

SATURDAY 10 MARCH | SANDTON CONVENTION CENTRE

ROOM ONE

20:00 | DOORS OPEN

Rabbi YY Rubinstein, Alexandre Elicha, Michael Dickson, Peter Himmelman, Esther Wein, Rabbi Yitzchok Adlerstein | The optimism bias
Strategies for living optimistically by some of the most successful and extraordinary people out there.



22:00 | SATURDAY NIGHT LIVE

There's no better combination than good food and good music. At Sinai VII, we're offering the best of both. Come hear the soulful sounds of the Jewish answer to The Lumineers – Levi Robin, as you feast on some genuine gourmet cuisine... it doesn't get better than this.

The LATE SHOW

SUNDAY 11 MARCH | SANDTON CONVENTION CENTRE

ROOM ONE

10:00

Michael Dickson | Israel: looking good for 70

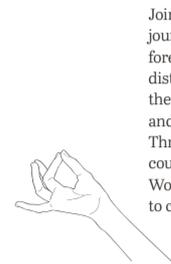


At 3 000 years old, but 70 years young, this is a momentous year for Israel. Dare we even begin to contemplate where we would be without Israel? No stranger to challenge, from security to geopolitical, we thought Israel had faced it all. But now, Israel faces a newly intensified threat in the form of boycotts and defamation. In this eye-opening talk by Israel's leading man, Michael Dickson teaches us how we can join the modern-day fight for the Jewish State.

ROOM TWO

10:00

Rabbi Laibl Wolf | Yes: mindfulness



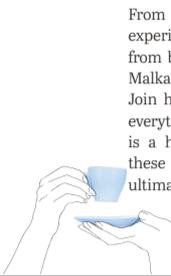
Join Laibl Wolf as he takes you on a spiritual journey that will ultimately change your life forever. In a world filled with pessimism and distraction at every turn, learn how to kick the habit of negative thoughts and emotions, and live a positive, fulfilled existence. Through the sacred texts of Kabbalah coupled with positive psychology, Rabbi Dr Wolf will teach you how to change your brain to change your mind.

Meditation WORKSHOP

ROOM THREE

09:30

Rivka Malka Perlman | Transcend



From the powerhouse who had a near-death experience and went on to inspire millions from both the digital and physical stage, Rivka Malka Perlman brings you a 50-minute retreat. Join her as she helps you to understand how everything negative that comes your way is a healing opportunity. Learn how to face these experiences head-on, find the light and ultimately reach transcendence.

Only for pre-booked Mom's Track ticket holders.
sinai-indaba.co.za/moms-track

Retreat WORKSHOP

ROOM FOUR

10:00

Saul Djanogly | Wealth ethics



From the rabbi who earns his very successful living as the owner of a wealth management business, Saul Djanogly discusses the ethics of money and its temptations. Why would G-d create a world where making a profit is so significant? Come find out from Djanogly as he breaks down the Jewish, spiritual approach to our finances, and furthermore, teaches us how to build a healthy relationship with money.

11:00

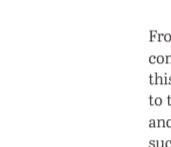
Dr David Ribner | Raising a moral child in a promiscuous world



From Jerusalem's very own sexologist comes a talk that is vital for every parent to attend. Discussing the genuine challenge of raising your kids in today's sexually explicit world, Dr David Ribner speaks about how bringing up a child with morals, respect and healthy priorities is not just a goal, it's non-negotiable.

11:00

Peter Himmelman | Let me out



From award-winning musician turned communications expert Peter Himmelman, this workshop will force you to stop listening to the negative thoughts that hold you back, and achieve the professional and personal success you deserve. Stop procrastinating and start creating, communicate more effectively and create more fearlessly. Perfect for anyone in a mental rut, Let Me Out will give you the means and the confidence to harness your fear and take steps to make your goals a reality. As Himmelman says: "Creativity is what happens when we are deeply engaged in the things we believe in."

Creativity WORKSHOP

11:00

Rabbi Yitzchok Adlerstein | Unlocking the secret code of the Talmud



The Talmud contains a whole dimension of spiritual content that deals with life, wisdom, ethics and philosophy, called the *Aggadah*. Yet it has a code in how this wisdom is presented. Using the incredible insights of one of our great philosophers – the Maharal of Prague – Rabbi Adlerstein invites you to join him as he unlocks it and provides us with a satisfying way of accessing this depth of rabbinic wisdom.

11:00

Esther Wein | The soulmate search



They say that 40 days before a foetus is formed, it is announced who its soulmate will be. A concept that seems truly out of this world – yet the Rambam states that marriage is *not* in the hands of heaven. So, how can we better understand this concept of soulmates and the partnership between which soul is paired with which body?

12:00

Michael Dickson | Can you tell Israel's story?



From Woolworths protests to thousands marching in the street, anti-Israel groups are spreading misinformation about our beloved land, and their voices have never been louder. It's vital, now more than ever, that we are able to tell Israel's story, in a compelling and informative way... but do we know how to? In this session by Israeli educator, Michael Dickson, we look at who speaks for Israel and how to tell the story of the world's only Jewish country.



