

R&R DAILY SCHEDULE

Tuesday November 2

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	
7:30–8:30 pm	<ul style="list-style-type: none">• Evening Workshops	To Be Determined

*Please note that times, class, workshop, experiences, and room locations are subject to change.

R&R DAILY SCHEDULE

Wednesday November 3

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:30–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am	<ul style="list-style-type: none">• Life Skill Workshop: Playing in the Field of Possibility• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	To Be Determined Lobby*
11:30 am–1:30 pm	<ul style="list-style-type: none">• Lunch	
12:00–1:00 pm	<ul style="list-style-type: none">• All Levels Yoga	To Be Determined
2:00–4:00 pm	<ul style="list-style-type: none">• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	Lobby*
2:30–3:30 pm	<ul style="list-style-type: none">• YogaDance® <i>Open to all, no dance experience necessary.</i>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none">• Ayurveda Workshop: Balancing with the Elements of Nature	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	

*Please note that times, class, workshop, experiences, and room locations are subject to change.

R&R DAILY SCHEDULE

Thursday November 4

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:30–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am	<ul style="list-style-type: none">• Life Skill Workshop: Conscious Communication• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	To Be Determined Lobby*
11:30 am–1:30 pm	<ul style="list-style-type: none">• Lunch	
12:00–1:00 pm	<ul style="list-style-type: none">• Integration Practice: Share Circle	To Be Determined
2:00–4:00 pm	<ul style="list-style-type: none">• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	Lobby*
2:30–3:30 pm	<ul style="list-style-type: none">• YogaDance® <i>Open to all, no dance experience necessary.</i>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none">• Workshop: The Teachings of Swami Kripalu	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	

*Please note that times, class, workshop, experiences, and room locations are subject to change.

R&R DAILY SCHEDULE

Friday November 5

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:30–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am	<ul style="list-style-type: none">• Self-Care Workshop: Transformation at the Core• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	To Be Determined Lobby*
11:30 am–1:30 pm	<ul style="list-style-type: none">• Lunch	
2:30–3:30 pm	<ul style="list-style-type: none">• YogaDance® <i>Open to all, no dance experience necessary.</i>• Healing Arts Workshop: Positional Therapy	To Be Determined To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	
7:30–8:30 pm	<ul style="list-style-type: none">• Harmonic Soundscape• Intention Setting: Navigating Your Kripalu Experience	To Be Determined To Be Determined

*Please note that times, class, workshop, experiences, and room locations are subject to change.

R&R DAILY SCHEDULE

Saturday November 6

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:30–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am	<ul style="list-style-type: none">• Ayurveda Workshop: Yoga Flow for Fall• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	To Be Determined Lobby*
11:30 am–1:30 pm	<ul style="list-style-type: none">• Lunch	
12:00–1:00 pm	<ul style="list-style-type: none">• Integration Practice: Share Circle	To Be Determined
2:00–4:00 pm	<ul style="list-style-type: none">• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	Lobby*
2:30–3:30 pm	<ul style="list-style-type: none">• YogaDance® <i>Open to all, no dance experience necessary.</i>	To Be Determined
2:30–4:00 pm	<ul style="list-style-type: none">• Everyday Tarot: Introduction to Increasing Intuition	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	

*Please note that times, class, workshop, experiences, and room locations are subject to change.

R&R DAILY SCHEDULE

Sunday November 7

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:30–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am	<ul style="list-style-type: none">• Yoga Workshop: Movement as a Pathway to Meditation• Guided Hiking <p><i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></p>	To Be Determined Lobby*
12:00–1:00 pm	<ul style="list-style-type: none">• Integration Practice: Share Circle	To Be Determined

*Please note that times, class, workshop, experiences, and room locations are subject to change.

R&R DAILY SCHEDULE

Tuesday November 9

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	
7:30–8:30 pm	<ul style="list-style-type: none">• Evening Workshops	To Be Determined

*Please note that times, class, workshop, experiences, and room locations are subject to change.

R&R DAILY SCHEDULE

Wednesday November 10

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:30–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am	<ul style="list-style-type: none">• Life Skill Workshop: Living With Curiosity, Compassion & Courage• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	To Be Determined Lobby*
11:30 am–1:30 pm	<ul style="list-style-type: none">• Lunch	
12:00–1:00 pm	<ul style="list-style-type: none">• All Levels Yoga	To Be Determined
2:00–4:00 pm	<ul style="list-style-type: none">• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	Lobby*
2:30–3:30 pm	<ul style="list-style-type: none">• YogaDance® <i>Open to all, no dance experience necessary.</i>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none">• Workshop: Ayurveda and the Mind	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	

