



# PESACH 2023

## KINAR GALILE TIBERIAS

# WELCOME

April 5, 2023

Dear Guests,

On behalf of your hosts "Travel Deal Israel" we are delighted to welcome you and your family to our Pesach program at the Kinar Galilee hotel for Pesach 2023.

Travel Deal Israel and the Kinar Galilee hotel have been partnering in the Pesach Experience for over 20 years, with the purpose of offering a Pesach that is spiritually uplifting while being fun, friendly and fantastic! Our dedicated team has made every effort to ensure your comfort and complete satisfaction, and we certainly hope that the Travel Deal Israel Pesach experience becomes your families' tradition. We are honored and privileged that your choice is with us, and we aim to provide a full, rich and enjoyable program for the entire family. Enjoy the beautiful grounds, the fresh spring air and the delightful views of Lake Kinneret.

We are honored to have Rabbi Michael Yammer and Rabbi Reuven & Mrs. Shani Taragin enhance our program with their inspiring lectures and shiurim. Don't miss Shani's lectures based on the



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## TRAVEL DEAL PESACH 2023

theme Pesach in the Beit HaMikdash - Past, Present & Future. In addition, we have the privilege of hosting guest lecturers over Chag including Rabbi & Mrs. Sara Yoheved Rigler, Dr Jonathan Feiner PhD and Rabbi Avishai David. We hope you will take full advantage of all the facilities the Kinar hotel has to offer: Full-size pool, exercise room, and Jacuzzi, tennis and basketball courts! For women and girls, we have fantastic HIIT and Cardio classes with Yakira!!! To keep your skin healthy and youthful, Marcel will be available over Chol Hamoed for a free refreshing and relaxing facial cleanse and quick cosmetology tips, as well as great pricing on her fantastic products.

Our children's program has been arranged to delight all ages. For all young (and young at heart) please check our daily children's activities. Our hand-picked and creative counsellors are waiting for you in the day camp room and our sports director is available to arrange the sport of your choice, upon request! Enjoy great competition & fun!

Our program includes 3 complimentary day tours; please sign up on Erev Chag – April 5 to ensure your seat on the bus. Boxed lunches are available for purchase at the hotel Lobby Bar.

Enjoy the fabulous Kinar cuisine! Please introduce yourself to the Maitre D' to discuss any special dietary requirements. Please check bulletin boards daily for any changes and surprise activities.

Attached please find our program for Pesach 2023. If there is anything we can do to make your stay more comfortable, please let us know.

On behalf of our staff and the Kinar Galile hotel we Thank You for joining the Travel Deal Israel Pesach Experience.

Have a great time and Chag Kasher V'Sameach!

*Shlomo & Naama  
Scholnick*  
CEO  
Travel Deal Israel

*Gershon & BatZion  
BenMoshe*  
Program Directors

*Yanky & Raizy  
Kuperwasser*  
Sports and Day Camp  
Directors

כִּנָּר גָּלִיל מִסַּח תַּשְׁפָּ"ג

## DAVENING TIMES FOR TUESDAY APRIL 4

Mincha **6:30 pm**

Ma'ariv **8:00 pm**

## WEDNESDAY APRIL 5 - EREV PESACH

Latest time for eating Chametz: 10:04 (Magen Avram)/ 10:35am (GRA)

Latest time for Burning Chametz: 11:22am (Magen Avram)/ 11:38am (GRA)

|              |  |
|--------------|--|
| 11:30 am     | Check in, sign up for Trips  |
| 1:00-3:00 pm | Lunch - Main Dining Room   |
| 4:00 pm      | Womens Health, Wellness and Fitness – Introduction to our<br>Fitness Program with Yakira   |
| 6:30 pm      | Candle lighting  |
| 6:35 pm      | Mincha - Golan Hall<br>Welcoming Address - Rav Michael Yammer<br>Leil HaSeder - Intellect and Emotion Together<br>Followed by Ma'ariv    |
| 8:30 pm      | Festive Seder Dinner - Main Dining Room<br>For those leading a private Seder, please check with the<br>Maitre D' regarding the location. |
| 12:41 am     | Chatzot - Latest time for eating the Afikoman  |

*All tables are set with Kiddush wine. For any specific wines, please contact our Maitre D'.*

*If you will be having additional guests at your table, please notify both the program director and our Maitre D' at least two meals in advance.*

### DAVENING TIMES

Shachris **8:00 am**  
Mincha **6:35 pm**  
Followed by  
Ma'ariv **7:25 pm**

### WOMEN'S SPORTS

*SNIR HALL*

4:00 pm  
Introductory  
lecture and class  
with Yakira!