(Double session)

12:00

Rabbi YY Rubinstein | The guilt trip



While Jewish guilt has become a cliché, it remains something we all relate to. It is the central theme to many novels and films, but, most importantly, plays a role in our everyday lives. Most of us regret our mistakes and our missed opportunities, and replay them over and over again in our minds. If any of this sounds familiar, come and hear as Rabbi YY Rubinstein explains how the Torah invites us to rather use guilt as a positive force. You'll never feel bad about it if you do...

12:00

Rivka Malka Perlman | Trust in G-d (for women only)



Stepping into a raging and furious sea – believing without a doubt that it would split – took complete and absolute faith in Hashem. Rivka Malka Perlman helps us understand that it is the power of prayer that creates such a connection with Hashem, and how it can "break through" nature itself to the point of turning it on its head. We need to relearn how to get back to that place in our history, where we trust in Hashem beyond what we know and understand about nature in order to awaken such undeserving gifts.

13:00 | LUNCH

14:00

Rabbi YY Rubinstein | 😊



If laughter is the best medicine, then we Jews clearly have connections to the most generous pharmacists around. Many are amazed that, given our history, Jews can still laugh. But we do laugh and always have, even through the toughest of times. Join the hilarious Rabbi YY Rubinstein as he explores why laughing is such an essential part of who we are as a nation, and how to utilise laughter individually in our everyday lives.

14:00

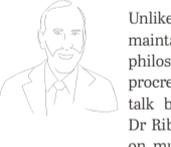
Rabbi Laibl Wolf | Mindfulness over matter



Laibl Wolf invites you to join him in a mindfulness meditation session. Discover what it truly means to bring your attention to experiences occurring in the present moment. Alongside this spiritual mentor with over 35 years' experience, learn how to utilise mindfulness in order to live smarter and develop the self-knowledge and wisdom to achieve conscious living and enlightenment.

14:00

Dr David Ribner | Jewish sensuality (adults only)



Unlike other religions, Judaism has always maintained a sexually positive and progressive philosophy. Based on the twin pillars of procreation and pleasure, in this fascinating talk by Jerusalem's leading sexual therapist, Dr Ribner will explore the Jewish perspectives on mutuality, sanctity and time as guidelines for creating and maintaining satisfaction and fulfilment in marriage.

14:00

15:00

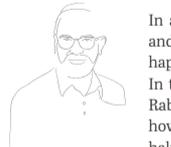
Peter Himmelman | Caught between rock and a hard place



The life story of Peter Himmelman – Grammy and Emmy nominated singer/songwriter and film and television composer. Himmelman was formerly leader of the successful indie rock band Sussman Lawrence, before he left to pursue an extensive solo career. Hear what happens when you juggle family time, Judaism and a successful rock career.

15:00

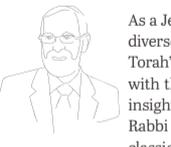
Saul Djanogly | If I was a rich man



In a world dictated by the money we make and the things we have, knowing when to be happy with our lot seems almost impossible. In this talk by the hugely successful Wealth Rabbi, Saul Djanogly helps us understand how to view what we have as the glass being half full rather than half empty. And by asking the question: "To have, or to be?" Djanogly teaches us to first define ourselves as people, rather than the possessions we own.

15:00

Rabbi Yitzchok Adlerstein | Beyond the Jewiverse



As a Jewish community living in a multicultural diverse society, it's vital that we understand the Torah's perspective on how to live and engage with the people around us. In this relevant and insightful talk by the Simon Wiesenthal Center's Rabbi Yitzchok Adlerstein, we look at some classic Torah sources to help us engage with people from other religions and cultures in the way that Torah values and ethics have guided us since the beginning of time.

16:00

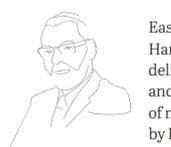
Alexandre Elicha | Black magic



Hear the incredible life story of The Kooples founder and creative director Alexandre Elicha. Discover how an encounter with an Israeli Kabbalist led him to form one of Europe's most iconic and successful contemporary fashion labels, and how an experience in Ibiza brought him to the beauty of Shabbat, and how tefillin have a magnetic rock 'n roll aesthetic for him. From growing up with the Jackson Five to eating kosher falafel with Paris's top fashion journals – Elicha will keep you riveted as he tells the incredible story of his synchronised rise to fashion celebrity and Jewish spirituality.

16:00

Rabbi YY Rubinstein | Harry Potter and the Deathly Hallows



Easily the most popular series ever written, Harry Potter pulled us in and gave us hours of delight and distraction, as we followed Harry and Ron's adventures in the wonderful world of muggles and magic. In this enchanting talk by Rabbi YY Rubinstein, we explore Judaism's approach to magic and its place in our world today. Bring your wands and finally find the answers to this chamber of secrets...

16:00

Esther Wein | How not to act when your friends are suffering



Unfortunately, we all currently know someone who is suffering, and as their friends, we strive to do and say the right thing. But, sometimes we struggle to know exactly what that is. It has never been more pertinent than now to look to the Navi, at Lyov's friends, who blamed him for his "punishment" and told him to do teshuva. And for this they were called sinners. In this talk, Esther Wein explores this important question: How do we approach someone who is suffering?



17:30 | CLOSING CONCERT

Levi Robin

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