



NISHMAT'S ALISA FLATOW PROGRAMS

**LIBA** ליבא  
SHANA BA'ARETZ PROGRAM NISHMAT-נישמת



רחמנא ליבא בעי

**LIBA AT NISHMAT**  
SHANA BA'ARETZ PROGRAM

# VISION

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## High-level Torah Learning in a Warm, Supportive Environment

Avodat Hashem demands the heart, רחמנא ליבא בעי.

We believe in *highest-level Torah learning that embraces the mind, the heart, and the spirit.*

Torah that becomes a part of all aspects of our lives: in the Bet Midrash, the dorms, and in your day-to-day life.

Embark on a journey where mind and heart amplify each other to reveal and discover

the worlds of *Emunah, Ahava and Yirah.*





# TORAH

Enter a world of Torah that enhances the heart and Avodat Hashem. Join the vibrant Bet Midrash of Nishmat, and take part in a rich array of programs, together with women from Israel and around the world. ***Pursue a high level of learning and love of Torah like never before, with inspiring and relatable Torah educators,*** as you develop proficiency in Tanach, Gemara, Halacha, Machshevet Yisrael, and Chassidut. Chart out your own path in the world of Talmud Torah, ***with attentive guidance, every step of the way.***

# HEART

*Rachmana Liba Bai - Hashem desires our hearts.* It's not enough to learn **about** tefilah; we need to learn to **feel** tefila, to **want** to open our hearts and pray. ***Experience a spiritually-immersive environment that brings Torah into all aspects of your personal life.*** Grow on a personal level through uplifting traditional Talmud Torah experiences, with classes that explore the depths of Machshava and Chassidut, workshops devoted to personal growth and Avodat HaMiddot, and lectures specifically dedicated to the intersection between Avodat Hashem, Halacha and professional life.

# COMMUNITY

Find your home in Israel, at Nishmat. Liba's exemplary staff ***balances Talmud Torah proficiency with a warm supportive environment*** - ideal for ensuring that your integration into the Bet Midrash is seamless and successful. Located in a vibrant Jerusalem neighborhood, ***Liba nurtures connections between the Shana Ba'aretz students, Israeli peers and local community,*** cultivating lifelong relationships.



# PROGRAM HIGHLIGHTS

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## Personal Growth and Self - Expression

Grow on a personal level in and out of the Bet Midrash. Dive deep to fly high, as you learn with and from one another in an interactive learning environment. *Experience small group-learning opportunities, supported with research-based methods, to sharpen your textual skills, and gain independence, as you navigate foundational texts.* Enjoy an extensive support system, giving you *roots to grow and wings to fly.* Our unique joint leadership model of Rabbi Mati and Shira Kahn alongside the expanded Liba staff will give you the platform for personal growth and self expression.

## Form Your Network in Israel

Benefit from a warm and supportive environment in your home away from home. Make new friends and connections from Israel and around the world through weekly chessed, learning programs within the local community, and matching with an adoptive Israeli family. *Meet communities across Israel on unique Shabbatonim, and enjoy exciting tours and unique Israeli experiences, connecting to Eretz Yisrael and Am Yisrael like never before.*





## Expand Your Horizons

Prepare yourself for life after Midrasha from within the Bet Midrash, through the Torat Chaim curriculum: a platform for your self-expression and exploration. *Enjoy lectures and workshops in a wide variety of fields – business, law, medicine, mental health, education and the humanities – from Orthodox professionals and scholars who personally navigate the intersection between profession and Halacha. Discover how your experiences and explorations allow you to expand your horizons and build another level in your life.*



