Halayla shel spa, Spa night, Halayla shel spa, 2013!

These next two shavuot, weeks, shavuot, are super duper stressful so lets have a great relaxation time. It is carnival style, so each camper is given three tickets and may use them at any station. The leaders of the stations should collect the tickets. Try not to allow campers without tickets to participate, but don't get too stressed about it, because it isnt really that big a deal. The tickets are only there to force the campers to try to manage their time well enough that they are not just running from station to station.

Staff not assigned to a station may participate in spa night like a camper! You will be issued cartisim, tickets, cartisim, and allowed to go where you please. Please try to make sure that you do not deprive the campers of any opportunities. Also look after the campers, chanichim, chanichim.

1. Tai Chi – Edo will be running a tai chi station in the chorsha, grove, chorsha, with music which will be provided by shragis' laptop. Tai chi will be run on a seven minute cycle, so tai chi for seven minutes and during those seven minutes no campers or counselors may come and participate. After the seven minutes are up, edo will take the campers back to the beit am bet and will wait a few minutes then take a new group.
2. Art Therapy – Mel will be leading this in cafe ramah. There will be a table cloth paper thing on the ground with classical music playing (speakers provided by mel music provided by shragis). Campers will draw whatever they want (keep it matim) while listening to music in a quiet setting. Campers may whisper to each other but quiet and cavod should be encourauged at all times.
3. Nail painting with Hayley Cohen on one side of the beit am bet. Nail paint supplies are being provided by Mimi. A table cloth should be there as well to assist with possibilities in spills. Maybe bring in a few picnic tables from outside.
4. Hair braiding with Sam steiner. Sam will also be provided with hair ties which can be used on either the girls or guys. Any guys with hair too short to braid should still be hair tied up. Allow campers to braid each other hairs and encourage them to try and meet knew people by playing with the hair of formerly unknown chanichim; as confucious says, once you play with a persons hair, you are automatically best friends for life.
5. Guided meditation with Elie. We will be giving him cucumbers which he will distribute to put over chanichims eyes to help them relax. Cucumbers will be provided by the chadar. Meditation will run in 7 minute cycles. After seven minutes, elie will gently awaken the chanichim, dispose of the cucumbers appropriately, and return to the beit am bet, where he will recieve a new group of chanichim. Meditation will take place in the beit k'nesset.