

Strength, Health & Resilience

The world is changing fast. We feel helpless in the face of economic and political uncertainty. This is the time to draw on your inner strengths and cultivate spiritual skills to cope with the stress and pressure of life in the 21st century. It is time for us to leave behind our fears and insecurities, our personal obstacles and growth-stunting mindsets. It's time to release the powerful yearning you have to unleash your inner gifts — your inner soul. Join us for an incredible Shabbaton with best-selling author, **Rabbi Dr. Laibl Wolf**, as we explore these very issues and more.



Weekend of October 29-30

FRIDAY NIGHT SESSION:

Services followed by meal and lecture at 6:00 PM | Couvert \$18

PRACTICAL KABBALAH

User-Friendly Relationships

Love, Commitment and Exploitation



PRE-PRAYER MEDITATION:

9:15 AM followed by services | FREE (sponsorship welcome)

The Art of Jewish Meditation

Theory and Practice



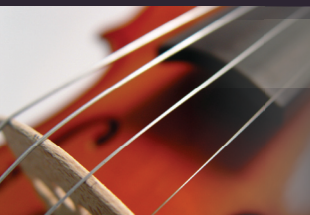
SHABBAT KIDDUSH & FARBRENGEN:

12:30 PM | FREE (sponsorship welcome)

FARBRENGEN

Laughter and Tears

Tales and Songs of Restless Souls



SATURDAY NIGHT WORKSHOP:

PowerPoint presentation, light refreshments - 7:45 PM | Couvert \$10

PRACTICAL KABBALAH & POSITIVE PSYCHOLOGY

Think Right, Feel Right, & Do Right

Tools for Spiritual, Mental and Emotional Wellbeing

- Stop worrying — nurturing a positive psychology
- Focus on your strengths, not weaknesses
- Protect your health and wellbeing
- Design a new screen-saver for your mind

Practical advice and training from a world renowned counselor



All events to be held at **Chabad of Peabody**, 83 Pine St. Unit E, Peabody MA 01960.

To RSVP please go to www.jewishpeabody.com and click on the Shabbaton link, or call 978-977-9111

This evening is underwritten in part by Lisa Austin

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Weekend of October 29-30, 2010

Come join other singles, couples and families for a unique and extraordinary experience as Rabbi Dr. Laibl Wolf awakens a special part of you that you may have never accessed.

Sponsorship Opportunities:

\$180 Investor
\$360 Patron
\$540 Benefactor



Rabbi Dr. Laibl Wolf

For the past 32 years Rabbi Dr. Laibl Wolf of Melbourne, Australia has been a spiritual mentor and a worldwide teacher of the mystical side of Judaism. Based on the Kabbalah, Laibl's philosophies are modern and progressive and focus on personal growth and emotional mastery.

Laibl, who is trained in law and in psychology, is an unusual blend of Hassidic Rabbi and universal teacher. Founding lecturer in Jewish spirituality at Melbourne University, Australia, he has most recently founded Spiritgrow - The Josef Kryss Wholistic Growth Centre.

Laibl is the author of *Practical Kabbalah* and has lectured in over 350 cities across the globe, conducting retreats, seminars, master classes and training programs. Through his meditation techniques and MindYoga™ approach, Laibl's audiences are able to understand some of the basic concepts of Kabbala and utilize them to master their emotions and empower their lives.