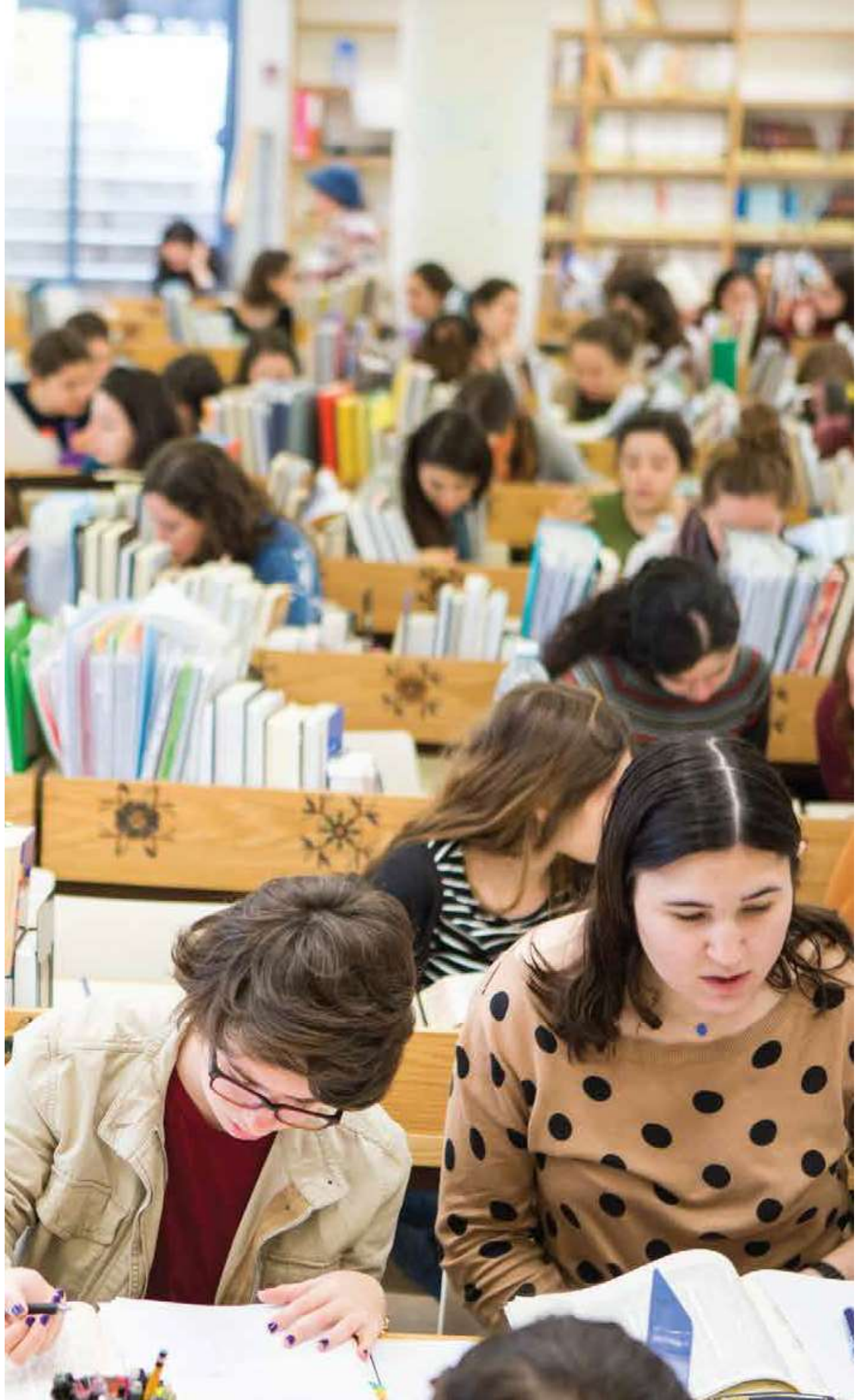
SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY

<b>MORNING</b>	Tefilla				
	Sites and Sources  Jerusalem Explorations	Chaburot (small study groups) Emunah, Mussar & Avodat Hamidot			Parashat HaShavua Parshanut, Seder & Shiur  הלכה סדר ושעור
		Seder and Shiur Tanach Track Gemara Track  גמרא/הלכה סדר ושעור			
<b>AFTERNOON</b>	Dvar Halacha & Mincha Lunch Break				
	Halacha Seder & Shiur  גמרא סדר ושעור	Women & Mitzvot	Igeret HaRamban  מסילת ישרים	Torat Chaim Halacha, Avodat Hashem and Professions  בית מדרש חברתי	Halacha Seder and Shiur  פרשת השבוע
	Avodat HaMidot  שיחת אבות	Leadership & Halacha	Understanding Midrash  חמש מגילות מחשבת הראי"ה והגרי"ד	Chessed Hours	Intimacy & Relationships  מהר"ל תפארת ישראל
				Chug	
<b>EVENING</b>	Dinner Break				
	Seder Erev Tanach  גמרא סנהדרין גמרא ברכות	Free Night	Seder Erev Big Life Questions	Seder Erev Tanach  גמרא סנהדרין גמרא ברכות	Mishmar Guest Speaker

\*Schedule subject to minor changes, but faithfully reflects the Liba experience.

\*\* Students who qualify will have the option of joining classes in Hebrew.





# FAQ

Everything you need to know about the heart and soul of Liba

## What is the balance of English and Hebrew in the program?

As a Liba student, you will be able to choose from *a rich array of shiurim taught exclusively in English*, while still having the option to join *Israeli shiurim taught in Hebrew*. We offer *individualized guidance* to help you build the schedule that best meets your needs, without ever compromising your quality of learning, due to the language barrier.

## What support system does Liba offer?

You will have the support of *an entire staff devoted to supporting shana ba'aretz students*, ensuring a seamless and successful integration into the Bet Midrash: program directors, new faculty, a program administrator, a mental health consultant, English-speaking madrichot, personal guidance for each student, and the option of an adoptive (Israeli) family. You can also opt to dorm with other English speakers, for maximum comfort in your home away from home.



## What are the dorm settings on the Nishmat campus?

Liba students dorm in two-bedroom apartments on the Nishmat campus. For maximum comfort, 2-3 girls are assigned each room, and you can *choose your ideal level of integration* with students from other on-campus programs. In addition, each apartment is equipped with a kitchenette.

