRAYERS TO THEIR DAILY LIVES.

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HL101 **SHABBOS SONGS** RABBI GREENE	A CLASS THAT EXPLORES THE DIFFERENT SONGS THAT WE SING IN DAVENING AND AT THE SHABBOS MEALS. WE WILL LEARN ABOUT WHAT THEIR SOURCES ARE IN TANACH AND CHAZAL AND WHAT THE DEPTH AND MEANING IS BEHIND EACH SONG. THE CLASS WILL BE A MIX OF TEXT AND INSPIRATION AND A GREAT WAY ON THURSDAY TO GET READY FOR SHABBOS KODESH!
HL101 **IF MY SOUL COULD SPEAK: TEFILA IN TANACH** MRS. SHEVA GERZBERG	STRUCTURED TEFILLAH IS COMPARED TO A SWORD—INHERENTLY SHARP, DIRECT, AND IMPACTFUL—WHILE OUR PERSONAL TEFILLOT ARE LIKE A BOW, SOLELY RELIANT ON THE INTENT OR KAVANA OF THE ARCHER. AS THE KOTZKER REBBE PUTS IT, "THE CLOSER THE BOWSTRING COMES TO THE HEART, THE FURTHER THE ARROW WILL GO."' IN THIS CLASS, WE'LL EXPLORE PIVOTAL MOMENTS OF TEFILLAH IN TANACH, REVEALING TO US THE VARIOUS WAYS, APPROACHES, AND FACETS IN WHICH WE CAN CALL OUT TO HASHEM THROUGHOUT OUR OWN LIVES. BY DOING SO, IYH, WE'LL PULL THE BOWSTRING CLOSER TO OUR HEARTS, MAKING TEFILLAH A CONVERSATION WITH HASHEM THAT EXPRESSES OUR DEEPEST SELVES, 'IF OUR SOULS COULD SPEAK.'
HL201 **KUMITZ CLASSICS** MS. ORA ROSMAN	AT THE BEGINNING OF EACH CLASS WE WILL START BY SINGING A SONG- EITHER A NEW SONG OR ANOLD CLASSIC KUMZITZ SONG. WE WILL THEN LEARN THE MEANING BEHIND THE IDEA OF THE SONG. FOR EXAMPLE: "VEZAKEINI"- AFTER UNDERSTANDING THE HEBREW WORDS AND WHAT THIS SONG MEANS IN ENGLISH, WE'LL DISCUSS- "WHY ARE WE DAVENING FOR OUR KIDS NOW IF WE DON'T HAVE KIDS YET?" AND FROM THERE WE WILL EXPLORE HOW THINGS THAT WE DO NOW CAN HAVE AN IMPACT ON THE FUTURE.
HL101 **HL102** **PARSHA BEIS: IT'S PERSONAL: PARSHA PERSPECTIVES** MS. SHLOMIT WACHSBERG	EACH WEEK'S PARSHA HOLDS POWERFUL MESSAGES THAT ARE KEYS TO OUR SELF DEVELOPMENT, GROWTH, AND REFINEMENT. LEARN ABOUT YOURSELF AND DEVELOP YOUR CHARACTER AS WE READ THE PARSHA'S TEXTS AND COMMENTARIES' ANALYSES. THIS CLASS INCLUDES AN INDEPENDENT LEARNING COMPONENT, OFFERING STUDENTS THE OPPORTUNITY TO DEVELOP THEIR TEXTUAL AND ANALYSIS SKILLS FOR LIMUD CHUMASH WITH A DIRECT FOCUS CONNECTING THE TEXT WITH ITS EFFECT ON OUR HEARTS, MIDDOT AND AFFECT.

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HL101 **HL102** **HAFTOROT TO HEART** MRS. RIFKY GAYNOR	JOIN US AS WE EXPLORE SOME OF THE MOST MEANINGFUL PASSAGES FROM NEVIIM THAT ARE READ THROUGHOUT THE YEAR. TOGETHER WE WILL LEARN THE HAFTARAH READINGS OF DIFFERENT PARSHIOT AND CHAGIM AND THEIR CONNECTION TO OUR LIVES TODAY. CHANA'S INFERTILITY AND THE BIRTH OF SHMUEL (READ ON ROSH HASHANAH), THE FRIENDSHIP BETWEEN DOVID AND YONATAN (READ ON SHABBOS EREV ROSH CHODESH), THE 'SHIVAH D'NECHEMTA- THE 7 SPECIAL HAFTARAHS OF COMFORT FOR THE JEWISH PEOPLE IN ISRAEL (STARTING WITH SHABBOS NACHAMU AND READ FOR THE 7 WEEKS AFTER TISHAH B'AV) AMONG OTHERS. EACH HAFTARAH WILL BE COVERED IN 1-2 CLASSES. BY THE END OF EACH SEMESTER, EACH STUDENT WILL HAVE A KNOWLEDGE OF MANY DIFFERENT SECTIONS FROM NAVI WITH A PERSONAL AND MEANINGFUL CONNECTION TO THE MESSAGES THEY CONTAIN.
SHANA BET **HL201** **INTERMEDIATE ALEI SHUR** MRS. ASHIRA SENTER	ALEI SHUR OFFERS A FRESH LOOK AT MIDDOS AND A HANDS ON APPROACH TO SELF DEVELOPMENT. THE SEFER TAKES US ON A JOURNEY OF SELF DISCOVERY, FORCING US TO LEARN OURSELVES AND TRANSFORMING THE STUDY OF MUSSAR FROM A CONCEPTUAL GOAL TO A VERY PRACTICAL GUIDE ON HOW TO BETTER OURSELVES. THIS CLASS WILL GO THROUGH DIFFERENT MIDDOS AS DISCUSSED IN ALEI SHUR AND WILL BEEZRAS HASHEM WILL SHIFT THE STUDY OF MUSSAR FROM BEING A "SUBJECT LEARNED" TO THE LIFE WE LIVE.
SHANA BET **HL201** **INTERMEDIATE FIVE MEGILLOT** MRS. NILI VERSCHALIZER	TIN THIS CLASS WE WILL EXPLORE THE HISTORICAL CONTEXT AND AUTHORSHIP OF THE FIVE MEGILLOS AND LEARN SOME OF THE PROFOUND TEACHINGS THAT CAN BE GLEANED FROM THEM.

