בייה

Pricelist

- **1 hour – 1 ½ hour Creative Workshop**
  See Suggested Topics or By Request
  $250 (within 30 miles of LA)
  Additional Travel Rates Outside LA
  Includes materials & supplies

- **1 hour – 1 ½ hour Workshop:**
  Creative Torah Journaling
  $250 (within 30 miles of LA)
  Additional Travel Rates Outside LA
  Journals & supplies (to keep) provided for additional $10/person

- **1 hour Book-Signing Event**
  $100 (within 30 miles of LA**)**

½ Day Workshop or Retreat

$500 (within 30 miles of LA)
Additional Travel Rates Outside LA

Full Day Retreat

$950 (within 30 miles of LA)
Additional Travel Rates Outside LA
3-5 Workshops

Joyfully Jewish

Creative Workshops & Author Talks for Your Next Women's Event

Book a Joyfully Jewish creative, hands-on workshop, retreat, or Book-Signing event to inspire your community! Many transformational topics to choose from.

All workshops include calligraphy artnotes goody bags (like party favors for the soul!) and creative materials and supplies – it's like walking into an art studio designed to uplift your life!

- **Creative Torah Journaling Workshops**
- **Creative Birthday Farbrengens** in your honor or to honor special women in your community
- **Customized art packets, coloring pages, & journals** for your event

Bonuses for All Workshop:

- 10% ma'aser goes to your organization
- 20% Book Sales profit for you
- 30% book discount wholesale (minimum order of 10)
- Free Raffle Copy of Books provided
- Free Preview Copy of ***"Create Your Joyfully Jewish Life!"***
- Free Creative Clarity coaching session ($150 Value) for your own creative growth or big-picture planning

What People Are Saying:

***"Thank you so much** for the superb workshop this morning! Your inspiration and fun and easy techniques helped me to identify what obstacle I'll work to overcome this coming year! Looking forward to the next time you have ANY workshop!"* -Cena Abergel

"Rae's program reminded me that I am obligated to express the talent and passion that G-d endowed me with."
-Mrs. Sterna Citron, Los Angeles Shlucha, Congregation Ahavas Yisroel

"The women loved it!" -Mrs. Sara Labkowski, Director, Machon Chana

Contact Rae Shagalov at: 323-447-4937 **email:** hello@joyfullyjewish.com **Get Your Free Gifts:** www.joyfullyjewish.com/Chabad

Joyfully Jewish

בייה

Suggested Workshop Topics

Based on Rae Shagalov's Book,
"Create Your Joyfully Jewish Life!
(Preview Copy Available Upon Request)
Rae will customize any workshop for you.

- **Dreams of Fine Gold**
  A Mini-Retreat for Re-Imagining Your Life

- **Write Your Ethical Will**
  Create the Most Treasured Gift You Can Give Your Family

- **Make a Soul Compass to Keep Yourself on Track**
  Get Creative with a Fun Tool to Help You Keep Growing Spiritually!

- **Create Your Personal Mission Statement**
  Stay focused on your purpose in life every Day!

- **The Secret Art of Repairing Your Soul**
  Fun Teshuva Tools to Make for Personal & Spiritual Growth

- **Time Management for Busy Jewish Women**
  Create Tools to Help You De-Stress, Increase Your Self-Care, and Overcome Your Overwhelm

- **Create Your M.A.P. – Your Moshiach Action Plan**
  Your Moshiach Action Plan will keep you focused on your mission and what's most important every day

- **The 7 Disguises of the Yetzer Hara**
  How to Unmask Them and Keep Them from Holding You Back

- **Creative Torah Journaling**

This is Rae's signature course. She brings everything you need to start a journal to integrate Torah and Chassidus into your life, with easy art and writing prompts to explore creative possibilities and new ways of expressing yourself.

About Rae Shagalov

Rae Shagalov is the Innovation Lab Director of Emek Hebrew Academy. Rae combines her calligraphy Torah Artnotes with creative writing journal prompts, coloring pages, guided meditations, and easy art tutorials to help you ignite your creative spark to energize and bring clarity to your day so you can do what you need to do and want to do with joy.

To book a workshop or retreat, contact Rae Shagalov at 323-447-4937.

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