

Connect, Move, Recharge Breaks



Connect. Mind. Body. Spirit. At ProCon 2025, you'll have time to reflect, play, and move—with others and for yourself.

Whether it's yoga, creative play, or a quiet moment of meditation, this space is yours. Take a break. Breathe deep. Recharge. And connect with others while you do it.

Tuesday, October 28
6:30-7:15 a.m.

Namaste, Minneapolis

Join us before your Labs and Intensives to find your inner warrior or take a break in child's pose. Please wear appropriate athletic attire for this open-level class. Mats will be available, and no other equipment will be required. Namaste.

FACILITATOR: [Abigail Goldberg](#), teen director, Trager Family JCC

Ruach Run/Walk: Fuel Your Day with Spirit and Steps

If you are an early morning runner or walker, join others for jaunts with designated routes and leaders. Runners will be grouped based on their average pace. All runners and walkers are welcome and should wear appropriate athletic attire. Ruach means spirit in Hebrew! Please arrive wearing proper running attire!

Tuesday, October 28
7:15-8 a.m.

Find Your People, Fill Your Cup

Meet informally at a local coffee shop with others over morning coffee, tea, matcha, or whatever you're drinking to converse, connect, or catch up. Purchase your own beverage and

your peers and colleagues will provide terrific company.

Hineni: Showing Up to the Morning

Start your morning with some tefillah (prayer) in the form of meditation, including songs, music, and lots of ruach (spirit). People of all faiths are welcome.

FACILITATOR: Rick Recht

Tuesday, October 28
4-5:30 p.m.

Breath in Shalom

Need a break to relax and recharge from the hustle-bustle of the conference? Come into a space designed specifically for self-care, and take a moment—or a few—for yourself. Choose from various activities to help you unwind and chill out.

FACILITATORS:

Carly Coons, Director of Programming and Resiliency Roundtable, BeWell

Beth Lipshutz, Director of Education and Training, BeWell

Café Ivrit

If you are interested in learning Hebrew or want to practice speaking Hebrew with other JCC professionals, come join Café Ivrit, where Lee Naftali, JCC Association's shlichah, will lead an afternoon full of Hebrew, games, and coffee. All are welcome.

A Jewish Studio Process

Explore the Jewish Studio Process, a unique blend of meaningful Jewish text study, creative probing with art materials, and reflective writing, will help you replenish your energy and connect—or reconnect—with your creative spark. Carefully structured and highly intentional, our time together will help you tap into your own insights and creativity while connecting to Jewish texts in a new way. To gain the full effect of the session, we encourage you to stay for the entire block since each component builds on the previous one, creating a rich and nourishing experience. You will leave feeling refreshed, grounded, and inspired, with a deeper sense of connection to your purpose, colleagues, and the broad JCC Movement.

FACILITATORS: Leenie Baker Gindy and Jeff Kasowitz – Jewish Studio Project

Paddle Up: The JCC Pickleball Showdown

Bring your competitive spirit to ProCon 2025 for the best-ever JCC Movement pickleball tournament. Test your skills against other JCC professionals in pursuit of the winner's crown—for you and your JCC or JCC Camp. Players at all levels are welcome to compete, but prior

pickleball experience, athletic attire, and a water bottle—are required.

Seek, Snap, Share: A Photographic Scavenger Hunt

Working in teams, follow clues to find specific items in and around the hotel—and photograph them. Meet new friends and collaborate to find all the items. The first team to capture all the right photos wins! All are welcome, and comfortable shoes are encouraged.

Wednesday, October 29 6:30-7:15 a.m.

Balance and Breath: Pilates for Professionals

Start your morning with some Pilates stretching and strengthening. Get your body moving and work on alignment. No prior experience is required. Athletic attire is required.

Ruach Run/Walk: Fuel Your Day with Spirit and Steps

If you are an early morning runner or walker, join others for jaunts with designated routes and leaders. Runners will be grouped based on their average pace. All runners and walkers are welcome and should wear appropriate athletic attire. Ruach means spirit in Hebrew! Please arrive wearing proper running attire!

Wednesday, October 29 7:15-8 a.m.

Find Your People, Fill Your Cup

Meet informally at a local coffee shop with others over morning coffee, tea, matcha, or whatever you're drinking to converse, connect, or catch up. Purchase your own beverage and your peers and colleagues will provide terrific company.

Hineni: Showing Up to the Morning

Start your morning with some tefillah (prayer) in the form of meditation, including songs, music, and lots of ruach (spirit). People of all faiths are welcome.

FACILITATOR: Rick Recht

QUESTIONS?

Check out the [FAQ](#). Still have questions?
Email procon@jcca.org and we'll get back to you soon.

[ABOUT](#) | [PROGRAM](#)
[PRESENTERS](#) | [PROMOTE PROCON](#)
[FAQ](#) | [HOST COMMUNITY](#)
[SPONSORS](#) | [REGISTER](#)
[CONTACT US](#)

Last Modified on 09/22/2025 8:21 am EDT