### MEN/ BOYS SPORTS

2:45 pm  
Soccer!  
Back Lawn

### HEALTH CENTER

Men 11:00-2:30 pm  
Women 3:00-5:00 pm

### SWIMMING

Women 11:00-2:30 pm  
Men 3:00-5:00 pm

### Children's Program

2:45 - 4:00 pm  
Meet Raizy and your  
counselors -  
Kinar Patio;  
Arts 'N crafts

7:00 - 7:45 pm  
Children's Story hour -  
Kinar Patio



## THURSDAY APRIL 6 - PESACH

|              |   |
|--------------|---|
| 7:00-9:00 am | Coffee & Cake - Lobby   |
| 8:00 am      | Daf Yomi  |
| 11:00 am     | Yom Tov Meal - Main Dining Room   |
| 12:45 pm     | אם פונדקאית - הסבר פסק הרב הראשי, הרב דוד לאו<br>Rav Yammer (Hebrew)  |
| 3:45 pm      | Pesach Night & Day in the Mikdash: Purity & Unity -<br>Shani Taragin - Kineret                                    |
| 4:00 pm      | Daily Beis Medrash and Shiur - R' Yanky Kuperwasser   |
| 4:30-5:30 pm | Coffee & Cake - Lobby   |
| 4:45 pm      | How to Build and Sustain a Strong Marriage - Rav Taragin  |
| 6:00 pm      | Kavod HaBriot - Should the Wife Tell the Husband? - Rav Yammer  |
| 6:30 pm      | Dinner  |
| 7:45 pm      | Ma'ariv (Day 1 of Omer) + Havdala   |
| 9:00 pm      | Second Seder - For those keeping 2 day Chag   |
| 9:30 pm      | The Chasidic Trio - a night of Klezmer music and soul<br>Musical Entertainment for the whole family - Kinar Patio |

### DAVENING TIMES

|          |                                    |
|----------|------------------------------------|
| Vasikin  | <b>5:40 am</b><br><i>Netz 6:20</i> |
| Shachris | <b>8:30 am</b>                     |
| Shachris | <b>9:00 am</b><br><i>(Kineret)</i> |
| Mincha   | <b>1:15 pm</b>                     |
| Mincha   | <b>5:45 pm</b>                     |
| Ma'ariv  | <b>7:45 pm</b>                     |

### Children's Program

10:00 – 11:00 am  
1:00 – 5:00 pm  
Children's Day Camp  
  
7:15 – 8:00 pm  
Children's Story hour  
Day Camp room

### WOMEN'S SPORTS

SNIR HALL

8:45 pm  
HIIT Class

*\*See detailed class  
descriptions on page 24*

### MEN/ BOYS SPORTS

8:30 pm  
Basketball!

### HEALTH CENTER

Women

10:00-11:00 pm

Men

11:00 pm-12:00 am



## FRIDAY APRIL 7 - CHOL HAMOED

|               |   |
|---------------|---|
| 8:00-11:00 am | Breakfast   |
| 11:00 am      | Pesach at Home: The Mini-Mikdash - Shani Taragin - Kineret  |
| 12:30 pm      | Mindfulness and Pesach: Balancing Past, Present, and Future -<br>Dr. Jonathan (Yoni) Feiner                       |
| 12:00-3:00 pm | Brain Teasers and Strategy Games - Back Lawn  |
| 1:30-2:30 pm  | Yom Tov Meal (Chag Sheini) - Main Dining Room   |
| 1:00-3:00 pm  | Cafeteria   |
| 3:00-5:00 pm  | Petting Zoo   |
| 6:10 pm       | Daf Yomi  |
| 6:32 pm       | Candle Lighting   |
| 6:40 pm       | Mincha<br>Shabbat - What Should we be Feeling When it Begins? - Rav Yammer<br>Followed by Ma'ariv (Day 2 of Omer) |
| 8:00 pm       | Festive Friday Night Dinner   |
| 10:00 pm      | Teen Lecture - Redefining Privacy in an Age of Social Media -<br>Rav Reuven and Shani Taragin - Kineret           |