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Info	Description
LT102-1 **LT102-2** **AGGADATA** RABBI NACHMAN ELSANT	95% OF THE GEMARA IS FILLED WITH INTRICATE DISCUSSIONS OF HALACHA. 5% OF THE GEMARA IS STORIES AND STATEMENTS CALLED AGGADETA. WHAT IS THE PURPOSE OF THAT 5%? WHY IS IT IN THE GEMARA? HIDDEN IN THE DEPTHS OF THESE STORIES ARE THE DEEPEST AND MOST FUNDAMENTAL CONCEPTS OF JEWISH PHILOSOPHY AND THE SECRETS TO PERSONAL AND SPIRITUAL GROWTH. HALACHA IS NOT SUPPOSED TO BE LIFELESS; IT'S SUPPOSED TO HAVE SOUL. THE WISDOM AGGADETAS PROVIDES THE SOUL FOR THE HALACHA. EACH CLASS WE WILL DEEPLY ANALYZE A SECTION OF AGGADETA AND LEARN SOURCES AND COMMENTARIES THAT ELABORATE ON IT. (ENGLISH TRANSLATIONS GENERALLY PROVIDED) EACH CLASS WE WILL WALK AWAY WITH INSPIRATION, NEW PERSPECTIVES, AND PRACTICAL TOOLS FOR PERSONAL AND SPIRITUAL GROWTH. DURING ELUL WE WILL SPECIFICALLY FOCUS ON AGGADETAS THAT WILL HELP PREPARE US FOR AN INSPIRING AND MEANINGFUL ROSH HASHANA, YOM KIPPUR AND SUCCOT. THIS CLASS IS APPROPRIATE FOR ANY SKILL LEVEL BEGINNER TO ADVANCED.
LT102-1 **LT102-2** **BEN ADAM L'CHAVERO** RABBI YISROEL BENOVITS RABBI AVRAHAM WILLIG	THIS CLASS IS A COMPREHENSIVE LOOK AT THE LAWS OF INTERPERSONAL RELATIONSHIPS IN JUDAISM. STUDENTS DELVE THROUGH THE ORIGINAL SOURCES AND SEE HOW THE LAWS DEVELOP. TOPICS INCLUDE PROPER SPEECH, TREATMENT OF OTHERS, DECEIT, REVENGE, JUDGING FAVORABLY AND MORE.
SHANA BET **LT202** **AGGADATA - MIDDOS WORKSHOP** RABBI NACHMAN ELSANT	EVERY WEEK WE WILL LEARN ABOUT A DIFFERENT MIDDAH THROUGH STATEMENTS OF CHAZAL. WE WILL LEARN THE DEPTH AND INSIGHT THAT DIFFERENT MA'AMAREI CHAZAL INTENDED TO IMPART ABOUT DEVELOPING OURSELVES AND IMPROVING OUR MIDDOS. EACH WEEK WE WILL SHARE PRACTICAL EXERCISES FOR STUDENTS TO PRACTICE THROUGHOUT THE YEAR TO AND WORK ON IMPROVING THEIR UNDERSTANDING OF THEMSELVES AND THEIR MIDDOS. THE GOAL OF THE CLASS IS TO DEVELOP A DEEPER UNDERSTANDING OF THEMSELVES AND THOSE AROUND THEM- PSYCHOLOGICALLY, EMOTIONALLY AND SPIRITUALLY.

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Info	Description
P101 **MEDICAL ETHICS** RABBI ASHER RESNIK	EXPLORING TOPICS OF MEDICAL ETHICS FROM A TORAH PERSPECTIVE. WE WILL EXPLORE ISSUES LIKE MAINTAINING PATIENT CONFIDENCE, ARTIFICIAL INSEMINATION AND SURROGACY, RESOURCE ALLOCATION, EUTHANASIA, ABORTION, EXPERIMENTATION AND MORE.
P101 **P102** **SUFFERING** RABBI ASHER RESNIK	DELVING INTO THE CONCEPT OF SUFFERING. WHY DO BAD THINGS HAPPEN? WHAT CAN WE GAIN FROM THEM? HOW DO WE DEAL WITH SUFFERING? UNDERSTANDING TORAH'S VIEW ON THE AFTERLIFE.
P101 **P102** **JEW IN THE WORLD** RABBI EPHRAIM GREENE	EVERY CREATURE NAVIGATES LIFE WITHIN THE ENVIRONMENT IT LIVES IN. THE JEW IS NO DIFFERENT. THIS COURSE ANALYZES THE JEW'S APPROACH TO THE BROADER WORLD FROM THE PERSPECTIVE OF BEING IMBUED WITH A UNIQUE, ENLIGHTED MISSION. WHERE DID JEWS COME FROM? WHAT IS OUR MISSION? WHAT IS THE IDEAL RELATIONSHIP WITH NON-JEWS? WHAT IS THE ROOT OF ANTI-SEMITISM? HOW DO WE COMBAT ASSIMILATION AND INTERMARRIAGE? WHAT DOES IT MEAN TO DIE AND TO LIVE AL KIDDUSH HASHEM? WHAT IS THE RESPONSIBILITY OF THE JEW TO THE BROADER HUMAN RACE? HOW DO WE FULFILL THAT RESPONSIBILITY? THESE QUESTIONS AND MORE WILL BE DISCUSSED AND ANALYZED THROUGH VARIOUS TEXTS OF MACHSHAVA (DERECH HASHEM, SEFER HACHINUCH, MICHTAV M'ELIYAHU) AND STUDENTS WILL DEVELOP SKILLS TO ARTICULATE A DEEPER PERSPECTIVE ON JUDAISM WITH OTHERS. FINAL PROJECTS ENTAIL PRACTICALLY DEVELOPING IDEAS AND IMPLEMENTING THEM IN A WAY STUDENTS FEEL EMPOWERED TO REALLY LEAD AND MAKE AN IMPACT IN THE JEWISH COMMUNITY.
P101 **P102** **MEANING BEHIND MITZVOS** MRS. ASHIRA SENTER	THERE IS NOTHING IN JUDAISM VOID OF MEANING. YES IT'S TRUE, WE DO THE MITZVOS BECAUSE THAT IS WHAT G-D COMMANDED. AND WHILE THAT IN ITSELF IS MORE THAN A REASON TO DO AND BE EXCITED TO DO G-D'S WILL, HOW MUCH MORE SO IF WE HAD INSIGHT TO THE MEANING BEHIND THE MITZVOS, UNDERSTANDING WHY WE DO WHAT WE DO! IN THIS CLASS WE WILL UNCOVER THE DEPTH BEHIND A LOT OF THE MITZVOS. WE WILL COVER MITZVOS WHICH WE PERFORM REGULARLY SUCH AS KASHRUS, SHABBOS, SHEMA ETC. AND GAIN UNDERSTANDING OF WHAT LIES BEHIND THESE MITZVOS, WHAT SHOULD I BE THINKING AS I DO THEM, WHAT DIFFERENCE DO THEY REALLY MAKE. TAKE THE OPPORTUNITY TO STOP LIVING YOUR JUDAISM BY ROTE AND UNDERSTAND THE WHY. ADDITIONALLY WE WILL DISCUSS MITZVOS THAT YOU MAY NOT PERFORM ON A DAILY BASIS, BUILDING THE BEIS HAMIKDASH, KORBANOS, GID HANASHEH, GETTING MARRIED ETC. BUT USE THEM AND THEIR MEANING AS GUIDES TO UNDERSTAND G-D'S MESSAGES IN HOW WE SHOULD LIVE OUR LIVES. IN THIS CLASS WE WILL WALK AWAY WITH THE UNDERSTANDING THAT EVERYTHING HAS MEANING, AND HOW DIFFERENT OUR JUDAISM AND RELATIONSHIP WITH G-D CAN BE IF WE UNDERSTOOD EVEN A LITTLE BIT OF WHY WE DO WHAT WE DO. WE WILL RECOGNIZE HOW MULTIFACETED OUR ACTIONS ARE AND THAT THERE IS SO MUCH MORE DEPTH BEHIND EVERY COMMANDMENT THAN JUST THE ACTION ITSELF.