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R&R DAILY SCHEDULE

Thursday November 11

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:30–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am	<ul style="list-style-type: none">• Yoga Workshop: Exploring Backbends• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	To Be Determined Lobby*
11:30 am–1:30 pm	<ul style="list-style-type: none">• Lunch	
12:00–1:00 pm	<ul style="list-style-type: none">• Integration Practice: Share Circle	To Be Determined
2:00–4:00 pm	<ul style="list-style-type: none">• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	Lobby*
2:30–3:30 pm	<ul style="list-style-type: none">• YogaDance® <i>Open to all, no dance experience necessary.</i>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none">• Workshop: Walking History of Kripalu's Grounds	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	

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R&R DAILY SCHEDULE

Friday November 12

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:30–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am	<ul style="list-style-type: none">• Self-Care Workshop: The Gift of Self-Compassion• Guided Hiking <p><i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></p>	To Be Determined Lobby*
11:30 am–1:30 pm	<ul style="list-style-type: none">• Lunch	
2:30–3:30 pm	<ul style="list-style-type: none">• YogaDance® <p><i>Open to all, no dance experience necessary.</i></p>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none">• Workshop: Nature and Mindfulness	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	
7:30–8:30 pm	<ul style="list-style-type: none">• Harmonic Soundscape• Intention Setting: Navigating Your Kripalu Experience	To Be Determined To Be Determined

*Please note that times, class, workshop, experiences, and room locations are subject to change.

R&R DAILY SCHEDULE

Saturday November 13

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:30–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am	<ul style="list-style-type: none">• Transformational Workshop• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	To Be Determined Lobby*
11:30 am–1:30 pm	<ul style="list-style-type: none">• Lunch	
12:00–1:00 pm	<ul style="list-style-type: none">• All Levels Yoga	To Be Determined
2:00–4:00 pm	<ul style="list-style-type: none">• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	Lobby*
2:30–3:30 pm	<ul style="list-style-type: none">• YogaDance® <i>Open to all, no dance experience necessary.</i>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none">• Transformational Workshop	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	

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R&R DAILY SCHEDULE

Sunday November 14

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:30–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am	<ul style="list-style-type: none">• Resilience Workshop: The Answer to “Seriously, This is My Life?”• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	To Be Determined Lobby*
12:00–1:00 pm	<ul style="list-style-type: none">• Integration Practice: Share Circle	To Be Determined

*Please note that times, class, workshop, experiences, and room locations are subject to change.

R&R DAILY SCHEDULE

Tuesday November 16

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	
7:30–8:30 pm	<ul style="list-style-type: none">• Evening Workshop	To Be Determined

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R&R DAILY SCHEDULE

Wednesday November 17

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:30–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am	<ul style="list-style-type: none">• Life Skill Workshop: Finding Our Way Together• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	To Be Determined Lobby*
11:30 am–1:30 pm	<ul style="list-style-type: none">• Lunch	
12:00–1:00 pm	<ul style="list-style-type: none">• All Levels Yoga	To Be Determined
2:00–4:00 pm	<ul style="list-style-type: none">• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	Lobby*
2:30–3:30 pm	<ul style="list-style-type: none">• YogaDance® <i>Open to all, no dance experience necessary.</i>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none">• Ayurveda Workshop: Soothing the Nervous System	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	

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R&R DAILY SCHEDULE

Thursday November 18

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:30–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am	<ul style="list-style-type: none">• Yoga Workshop: Body in Balance• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	To Be Determined Lobby*
11:30 am–1:30 pm	<ul style="list-style-type: none">• Lunch	
12:00–1:00 pm	<ul style="list-style-type: none">• Integration Practice: Share Circle	To Be Determined
2:00–4:00 pm	<ul style="list-style-type: none">• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	Lobby*
2:30–3:30 pm	<ul style="list-style-type: none">• YogaDance® <i>Open to all, no dance experience necessary.</i>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none">• Meditation & Breath Workshop	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	

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R&R DAILY SCHEDULE

Friday November 19

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:30–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am	<ul style="list-style-type: none">• Self-Care Workshop: Grief, Loss, and Renewal• Guided Hiking <p><i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></p>	To Be Determined Lobby*
11:30 am–1:30 pm	<ul style="list-style-type: none">• Lunch	
2:30–3:30 pm	<ul style="list-style-type: none">• YogaDance® <p><i>Open to all, no dance experience necessary.</i></p> <ul style="list-style-type: none">• Transformational Workshop	To Be Determined To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	
7:30–8:30 pm	<ul style="list-style-type: none">• Harmonic Soundscape• Intention Setting: Navigating Your Kripalu Experience	To Be Determined To Be Determined

*Please note that times, class, workshop, experiences, and room locations are subject to change.