### DAVENING TIMES

Vasikin **5:50 am**  
*Netz 6:19*  
Shachris **7:15 am**  
Shachris **8:30 am**  
Shachris **8:30 am**  
*(2nd Day YT)*  
Mincha **1:15 pm**  
Mincha **1:30 pm**  
*(2nd Day YT)*  
Mincha **6:40 pm**  
Ma'ariv **7:25 pm**

### WOMEN'S SPORTS

*SNIR HALL*

8:00 am - Core & Flow  
9:00 am - Boot Camp  
12:00 noon -  
Mobility (Kineret)

*\*See detailed class  
descriptions on page 24*

### HEALTH CENTER

Women 7:00-9:00 am  
Men 9:00-10:00 am  
Women 10:15-12:15 pm  
Men 12:30-3:15 pm  
Women 3:15-5:00 pm

### SWIMMING

Men 10:00 am-12:15  
Women 12:30 - 3:15 pm  
Men 3:30-5:00 pm

### Children's Program

10:00 am - 1:00 pm  
2:00 - 4:00 pm  
Children's Day Camp

12:00 - 3:00 pm  
Brain Teasers and  
Strategy Games

3:00 - 5:00 pm  
Petting Zoo

7:00 - 7:45 pm  
Story Hour-Day Camp

### MEN/ BOYS SPORTS

11:00 am  
Back Lawn  
3:00 pm  
Boys exercise  
chug with KUPI



## SHABBOS APRIL 8 - CHOL HAMOED

|              |   |
|--------------|---|
| 7:00-9:00 am | Coffee & Cake - Lobby   |
| 8:00 am      | Daf Yomi  |
| 11:00 am     | Shabbos Meal - Main Dining Room   |
| 12:45 pm     | עליה לארץ או חתונה בניגוד לרצון ההורים - Rav Yammer (Hebrew)  |
| 1:30 pm      | The Spiritual GPS - How to Live in the World of Connection - Sara Yoheved Rigler - Kineret                  |
| 3:30 pm      | Shir HaShirim - Song of Kodesh Kodashim - Shani Taragin - Kineret   |
| 4:00 pm      | Daily Beis Medrash and Shiur - R' Yanky Kuperwasser   |
| 4:30 pm      | How To Get Children To Identify With Their Parents - Rav Taragin  |
| 4:30-5:30 pm | Coffee & Cake - Lobby   |
| 5:50 pm      | Sacrificing the Lives of the Minority to Save the Majority- Rav Yammer                                      |
| 6:30-8:00 pm | Seuda Shlishit  |
| 7:40 pm      | Ma'ariv (Day 3 of Omer) & Havdala   |
| 9:30 pm      | An Evening of Magic and Illusion with Shlomi Ben Dovid<br>Entertainment for the entire family - Kinar Patio |
| 10:00 pm     | Kumzitz in the lobby with our talented boys!  |

### DAVENING TIMES

|          |                                    |
|----------|------------------------------------|
| Vasikin  | <b>5:40 am</b><br><i>Netz 6:18</i> |
| Shachris | <b>7:15 am</b>                     |
| Shachris | <b>8:30 am</b>                     |
| Shachris | <b>9:00 am</b><br><i>Kineret</i>   |
| Mincha   | <b>1:15 pm</b>                     |
| Mincha   | <b>5:30 pm</b>                     |
| Ma'ariv  | <b>7:40 pm</b>                     |
| Ma'ariv  | <b>8:00 pm</b>                     |

### WOMEN'S SPORTS

*SNIR HALL*

8:30 pm  
HIIT - Snir

*\*See a detailed class  
description on page 24*

### Children's Program

10:00 – 11:00 am  
1:00 – 5:00 pm  
Children's Day Camp  
  
7:15 – 8:00 pm  
Children's Story hour  
Day Camp room

### MEN/ BOYS SPORTS

8:30 pm  
Basketball!