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Info	Description
P101 **P102** **TEHILLIM IN OUR TIMES** RABBI AARON FEIGENBAUM	IN THIS CLASS WE WILL STUDY TEHILLIM AS A SOURCE TEXT OF PRAYER. LEARNING TEHILLIM B'IYUN, WE WILL APPRECIATE THE HISTORY, STRUCTURE, AND NUANCED MEANING OF TEHILLIM AS A MEANS OF UNLOCKING THE DEPTHS OF OUR ANCIENT AND YET AMAZINGLY RELEVANT PRAYERS.
P101 **P102** **ORCHOS TZADDIKIM** MRS. HANNAH PAUL	YOU'VE BEEN WAITING ALL DAY TO EAT SOME CHOCOLATE CHIP COOKIES, AND FINALLY, THEY COME OUT OF THE OVEN. EXPECTING THAT THEY'D BE SOFT AND LIGHT, THEY ARE HEAVY, SALTY BRICKS. UPON REFLECTION, YOU REALIZED YOU PUT A TABLESPOON OF SALT INSTEAD OF A TEASPOON OF SALT, ACCIDENTALLY OMITTED THE WATER, AND BAKED IT FOR 7 EXTRA MINUTES. THIS IS THE ANALOGY OF THE ORCHOT TZADIKKIM, ONE OF JUDAISM'S MOST EMOTIONALLY ATTUNED SFARIM TO WORKING ON OUR CHARACTER TRAITS. JOIN THE JOURNEY OF LEARNING JUST THE RIGHT AMOUNT OF EACH MIDDAH, SO THAT WE CAN GAIN PERSPECTIVE AND PRACTICAL TOOLS TO SPRINKLE THE PROPER PORTIONS OF EACH MIDDAH!
P101 **P102** **YEAR THROUGH TIME** MRS. TELI MICHAAN	THE JEWISH CALENDAR, IS NOT LIKE ANY OTHER. THE JEWISH CALENDAR IS OUR SPIRITUAL ROAD MAP, IT'S THE COMMON LANGUAGE THAT CONNECTS JEWS OF EVERY DIFFERENT TYPE. IT IS OUR ANCESTRAL GUIDE TO THE WORK AND OPPORTUNITIES AVAILABLE AT THIS PRESENT TIME. IN THIS CLASS, WE WILL LEARN TO USE THE POWERFUL TOOL OF OUR CALENDAR BY DEEPENING OUR KNOWLEDGE OF THE SEASONS, MONTHS, HOLIDAYS AND THE WEEKLY PARASHIOT. THIS IS A FUN AND INSPIRATIONAL CLASS THAT WILL CONNECT THE CALENDAR TO OUR LIVES!
P101 **DERECH ERETZ & THE WORLD** RABBI AVRAHAM WILLIG	IN THIS COURSE WE WILL STUDY, EXAMINE AND DISCUSS THE TORAH'S PERSPECTIVE ON DERECH ERETZ. THE FOCUS IS ON STUDYING INTERPERSONAL INTERACTIONS AND HOW TO NAVIGATE THEM WITH EXCELLENCE. THE COURSE MATERIAL CREATES AWARENESS AND OPENS OUR EYES TO HOW OTHER PEOPLE PERCEIVE US AND EXPERIENCE US. WE WILL WORK TO UNDERSTAND AND LEARN MORE ABOUT THE COMMON, DAILY INTERACTIONS BETWEEN PEOPLE THAT WE ALL EXPERIENCE, BUT DO NOT NECESSARILY STOP TO STUDY OR EXAMINE. THE CLASSES LOOK TO DEVELOP AND ENGENDER IMPROVED STANDARDS OF CHARACTER, AND RAISE OUR EXPECTATIONS OF DERECH ERETZ FROM OURSELVES AND OTHERS. THE GOAL OF THE CLASS IS TO UPGRADE OUR PERSONAL CHARACTER, AND HELP THE STUDENTS BECOME MORE REFINED PEOPLE. WE WILL AIM TO OUTLINE AND DEVELOP PROTOCOLS FOR CIVILITY AND COURTESY, AND WILL EMPLOY VERY PRACTICAL APPLICATIONS REGARDING ETIQUETTE, MANNERS, HABITS, AND BEHAVIORS THAT MAKE US AND KEEP US PLEASANT PEOPLE WHOSE COMPANY IS MOST ENJOYED BY OTHERS.

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Info	Description
P101 **P102** **GENDER IN JUDAISM** MRS. ELI HORWITZ	IT'S 2024 AND IT SEEMS THE JEWISH ATTITUDE TO WOMEN HAS SOME CATCHING UP TO DO, OR DOES IT? THIS CLASS GOES TO THE ROOTS OF GENDER WAY BEYOND A PHYSICAL "MAN" AND "WOMAN" TO UNCOVER HOW MASCULINITY AND FEMININITY UNDERPINS HUGE AREAS OF OUR LIVES AND JEWISH OBSERVANCE. WITH SO MANY DISCONTENTED VOICES ON THE VERY HEATED ISSUE OF GENDER THIS CLASS WILL REVEAL THE TORAH PERSPECTIVE, AND IT MAY NOT BE WHAT YOU THOUGHT. THESE INCREDIBLY DEEP FOUNDATIONS, EMPLOYING A LOT OF MYSTICAL WISDOM WILL BE FOLLOWED BY A PRACTICAL TAKE ON ALL WOMEN'S 'ISSUES' IN JUDAISM GIVING YOU A PERSPECTIVE YOU'VE NEVER BEFORE ATTAINED AND ENHANCE YOUR RELATIONSHIP WITH G-D, WITH OTHERS AND MOST IMPORTANTLY WITH YOURSELF.
P101 **P102** **MESILLAT YESHARIM** MRS. CHANA ESTHER SAMUEL	LEADING A MEANINGFUL LIFE IS A UNIVERSAL IMPERATIVE. WHAT IF WHAT WE WANT IS MORE SPECIFIC: REAL SPIRITUAL GROWTH, REFINEMENT OF CHARACTER, AND AN ELEVATED LIFE? ENTER R'MOSHE CHAIM LUZATTO, WHO LAYS OUT A STEP-BY-STEP PROCESS, INCLUDING THE NUTS-AND-BOLTS OF TRUE GROWTH,AS WELL AS THE COMMON TRAPS AND MISCONCEPTIONS EMBEDDED IN EACH STEP OF THE WAY. COME ALONG ON THE JOURNEY DEALING WITH THE BIGGEST ISSUES FOR THE GROWTH-ORIENTED JEW: • WHY ARE MY CHOICES SO OFTEN MISALIGNED WITH MY CORE VALUES? • HOW DO I BREAK OUT OF A ROTE PERFORMANCE OF MITZVOS? • WHY DID HASHEM GIVE ME SO MANY HARDSHIPS? THE MESILLAT YESHARIM, SURELY THE MOST WIDELY-READ MUSSAR CLASSIC, TACKLES THESE QUESTIONS, ALL IN SERVICE OF THE MOST CHALLENGING AND EXHILARATING QUESTION OF ALL: WHAT ARE WE DOING HERE?
P101 **P102** **AROUND THE SHABBAT TABLE** MS. SHLOMIT WACHSBERG	JOIN US AROUND THE SHABBOS TABLE AS WE LEARN ABOUT DIFFERENT ASPECTS OF SHABBOS KODESH, ITS MITZVOS AND SPECIAL FOODS IN A HANDS ON, DELICIOUS WAY AS WE EXPLORE THE DEEP AND RELEVANT IDEAS OF SHABBOS WHILE WE COOK/BAKE SPECIAL SHABBOS/FOODS!
P101 **P102** **LIVING DEEPLY** RABBI MEIR KAHANE	A SUPER-DEEP ANALYSIS OF THE AREAS OF LIFE THAT ARE GENERALLY PERCEIVED TO BE STRAIGHT-FORWARD. USING CLASSIC MYSTICAL, CHASIDIC, AND PHILOSOPHICAL WORKS THIS COURSE DELVES DEEPLY INTO THE MOST BASIC OF HUMAN EXPERIENCES FROM SPEAKING TO EATING TO LAUGHTER AND EVEN LIFE ITSELF. THE STUDENTS WILL BECOME FAMILIAR WITH BOTH THE THINKING PATTERNS AND ANALYTICAL STYLE OF SOME OF THE GREATEST TORAH LUMINARIES IN JEWISH HISTORY INCLUDING THE MAHARAL, REB TZADOK, SFAS EMES, PIACZETZNER REBBE, SHEM MISHMUEL AND MORE, WHILE GAINING A DEEPER APPRECIATION OF THE INFINITE DEPTH IN EVEN THE MOST "SIMPLE" OF DAILY ENCOUNTERS.

