



Healing Journeys

Led by Abby Levis & Beth Segaloff
August 1-7, 2027

A journey of connection — to our people, our land, our tradition, and ourselves.

Sunday August 1

DEPARTURE

- Departure from the U.S. (Own airline arrangements)

Monday August 2

WELCOME TO ISRAEL — ARRIVING TO COMMUNITY

- Rendezvous at 11:00am at Ben Gurion airport. Meet your Keshet tour educator in the arrivals hall and load the bus.
- Welcome Lunch — your first chance to meet your fellow travelers and begin forming the bonds that will carry you through the week.
- Visit the “Back to Life” healing home for IDF veterans and animals in distress — a living testament to Israel’s capacity for resilience and renewal.
- Continue to the hotel, located along the Mediterranean, for check-in and time to rest and decompress.
- Dinner at the hotel followed by our Opening Circle — an intimate gathering to share intention, open our hearts, and step into sacred community together.

Overnight: *Jacob’s Hotel, Hadera*

Tuesday August 3

THE HEALING POWER OF NATURE

- Breakfast at the hotel, check-out and load bus.
- Stroll through the Ramat Hanadiv botanical gardens near Zichron Yaakov — a space of beauty and quiet that invites us to breathe, slow down, and simply be.
- Daily Bereavement Circle with our grief therapist, held outdoors in the gardens — a sacred container to sit with others who have experienced loss, held by the natural world around us.
- Continue to Kibbutz Hannaton for lunch, followed by a powerful spiritual workshop with Rabbi Haviva Nir-David, who has reimagined ancient mikveh (ritual immersion) as a contemporary gateway to healing, renewal, and restored spiritual wholeness.
- Travel south into the vast silence of the Negev desert.
- Check-in at hotel and dinner.
- Evening: Star Gazing in the desert — beneath skies unobscured by light, witness the universe in all its breadth. A reminder of perspective, wonder, and our place in something much larger than our grief.

Overnight: *Shermans Hotel, Sde Boker*

Wednesday August 4

STILL SMALL VOICE — DESERT SILENCE & SPIRITUAL REFLECTION

- Watch the beautiful sunrise from the desert promenade.
- Guided discussion: Why was the Torah given in the desert? Exploring the spiritual wisdom of emptiness, vulnerability, and the “Kol D’mama Daka” — the Still Small Voice that speaks only when we quiet ourselves enough to listen. The desert as teacher.
- Time for personal meditation, silent reflection, and journaling as morning light fills in the desert landscape before returning to the hotel for breakfast.

- Travel to the Dead Sea region — the lowest point on earth — through breathtaking Negev landscapes.
- Lunch at Ein Gedi followed by a nature walk through the Nahal David oasis — water flowing through desert, life persisting where it seems impossible.
- Float in the buoyant waters of the Dead Sea at a private beach — a therapeutic and symbolic experience of being held and supported.
- Continue to Jerusalem. Check-in and dinner at hotel.
- Evening: Bereavement Circle with our grief therapist — sitting together in the ancient city, processing the day's spiritual encounters.

Overnight: *Prima Royale Hotel, Jerusalem*

Thursday August 5

HEALING THROUGH COMMUNITY & JEWISH WISDOM

- Breakfast at the hotel.
- Meet Seth and Sherri Mandell, founders of the Koby Mandell Foundation. Koby was murdered in a terror attack in 2001. From that devastating loss, the Mandells built a foundation offering therapeutic support, community-building, and healing programs for bereaved families. Sit with them. Hear how community and faith have carried them. Let their journey speak to your journey.
- Lunch break on your own — time to wander, rest, or connect with a fellow traveler.
- Therapeutic spiritual workshop with Rabbi Aryeh Ben David, founder of Ayeka: Soulful Education. Explore the teachings of Rav Kook on grief, love, and the possibility of return; how Jewish tradition holds suffering and transforms it.
- Shuk and Cook: A culinary journey through the Machane Yehuda Market; the color, aroma, and the liveliness of Israeli life followed by a hands-on cooking workshop that culminates in a dinner of our own creation. Nourishing ourselves, together.
- Evening: Bereavement Circle - our daily gathering with our grief therapist, returning to community at the close of each day.

Overnight: *Prima Royale Hotel, Jerusalem*

Friday August 6

JERUSALEM — ROOTS, RITUAL, AND SHABBAT

- Breakfast at the hotel.
- Outlook over the Old City of Jerusalem from the Haas Promenade — a moment to take in the city that has carried Jewish longing and prayer for thousands of years.
- Visit the City of David, where Jerusalem's story began 3,000 years ago. Explore the excavations and wade through Hezekiah's water tunnel, an ancient feat of engineering built to sustain life against all odds.
- Ascend to the Jewish Quarter for lunch on own and time to explore the Byzantine-era Cardo; layers of Jewish history beneath your feet.
- Hands-on art workshop with the Jewish educators and artists of Kol Ha'ot - a creative and soulful experience connecting personal story to collective heritage.
- Time to prepare for Shabbat — a pause, a breath, a transition.
- Visit the Kotel (Western Wall) as Shabbat begins and stand in the current of thousands welcoming the Sabbath. Feel the spiritual electricity of Jewish peoplehood alive and pulsing.
- Festive Shabbat dinner at the hotel with the warmth of our group around a shared table.

Overnight: *Prima Royale Hotel, Jerusalem*

Shabbat August 7

SHABBAT IN JERUSALEM — REST, INTEGRATION & FAREWELL

- Breakfast at the hotel.
- Optional "Shul Hopping" - experience the extraordinary diversity of Jewish prayer across Jerusalem's synagogues or simply attend Shabbat services at a local congregation.
- Free time to rest, wander, or explore at your own pace. (The Biblical Zoo, Israel Museum, Tower of David, Bible Lands Museum, and Botanical Gardens are all open.)
- Shabbat lunch at the hotel - a leisurely meal, unhurried, savored.
- Summary discussion and closing circle: an opportunity to name what has shifted, what has opened, and what you carry home.

- Farewell dinner at the hotel honoring the journey we have taken, the community we've become.
- Group Havdalah marking the close of Shabbat and welcoming the new week ahead, carrying the light of our shared journey forward.
- Check-out and transfer to the airport for departing flights.

This journey is designed not to resolve grief, but to companion it — through nature, ritual, community, and the ancient wisdom of our people.