### HEALTH CENTER

Women

10:00-11:00 pm

Men

11:00 pm-12:00 am



## SUNDAY APRIL 9 - CHOL HAMOED

|               |  |
|---------------|--|
| 8:00-11:00 am | Breakfast  |
| 10:30-3:00 pm | Day Trip - Rafting<br>(See Day Trip program on page 26 for details)                        |
| 11:00 am      | The First Key to a Better Marriage - Sara Yoheved Rigler                                   |
| 1:00-4:00 pm  | Zipline and Extreme Sport - Back Lawn  |
| 1:30-3:30 pm  | Cafeteria  |
| 4:00 pm       | Daily Beis Medrash and Shiur - R' Yanky Kuperwasser  |
| 4:30 pm       | Pirkei Avot: Our Place and Role in Hashem's World - Rav Taragin                            |
| 5:00 pm       | Animal Show! - Back Lawn   |
| 5:30 pm       | Validity of a Declaration of Jewishness - Rav Yammer                                       |
| 6:00-8:00 pm  | Dinner   |
| 7:30 pm       | Children's Movie - Snir  |
| 8:10 pm       | Ma'ariv (Day 4 of Omer)  |
| 8:10 pm       | Pesach: Reinaugurating the Mikdash - Shani Taragin - Kineret                               |
| 8:30 pm       | Daf Yomi   |
| 9:00 pm       | A night of Song and Dance with Nemuel<br>Entertainment for the entire family - Kinar Patio |

### DAVENING TIMES

|          |                                    |
|----------|------------------------------------|
| Vasikin  | <b>5:50 am</b><br><i>Netz 6:16</i> |
| Shachris | <b>7:15 am</b>                     |
| Shachris | <b>8:30 am</b>                     |
| Mincha   | <b>1:15 pm</b>                     |
| Mincha   | <b>5:15 pm</b>                     |
| Ma'ariv  | <b>8:10 pm</b>                     |
| Ma'ariv  | <b>8:45 pm</b>                     |

### WOMEN'S SPORTS

*SNIR HALL*

8:00 am  
Boot Camp

5:00 pm  
Boxing & Bodyweight

*\*See detailed class  
descriptions on page 24*

### Children's Program

10:00 am - 1:00 pm  
2:00 - 5:00 pm  
Children's Day Camp

1:00 - 4:00 pm  
Zipline and Extreme  
Sport - Back Lawn

5:00 pm  
Animal Show

7:30 pm  
Children's Movie

### MEN/ BOYS SPORTS

11:00 am  
Meet on  
the Back Lawn

### HEALTH CENTER

Women 7:00-9:00 am  
Men 10:00-2:00 pm  
Women 2:30-6:00 pm

### SWIMMING

Women 10:00-2:00 pm  
Men 2:30-6:00 pm



## MONDAY APRIL 10 - CHOL HAMOED

|               |  |
|---------------|--|
| 8:00-11:00 am | Breakfast  |
| 10:00-4:00 pm | Day Trip - Ramat Hagolan<br>(See Day Trip program on page 26 for details)  |
| 1:00-5:00 pm  | The Beit Hamikdash in Virtual Reality - Kineret  |
| 1:30-3:30 pm  | Cafeteria  |
| 3:30 pm       | Carnival   |
| 4:00 pm       | Daily Beis Medrash and Shiur - R' Yanky Kuperwasser  |
| 4:30 pm       | Pirkei Avot: Appreciating Hashem's World - Rav Taragin   |
| 5:00 pm       | Pantomime Show - Kinar Patio   |
| 5:30 pm       | The Tractor War in the Aylon Valley; Violating Shabbat to Gain<br>Control of the Countryside in Eretz Yisrael - Rav Yammer |
| 6:00-9:00 pm  | Picture Magnets - Lobby  |
| 6:00-8:00 pm  | Dinner   |
| 7:30 pm       | Children's Movie - Snir  |
| 8:10 pm       | Ma'ariv (Day 5 of Omer)  |
| 8:10 pm       | Yechezkel's vision of Pesach in the Mikdash - Shani Taragin - Kineret  |
| 8:30 pm       | Daf Yomi   |
| 9:00 pm       | Urbanic Circus!<br>Entertainment for the entire family - Kinar Patio   |
| 10:00 pm      | ZUMBA with Chani   |

### DAVENING TIMES

|          |                                    |
|----------|------------------------------------|
| Vasikin  | <b>5:50 am</b><br><i>Netz 6:15</i> |
| Shachris | <b>7:15 am</b>                     |
| Shachris | <b>8:30 am</b>                     |
| Mincha   | <b>1:15 pm</b>                     |
| Mincha   | <b>5:15 pm</b>                     |
| Ma'ariv  | <b>8:10 pm</b>                     |
| Ma'ariv  | <b>8:45 pm</b>                     |