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Info	Description
P101 **P102** **THE JOURNEY FROM ME TO YOU** MRS. ADINA KOR	THE JOURNEY FROM ME TO YOU IS ESSENTIALLY A RELATIONSHIPS COURSE. HOWEVER, IT IS DESIGNED TO FIRST DEVELOP THE STUDENTS' SENSE OF SELF, INCLUDING AN ACUTE SELF-AWARENESS OF THEIR STRENGTHS AND WEAKNESSES AS WELL AS AN ELEVATION IN THEIR SELF-ESTEEM AND SELF-WORTH, AS THESE ARE THE FUNDAMENTALS IN ORDER TO SUCCEED IN ANY POTENTIAL RELATIONSHIP. THE COURSE IS DIVIDED INTO TWO SEMESTERS. ONCE THE STUDENTS HAVE ACQUIRED THE ABILITY TO ASSESS THEMSELVES ACCURATELY AND APPRECIATE THEIR GREATNESS, THE COURSE WILL THEN DELVE INTO PRACTICAL TOOLS FOR EXISTING IN A RELATIONSHIP, WHETHER IT BE A FRIENDSHIP, CHILD-PARENT RELATIONSHIP, OR A MARITAL PARTNERSHIP. THE CLASS WILL ENGAGE THE STUDENTS IN LEARNING HOW TO HAVE EMPATHY FOR OTHERS, HOW TO COMMUNICATE EFFECTIVELY, HOW TO APPROACH DATING IN THE JEWISH WORLD, AS WELL AS HOW TO AVOID AND NAVIGATE DANGEROUS OR HARMFUL RELATIONSHIPS.
P101 **P102** **CRASH COURSE IN JEWISH HISTORY** MR. KEN SPIRO	CRASH COURSE IN JEWISH HISTORY EXPLORES 3,800 YEARS OF JEWISH EXISTENCE WHILE ANSWERS SOME OF THE BIG QUESTIONS OF OUR HISTORY: HOW DOES OUR PAST IMPACT US TODAY AND WHAT LESSONS DO WE HAVE TO LEARN? WHY HAVE THE JEWISH PEOPLE BEEN SO UNIQUE AND INFLUENTIAL YET SO RELENTLESSLY HATED AND PERSECUTED?
P101 **P102** **JEWISH PHILOSOPHY** RABBI MIKHAIL ZALMAN DUBOV	THIS CLASS EXPLORES FUNDAMENTAL JEWISH PHILOSOPHY. WE START WITH LEARNING THE 6 CONSTANT MITZVOS DURING WHICH WE DELVE INTO THE MOST UP TO DATE RATIONAL APPROACH TO THE EVIDENCE OF GOD'S EXISTENCE FROM A PHILOSOPHICAL, SCIENTIFIC, AND LOGICAL PERSPECTIVE. THIS CLASS ADDITIONALLY COVERS THE DIVINE ORIGIN OF TORAH, HOW SCIENCE AND TORAH COINCIDE AND MANY MORE FUNDAMENTAL TOPICS OF JEWISH THOUGHT.
P101 **P102** **TEFILLAH** RABBI DOVID ROSMAN	THIS CLASS EXPLORES THE SIDDUR. STARTING FROM A FUNDAMENTAL UNDERSTANDING OF WHAT PRAYER IS FOR IN JUDAISM, THE CLASS CONTINUES INTO DISSECTING THE MAIN COMPONENT OF PRAYER - THE AMIDAH. THE TEXT OF THE AMIDAH IS DISSECTED IN ORDER TO UNDERSTAND THE SIMPLE MEANING OF THE WORDS AS WELL AS HIDDEN DEEPER IDEAS THAT HELP EACH PERSON CONNECT TO THE TIMELESS COMPOSITION OF THE SAGES.

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Info	Description
P101 **P102** **SELF MASTERY** RABBI DOV BER COHEN	THIS CLASS IS A JEWISH APPROACH TO SELF MASTERY. YOU WILL LEARN TOOLS TO IDENTIFY YOUR STRENGTHS, WEAKNESSES, AND PURPOSE AS WELL AS MINDFULNESS, JEWISH MEDITATION, WILL-POWER, MASTERY OF YOUR MIND AND EMOTIONS AND MORE.
P101 **P102** **CHASSIDUS** MRS. RIVKA PESHA ALTER	THIS COURSE UTILIZES SOURCES FROM CHUMASH, GEMARRA, KABBALAH, COMMENTARIES AND CHASSIDIC MASTERS TO UNMASK THE DEPTH BEHIND SEEMING COMMONPLACE MITZVOS WE OFTEN TAKE FOR GRANTED.
P101 **P102** **TOMER DEVORAH** MRS. SHIFFY SILVERSTONE	TOMER DEVORAH IS ABOUT LEARNING HOW TO EMULATE HASHEM TO TRY TO UNDERSTAND AND PUT INTO PRACTICE WHAT IT MEANS TO BE LIKE HASHEM. THIS EXPLORATION REQUIRES A LOT OF EFFORT FROM US- THE SEFER IS SHORT BUT THE WORK WE NEED TO PUT INTO OUR DEVELOPMENT IS LONG :) WE WILL BE WORKING ON OUR MIDDOS AND PERSONAL DEVELOPMENT AS WE DELVE INTO THIS SEFER TOGETHER.
P101 **P102** **BITACHON BOOTCAMP** MRS. TELI MICHAAN	WHY CHOOSE ANXIETY, IF YOU CAN CHOOSE TRANQUILITY? CHOOSE BITACHON. THIS IS A DYNAMIC, FUN, SAFE SPACE, WHERE WE WILL WORK TOGETHER AND SUPPORT EACH OTHER AS WE WORK TO DEVELOP REAL TRUST IN OUR RELATIONSHIPS WITH G-D, WITH OURSELVES AND WITH OTHERS THROUGH THE PAGES OF SHAAR HABITACHON BY RABBENU BCHYA IBN PEKUDA.

