

AISH IN THE ANNEX

ISRAEL TRIPS

Our Israel trips are unbeatable both in price and experience. Starting from \$899, regardless of Birthright eligibility, you can tour and explore the the Golan Heights, Tzfat, the Dead Sea, Jerusalem, Tel Aviv and other exciting locations. Hear inspiring and interactive seminars about various Jewish topics including: Philosophy, Jewish History, Israel activism, mysticism, relationships, dating, and much more! Our trips stay in great hotels and incorporate lots of free time.



PROGRAM CATALOG

Young Professionals

5771

2010—2011



175 SPADINA ROAD, TORONTO, ON, M5R 2T9

T: 647 449 8298 E: MGOLDSTEIN@AISH.COM W: AISHINTHEANNEX.COM

175 SPADINA ROAD, TORONTO, ON, M5R 2T9

T: 647 449 8298
E: Mgoldstein@aish.com
W: AISHINTHEANNEX.COM





Welcome,

Aish in the Annex is a great location for young professionals (under 30) to relax, hang out and gain knowledge to tackle the challenges of the world both inside and outside of work.

This catalog will give you a taste of some of our ongoing and upcoming events and we hope you'll join us for some of the exciting programming that we offer.

We look forward to getting a chance to meet and work with you!

Rabbi Mitch Goldstein

EXECUTIVE LEARNING PROGRAM

Take advantage of focused personal, professional and spiritual development individually tailored to your goals and aspirations.

We have worked with everyone from CEOs to recent graduates giving them real advice and information based on powerful Torah concepts.

Our program is based on one-on-one sessions where we come to you, in your office or local area.

'Spending an hour of my week with Rabbi Mitch has really added a whole new dimension to my job and life. We talk about business ethics, communication and current events in my life - its always relevant and insanely useful.'

Business Development Manager, 29



AISH ALTERNATIVE

If you're looking for a way to "unplug" from your hectic schedule, Aish Alternative has just what you need.

Aish Alternative is a ground-breaking peer-lead program providing a more spiritual and alternative approach to life, Judaism and the daily grind.

From meditation and kosher Yoga, to classes focused on mysticism and kabbalah, Aish in the Annex will bring you a whole new perspective .

This program will be starting this fall so watch this space for more details.



SHABBAT PROGRAMMING

Our large and vibrant Shabbat dinners are always packed with interesting people and gourmet food. With a guest-list only policy, you will find great company and conversation, networking and social opportunities and a meaningful way to spend your Friday night.

Always the one to mix it up, Aish in the Annex regularly puts on themed dinners from sushi to spaghetti and meatballs? Shabbat is a time for delicious food and friends, no matter the origin.

In addition, we run dinners specifically for graduate students and young professionals in specific fields such as law or medicine so you can mix and mingle with people in your own field of interest. Whether its networking or just a place to vent where everyone will understand what you are going through...we have the best table in town.

We can't wait to feed you!



SOCIAL EVENTS

Looking for a good party? Check out our events! Our BBQ's, parties and socials are exclusive events catered to Toronto's finest young professionals and executives.

Hang out, meet new people and enjoy great food while you gain some practical wisdom for every-day life. Or join us for our Purim and Chanukah bashes where we celebrate in style.



PERSONAL DEVELOPMENT

Blackberries, facebook, family, work. - we live in a busy, fast-paced world. Aish in the Annex brings in Jewish industry leaders in finance, medicine, psychology and many other fields in order to develop and maximize your potential.

Our amazing workshops bring together 15-20 young professionals, a great dinner and amazing speaker. It's social, professional and educational all in one evening.

Workshops run about once a month on different topics and are advertised on our website - aishintheannex.com

INSPIRED FOR WOMEN

Inspired for Women is a customized women's program focusing on the contemporary issues that effect every modern woman.

From once a week classes to one-on-one tutoring, Inspired is providing the busy Young Professional with the X factor to let her get ahead in life, work and even love.

Along with information, Inspired women develop a close social network of like-minded highly motivated and successful women.

Our master-classes run once a week at our beautiful downtown headquarters and are also streamed LIVE online if you can't make it.

