

# R&R DAILY SCHEDULE

**Tuesday** November 2

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

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

\*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"> <li>• <b>Gentle Yoga and Meditation</b></li> <li>• <b>Intermediate Yoga and Meditation</b></li> </ul>	To Be Determined To Be Determined
7:30–9:00 am	<ul style="list-style-type: none"> <li>• <b>Breakfast</b></li> </ul>	
9:30–11:00 am	<ul style="list-style-type: none"> <li>• <b>Self-Care Workshop: Transformation at the Core</b></li> </ul>	To Be Determined
9:30–11:30 am	<ul style="list-style-type: none"> <li>• <b>Guided Hiking</b></li> </ul> <p><i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></p>	Lobby*
11:30 am–1:30 pm	<ul style="list-style-type: none"> <li>• <b>Lunch</b></li> </ul>	
12:00–1:00 pm	<ul style="list-style-type: none"> <li>• <b>Yoga Nidra</b></li> </ul>	To Be Determined
2:30–3:30 pm	<ul style="list-style-type: none"> <li>• <b>YogaDance®</b></li> </ul> <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"> <li>• <b>Healing Arts Workshop: Positional Therapy</b></li> </ul>	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none"> <li>• <b>Gentle Yoga</b></li> <li>• <b>Intermediate Yoga</b></li> </ul>	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none"> <li>• <b>Dinner</b></li> </ul>	
7:30–8:30 pm	<ul style="list-style-type: none"> <li>• <b>Harmonic Soundscape</b></li> <li>• <b>Intention Setting: Navigating Your Kripalu Experience</b></li> </ul>	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"><li>• <b>Gentle Yoga and Meditation</b></li><li>• <b>Intermediate Yoga and Meditation</b></li></ul>	To Be Determined To Be Determined
7:30–9:00 am	<ul style="list-style-type: none"><li>• <b>Breakfast</b></li></ul>	
9:30–11:00 am	<ul style="list-style-type: none"><li>• <b>Ayurveda Workshop: Yoga Flow for Fall</b></li></ul>	To Be Determined
9:30–11:30 am	<ul style="list-style-type: none"><li>• <b>Guided Hiking</b> <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></li></ul>	Lobby*
11:30 am–1:30 pm	<ul style="list-style-type: none"><li>• <b>Lunch</b></li></ul>	
12:00–1:00 pm	<ul style="list-style-type: none"><li>• <b>Integration Practice: Share Circle</b></li></ul>	To Be Determined
2:00–4:00 pm	<ul style="list-style-type: none"><li>• <b>Guided Hiking</b> <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></li></ul>	Lobby*
2:30–3:30 pm	<ul style="list-style-type: none"><li>• <b>YogaDance®</b> <i>Open to all, no dance experience necessary.</i></li></ul>	To Be Determined
2:30–4:00 pm	<ul style="list-style-type: none"><li>• <b>Everyday Tarot: Introduction to Increasing Intuition</b></li></ul>	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none"><li>• <b>Gentle Yoga</b></li><li>• <b>Intermediate Yoga</b></li></ul>	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none"><li>• <b>Dinner</b></li></ul>	

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# R&R DAILY SCHEDULE

**Sunday** November 7

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

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# R&R DAILY SCHEDULE

**Tuesday** November 9

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

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# R&R DAILY SCHEDULE

**Wednesday** November 10

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

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

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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"><li>• <b>Gentle Yoga and Meditation</b></li><li>• <b>Intermediate Yoga and Meditation</b></li></ul>	To Be Determined To Be Determined
7:30–9:00 am	<ul style="list-style-type: none"><li>• <b>Breakfast</b></li></ul>	
9:30–11:00 am	<ul style="list-style-type: none"><li>• <b>Self-Care Workshop: The Gift of Self-Compassion</b></li></ul>	To Be Determined
9:30–11:30 am	<ul style="list-style-type: none"><li>• <b>Guided Hiking</b></li></ul> <p><i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></p>	Lobby*
11:30 am–1:30 pm	<ul style="list-style-type: none"><li>• <b>Lunch</b></li></ul>	
12:00–1:00 pm	<ul style="list-style-type: none"><li>• <b>Yoga Nidra</b></li></ul>	To Be Determined
2:30–3:30 pm	<ul style="list-style-type: none"><li>• <b>YogaDance®</b></li></ul> <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"><li>• <b>Workshop: Nature and Mindfulness</b></li></ul>	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none"><li>• <b>Gentle Yoga</b></li><li>• <b>Intermediate Yoga</b></li></ul>	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none"><li>• <b>Dinner</b></li></ul>	
7:30–8:30 pm	<ul style="list-style-type: none"><li>• <b>Harmonic Soundscape</b></li><li>• <b>Intention Setting: Navigating Your Kripalu Experience</b></li></ul>	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"><li>• <b>Gentle Yoga and Meditation</b></li><li>• <b>Intermediate Yoga and Meditation</b></li></ul>	To Be Determined To Be Determined
7:30–9:00 am	<ul style="list-style-type: none"><li>• <b>Breakfast</b></li></ul>	
9:30–11:00 am	<ul style="list-style-type: none"><li>• <b>Ayurveda Workshop: Yoga Flow for Fall</b></li></ul>	To Be Determined
9:30–11:30 am	<ul style="list-style-type: none"><li>• <b>Guided Hiking</b> <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></li></ul>	Lobby*
11:30 am–1:30 pm	<ul style="list-style-type: none"><li>• <b>Lunch</b></li></ul>	
12:00–1:00 pm	<ul style="list-style-type: none"><li>• <b>All Levels Yoga</b></li></ul>	To Be Determined
2:00–4:00 pm	<ul style="list-style-type: none"><li>• <b>Guided Hiking</b> <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></li></ul>	Lobby*
2:30–3:30 pm	<ul style="list-style-type: none"><li>• <b>YogaDance®</b> <i>Open to all, no dance experience necessary.</i></li></ul>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none"><li>• <b>Life Skill Workshop: Navigating Life with Breath and Awareness</b></li></ul>	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none"><li>• <b>Gentle Yoga</b></li><li>• <b>Intermediate Yoga</b></li></ul>	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none"><li>• <b>Dinner</b></li></ul>	