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Info	Description
P101 **P102** **CAN I FALL IN LOVE WITH HASHEM?** RABBI NETANEL LEBOWITZ	IN FALLING IN LOVE WITH THE INFINITE, WE WILL LEARN THAT JUDAISM IS ABSOLUTELY NOT A PROHIBITIVE RELIGION BUT RATHER A BEAUTIFUL AND MEANINGFUL SYSTEM DESIGNED FOR US TO LOVE AND TO FEEL LOVED BY THE INFINITE CREATOR. IN ORDER TO LOVE GO-D, WE WILL NEED TO EXPLORE HOW GREAT HE IS AND IN ORDER TO FEEL LOVED BY THE CREATOR WE WILL NEED TO REALIZE HOW GREAT WE ARE. THE REAL ACHIEVEMENT WILL BE WHEN WE DISCOVER THAT HOW GREAT HE IS AND HOW GREAT WE ARE MAY ACTUALLY BE THE SAME THING.
P101 **P102** **KARVA EL NAFSHI** MRS. SHIFFY KLEIN	IN THIS CLASS, WE WILL BE DELVING INTO THE DEEPLY RELEVANT SEFER קרבה אל נפשי; AND WITH RAV KLUGER'S HELP, BEGIN THE PROCESS OF GETTING TO KNOW OUR TRUEST SELVES. WE OFTEN ENCOUNTER DISCOMFORT IN MANY OF OUR RELATIONSHIPS; THIS SEFER WILL HELP US UNDERSTAND HOW ALL OF THESE OBSTACLES ARE ROOTED IN THE LACK OF HARMONY BETWEEN נשמה AND גוף. WE WILL USE THIS SEFER AS A GUIDE TO BUILDING DEEP AND AUTHENTIC RELATIONSHIPS WITH OTHERS, OURSELVES, AND HASHEM. THROUGH HONEST AND OPEN CONVERSATION, WE WILL WORK TOGETHER TO FIND EACH OF OUR UNIQUE PATHS IN עבודת ה'.
P101 **P102** **ALEI SHOR** MS. SHLOMIT WACHSBERG	ALEI SHUR IS ONE OF THE MOST FOUNDATIONAL AND GROUNDBREAKING SFARIM ON CHARACTER DEVELOPMENT. ITS AUTHOR, RAV SHLOMO WOLBE, OFFERS INSIGHTS INTO THE PSYCHOLOGY OF THE HUMAN PERSONALITY AND OFFERS PRACTICAL STEP BY STEP GUIDES FOR HOW TO WORK ON MIDDOT AND HOW TO DEVELOP AND REFINE OUR INNATE AND ACQUIRED TRAITS. THIS CLASS BRINGS STUDENTS INTO THE VAST AND DEEP KNOWLEDGE OF RAV WOLBE AS THEY GET TO KNOW THEMSELVES, LEARN ABOUT CHARACTER DEVELOPMENT AND BECOME CHALLENGED WITH ITS PRACTICAL METHODS.
P101 **P102** **CHOVAS HATALMIDIM** MRS. ORIT REITER	THERE IS ONE PERSON WITH YOU FROM YOUR FIRST DAY TO YOUR LAST. THAT'S YOU! SO, HOW DO WE GET TO KNOW HER? AND ACTUALLY LIKE HER? HOW CAN WE USE TORAH AND MITZVOT, SUCH AS SHABBOS AND TEFILLA, AS A GUIDE TO BECOMING AND BEING OUR BEST SELVES? WHAT GETS IN THE WAY OF AUTHENTIC GROWTH AND HOW DO WE OVERCOME THOSE OBSTACLES? HOW CAN WE ACHIEVE AND MAINTAIN HEALTHY SPIRITUAL GROWTH? AND HOW CAN WE OPEN OUR HEARTS AND FIND THE STRENGTH AND MOTIVATION TO DO ALL OF THE ABOVE? THE PIACZECNA REBBE'S EDUCATIONAL MANIFESTO, CHOVAT HATALMIDIM GIFTS US WITH THE OPPORTUNITY TO INTRODUCE OURSELVES…TO OURSELVES, IN THE MOST AUTHENTIC WAY. LET'S MEET OURSELVES BETTER, TOGETHER!

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Info	Description
P101 **P102** **P201** **PIRKEI AVOS** RABBI YISRAEL BENOVITZ	THROUGH LIVELY DISCUSSIONS, THOUGHT-PROVOKING EXERCISES, AND ENGAGING TEXTUAL ANALYSIS, YOU WILL GAIN A DEEP UNDERSTANDING OF THE PROFOUND ETHICAL PRINCIPLES AND VALUES THAT HAVE GUIDED JEWISH THOUGHT FOR CENTURIES. YOU WILL BE EMPOWERED TO APPLY THESE TEACHINGS TO YOUR EVERYDAY LIFE, FOSTERING PERSONAL GROWTH, STRENGTHENING RELATIONSHIPS, AND MAKING A POSITIVE IMPACT ON THE WORLD AROUND YOU.
P101 **P102** **P201** **CLIMBING THE LADDER OF LIFE** RABBI YOSEF HIRSCHEL	IF YOU ARE LOOKING FOR THOUGHT-PROVOKING CONVERSATIONS ROOTED IN MUSSAR AND HASHKAFA, THEN THIS SHIUR IS FOR YOU. WE WILL DISCUSS HOW TO CLIMB THE LADDER CALLED LIFE. MORE THAN ANYTHING, THIS YEAR IS ABOUT PERSONAL GROWTH. YOU WILL PONDER QUESTIONS LIKE: IS IT REALLY GESHMAK TO BE A YID? WHY AM I NOT FEELING THAT? HOW CAN I FEEL IT MORE? I WANT THAT FEELING, BUT I DON'T KNOW HOW!? THE PURPOSE OF THE TORAH IS TO TEACH US HOW TO LIVE THE BEST LIFE POSSIBLE. IN THIS SHIUR WE WILL EXPLORE THE IMPORTANT AND RELEVANT LIFE LESSONS THAT YOU WILL NEED TO CLIMB THE LADDER OF LIFE.
P201 **RELATIONSHIPS** RABBI DOVID ROSMAN	THIS CLASS IS A VAAD FORMAT, FOCUSSING ON MIDDOS THAT NEED TO BE DEVELOPED IN ORDER TO HAVE SUCCESSFUL RELATIONSHIPS. WE WILL LEARN IDEAS AND PERSPECTIVES FROM TORAH SOURCES THAT SPEAK TO HOW OUR MIDDOS IMPACT OUR RELATIONSHIPS. WE WILL ALSO FOCUS ON PRACTICAL TIPS AND TECHNIQUES FOR PERSONAL DEVELOPMENT. OUR LIVES ARE FILLED WITH ALL KINDS OF RELATIONSHIPS, BUILDING STRONG CONNECTIONS IS THE FOUNDATION OF A MEANINGFUL LIFE.
P201 **BUILDING YOURSELF, BUILDING YOUR HOME** MRS. ELANA ROSMAN	BUILDING YOURSELF, BUILDING YOUR HOME IS A SHANA BET CLASS GEARED TO DEVELOPING EACH GIRL'S INNER EMOTIONAL WORLD IN ORDER FOR HER TO HAVE THE TOOLS TO EXPERIENCE HER OUTER EMOTIONAL WORLD (I.E. HER RELATIONSHIPS AND MORE SPECIFICALLY, HER MARRIAGE) THROUGH THE LENS OF HEALTHY COMMUNICATION, CONFIDENCE, MATURITY AND APPRECIATION OF PRIVACY AND BOUNDARIES. THE GOAL IS THAT EACH GIRL WILL WALK AWAY FROM THE COURSE HAVING ESTABLISHED A DEEP DESIRE TO BUILD A HOME IN WHICH MARRIAGE IS HER NUMBER ONE PRIORITY.

