

Eighth Annual
Moms Re-Treat



...all of this for only

\$395

Includes accommodations, great activities, and gourmet kosher food.



For More Information:

Please call Annie at (818) 889-5500
or email us at info@shalominstitute.com



March 12-14

Shalom Institute
Malibu, CA



A CAMP FOR MOMS!

We created a weekend filled with relaxation, fun, and lots of activities to give moms a treat for all the hard work they do! It's no wonder that this is one of our most popular programs every year. You should join us!



mind

ESCAPE for the weekend and enjoy the relaxing outdoors of the Malibu Mountains.

LEARN from inspirational speakers and enlightening workshops.

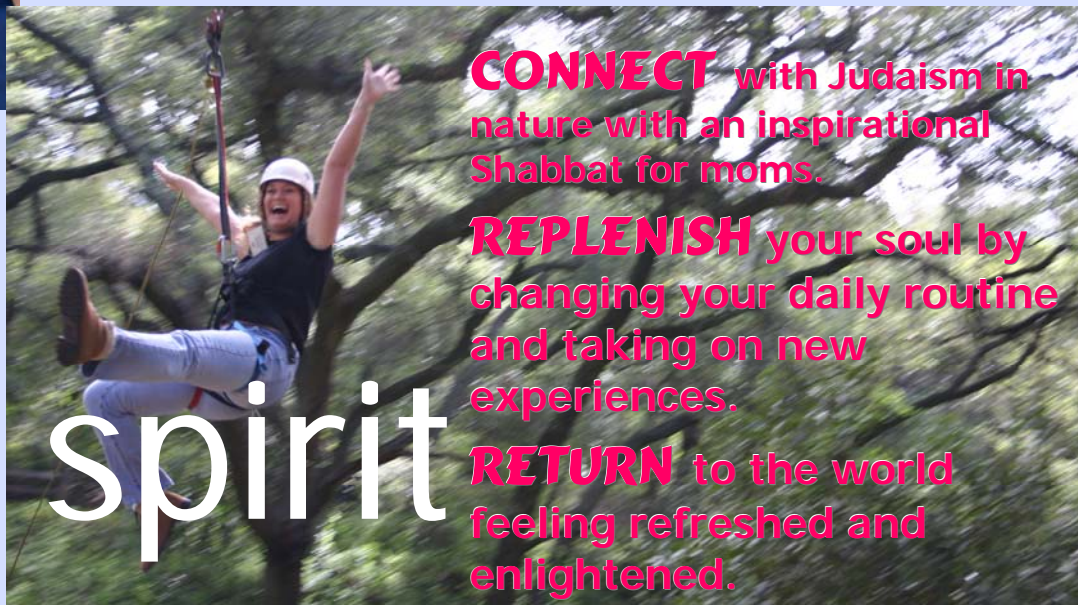
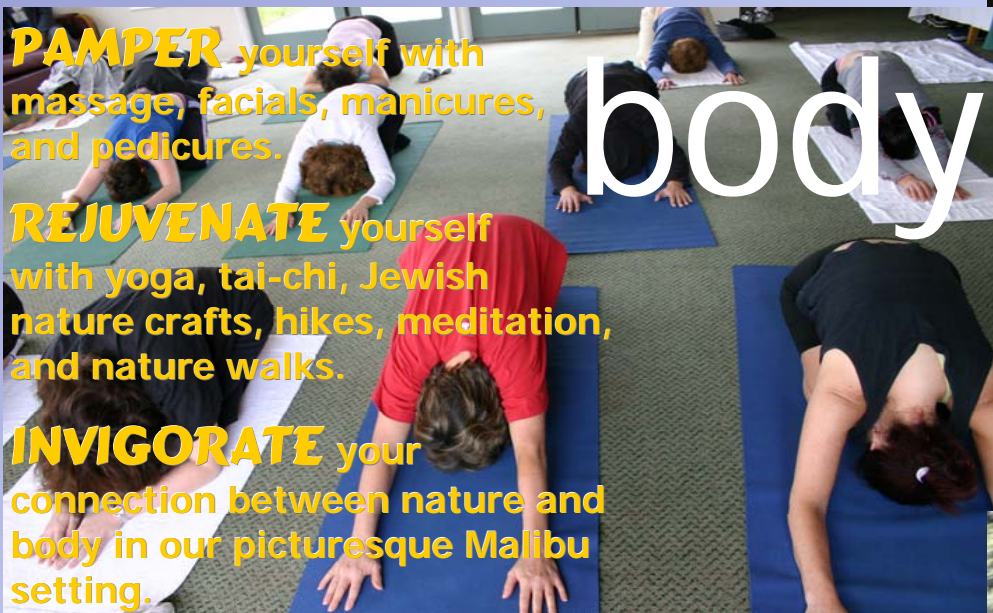
SHARE with other moms on the joys and challenges of motherhood.

PAMPER yourself with massage, facials, manicures, and pedicures.

REJUVENATE yourself with yoga, tai-chi, Jewish nature crafts, hikes, meditation, and nature walks.

INVIGORATE your connection between nature and body in our picturesque Malibu setting.

body



spirit

CONNECT with Judaism in nature with an inspirational Shabbat for moms.

REPLENISH your soul by changing your daily routine and taking on new experiences.

RETURN to the world feeling refreshed and enlightened.