R&R DAILY SCHEDULE

Saturday November 20

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:30–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am	<ul style="list-style-type: none">• Workshop: The Teachings of Swami Kripalu• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	To Be Determined Lobby*
11:30 am–1:30 pm	<ul style="list-style-type: none">• Lunch	
12:00–1:00 pm	<ul style="list-style-type: none">• All Levels Yoga	To Be Determined
2:00–4:00 pm	<ul style="list-style-type: none">• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	Lobby*
2:30–3:30 pm	<ul style="list-style-type: none">• YogaDance® <i>Open to all, no dance experience necessary.</i>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none">• Everyday Tarot: Introduction to Increasing Intuition	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	

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R&R DAILY SCHEDULE

Sunday November 21

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:30–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am	<ul style="list-style-type: none">• Yoga Workshop: Exploring Twists• Guided Hiking <p><i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></p>	To Be Determined Lobby*
12:00–1:00 pm	<ul style="list-style-type: none">• Integration Practice: Share Circle	To Be Determined

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R&R DAILY SCHEDULE

Tuesday November 23

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	
7:30–8:30 pm	<ul style="list-style-type: none">• Evening Workshops	To Be Determined

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R&R DAILY SCHEDULE

Wednesday November 24

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:30–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am	<ul style="list-style-type: none">• Workshop: Nature and Mindfulness• Guided Hiking <p><i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></p>	To Be Determined Lobby*
11:30 am–1:30 pm	<ul style="list-style-type: none">• Lunch	
12:00–1:00 pm	<ul style="list-style-type: none">• All Levels Yoga	To Be Determined
2:00–4:00 pm	<ul style="list-style-type: none">• Guided Hiking <p><i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></p>	Lobby*
2:30–3:30 pm	<ul style="list-style-type: none">• YogaDance® <p><i>Open to all, no dance experience necessary.</i></p>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none">• Ayurveda Workshop: Dinacharya and the Ayurvedic Clock	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	

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R&R DAILY SCHEDULE

Thursday November 25

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:30–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am	<ul style="list-style-type: none">• Yin Yoga• Guided Hiking <p><i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></p>	To Be Determined Lobby*
11:30 am–1:30 pm	<ul style="list-style-type: none">• Lunch	
12:00–1:00 pm	<ul style="list-style-type: none">• Integration Practice: Share Circle	To Be Determined
2:00–4:00 pm	<ul style="list-style-type: none">• Guided Hiking <p><i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></p>	Lobby*
2:30–3:30 pm	<ul style="list-style-type: none">• YogaDance® <p><i>Open to all, no dance experience necessary.</i></p>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none">• Meditation Workshop	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	

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R&R DAILY SCHEDULE

Friday November 26

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:30–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am	<ul style="list-style-type: none">• Self-Care Workshop: The Gift of Self-Compassion• Guided Hiking <p><i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></p>	To Be Determined Lobby*
11:30 am–1:30 pm	<ul style="list-style-type: none">• Lunch	
2:30–4:30 pm	<ul style="list-style-type: none">• YogaDance® <p><i>Open to all, no dance experience necessary.</i></p> <ul style="list-style-type: none">• Healing Arts Workshop: Positional Therapy	To Be Determined To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	
7:30–8:30 pm	<ul style="list-style-type: none">• Harmonic Soundscape• Intention Setting: Navigating Your Kripalu Experience	To Be Determined To Be Determined

*Please note that times, class, workshop, experiences, and room locations are subject to change.

R&R DAILY SCHEDULE

Saturday November 27

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:30–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am	<ul style="list-style-type: none">• Ayurveda & Yoga Workshop: The Sister Sciences• Guided Hiking <p><i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></p>	To Be Determined Lobby*
11:30 am–1:30 pm	<ul style="list-style-type: none">• Lunch	
12:00–1:00 pm	<ul style="list-style-type: none">• All Levels Yoga	To Be Determined
2:00–4:00 pm	<ul style="list-style-type: none">• Guided Hiking <p><i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></p>	Lobby*
2:30–3:30 pm	<ul style="list-style-type: none">• YogaDance® <p><i>Open to all, no dance experience necessary.</i></p>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none">• Workshop: Nature and Mindfulness	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	

*Please note that times, class, workshop, experiences, and room locations are subject to change.

R&R DAILY SCHEDULE

Sunday November 28

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none">• Gentle Yoga and Meditation• Intermediate Yoga and Meditation	To Be Determined To Be Determined
7:30–9:00 am	<ul style="list-style-type: none">• Breakfast	
9:30–11:00 am	<ul style="list-style-type: none">• Yoga Workshop: Creating an At-Home Practice• Guided Hiking <p><i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></p>	To Be Determined Lobby*
12:00–1:00 pm	<ul style="list-style-type: none">• Integration Practice: Share Circle	To Be Determined

*Please note that times, class, workshop, experiences, and room locations are subject to change.

R&R DAILY SCHEDULE

Tuesday November 30

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
4:45–5:45 pm	<ul style="list-style-type: none">• Gentle Yoga• Intermediate Yoga	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none">• Dinner	
7:30–8:30 pm	<ul style="list-style-type: none">• Intention Setting: Navigating Your Kripalu Experience• Gentle Yoga	To Be Determined To Be Determined

*Please note that times, class, workshop, experiences, and room locations are subject to change.