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Info	Description
P201 **AISH KODESH** RABBI MEIR KAHANE	A STUDY OF THE THEMES AND CONCEPTS IN THE CLASSIC CHASIDIC WORK, AISH KODESH, BY RABBI KOLONYMUS KALMAN SHAPIRO, THE PIACZETZNER REBBE. WRITTEN IN THE WARSAW GHETTO, THIS WORK DEALS DEEPLY WITH THE CONCEPTS OF PAIN AND SUFFERING AND THE TORAH'S APPROACH TO THEM, SPECIFICALLY GROWTH THROUGH THEM. A WORK OF ABSOLUTE GENIUS, THE PIACZETZNER'S UNCANNY GRASP OF HUMANS AND MASTERY OF THE ENTIRETY OF TORAH MAKES AISH KODESH A TREASURE CHEST OF GUIDANCE FOR GROWTH DURING EVEN THE DARKEST OF TIMES. THIS COURSE IS ORGANIZED THEMATICALLY AND THE STUDENT WILL BE EXPOSED TO THE THINKING, ADVICE, AND EMUNAH OF THIS GREAT TORAH GIANT WHO TAUGHT THE WORLD THAT THERE IS NOTHING ONE CAN'T GROW THROUGH. EVEN A HOLOCAUST.
P201 **TANYA** MRS. SHIFFY KLEIN	PEOPLE HAD MANY QUESTIONS THEY WANTED TO ASK THE FIRST LUBAVITCHER REBBE. BECAUSE HE COULDN'T ADDRESS ALL OF THEM, TANYA EXPLORES THE ANSWERS TO THESE FUNDAMENTAL QUESTIONS. OUR GOAL IS TO USE THESE IDEAS TO UNDERSTAND HOW TO BRING HASHEM INTO OUR LIVES AND HOW TO SEE OUR GOAL IN LIFE IS TO COME CLOSER TO HASHEM THROUGH EVERYTHING WE DO.
P201 **SPARKS OF CHASSIDUS** RABBI NETANEL LEBOWITZ	SPARKS OF CHASSIDUS: THE DEPTHS OF JUDAISM WE NEVER REALIZED. WHAT AN INCREDIBLE, MAJESTIC, BEAUTIFUL AND COMPLEX RELIGION WE ARE A PART OF!! USING THE TEXT OF SICHOS B'AVODAS HASHEM AS OUR SPRINGBOARD, WE WILL EMBARK ON A JOURNEY BEHIND THE SCENES OF OUR RELIGION SO THAT WE MAY COME TO UNDERSTAND THE TRUTH OF OUR WORLD, THE TRUTH ABOUT OUR RELIGION AND ALONG THE WAY, MAYBE EVEN BEGIN TO DISCOVER THE TRUTH ABOUT OURSELVES. THIS WILL BE A COMBINATION OF TEXT AND DISCUSSION. PLEASE BRING THE SEFER: SICHOS B'AVODAS HASHEM WITH YOU.
P201 **HUMANS OF JUDAISM** RABBI DOVID ROSMAN	IN THIS CLASS WE WILL FOCUS ON GEDOLIM OF PREVIOUS GENERATIONS WHO HAD A MAJOR IMPACT IN THEIR LIFETIME AND BEYOND. WE WILL GAIN AN UNDERSTANDING OF "WHO'S WHO" AND HOW INDIVIDUALS SHAPED THE TRAJECTORY OF JEWISH LIFE AND GROWTH THROUGHOUT THE GENERATIONS. FOR EACH GREAT INDIVIDUAL THAT WE LEARN ABOUT WE WILL ALSO EXPLORE SOME OF THEIR SEFARIM TO GAIN A DEEPER APPRECIATION AND UNDERSTANDING OF THE GREAT PEOPLE BEHIND THE SEFARIM THAT WE LEARN.

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Info	Description
P201 **WRITINGS OF RAV HIRSCH** MRS. ORA SCHRIER	RAV SHAMSHON REPHAEL HIRSCH IS ARGUABLY ONE OF THE MOST INFLUENTIAL TORAH LEADERS OF THE LAST 200 YEARS. SO MUCH OF THE JEWISH LIVES WE LIVE TODAY- FROM GIRLS BEING EDUCATED TO THE OUTREACH MOVEMENT (SHOUTOUT AISH!), FROM SHUL COMMUNITY STRUCTURES TO UMBRELLA ORGANIZATIONS LIKE THE OU AND THE AGUDAH, - WERE AN OUTGROWTH OF THE VISION AND PASSION OF RAV HIRSCH. THE NEED FOR THESE DEVELOPMENTS EMERGED FROM CHALLENGES IN THE WORLD OF THE 1800S THAT WE FIND OURSELVES FACING JUST AS POWERFULLY IN THE 2000S. HOW TO BE A JEW IN THE MODERN WORLD IS NOT A QUESTION FIRST ASKED IN 2023- IN THIS CLASS WE WILL EXPLORE THE WRITINGS OF THIS INCREDIBLE LEADER AND DISCUSS HOW POWERFULLY RAV HIRSCH'S WORDS APPLY TO OUR LIVES TODAY.
P201 **SHABBOS** MRS. ELI HORWITZ	WE WILL BE GOING THROUGH THE SEFER SHABBOS MALKASA BY RAV SHIMSHON PINCUS, WE WILL EXPLORE THE THEMES AND STRUCTURE OF SHABBOS. SHABBOS IS REFERRED TO AS A "MATANA TOVA", WE WILL SEE HOW THE MORE WE ACCESS THE POWER OF SHABBOS THE MORE WE REALIZE HOW SHABBOS HAS THE POWER TO CHANGE OUR ENTIRE EXPERIENCE OF YIDISHKEIT.
P201 **TEHILLIM IN OUR TIMES** RABBI AARON FEIGENBAUM	IN THIS CLASS WE WILL STUDY TEHILLIM AS A SOURCE TEXT OF PRAYER. LEARNING TEHILLIM B'IYUN, WE WILL APPRECIATE THE HISTORY, STRUCTURE, AND NUANCED MEANING OF TEHILLIM AS A MEANS OF UNLOCKING THE DEPTHS OF OUR ANCIENT AND YET AMAZINGLY RELEVANT PRAYERS.
P201 **CHINUCH HABANIM** MRS. LEAH HERSHMAN	CHINUCH HABANIM. THE COURSE ADDRESSES FUNDAMENTAL HASHKAFAH, PERSONAL CHARACTER DEVELOPMENT AND PRACTICAL ASPECTS OF PARENTING. THIS INCLUDES THE PERSONAL JOURNEY OF USING MOTHERHOOD OPPORTUNITIES AS WAYS TO EMULATE HASHEM AND PERFECT OUR CHARACTER, UNDERSTANDING THE NATURE OF THE CHILD PARENT RELATIONSHIP, AND PRACTICAL WAYS OF CREATING STRONG HEALTHY RELATIONSHIPS, WHERE VALUES ARE MORE EASILY COMMUNICATED AND ABSORBED.

