

BETWEEN HUSBAND & WIFE COURSE SYLLABUS

Tentative and due to change based on participant needs (including Q&A)

Sessions intertwine Taharah (halachah & hashkafa) with Bayis Ne'eman

Taharas Hamishpacha:

1. Background, hashkafa
 - » Beauty of the mitzvah
 - » Importance of the mitzva and the value of learning it
 - » History of Taharas Hamishpacha
 - » Appreciation for the mitzva
2. When a woman becomes niddah, halacha and hashkafa
 - » Stains
 - » Reiyahs
3. Transitioning to the Shiva Neki'im (the seven clean days), halacha and hashkafa
 - » Hefsek
 - » Moch
 - » Harchakos
4. Vestos
5. Mikvah
 - » Hashkafa of Mikvah – the beauty of mikvah
 - » Mikvah preparation
 - » Tevila (immersion)
6. *Kedushas Habayis*, hashkafa
7. Women's health - hands-on medical/gynecological education
8. Privacy and personal matters
9. Giving over sensitive topics to children

Bayis Neeman, including Q&A sessions:

1. Relationships – what it's all about
 - » Our purpose in this world
 - » Marriage and ourselves
 - » Getting to know ourselves as individuals and in the home
 - » Husband's role
 - » Wife's role
2. Psychology 101 - what gets us going?
3. Individuality and Independence
4. Emotional Intimacy
5. The secret language - communication
6. Ahava – selfish or selfless?
7. Expectations, disappointments and acceptance
8. Achdus and teamwork
9. Adversity /challenges - facing it as individuals together
10. Appreciation and Hakaras Hatov