### WOMEN'S SPORTS

*SNIR HALL*

8:00 am -  
Bodyweight Strength

9:00 am - Mobility

5:00 pm - Mobility

*\*See detailed class  
descriptions on page 24*

10:00 pm  
ZUMBA!  
with Chani

### HEALTH CENTER

Women 7:00-8:30 am

Men 8:30-10:00 am

Women 10:00-2:00 pm

Men 2:30-6:00 pm

### SWIMMING

Men 10:00-2:00 pm

Women 2:30-6:00 pm

### Children's Program

10:00 am - 1:00 pm

2:00 - 5:00 pm

Children's Day Camp

3:30 pm - Carnival

1:00 - 5:00 pm

The Beit Hamikdash  
in Virtual Reality

5:00 pm

Pantomime Show

7:30 pm

Children's Movie

### MEN/ BOYS SPORTS

11:00 am

Meet on  
the Back Lawn



## TUESDAY APRIL 11 - CHOL HAMOED

|               |   |
|---------------|---|
| 8:00-11:00 am | Breakfast - Main Dining Room  |
| 10:00-2:30 pm | Day Trip - Tzfat<br>(See Day Trip program on page 26 for details)                                     |
| 11:00 am      | Pirkei Avot: The Purpose of the World and of Our Lives -<br>Rabbi Taragin                             |
| 12:00 noon    | The Second Key to a Better Marriage - Sara Yoheved Rigler - Kineret                                   |
| 1:00-4:00 pm  | Mini Attraction Park - Back Lawn  |
| 1:00-3:00 pm  | Cafeteria   |
| 4:00 pm       | Children's movie - Snir   |
| 4:00 pm       | May We Bring the Korban Pesach Today? - Shani Taragin - Kineret                                       |
| 6:15 pm       | Daf Yomi  |
| 6:35 pm       | Candle Lighting   |
| 6:45 pm       | Mincha<br>Achieving Achdut K'riyat Yam Suf Style - Rav Taragin<br>Followed by Ma'ariv (Day 6 of Omer) |
| 8:00 pm       | Festive Yom Tov Dinner - Main Dining Room   |
| 9:40 pm       | Shirat Hayam - Led by our Scholars in Residence<br>on the shores of the kineret                       |
| 10:15 pm      | The power and charisma of Shira to HaShem - Rabbi Avishai David                                       |



### DAVENING TIMES

|          |                                    |
|----------|------------------------------------|
| Vasikin  | <b>5:50 am</b><br><i>Netz 6:14</i> |
| Shachris | <b>7:15 am</b>                     |
| Shachris | <b>8:30 am</b>                     |
| Mincha   | <b>1:15 pm</b>                     |
| Mincha   | <b>6:45 pm</b>                     |
| Ma'ariv  | <b>7:30 pm</b>                     |

### WOMEN'S SPORTS

*SNIR HALL*

8:00 am

HIIT

9:00 am

*Strength + Flow*

*\*See detailed class  
descriptions on page 24*

### HEALTH CENTER

|       |                |
|-------|----------------|
| Women | 7:00-9:00 am   |
| Men   | 9:00-10:00 am  |
| Women | 10:15 am-12:15 |
| Men   | 12:30-3:15 pm  |
| Women | 3:30-5:00 pm   |

### SWIMMING

|       |                |
|-------|----------------|
| Men   | 10:00 am-12:15 |
| Women | 12:30-3:15 pm  |
| Men   | 3:30-5:00 pm   |

### Children's Program

10:00 – 1:00 pm  
Children's Day Camp

1:00 - 4:00 pm  
Mini Attraction Park

4:00 pm  
Children's movie

7:15 – 8:00 pm  
Children's Story hour

### MEN/ BOYS SPORTS

11:00 am

Meet on  
the Back Lawn

3:00 pm

Boys exercise  
chug with KUPI



## WEDNESDAY APRIL 12 - SHVI'I SHEL PESACH

|              |  |
|--------------|--|
| 7:00-9:00 am | Coffee & Cake - Lobby  |
| 8:00 am      | Daf Yomi   |
| 8:30 am      | Shachris (Yizkor / Shir Hashirim)  |
| 11:00 am     | Yom Tov Meal - Main Dining Room  |
| 12:45 pm     | The Journey of the Soul - Sara Yocheved Rigler - Kineret                       |
| 12:45 pm     | פִּיּוּר - Rav Yammer (Hebrew)   |
| 1:45 pm      | Vignettes of Personal Encounters With Gedolei Yisroel -<br>Rabbi Avishai David |
| 3:00 pm      | TALENT SHOW - Come watch your children shine! - in the<br>Day Camp room        |
| 3:30 pm      | Shirat HaYam and Shlomo's Mikdash - Shani Taragin - Kineret                    |
| 4:00 pm      | Daily Beis Medrash and Shiur - R' Yanky Kuperwasser - Gilboa                   |
| 4:30-5:30 pm | Coffee & Cake - Lobby  |
| 4:30-6:00 pm | Coffee & Cake - Lobby  |
| 4:15 pm      | Acharon Shel Pesach - Where We Go From Here - Rav Taragin                      |
| 5:30 pm      | Organ Donation: The Search For Truth - Rav Yammer                              |
| 6:00-8:00 pm | Dinner   |
| 7:45 pm      | Ma'ariv (Day 7 of Omer)<br>Candle Lighting and Ma'ariv (for Chag Sheini)       |
| 9:00 pm      | Festive Chag Dinner - For those keeping Chag Sheini<br>Main Dining Room        |

