



# EMUNA HEALING RETREAT

*Spiritual Healing Retreat for Women*

FRIDAY - SUNDAY, FEBRUARY 13-15

*Access Hashem's light within!*



# **Rebbetzin Chana Bracha Siegelbaum**

## **Meet the Rebbetzin**



- BORN IN DENMARK
- FOUNDER AND DIRECTOR OF MIDRESHET B'EROT BAT AYIN:  
HOLISTIC TORAH FOR WOMEN IN THE LAND OF ISRAEL
- PRACTICES AND TEACHES EMUNAHEALING  
(SPIRITUAL HEALING ROOTED IN THE TORAH)
- ACCLAIMED TORAH TEACHER OFFERING TEXTUAL STUDIES IN  
CUTTING-EDGE TOPICS INTEGRATED WITH JEWISH MYSTICISM
- AWARD-WINNING AUTHOR OF 11 BOOKS, INCLUDING  
PARASHA MEDITATIONS FOR SPIRITUAL RENEWAL AND  
STRENGTHENING COMMUNICATION WITH THE CREATOR, AND  
SEVERAL WORKS FOCUSING ON JEWISH FEMININITY



# **Bracha Meshchaninov**



## **Meet the Hostess and Co-Facilitator**

- BORN IN SOUTH AFRICA
- FOUNDER AND DIRECTOR, TIFERET MOVEMENT (YOGA WITH A KABBALISTIC TWIST), AND THE TORAH LEARNING CIRCLE (TLC FOR THE JEWISH SOUL).
- REGISTERED YOGA TEACHER (RYT-500) AND A CERTIFIED YOGA THERAPIST (C-IAYT)
- STUDIES AND TEACHES TORAH, CHASSIDUS, AND JEWISH MYSTICISM
- BRINGS AN INTEGRATED JEWISH PERSPECTIVE TO THE MIND, BODY, AND SOUL CONNECTION

# **Danielle Sarah Storch**



## **Meet Our SoulStir Co-Facilitator**

- **INTEGRATES THERAPEUTIC MOVEMENT, SPIRITUAL WELLNESS, AND HOLISTIC HEALTH**
- **OFFERS DYNAMIC, FAITH-INFUSED FITNESS EXPERIENCES,**
- **EMPOWERS WOMEN TO BECOME THEIR BEST SELVES**
- **CERTIFIED SOULSTIR AND LES MILLS BODYFLOW INSTRUCTOR.**
- **CREATED FITNESS PROGRAMS, WHICH INCLUDE JFLOW AND COMBOFLOW**
- **MA, OTR/L, LICENSED OCCUPATIONAL THERAPIST, CERTIFIED NLP PRACTITIONER, AND A CERTIFIED VITALITY LIFE COACH**



# Retreat Highlights



## EmunaHealing

- Opening the Spiritual Channels
- Healing with Energy Balls
- Opening Spiritual and Emotional Blocks



## Uplifting and Enervating Maleveh Malka Program

- Meditations on Prayer/Tefilah Circle
- Sing along around the bonfire
- Soulstir Workshop & joyful dance celebration



## Gemstones in the Torah

- Use of Gemstones in the Torah
- Connection Between the 12 Tribes and their Gemstones
- Using Gemstones for Healing



# Location and Stay

THE MESHCHANINOV VILLA IS LOCATED IN THE BEAUTIFUL NEIGHBOURHOOD OF NEW HEMPSTEAD, WITH A LARGE TORAH-OBSERVANT AND HOSPITABLE COMMUNITY. IT OFFERS YOU A BEAUTIFUL AND QUIET NATURAL ATMOSPHERE TO GET IN TOUCH WITH YOURSELF AND HASHEM.

## Includes:

- Comfortable Heimish lodging, shared room with only one or two other women.
- Wholesome, healthy, and homemade nourishment with fresh ingredients.
- Warm soups, colorful salads, vegetarian proteins.
- Communal atmosphere that nurtures connection, reflection, and mindful eating
- Yoga studio, Outdoor space, fire pit for kumzitz.





ALL FOOD IS PREPARED BY HOLY G-D-FEARING WOMEN, AND ALL FOOD AND INGREDIENTS ARE PURCHASED EXCLUSIVELY FROM LOCAL CHASSIDISH-OWNED SUPERMARKETS IN MONSEY, RELYING ON COMMONLY ACCEPTED CHASSIDISH HECHSHERIM IN THE COMMUNITY. WHILE THE EXACT BRANDS CANNOT BE CONFIRMED IN ADVANCE (AS IT DEPENDS ON STORE AVAILABILITY).

# Kashrut Standards

- **Meat & Poultry:** Always Chassidische shechitah, accepted in the Monsey Chareidi community (e.g., Marvid and similar standards).
- **Milk & Dairy:** Always Chalav Yisroel.
- **Bread:** Always Pas Yisroel.
- **Greens / Leafy Produce:** Bodek or other Gush Katif-style, pre-checked packaged varieties will be used when possible. Otherwise, produce will follow halachically accepted checking practices.
- **Hechsherim:** Food products will carry reliable national or Chareidi-accepted certifications (e.g., OU, Chassidish Hashgachot).
- **Special Dietary Needs:** Many gluten-free and dairy-free options are available under reliable hashgachot.

# Retreat Take Aways

- MENTAL AND EMOTIONAL CLARITY
- CONNECTION WITH YOUR INNER LIGHT
- RENEWED ENERGY AND INNER PEACE
- TOOLS TO CONTINUE YOUR GROWTH AND HEALING PRACTICE
- DEEPENED SENSE OF SPIRITUAL ALIGNMENT



# For More Information and Registration

[https://www.berotbatayin.org/emun  
ahealing-tour-2026/](https://www.berotbatayin.org/emun<br/>ahealing-tour-2026/)

## RETREAT RATES INCLUDES WHOLESOME MEALS & TRANSFORMATIVE PROGRAM

REGULAR RATE: \$750 FULL RETREAT

(FRIDAY, FEBRUARY 13 TO SUNDAY, FEBRUARY 15)

EARLY BIRD RATE: \$650 (UNTIL JANUARY 30)

BRING-A-FRIEND \$100 DISCOUNT.

WORK-TRADE AND ADDITIONAL DISCOUNTS

AVAILABLE FOR THOSE WHO QUALIFY

LIMITED  
CAPACITY  
REGISTER  
NOW!

CREATE A SACRED,  
HEART-CENTERED SPACE  
FOR CONNECTION,  
INSPIRATION, AND DEEP  
FEMININE ALIGNMENT —  
NOURISHING BODY,  
MIND, AND SOUL.