



Momentum
in Aspen
Itinerary

August 1-3, 2021



Momentum Retreat Itinerary 2021

Momentum in Aspen

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“If I am not for myself, who will be for me? If I am not for others, what am I? And if not now, when?”

- Rabbi Hillel

Modeled after our flagship MOMentum Trip to Israel, this two-and-a-half-day immersive experience has been designed to rejuvenate your spirit and engage your every sense as you soak up meaningful Jewish values.

Activities will take place at Chabad JCC of Aspen, 435 West Main Street, unless otherwise noted.

Sunday, August 1

2:00-5:00 p.m.	Check-In and Hospitality available at Chabad
4:00 p.m.	Pre-Retreat Meet and Greet with Adrienne and Jessica
5:00 p.m.	Cocktail Reception
6:00 p.m.	The Mirror and the Window: The Hierarchy of Responsibility with Adrienne Gold Davis There is tremendous joy in seeing one's life as a journey of self-refinement and personal growth. In this session we will "reflect" upon the urgency of self-examination/self-care, to enable us to look outside and beyond ourselves.
7:00 p.m.	Dinner
9:00 p.m.	Bedtime Shema Meditation Under the Stars with Adrienne Gold Davis

Monday, August 2

8:00-8:45 a.m.	Meaningful Movement on the patio
8:00-9:30 a.m.	Breakfast available
9:30 a.m.	Depart Chabad JCC for morning class at the home of Barbara Hines
10:00 a.m.	Living in Color: Part 1 with Adrienne Gold Davis Oscar Wilde said that " <i>Life imitates art far more than art imitates life.</i> " The Torah alluded to it first, in its description of Betzalel, the artist/craftsman who merited to build the Mishkan (the travelling sanctuary). Let's explore the artist within and the beauty without so we can live our lives in living color!
1:00 p.m.	Lunch and Learn Scents and Sensibility with Jessica Berkowitz
2:30 p.m.	Living in Color: Part 2 with Adrienne Gold Davis When we stood at Mt Sinai, as one person with one heart, it said that " <i>we saw the sounds,</i> " a mass collective experience of synesthesia. Let's explore the power of music (sound) through the lens of Torah thought.

4:00 p.m.

Optional Activities

- **Nature Walk:** Enjoy a walk through the nearby John Denver Sanctuary.
- **Shop 'Til You Drop:** Aspen is known for its luxury shopping. Join fashionista Adrienne Gold Davis and enjoy a stroll through the beautiful shops while discovering local artists and designers.
- **Relax:** Take time for quiet reflection and enjoy free time to relax and recharge.

7:00 p.m.

Intimate Cocktail and Dinner Reception

at the home of **Darlynn and Tom Fellman**
811 East Hopkins Avenue
Aspen, Colorado 81611

Tuesday, August 3

8:00-8:45 a.m.	Morning Meditation
8:00-9:30 a.m.	Breakfast available
9:30 a.m.	Depart Chabad JCC for a trip up to Aspen Mountain Climb Every Mountain with Adrienne Gold Davis <i>Moses never entered the holy land; he was only afforded a glimpse from the mountains as a "window" before it. How do we come to appreciate the "window," but not necessarily the open door? There are a lot of mountain stories in our Torah. What can we learn about ourselves from this part of nature, and how can we decide "which hill we want to die on?"</i>
12:30 p.m.	Lunch at Chabad JCC It Only Takes a Taste with Jessica Berkowitz
1:30 p.m.	Carpe Diem: If Not Now, When? with Adrienne Gold Davis <i>Let's tie together all these soulful experiences and create a personal action plan for seizing the moment.</i>
2:30 p.m.	Closing Activity

This is not goodbye, but “I’Hitraot”,

see you again soon.... The last day of the
Retreat is the continuation of your learning
and leadership journey.