### DAVENING TIMES

|          |                                    |
|----------|------------------------------------|
| Vasikin  | <b>5:40 am</b><br><i>Netz 6:13</i> |
| Shachris | <b>8:30 am</b>                     |
| Shachris | <b>9:00 am</b><br><i>(Kineret)</i> |
| Mincha   | <b>1:30 pm</b>                     |
| Mincha   | <b>5:15 pm</b>                     |
| Ma'ariv  | <b>7:45 pm</b>                     |

### Children's Program

10:00 - 11:00 am  
1:00 - 5:00 pm  
Children's Day Camp  
  
7:15 - 8:00 pm  
Children's Story hour  
Day Camp room

### WOMEN'S SPORTS

*SNIR HALL*

8:45pm  
Boot Camp - Snir

*\*See detailed class descriptions on page 24*

### MEN/ BOYS SPORTS

8:30 pm  
Basketball!

### HEALTH CENTER

Women  
10:00-11:00 pm  
Men  
11:00 pm-12:00 am



## THURSDAY APRIL 13 - ISRU CHAG

|               |  |
|---------------|--|
| 8:00 am       | Daf Yomi   |
| 8:00-11:00 am | Breakfast - Dining Room  |
| 11:00 am      | Checkout   |
| 11:00 am      | Day Seven & Day Eight in the Mikdash - Shani Taragin - Kineret |
| 12:00 pm      | When Avodat Hashem Can Be Avodah Zarah - Rav Taragin           |
| 1:30-2:30 pm  | Yom Tov Meal (Chag Sheini) - Main Dining Room                  |
| 7:45 pm       | Ma'ariv (Day 8 of Omer) and Havdalah                           |

### DAVENING TIMES

|          |                                    |
|----------|------------------------------------|
| Vasikin  | <b>5:50 am</b><br><i>Netz 6:13</i> |
| Shachris | <b>7:15 am</b>                     |
| Shachris | <b>8:30 am</b>                     |
| Mincha   | <b>1:15 pm</b>                     |
| Ma'ariv  | <b>7:45 pm</b>                     |

### Children's Program

10:00 - 1:00 pm  
Children's  
Day Camp

### HEALTH CENTER

|       |                |
|-------|----------------|
| Women | 7:00-9:00 am   |
| Men   | 9:00-10:00 am  |
| Women | 10:15 am-12:15 |
| Men   | 12:30-3:15 pm  |

### SWIMMING

|       |                |
|-------|----------------|
| Men   | 10:00 am-12:15 |
| Women | 12:30-3:15 pm  |
| Men   | 3:30-5:00 pm   |

Thank you for joining the  
Travel Deal Pesach Experience!

Have a safe trip home.



Israel 02.999.8440

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[www.traveldealisrael.com](http://www.traveldealisrael.com)



## General Information

### **Air Conditioning & Lighting**

All rooms are equipped with individually controlled heating and air conditioning units. The hotel automatically puts all rooms on Shabbat mode unless otherwise notified at the front desk. Shabbat mode has all air conditioning and lighting (aside from bathroom & entry hall lighting) turning off at a predetermined hour.

### **Boxed Lunches**

For the convenience of those who will be away during Chol Hamoed (day trips etc.) there is an option to purchase a lunch box to fill up from the breakfast buffet. Lunchboxes may be purchased at the Lobby Bar.

### **Candle Lighting**

Candle lighting takes place in the main dining room on a special table. The Candle lighting times are in the appropriate daily activity sheets.  
Under no circumstances may candles be lit in a guestroom!

### **Childrens Dinner**

Prior to the Seder and prior to every Friday night/ Yom Tov dinner, there will be food available for small children in the Main Dining room.