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Info	Description
HL103-1 **HL103-2** **MY TEHILLIM & ME** MRS. JULIA FIELD	SEFER TEHILLIM IS A UNIVERSAL TOOL THAT ACCOMPANIES A JEW THROUGH EVERY EXPERIENCE IN ALL STAGES OF LIFE, BUT WHY? IN THIS COURSE, WE WILL DISCOVER THAT THIS ANCIENT TEXT WAS WRITTEN FOR US TOO, EVEN IN OUR DAY AND AGE. TOGETHER, WE WILL FORGE A PERSONAL RELATIONSHIP WITH THE PIRKEI TEHILLIM AND RECLAIM OUR CONNECTION WITH TEFILLAH AT LARGE.
HL103-1 **HL103-2** **YONAH, ESTHER, RUS** MRS. ANDREA SCHULMAN	THIS CLASS IS GOING TO BE UNDERSTANDING THESE SEFORIM THROUGH THE LENS OF NEVUAH SHEHUTZRICHA LDOROS NICHTAVA. OUR FOCUS WILL BE ON REAL LIFE APPLICATIONS- WHAT IS HASHEM SAYING TO ME, TODAY, THROUGH THESE SEFORIM. SOME QUESTIONS WE'LL TALK ABOUT: WHY WERE THESE SEFORIM INCLUDED IN TANACH? HOW COULD YONAH THINK HE COULD RUN AWAY FROM HASHEM? HOW DO WE UNDERSTAND THE HEROISM OF RUS AND ESTHER? WAS THE TSHUVA OF NINVEI AUTHENTIC? WHAT WAS THE RELATIONSHIPS BETWEEN MORDECHAI AND ESTHER?
HL103-1 **HL103-2** **TOLDOS B'IYUN** MRS. TOVI LOBEL	IN THIS JOURNEY THROUGH PARSHAT TOLDOT WE'LL RE-EXPLORE THE FAMILIAR SCENES THROUGH A NEW LENS, ASKING THE QUESTION: WHY DID THE TORAH TAKE THE TIME TO TELL US THIS? WITH THE HELP OF MEFORSHIM WE'LL GAIN A NUANCED UNDERSTANDING OF THE LESSONS HIDDEN BENEATH THE SURFACE THAT ARE TIMELESS, RELEVANT AND VITAL TO AVODAS HASHEM IN EVERY GENERATION.
HL103-1 **HL103-2** **MISHLEI** MRS. DENA RICH	MISHLEI GIVES US THE WISDOM FOR DAILY LIVING, RENEWING OUR MINDS BY LEADING US TO EXAMINE OUR ACTIONS, AND TO BETTER UNDERSTAND OUR THOUGHT PROCESS. . SEFER MISHLEI ALSO KNOWN AS ONE OF THE SIFREI EMES IS A COMPILATION OF SHLOMO HAMELECHS WISDOM. THIS SEFER IS A STATEMENT OF TRUTH ABOUT HUMAN LIFE, ABOUT THE RELATIONSHIP OF HUMAN BEINGS TO HAKADOSH BARUCH HU AND ABOUT THE RELATIONSHIPS OF HUMAN BEINGS TO EACH OTHER. IN THIS CLASS WE WILL BE DELVING INTO THE EMOTIONS OF LOVE, KAVOD, FEAR AND ANXIETY AND COMPARING DIFFERENT MEFARSHIM TO THE INSIGHTFUL WORDS OF SHLOMO HAMELECH.

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Info	Description
HL103-1 **AT HOME IN ERETZ YISRAEL** MRS. TZVIA SINGER	WELCOME TO ERETZ YISRAEL, WELCOME HOME! WHY IS ERETZ YISRAEL SO CENTRAL TO BEING A JEW? WHY IS THIS THE IDEAL PLACE TO BUILD A RELATIONSHIP WITH HASHEM? WE WILL LEARN ABOUT THE BEAUTY AND KEDUSHA OF THIS PRECIOUS LAND FROM MANY DIFFERENT ANGLES, DELVING INTO THE MEANING AND DEPTH OF ITS QUALITIES, PERSONALITIES AND MITZVOS. WE WILL EXPLORE MANY SOURCES FROM TANACH AND CHAZAL ABOUT ITS BEAUTY AND KEDUSHA, AND THE MITZVOS UNIQUE TO IT. WE WILL LEARN HOW TO MAKE THE MOST OF OUR TIME HERE THROUGH BUILDING A PERSONAL CONNECTION WITH THE HOLIEST PLACE ON EARTH.
HL103-1 **HL103-2** **HL203** **WOMEN IN TANACH** MRS. NOMI ZAHN	WE'VE GROWN UP HEARING A LOT ABOUT OUR IMAHOT, SARAH, RIVKA, RACHEL, AND LEAH. BUT WHAT ABOUT THEIR MOTHERS – DO WE KNOW ANYTHING ABOUT THEM? WE ALL REMEMBER THE IMAGE OF LOT'S WIFE TURNING INTO A PILLAR OF SALT, BUT WHO WAS SHE IN LIFE? AVRAHAM SEEMS TO HAVE COME STRAIGHT OUT OF NOWHERE, DISCOVERING G-D FOR HIMSELF AND FOUNDING OUR RELIGION, BUT WHO WAS HIS MOTHER, AND HOW DID SHE INFLUENCE HIS LATER PATH? THERE ARE MANY MALE CHARACTERS THAT WE FEEL WE KNOW SO WELL, BUT WHAT ABOUT THEIR WIVES – WHO WERE THE WIVES OF NOACH, YOSEF, AHARON, MOSHE, YONAH, AND OTHERS, AND WHAT CAN WE LEARN FROM THEM? COME ALONG AS WE EXPLORE THE MIDRASH AND PAINT A CLEARER UNDERSTANDING OF THESE MYSTERIOUS WOMEN OF TANACH, PLUS MANY MORE. DOING SO WILL YIELD PRACTICAL LESSONS ON HOW TO BE THE BEST WOMEN WE CAN BE.
HL203 **WOMEN IN TANACH & TALMUD** MRS. NOMI ZAHN	JOIN US AS WE CONTINUE JOURNEYING THROUGH WOMEN IN TANACH IN SHANA BET! WE WILL BE DELVING INTO THE LESSER KNOWN WOMEN FOUND IN NAVI, K'SUVIM, AND THE TALMUD TO REVEAL THEIR EVERLASTING LEGACY TO US AS JEWISH WOMEN. HEROINES SUCH AS THE MOTHERS OF SHIMSHON HAGIBBUR, SHMUEL HANAVI AND DOVID HAMELECH, THE SAVIORS OF B"Y SUCH AS RUS, ESTHER, YEHUDIS, THE FORTITUDE, CLARITY, AND CONVICTION OF SERACH BAS ASHER, CHULDA HANEVIAH, CHANA, DEVORAH AND THE LIST GOES ON! LEARN THE TIMELESS LESSONS FOR OUR LIVES AND OUR DUTIES AS WELL AS INBORN GREATNESS AS NASHIM B'YISRAEL.
HL203 **NAVI SEMINAR** MRS. MEIRA FRIED	IN OUR WEEKLY CLASS, WE WILL HAVE A CRASH COURSE ON NEVIIM RISHONIM, WHILE STOPPING AND FOCUSING ON STORIES AND PERSONALITIES THAT OFFER INSPIRATION AND VALUABLE LESSONS. SOME SESSIONS WILL BE MORE DISCUSSION-BASED, WHILE OTHERS WILL EMPHASIZE CHAVRUSA PREPARATION, DRAWING FROM RICH SOURCES AND IMPROVING OUR TEXT SKILLS.

