

R&R DAILY SCHEDULE

Friday October 1

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 	<p>To Be Determined</p> <p>To Be Determined</p>
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 <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i> • Self-Guided Kayaking 	<p>To Be Determined</p> <p>Lobby*</p> <p>Lakefront*</p>
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
2:30–3:30 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: Creating Our Emerging World with Collective Wisdom • Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i> • Guided Kayaking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i> 	<p>To Be Determined</p> <p>Lobby*</p> <p>Lakefront*</p>
4:45–5:45 pm	<ul style="list-style-type: none"> • Gentle Yoga • Intermediate Yoga 	<p>To Be Determined</p> <p>To Be Determined</p>
5:30–7:30 pm	<ul style="list-style-type: none"> • Dinner 	
7:30–8:30 pm	<ul style="list-style-type: none"> • Yoga Nidra 	To Be Determined

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

R&R DAILY SCHEDULE

Saturday October 2

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: Dinacharya and the Ayurvedic Clock• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>• Self-Guided Kayaking	To Be Determined Lobby* Lakefront*
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
2:30–3:30 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">• Body Scan Meditation• Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>• Guided Kayaking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	To Be Determined Lobby* Lakefront*
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 October 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">• Restorative Yoga• 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 October 5

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	To Be Determined

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

R&R DAILY SCHEDULE

Wednesday October 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">• Self-Care Workshop: Reconnecting in a Pandemic World• 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>• Self-Guided Kayaking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	Lobby* Lakefront*
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: Ayurvedic Yoga Flow for Fall	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 October 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: Exploring Standing Poses• 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>• Guided Kayaking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	Lobby* Lakefront*
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	

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R&R DAILY SCHEDULE

Friday October 8

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 	
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> • Guided Kayaking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i> 	Lobby* Lakefront*
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"> • Healing Arts Workshop: Positional Therapy 	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"> • Himalayan Bowl Sound Meditation • Intention Setting: Navigating Your Kripalu Experience • Gentle Yoga 	To Be Determined To Be Determined To Be Determined

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R&R DAILY SCHEDULE

Saturday October 9

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 	<p>To Be Determined</p> <p>To Be Determined</p>
7:30–9:00 am	<ul style="list-style-type: none"> • Breakfast 	
9:30–11:00 am	<ul style="list-style-type: none"> • Ayurveda and Yoga Workshop: The Sister Sciences • Mindfulness Workshop: A Path to Freedom • Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i> • Self-Guided Kayaking 	<p>To Be Determined</p> <p>To Be Determined</p> <p>Lobby*</p> <p>Lakefront*</p>
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> • Guided Kayaking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i> 	<p>Lobby*</p> <p>Lakefront*</p>
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"> • Self-Care Workshop: Finding the Calm Within 	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none"> • Gentle Yoga • Intermediate Yoga 	<p>To Be Determined</p> <p>To Be Determined</p>
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

Sunday October 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">• Yoga Workshop: Exploring the Koshas• 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 To Be Determined Lobby*
11:30–1:30 pm	<ul style="list-style-type: none">• Lunch	To Be Determined
12:00–1:00 pm	<ul style="list-style-type: none">• Integration Practice: Share Circle	To Be Determined
2:30–3:30 pm	<ul style="list-style-type: none">• YogaDance® <i>Open to all, no dance experience necessary.</i>• Tarot Workshop: Introduction to Increasing Intuition	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	

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R&R DAILY SCHEDULE

Monday October 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	

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R&R DAILY SCHEDULE

Tuesday October 12

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	To Be Determined

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R&R DAILY SCHEDULE

Wednesday October 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">• Self-Care Workshop: Reconnecting in a Pandemic World• 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>• Guided Kayaking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	Lobby* Lakefront*
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	

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R&R DAILY SCHEDULE

Thursday October 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 	<p>To Be Determined</p> <p>To Be Determined</p>
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: The Eight Limbed Path • Guided Hiking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i> 	<p>To Be Determined</p> <p>Lobby*</p>
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> • Guided Kayaking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i> 	<p>Lobby*</p> <p>Lakefront*</p>
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 	<p>To Be Determined</p> <p>To Be Determined</p>
5:30–7:30 pm	<ul style="list-style-type: none"> • Dinner 	

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R&R DAILY SCHEDULE

Friday October 15

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 	<p>To Be Determined</p> <p>To Be Determined</p>
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 <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i> 	<p>To Be Determined</p> <p>Lobby*</p>
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> • Guided Kayaking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i> 	<p>Lobby*</p> <p>Lakefront*</p>
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"> • Healing Arts Workshop: Positional Therapy 	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none"> • Gentle Yoga • Intermediate Yoga 	<p>To Be Determined</p> <p>To Be Determined</p>
5:30–7:30 pm	<ul style="list-style-type: none"> • Dinner 	
7:30–8:30 pm	<ul style="list-style-type: none"> • Himalayan Bowl Sound Meditation • Intention Setting: Navigating Your Kripalu Experience 	<p>To Be Determined</p> <p>To Be Determined</p>

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R&R DAILY SCHEDULE

Saturday October 16

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: Creating Our Emerging World with Collective Wisdom• 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>• Guided Kayaking <i>Advance registration is required. Please contact Registrations before arrival to sign up.</i>	Lobby* Lakefront*
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">• Tarot Workshop: 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 October 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">• Yoga Workshop: Exploring Backbends• 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

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R&R DAILY SCHEDULE

Tuesday October 19

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

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R&R DAILY SCHEDULE

Wednesday October 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">• 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">• 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: 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 October 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">• Workshop: Metta Meditation• 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	

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R&R DAILY SCHEDULE

Friday October 22

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 	
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"> • Healing Arts Workshop: Positional Therapy 	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"> • Himalayan Bowl Sound Meditation • 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 October 23

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">• 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">• 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	

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

R&R DAILY SCHEDULE

Sunday October 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">• Resilience Workshop• 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 October 26

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.

R&R DAILY SCHEDULE

Wednesday October 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">• Life Skill Workshop: Living With Curiosity, Compassion & Courage• 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">• 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	

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

R&R DAILY SCHEDULE

Thursday October 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: Exploring Twists• 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">• 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 October 29

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 	
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"> • Healing Arts Workshop: Positional Therapy 	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"> • Himalayan Bowl Sound Meditation • 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 October 30

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 <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">• 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 October 31

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">• Tarot Workshop: Introduction to Increasing Intuition• 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.