



KRIPALU SCHOOL OF INTEGRATIVE YOGA THERAPY
Yoga Therapy Applications Within the Mental Health Field
Ellen Schaeffer, Freedom Cole, and more

FRIDAY, MAY 5

2:00-5:00 pm

SATURDAY, MAY 6

9:00 am-12:00 pm

2:00-5:00 pm

SUNDAY, MAY 7

9:00 am-12:00 pm

MONDAY, MAY 8

9:00-10:15 am*

WEDNESDAY, MAY 10

6:30-8:00 pm*

FRIDAY, MAY 12

2:00-5:00 pm

SATURDAY, MAY 13

9:00 am-12:00 pm

2:00-5:00 pm

SUNDAY, MAY 14

9:00 am-12:00 pm

MONDAY, MAY 15

9:00-10:15 am*

WEDNESDAY, MAY 17

6:30-8:00 pm*

FRIDAY, MAY 19

2:00-5:00 pm

SATURDAY, MAY 20

9:00 am-12:00 pm

2:00-5:00 pm

SUNDAY, MAY 21

9:00 am-12:00 pm

MONDAY, MAY 22

9:00-10:15 am*

WEDNESDAY, MAY 24

6:30-8:00 pm*

FRIDAY, MAY 26

2:00-5:00 pm

SATURDAY, MAY 27

9:00 am-12:00 pm

2:00-5:00 pm

SUNDAY, MAY 28

9:00 am-12:00 pm

MONDAY, MAY 29

9:00-10:15 am*

WEDNESDAY, MAY 31

6:30-8:00 pm*

FRIDAY, JUNE 2

2:00-5:00 pm

SATURDAY, JUNE 3

9:00 am-12:00 pm

2:00-5:00 pm

SUNDAY, JUNE 4

9:00 am-12:00 pm

***Please note** In-person attendance optional for these sessions