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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"><li>• <b>Gentle Yoga and Meditation</b></li><li>• <b>Intermediate Yoga and Meditation</b></li></ul>	To Be Determined To Be Determined
7:30–9:00 am	<ul style="list-style-type: none"><li>• <b>Breakfast</b></li></ul>	
9:30–11:00 am	<ul style="list-style-type: none"><li>• <b>Workshop: The Answer to “Seriously, This is My Life?”</b></li></ul>	To Be Determined
9:30–11:30 am	<ul style="list-style-type: none"><li>• <b>Guided Hiking</b></li></ul> <p><i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></p>	Lobby*
11:30–1:00 pm	<ul style="list-style-type: none"><li>• <b>Lunch</b></li></ul>	

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# R&R DAILY SCHEDULE

**Tuesday** November 16

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
4:45–5:45 pm	<ul style="list-style-type: none"><li>• <b>Gentle Yoga</b></li><li>• <b>Intermediate Yoga</b></li></ul>	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none"><li>• <b>Dinner</b></li></ul>	
7:30–8:30 pm	<ul style="list-style-type: none"><li>• <b>Intention Setting: Navigating Your Kripalu Experience</b></li><li>• <b>Restorative Yoga</b></li></ul>	To Be Determined 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"><li>• <b>Gentle Yoga and Meditation</b></li><li>• <b>Intermediate Yoga and Meditation</b></li></ul>	To Be Determined To Be Determined
7:30–9:00 am	<ul style="list-style-type: none"><li>• <b>Breakfast</b></li></ul>	
9:30–11:00 am	<ul style="list-style-type: none"><li>• <b>Self-Care Workshop: Reconnecting in a Pandemic World</b></li></ul>	To Be Determined
9:30–11:30 am	<ul style="list-style-type: none"><li>• <b>Guided Hiking</b> <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></li></ul>	Lobby*
11:30 am–1:30 pm	<ul style="list-style-type: none"><li>• <b>Lunch</b></li></ul>	
12:00–1:00 pm	<ul style="list-style-type: none"><li>• <b>All Levels Yoga</b></li></ul>	To Be Determined
2:00–4:00 pm	<ul style="list-style-type: none"><li>• <b>Guided Hiking</b> <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></li></ul>	Lobby*
2:30–3:30 pm	<ul style="list-style-type: none"><li>• <b>YogaDance®</b> <i>Open to all, no dance experience necessary.</i></li></ul>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none"><li>• <b>Ayurveda Workshop: Soothing the Nervous System</b></li></ul>	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none"><li>• <b>Gentle Yoga</b></li><li>• <b>Intermediate Yoga</b></li></ul>	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none"><li>• <b>Dinner</b></li></ul>	

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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"><li>• <b>Gentle Yoga and Meditation</b></li><li>• <b>Intermediate Yoga and Meditation</b></li></ul>	To Be Determined To Be Determined
7:30–9:00 am	<ul style="list-style-type: none"><li>• <b>Breakfast</b></li></ul>	
9:30–11:00 am	<ul style="list-style-type: none"><li>• <b>Yoga Workshop: Body in Balance</b></li></ul>	To Be Determined
9:30–11:30 am	<ul style="list-style-type: none"><li>• <b>Guided Hiking</b></li></ul> <p><i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></p>	Lobby*
11:30 am–1:30 pm	<ul style="list-style-type: none"><li>• <b>Lunch</b></li></ul>	
12:00–1:00 pm	<ul style="list-style-type: none"><li>• <b>Integration Practice: Share Circle</b></li></ul>	To Be Determined
2:00–4:00 pm	<ul style="list-style-type: none"><li>• <b>Guided Hiking</b></li></ul> <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"><li>• <b>YogaDance®</b></li></ul> <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"><li>• <b>Meditation Workshop</b></li></ul>	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none"><li>• <b>Gentle Yoga</b></li><li>• <b>Intermediate Yoga</b></li></ul>	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none"><li>• <b>Dinner</b></li></ul>	

