THE ARIEL CENTER
In memory of Ariel Goldsmith



THE ARIEL CENTER RETREAT AT BRIAA

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RETREATS FOR INDIVIDUALS, COUPLES & GROUPS

Surrounded by the beauty of the Gilboa Mountains, take time to slow down, breathe and reconnect. Briaa's warm hospitality, welcoming rooms and mountain views meet The Ariel Center's expertise in resilience through sport, movement and meaningful conversation.

Whether you come on your own, as a couple or with a group, each retreat invites you to a journey of connection and healing - with space and time to move, reflect, rest and discover new strengths to carry home.






FIND YOUR RETREAT

3 DAYS | 2 NIGHTS

Give yourselves time to truly settle in. A deep experience with space to reconnect, talk openly and discover practical tools to take home.

2 DAYS | 1 NIGHT

A refreshing midweek pause. Step out of your routine and enjoy focused, meaningful time together. Retreats can be tailored to different groups and budgets.

COME AS YOU ARE.
MAKE SPACE FOR WHAT COMES NEXT.

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Scan to discover our work and sponsor a retreat

The Ariel Center is a registered 501(c)(3) USA nonprofit tax-exempt organization and a 46a registered organization in Israel.

www.thearielcenter.org



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A TASTE OF THE EXPERIENCE

DAY 1 ARRIVE & EXHALE

10:00-11:00 - Arrival and refreshments
11:00–12:00 | Opening session
12:00-13:00 | Movement and Resilience Activity
13:00-14:00 | Lunch
14:00-16:00 | Body and mind workshop
16:30-17:30 | Ice bath & Sauna
18:00-19:00 | Dinner
20:00-21:30 | Reflections around a campfire

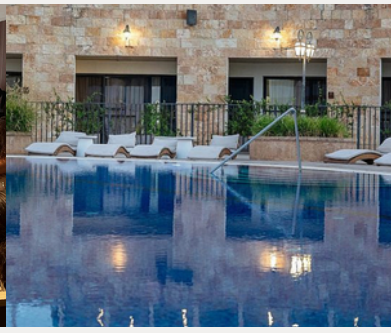
DAY 2 MOVE, CONNECT & UNWIND

07:30-08:30 | Qigong
09:00–10:00 | Breakfast
10:30-13:00 | Offsite physical challenge in the Gilboa mountains
13:00-15:00 | BBQ Lunch
15:00-18:30 | Community time
18:30-19:30 | Dinner
20:00–21:30 |Dance Therapy

DAY 3 TAKE THE CONNECTION HOME

07:30-08:30 | Yoga
09:00–10:00 | Breakfast
10:00-11:30 | Build your "toolbox" to take back home
11:30-12:30 | Floating meditation
13:00-14:00 | Lunch
14:30-16:00 | Closing circle: Moving from theory to action



Sponsor a Retreat. Give the Gift of Renewal.

Help The Ariel Center bring reservists, first responders, bereaved individuals and their loved ones to Briaa. Your generosity provides them with time to breathe, restore strength, and reconnect through professionally guided care, movement, and human connection.

Support those who give so much and help them receive the care they deserve.

NATURE • SPORT & MOVEMENT • GUIDED CONVERSATION • REFLECTION • CONNECTION

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