## What chessed opportunities are there?

Participate in a two-hour chessed project on or off campus each week, to *give back to the local community, while deepening your ties to the Land and People of Israel*. You can get involved by helping to run a bat mitzvah program for girls, helping elderly neighbors with Shabbat preparation, and visiting those who are unwell. Nishmat's chessed coordinator will help you find the project that ideally matches your abilities with the community's needs. *Our staff additionally nurtures a caring, supportive environment in the Bet Midrash, in which students look out for one another and step forward to volunteer within the community* - chessed from the inside out!





### **How often are there tiyulim and organized Shabbatonim?**

Nishmat hosts two Shabbatot a month. In addition, as a Liba student, you'll take part in a special Shabbaton once a month, visiting communities around Israel. On other Shabbatot, you are free to visit friends or family or to ask for home hospitality with a member of the Nishmat faculty or student body. *Our extensive support system will be there to help you make Shabbat plans.* Additionally, you are always welcome to stay in your apartment at Nishmat during any time of the year; *your apartment is your home, and our campus never closes.* You will enjoy day trips to Eilat, Tzfat, and other places around the country, as well as multi-day tiyulim with the rest of the Midrasha. All this, to enhance your learning and connection to Jewish history and Israel.



# LEADERSHIP



## **Rabbanit Chana Henkin**

Founder and Dean of Nishmat, has headed Nishmat's Bet Midrash for over thirty years, and is one of today's most acclaimed Jewish educators, as well as a leader in re-drawing the landscape of Torah leadership and scholarship for women. Together with her husband, Rabbi Yehuda Henkin ZT"L, Rabbanit Henkin created the role of Yoatzot Halacha, experts in women's health and Jewish law. Rabbanit Henkin is a graduate of Yeshiva University's Stern College and YU's Bernard Revel Graduate School. She received Honorary Doctorates from both Bar Ilan and Yeshiva University, and was awarded Israel's Agrest Prize for innovative religious education and Yakirat Yerushalaim - Jerusalem's highest honor.



## **Rav Da'vid Sperling**

Rosh Bet Midrash, was born in Sydney Australia. He studied at Yeshivat Machon Meir for several years, and then studied for over a decade at Yeshivat Ateret Kohanim under the tutelage of Rabbi Shlomo Aviner. Rabbi Sperling received advanced rabbinic ordination from the Chief Rabbinate of Israel, as well as from Rabbi Yehuda Henkin ZT"L. Rabbi Sperling has taught Halacha at Nishmat for many years, as well as at Yeshivat Machon Meir. He has published a wide range of halachic articles, in journals and on the internet. Rabbi Sperling lives in Jerusalem with his wife and children.



## **Rabbanit Atara Eis**

Associate Dean of International Affairs and Director of Nishmat's Miriam Glaubach Center and the U.S. Yoatzot Halacha Fellows Program. She oversees all English language programs at Nishmat. Additionally, she spearheads creative projects to educate Yoatzot Halacha, Rebbetzins, Kallah Teachers and the general public on women's reproductive health and halacha. Since aliyah with her family in 2013, she has taught Halacha and Tanach at Nishmat and MMY. Before aliyah, she taught Gemara and Tanach and served as Israel Guidance Counselor at Kohelet Yeshiva High School in Pennsylvania. Atara and her husband Rav Rafi live with their children in Efrat.





**Rabbi Mati and Shira Kahn serve together as the directors of Liba, cultivating a warm, wholesome environment for growth in Avodat Hashem, and the opportunity for students to experience firsthand the integration between Torah and home.**

## **Rabbi Mati Kahn**

Rabbi Mati served as the Rabbi and OU-JLIC director with his wife, Shira Kahn, at Princeton University, for the past three years. Rabbi Mati previously served as a Rabbi at Yeshivat Otniel, as well as staff at Yeshivat Neve Shmuel, and at the Bet Midrash Chevruth at Hebrew University, Jerusalem. He received his Rabbinic ordination from the Chief Rabbinate of Israel. Rabbi Mati holds a BA in education, Talmud and Jewish Philosophy from Herzog College, and an M.A. in Jewish Philosophy from Ben Gurion University.

## **Shira Kahn**

Shira served as the OU-JLIC director with her husband, Rabbi Mati Kahn, at Princeton University, for the past three years. Prior to that, Shira worked as a lawyer and researcher for the Kohelet think tank, and interned with the State Attorney Department. Alongside her legal work, Shira continued her Torah studies in various programs, including the advanced Halacha program at Migdal Oz, a program combining Torah and academic studies, and two full years of pre-college accreditation. Shira also served as a guide for Livnot U'lehibanot and Masa Yisraeli. Shira holds a BA in law from Bar Ilan University.

In their various roles, Rabbi Mati and Shira have taught and developed curriculum spanning Tanach, Gemara, Halacha, Jewish Philosophy and more, served as community leaders, and provided pastoral care. Rabbi Mati and Shira have three kids, Kedem, Adi, and Eliraz, who love being a part of their parents' endeavors.

NISHMAT'S ALISA FLATOW PROGRAMS



**נשמת NISHMAT**  
***The Jeanie Schottenstein Center***  
***For Advanced Torah Study For Women***



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