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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"> <li>• <b>Gentle Yoga and Meditation</b></li> <li>• <b>Intermediate Yoga and Meditation</b></li> </ul>	<p>To Be Determined</p> <p>To Be Determined</p>
7:30–9:00 am	<ul style="list-style-type: none"> <li>• <b>Breakfast</b></li> </ul>	
9:30–11:00 am 9:30–11:30 am	<ul style="list-style-type: none"> <li>• <b>Self-Care Workshop: Grief, Loss, and Renewal</b></li> <li>• <b>Guided Hiking</b></li> </ul> <p><i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></p>	<p>To Be Determined</p> <p>Lobby*</p>
11:30 am–1:30 pm	<ul style="list-style-type: none"> <li>• <b>Lunch</b></li> </ul>	
12:00–1:00 pm	<ul style="list-style-type: none"> <li>• <b>Yoga Nidra</b></li> </ul>	To Be Determined
2:30–3:30 pm	<ul style="list-style-type: none"> <li>• <b>YogaDance®</b></li> </ul> <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"> <li>• <b>Workshop: Nature and Mindfulness</b></li> </ul>	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none"> <li>• <b>Gentle Yoga</b></li> <li>• <b>Intermediate Yoga</b></li> </ul>	<p>To Be Determined</p> <p>To Be Determined</p>
5:30–7:30 pm	<ul style="list-style-type: none"> <li>• <b>Dinner</b></li> </ul>	
7:30–8:30 pm	<ul style="list-style-type: none"> <li>• <b>Harmonic Soundscape</b></li> <li>• <b>Intention Setting: Navigating Your Kripalu Experience</b></li> </ul>	<p>To Be Determined</p> <p>To Be Determined</p>

\*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"> <li>• <b>Gentle Yoga and Meditation</b></li> <li>• <b>Intermediate Yoga and Meditation</b></li> </ul>	To Be Determined To Be Determined
7:30–9:00 am	<ul style="list-style-type: none"> <li>• <b>Breakfast</b></li> </ul>	
9:30–11:00 am	<ul style="list-style-type: none"> <li>• <b>Workshop: Creating Our Emerging World with Collective Wisdom</b></li> </ul>	To Be Determined
9:30–11:30 am	<ul style="list-style-type: none"> <li>• <b>Guided Hiking</b> <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></li> </ul>	Lobby*
11:30 am–1:00 pm	<ul style="list-style-type: none"> <li>• <b>Lunch</b></li> </ul>	
11:30–12:30 pm	<ul style="list-style-type: none"> <li>• <b>Integration Practice: Share Circle</b></li> </ul>	To Be Determined
2:00–4:00 pm	<ul style="list-style-type: none"> <li>• <b>Guided Hiking</b> <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></li> </ul>	Lobby*
2:30–3:30 pm	<ul style="list-style-type: none"> <li>• <b>YogaDance®</b> <i>Open to all, no dance experience necessary.</i></li> </ul>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none"> <li>• <b>Transformational Workshop</b></li> </ul>	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none"> <li>• <b>Gentle Yoga</b></li> <li>• <b>Intermediate Yoga</b></li> </ul>	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none"> <li>• <b>Dinner</b></li> </ul>	

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

# R&R DAILY SCHEDULE

**Sunday** November 21

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

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

# R&R DAILY SCHEDULE

**Tuesday** November 23

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

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

# R&R DAILY SCHEDULE

**Wednesday** November 24

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none"><li>• <b>Gentle Yoga and Meditation</b></li><li>• <b>Intermediate Yoga and Meditation</b></li></ul>	To Be Determined To Be Determined
7:30–9:00 am	<ul style="list-style-type: none"><li>• <b>Breakfast</b></li></ul>	
9:30–11:00 am	<ul style="list-style-type: none"><li>• <b>Self-Care Workshop: Reconnecting in a Pandemic World</b></li></ul>	To Be Determined
9:30–11:30 am	<ul style="list-style-type: none"><li>• <b>Guided Hiking</b></li></ul> <p><i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></p>	Lobby*
11:30 am–1:00 pm	<ul style="list-style-type: none"><li>• <b>Lunch</b></li></ul>	
11:30–12:30 pm	<ul style="list-style-type: none"><li>• <b>Integration Practice: Share Circle</b></li></ul>	To Be Determined
2:00–4:00 pm	<ul style="list-style-type: none"><li>• <b>Guided Hiking</b></li></ul> <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"><li>• <b>YogaDance®</b></li></ul> <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"><li>• <b>Ayurveda Workshop: Soothing the Nervous System</b></li></ul>	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none"><li>• <b>Gentle Yoga</b></li><li>• <b>Intermediate Yoga</b></li></ul>	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none"><li>• <b>Dinner</b></li></ul>	