### **Day Camp**

We have an exceptional Day Camp filled with exciting activities and entertainment planned for your children. You must register your children with Raizy and the counselors.

### **Day Trips**

Please check your schedule for detailed Day Trips. You must sign up at least 48 hours prior to confirm a seat on the bus. The day trips schedule is subject to change.

### **Emergency**

If there is an EMERGENCY contact the front desk, give your room number and state your emergency or call 101.

### **Extras**

All extras ordered during your stay will be charged to your credit card by the hotel. An itemized bill will be waiting for you by the front desk. Please finalize at checkout.

### **House-keeping**

We hope that you have found your room in order. If adjustments are required, please call the front desk.

### **Internet**

Free WiFi is available throughout the hotel.

### **Lobby Bar**

The Lobby Bar is open daily on Chol Hamoed 1:30 - 3:30 pm

### **Pool**

We hope you will enjoy swimming in the hotel's splendid outdoor pool. For safety purposes, all children who cannot swim must be accompanied by an ADULT in the pool area, at all times!

### **Safe**

Safe boxes are provided in every room. Please do not leave any jewellery or valuables unattended. Travel Deal assumes no responsibility for any valuables, even if placed in the hotel's safe.



## SCHOLARS IN RESIDENCE



### **RABBI MICHAEL YAMMER**

Rabbi Yammer is the Rosh Yeshivah of Yeshivat Hesder Sha'alvim. In addition to being an outstanding Talmid Chacham, Rabbi Yammer's keen understanding of people and polished orator skills provide a rich learning experience.

### **RABBI REUVEN TARAGIN**

Rabbi Taragin, is well-known for his shiurim in Gemara, Tanach and Machshavah, his inspiring talks, signature tisches, and the personal advice he offers to talmidim. Rabbi Taragin is the Dean of Overseas Students at Yeshivat Hakotel, Rosh Beit Midrash at Camp Moshava and Rav of Kehillat Eretz Chemdah in Katamon. He's also taught at Yeshivat Har Etzion, Nishmat and Be'er Miriam.



### **SHANI TARAGIN**

Shani Taragin teaches in various institutions in Jerusalem, Gush Etzion, and Beit-Shemesh. She also serves as coordinator of the Intensive Tanach Track (ITT) in Midreshet Lindenbaum. Her vast knowledge and familiarity in so many topics have made her lecture series a highlight of our program as she brings the Tanach alive in her engaging and interactive style.



## GUEST LECTURERS

### RABBI AVISHAI DAVID

Rabbi Avishai David is Rosh Yeshiva of Torat Shraga and Rav of Beis Tefilla Yona Avraham (BTYA), Ramat Beit Shemesh. He received his semicha from Yeshiva University, while studying under R' Yosef Dov Soloveitchik zt"l and R' Nissan Alpert zt"l. Rabbi David is well known for his high-level shiurim, which cover extensive amounts of material in a relatively short time. His shiurim are a unique blend of intellectual stimulation, emotional appeal, and upbeat interaction.



### SARA YOCHVED RIGLER

From India and Vedanta to Israel and Judaism. From studying under an Indian Guru to living in an American Ashram for 15 years and then in 1985 a dramatic change of spiritual path. Highly acclaimed international lecturer on the subject of Jewish spirituality and practical tools for spiritual growth. Author of multiple books and one of the most popular authors on aish.com, as well as a columnist for Ami Magazine.



## EXERCISE CLASSES

### YAKIRA APFEL

Travel Deal has teamed up with Yakira Apfel - for a full, fantastic fitness program. Yakira is the founder of FIT, a high intensity fitness studio for women in Cedarhurst, NY.

Yakira Apfel, is an ACE Behavior Change Specialist, Prenatal Pre/Postnatal Specialist, Kettlebell Pro, and Precision Nutrition Coach. She loves music, laughing and creating a space for women to find ownership and strength.



