

“These saints saw temples as not just places of religious inspiration but centers of service where ever watchful well-wishers contemplated the welfare and needs of the people and acted to address their grievances.”

—Swami Kripalu

IMPACT Kripalu Donor Newsletter



Inspiration, innovation, **and you.**

Dear Kripalu community,

I am so inspired by everything that is happening within the Kripalu community, at our retreat center, online and “off the hill.” This would not be happening without your generosity and gifts.

As we continue to strengthen our distinction and voice we are also in a constant state of innovation, enhancement and experimentation. Much of our attention is going into how we are deepening our impact, widening our reach, becoming more accessible and staying true to who we are and how we can best serve.

Your support has allowed us to bring a new heating and air conditioning system to the Main Hall. You’ve helped create more spaces for personal meditation, yoga, and relaxation.

Programmatically, donations are underwriting a series of pilot programs this fall aimed at reaching and serving more diverse audiences, including an Activist in Residence initiative—we’ll learn from these tests and hope you’ll share our aspiration of making Kripalu more accessible, diverse, and impactful.

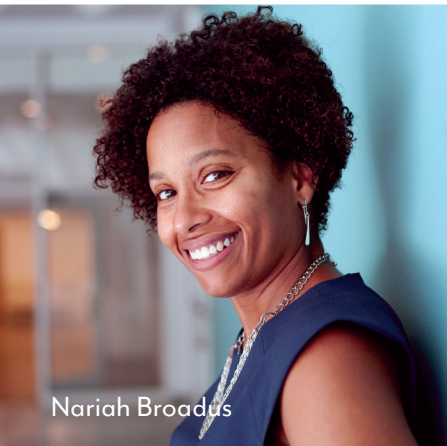
Kripalu finds itself in a wider social context that is deeply disconnected and divided. The transformative power of yoga, meditation, Ayurveda and wisdom teachings is deeply needed. With your help, we will continue to share these practices and philosophies with as many hearts, minds, and bodies as we can.

This has always been a path of love, made possible by your support. Thank you!

In service,

Robert Mulhall

We are delighted to introduce you to the new members of Kripalu’s Board of Trustees:



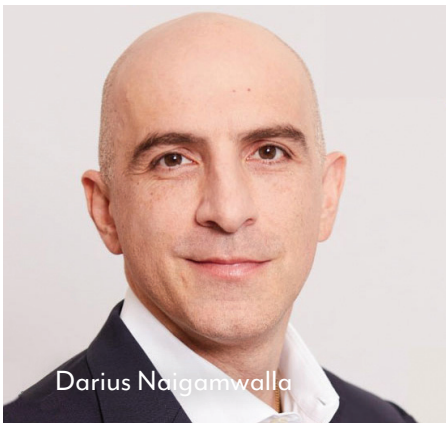
Nariah Broadus



Karen DeTemple



Bruce Dixon



Darius Naigamwalla



Priti Tanna

Donors support **diversity initiatives.**

New ideas, new platforms, new voices at Kripalu.

With your help, this fall Kripalu is pilot testing a series of initiatives aimed at giving platforms, support and yogic tools to people working for social healing. The programs will have a particular focus on Black and Indigenous leaders and other people of color—the global majority.

Free programs led by diverse presenters ... grants to BIPOC-led organizations working for stronger communities ... a special weeklong retreat for non-profit leaders working for change ... an activist-in-residence program to hold space for “off-the-mat” yogis to recharge, reflect and, just maybe, pick up new practices for the challenges ahead.

All of these folks are working for a healthier, more united society. Society needs them, and we believe the Kripalu community can—and must—do all it can to support their work. We look forward to learning from these experiments. We will report outcomes to you, and hope you will help us carry evolving versions of these programs forward into 2022.

We are grateful to all of you who support improved access and diversity at Kripalu, and offer a special thanks to the lead funders and funding sources who make these initiatives possible: the Ganesha Fund, the Namaste Fund, the Jonathan P. Schwartz Teaching for Diversity Fund, and the Rachel Greene Memorial Fund.



In ways large and small, you make Kripalu **welcoming and restful.**

New heating and air conditioning in the Main Hall will make this essential space so much more comfortable and welcoming.

Pennsylvania yogis Wendy Arner and Claudia Norris were among the first to visit a quiet new meditation space in a former executive office on the third floor.

Nancy Wilson couldn't wait to travel from Minnesota for a long-awaited Kripalu retreat. She appreciated the opportunity to unplug at Kripalu—but was also grateful for a comfortable spot in the second-floor Tech Lounge to spend some time with her e-reader.



YOLO, Mom!

How support for Kripalu online changes lives

Rock Shimmies has been a nurse and caretaker in Springfield, Massachusetts for more than half her life. Her first yoga teachers 18 years ago were Kripalu-trained. Earlier this year, thanks to your support for taking our schools and programs online during COVID, Rock realized a long-held dream. In her words:

“For years, I had looked at Kripalu catalogs, waiting for the right moment to join a YTT program. As a mother, working fulltime in a busy healthcare industry, on-campus living for a 200-hour program seemed like an impossible feat. It was in January 2021, three days before the start of a new online session, that my daughter in all her little wisdom spoke these words to me: ‘Mom, how many times are you going to look at that catalog? YOLO! You only live once.’ Throughout the training, all 40 students interacted on a level that couldn’t be replicated in a campus experience. We weren’t able to separate or form cliques that are commonly seen in a physical setting. The direct human exchanges that are often taken for granted become cherished sacred experiences in a remote platform. I still feel the glow from graduation. If it wasn’t for online, I’d likely still be looking through brochures to see how YTT could fit in my life. It’s a gamechanger.”

To read our full interview with Rock, visit kripalu.org/rock-shimmies-interview. To see how she’s using her teacher training, rockshimmies.com. Thank you for supporting expanded access to Kripalu Yoga. Your gifts make ripples in the yoga Universe!

Cindy’s great gift **lives on.**

Bequest gives back hope and inspiration.

To those who knew and loved her, the late Cindy Hanks was a seeker who “loved her family, cycling, yoga dance, kayaking, the ocean and being silly.” Cindy was also a Kripalu student, and when she succumbed to cancer last year at the age of 61, the Maine resident—a senior practice manager at a healthcare partnership—left a bequest to Kripalu in hopes of sharing that love with others.

“As Cindy went through her cancer battle, your center gave her hope and inspiration,” wrote Cindy’s sister Donna. “Her wish was to help others as they went through their journey with cancer and its treatment, and to help them enjoy their love for yoga and health. Think of her and smile!”

Cindy’s bequest will help Kripalu provide loving service and support to every student and guest.

If you’d like to know more about making a Legacy gift, please call Tad Ames at 413.448.3215 or email him at tad@kripalu.org.

Kripalu®

→ give.kripalu.org

MISSION DRIVEN, DONOR SUPPORTED Kripalu Center for Yoga & Health is a 501(c)(3) nonprofit educational organization whose mission is to empower people and communities to realize their full potential through the transformative wisdom and practice of yoga. To find out more about Kripalu’s mission, please visit kripalu.org.