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Info	Description
HL203 **BAMIDBAR** MRS. ALEEZA LEBOWITZ	IN THIS CLASS WE WILL DELVE INTO THE STORIES FOUND IN SEFER BAMIDBAR. WE WILL START BY LOOKING CAREFULLY AT THE PESUKIM, NOTICING KEY QUESTIONS THAT WE HAVE AND EXPLORING MEFARSHIM ADDRESSING THOSE QUESTIONS. WE WILL THEN TAKE THE IDEAS THAT WE ARE DISCUSSING AND SEE HOW THEY ARE EXPRESSED AND ELABORATED ON IN CONTEMPORARY MUSSAR SEFARIM. THE GOAL WILL BE TO ARRIVE AT MEANINGFUL SELF-IMPROVEMENT TAKEAWAYS THAT WE CAN APPLY TO OUR LIVES TODAY.
HL203 **RASHI'S GREATEST HITS** RABBI AVRAHAM WILLIG	RASHI IS THE GREATEST BIBLICAL COMMENTATOR OF ALL TIME, AND IS KNOWN AS THE FATHER OF ALL COMMENTATORS. IN HIS MAGNIFICENT WORK ON CHUMASH, RASHI TEACHES US "THE SEFER OF YIDDISHKEIT". YET, MANY OF US HAVE YET TO STUDY EVERY RASHI IN THE TORAH. THIS COURSE WILL BE TEXT BASED AND WILL CHANGE FOCUS WEEKLY WITH THE PARSHA, AND WILL SHOWCASE SOME FAMOUS, AND SOME OF MY FAVORITE RASHI'S IN THE TORAH. EVERY CLASS WE WILL FOCUS UPON AND ANALYZE A FEW RASHI HIGHLIGHTS IN THE PARSHA OF THAT WEEK. EACH RASHI IS SURE TO ENGAGE AND INSPIRE US, AS HE DRAWS OUT WONDERFUL INSIGHTS AND PRACTICAL LESSONS ABOUT JUDAISM AND JEWISH LIFE. I'M EXCITED!
HL203 **RELATIONSHIPS IN TANACH** MRS. ADINA KOR	IN THIS CLASS WE'LL BE GOING THROUGH DIFFERENT RELATIONSHIPS WE FIND IN TANACH: FRIENDSHIPS, SPOUSAL RELATIONSHIPS, PARENTS & CHILDREN AND MANY MORE. WE WILL LOOK AT THE STORIES AND EXPLORE THE THEMES AND THEIR PRACTICAL APPLICATIONS TO OUR RELATIONSHIPS TODAY. OUR GOAL IS TO SEE THE TORAH AS THE SOURCE OF INSTRUCTIONS FOR HOW TO ENGAGE IN ALL OF OUR RELATIONSHIPS.

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Info	Description
LT104-1 **LT104-2** **SHABBAT HALACHA** RABBI IAN SCHWARTZ & RABBI YONASAN CALLER	THIS CLASS EXPLORES THE CONCEPT OF SHABBAT, WHERE THE 39 CATEGORIES OF WORK COME FROM AND THE FRAMEWORK WITH WHICH THE LAW IS BUILT. AFTER LAYING THE FOUNDATION, IT DELVES INTO THE MOST COMMONLY ENCOUNTERED CATEGORIES OF WORK AND EXPOUNDS UPON THE ASSOCIATED LAWS.
LT104-1 **LT104-2** **INYANEI D'YOMA** RABBI BINYAMIN WOLFF & RABBI AARON FEIGENBAUM	THIS CLASS EXPLORES LEGAL TOPICS THAT COME UP ON A YEARLY AND DAILY BASIS IN JUDAISM. TOPICS INCLUDE JEWISH HOLIDAYS AS WELL AS PRAYER, BLESSINGS AND MORE.
LT104-1 **LT104-2** **ISHA V'HAMITZVOT** MRS. DENA RICH & MRS. ORA SCHRIER & MRS. ALEEZA LEBOWITZ	THIS CLASS EXPLORES THE UNIQUE ROLE THAT WOMEN HAVE IN JUDAISM THROUGH BOTH THE HALACHIC AND HASHKAFIC LENSES. STUDENTS WILL DELVE INTO THE HALACHOS OF TZNIUS, YICHUD, KOL ISHA, KISUI ROSH AND MORE FROM THE SOURCE IN THE TORAH THROUGH MODERN DAY POSKIIM. STUDENTS WILL BE HONING CRITICAL THINKING AND TECHNICAL SKILLS TO UNDERSTAND THE HALACHOS THAT ARE MOST RELEVANT TO THEM AS EMPOWERED JEWISH WOMEN
LT204 **BEHIND THE PSAK** RABBI IAN SCHWARTZ	THIS CLASS HAS TWO COMPONENTS. THE BEGINNING WILL BE DEDICATED TO A RUNDOWN THROUGH THE HISTORY OF TORAH SHEBAAL PEH, ITS STRUCTURE AND THE HALACHIC SYSTEM. FOR THE MAJORITY OF THE CLASS WE WILL FOCUS ON A DIFFERENT CONTEMPORARY TOPIC EACH WEEK WHICH ASIDE FROM BEING A RELEVANT HALACHIC SUGYA WILL ALSO TEACH THE METHODOLOGY OF HOW HALACHA WORKS, WHEN TO ASK A SHAYLA AND WHEN AND HOW ONE CAN LOOK IN A SEFER. THE GOAL IS TO FURTHER DEVELOP OUR SKILLS AND UNDERSTANDING OF NOT ONLY HOW TORAH IS LEARNED, BUT ALSO HOW TORAH IS LIVED IN THE REAL WORLD.

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Info	Description
LT204 **CHASSIDUS** RABBI EPHRAIM GREENE	RABBI GREENE'S CHASSIDUS CLASS WILL SHARE INSPIRATIONAL DIVREI TORAH ON THE PARSHA AND HOLIDAYS WHILE EXPLAINING THE UNIQUE APPROACH OF CHASSIDUS IN INTERPRETING TORAH INTO PERSONAL GROWTH. WE WILL EXPLORE THE DEEPER KABBALISTIC CONCEPTS REFERENCED, GAIN A PERSPECTIVE ON THE GREAT CHASSIDIC TRAIN OF TRADITION, AND DEVELOP RICHER, LOFTIER PERSONAL CONVICTIONS.
LT204 **HILCHOS SHABBOS** RABBI MIKHAIL ZALMAN DUBOV	SHABBAT IS THE QUINTESSENTIAL PILLAR OF TORAH OBSERVANCE. IT ENCAPSULATES EMUNAH, COMMUNITY, SELF-DEVELOPMENT, AND SELF-CONTROL. IT'S BEEN SAID BY SEVERAL OF THE GEDOLIM OF PAST GENERATIONS THAT IF ONE IS NOT CONSTANTLY LEARNING THE HALACHOT OF SHABBAT, THEY'RE UNFORTUNATELY BOUND TO BE VIOLATING THEM. TOGETHER, WE'LL EXAMINE THE MOST COMMON D'RABANNAN - MUKTZEH, MOVE ONTO THE MOST FOUNDATIONAL D'ORITA - BONEH, AND THEN PREPARE OURSELVES BY LEARNING HOW TO HANDLE SICKNESS & EMERGENCIES ON SHABBAT IN THE CASE THAT, GOD FORBID, THE NEED ARISES.
LT204 **HILCHOS KASHRUS** RABBI YONASAN CALLER	THE HILCHOS KASHRUS COURSE TRANSPORTS YOU ON A JOURNEY THROUGH THE WORLD OF PRACTICAL KASHRUS. THIS IS YOUR CHANCE TO BECOME AN EDUCATED KASHRUS CONSUMER IN THE HOME AND OUT - YOU WILL LEARN HOW TO SHOP, EAT-OUT, COOK, CONSUME AND CLEAN - THE KOSHER WAY! LEARN WHAT TO LOOK OUT FOR, HOW TO ASK KASHRUS QUESTIONS AND HOW TO HAVE A KOSHER KITCHEN TO BE PROUD OF!