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

# R&R DAILY SCHEDULE

**Thursday** November 25

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

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

# R&R DAILY SCHEDULE

**Friday** November 26

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none"> <li>• <b>Gentle Yoga and Meditation</b></li> <li>• <b>Intermediate Yoga and Meditation</b></li> </ul>	To Be Determined To Be Determined
7:30–9:00 am	<ul style="list-style-type: none"> <li>• <b>Breakfast</b></li> </ul>	
9:30–11:00 am 9:30–11:30 am	<ul style="list-style-type: none"> <li>• <b>Self-Care Workshop: The Gift of Self-Compassion</b></li> <li>• <b>Guided Hiking</b> <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></li> </ul>	To Be Determined Lobby*
11:30 am–1:00 pm	<ul style="list-style-type: none"> <li>• <b>Lunch</b></li> </ul>	
11:30–12:30 pm	<ul style="list-style-type: none"> <li>• <b>Integration Practice: Share Circle</b></li> </ul>	To Be Determined
2:00–4:00 pm	<ul style="list-style-type: none"> <li>• <b>Guided Hiking</b> <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></li> </ul>	Lobby*
2:30–3:30 pm	<ul style="list-style-type: none"> <li>• <b>YogaDance®</b> <i>Open to all, no dance experience necessary.</i></li> </ul>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none"> <li>• <b>Healing Arts Workshop: Positional Therapy</b></li> </ul>	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none"> <li>• <b>Gentle Yoga</b></li> <li>• <b>Intermediate Yoga</b></li> </ul>	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none"> <li>• <b>Dinner</b></li> </ul>	
7:30–8:30 pm	<ul style="list-style-type: none"> <li>• <b>Himalayan Bowl Sound Meditation</b></li> <li>• <b>Intention Setting: Navigating Your Kripalu Experience</b></li> </ul>	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"><li>• <b>Gentle Yoga and Meditation</b></li><li>• <b>Intermediate Yoga and Meditation</b></li></ul>	To Be Determined To Be Determined
7:30–9:00 am	<ul style="list-style-type: none"><li>• <b>Breakfast</b></li></ul>	
9:30–11:00 am 9:30–11:30 am	<ul style="list-style-type: none"><li>• <b>Workshop</b></li><li>• <b>Guided Hiking</b></li></ul> <p><i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></p>	To Be Determined Lobby*
11:30 am–1:00 pm	<ul style="list-style-type: none"><li>• <b>Lunch</b></li></ul>	
11:30–12:30 pm	<ul style="list-style-type: none"><li>• <b>Integration Practice: Share Circle</b></li></ul>	To Be Determined
2:00–4:00 pm	<ul style="list-style-type: none"><li>• <b>Guided Hiking</b></li></ul> <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"><li>• <b>YogaDance®</b></li></ul> <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"><li>• <b>Transformational Workshop</b></li></ul>	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none"><li>• <b>Gentle Yoga</b></li><li>• <b>Intermediate Yoga</b></li></ul>	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none"><li>• <b>Dinner</b></li></ul>	

\*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"><li>• <b>Gentle Yoga and Meditation</b></li><li>• <b>Intermediate Yoga and Meditation</b></li></ul>	To Be Determined To Be Determined
7:30–9:00 am	<ul style="list-style-type: none"><li>• <b>Breakfast</b></li></ul>	
9:30–11:00 am	<ul style="list-style-type: none"><li>• <b>Life Skill Workshop: Navigating with Breath and Awareness</b></li></ul>	To Be Determined
9:30–11:30 am	<ul style="list-style-type: none"><li>• <b>Guided Hiking</b></li></ul> <p><i>Advance registration is required. Please contact Registrations before arrival to sign up.</i></p>	Lobby*
11:30–1:00 pm	<ul style="list-style-type: none"><li>• <b>Lunch</b></li></ul>	

\*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"><li>• <b>Gentle Yoga</b></li><li>• <b>Intermediate Yoga</b></li></ul>	To Be Determined To Be Determined
5:30–7:30 pm	<ul style="list-style-type: none"><li>• <b>Dinner</b></li></ul>	
7:30–8:30 pm	<ul style="list-style-type: none"><li>• <b>Intention Setting: Navigating Your Kripalu Experience</b></li><li>• <b>Gentle Yoga</b></li></ul>	To Be Determined To Be Determined

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