## SWIMMING SCHEDULE זמני בריכה

| Date/ תאריך                       | Men/ גברים                     | Woman/ נשים   |
|-----------------------------------|--------------------------------|---------------|
| Wed, April 5<br>רביעי, י"ד ניסן   | 15:00 – 17:00                  | 11:00 – 14:30 |
| Fri, April 7<br>שישי ט"ז ניסן     | 10:00 - 12:15<br>15:30 - 17:00 | 12:30 - 15:15 |
| Sun, April 9<br>ראשון, י"ח ניסן   | 14:30 - 18:00                  | 10:00 - 14:00 |
| Mon, April 10<br>שני, י"ט ניסן    | 10:00 - 14:00                  | 14:30 - 18:00 |
| Tue, April 11<br>שלישי, כ' ניסן   | 10:00 – 12:15<br>15:30 – 17:00 | 12:30 - 15:15 |
| Thur, April 13<br>חמישי, כ"ב ניסן | 10:00 - 15:15<br>15:30 - 17:00 | 12:30 - 15:15 |

## EXCERCISE CLASSES

|                     |  |
|---------------------|--|
| Core + Flow         | A blend of core exercises and flow-based sequences that draw on yoga and general bodyweight movements.                         |
| Boot Camp           | A high-intensity mashup of power, strength, cardio and core.   |
| HIIT                | High intensity interval training - intense cardio efforts broken up with rest and active recovery.                             |
| Cardio Core         | A mix of cardio and core-based active recovery.  |
| Bodyweight Strength | A bodyweight-based class that focuses on developing strength and muscle endurance.   |
| Mobility            | A mix of isolated movements and flow-based sequences to improve mobility, flexibility and body awareness.                      |
| Boxing + Bodyweight | A mashup of shadowboxing and bodyweight-based cardio moves to get the heart rate up.   |
| Strength + Flow     | A blend of bodyweight strength exercises and flow-based sequences to improve balance, single-side strength and body awareness. |

## HEALTH CENTER SCHEDULE

### זמני חדר כושר

| Date/ תאריך                       | Men/ גברים                     | Woman/ נשים                                     |
|-----------------------------------|--------------------------------|---|
| Wed, April 5<br>רביעי, י"ד ניסן   | 11:00 - 14:30                  | 15:00 - 17:00                                   |
| Thur, April 6<br>חמישי ט"ז ניסן   | 23:00 - 00:00                  | 22:00 - 23:00                                   |
| Fri, April 7<br>שישי, ט"ז ניסן    | 09:00 - 10:00<br>12:30 - 15:15 | 07:00 - 09:00<br>10:15 - 12:15<br>15:15 - 17:00 |
| Shabbos, April 8<br>שבת, י"ז ניסן | 23:00 - 00:00                  | 22:00 - 23:00                                   |
| Sun, April 9<br>ראשון, י"ח ניסן   | 10:00 - 14:00                  | 07:00 - 09:00<br>14:30 - 18:00                  |
| Mon, April 10<br>שני, י"ט ניסן    | 08:30 - 10:00<br>14:30 - 18:00 | 07:00 - 08:30<br>10:00 - 14:00                  |
| Tue, April 11<br>שלישי, כ' ניסן   | 09:00 - 10:00<br>12:30 - 15:15 | 07:00 - 09:00<br>10:15 - 12:15<br>15:30 - 17:00 |
| Wed, April 12<br>רביעי, כ"א ניסן  | 23:00 - 00:00                  | 22:00 - 23:00                                   |
| Thur, April 13<br>חמישי, כ"ב ניסן | 9:00 - 10:00<br>12:30 - 15:15  | 7:00 - 9:00<br>10:15 - 12:15                    |

## DAY TRIPS

Sunday April 9:

DEPARTING 10:30 AM - RETURNING 3:00 PM

Jordan River Rafting (weather permitting)

The rafting takes place approximately 10 minutes from Rosh Pina adjacent to Kibbutz Gadot in Upper Galilee in a paradise of nature and attractions.

Bring: Hat, water, sunscreen, watershoes, change of clothing/Swim gear

Monday April 10:

DEPARTING 10:00 AM - RETURNING 4:00 PM

Ramat Hagolan

Halachic and technical aspects of raising the Para Aduma and a Halachic Dairy Farming “hands-on” workshop in Kibbutz Avnei Eitan.

Bring: Hat, water, sunscreen, sneakers

Tuesday April 11:

DEPARTING 10:00 AM - RETURNING 2:30 PM

Musical Tour through the ancient valleys of Tzfat

From Tzfat to the Beit HaMikdash: According to the Zohar, Melech HaMashiach will travel from Har Meron to Tzfat on his way to rebuilding the Beit HaMikdash in Yerushalayim. This Pesach we have the zechut to learn about the history and kedusha of Tzfat accompanied by music and stories as we tour the hills, streets and ancient shuls of this magnificent city. We will experience the mystical air and uplift ourselves as we prepare for “Shirat HaYam” and “Shirat HaGeulah”!

Bring: Hat, water, sunscreen, sneakers