SUMMER PREVIEW
June–August 2023

STOCKBRIDGE, MA | KRIPALU.ORG
Like yoga itself, Kripalu is much more than its physical manifestation. It is a way of life—a powerful source of transformative wisdom and practice. We invite you to immerse yourself in our offerings and mission, both on campus and online.
Summer on Kripalu’s more than 100-acre campus is when the landscape opens to its full potential—as you do the same. Breathe deeply under the breathtakingly blue skies. Delight in the fresh local produce. Celebrate the long days and cool nights of our magnificent summertime season. Located just 2.5 hours north of New York City and west of Boston, Kripalu is accessible by train that brings you to nearby Pittsfield. The beautiful campus sits on land with incredible healing power, and has exquisite views of surrounding woodlands, valleys, and the serene Lake Mahkeenac.

Whether your visit to Kripalu is for a presenter-led program, self-guided retreat, or an immersive training, your time on campus is designed to be filled with nourishment, community, and time for reflection and renewal. Compassion, care, and insight are inherent parts of every stay at Kripalu. Our Kripalu Yoga teachers and Mindful Outdoor Leadership guides employ the distinctive methodology of Swami Kripalu, whose very name means compassion. Our signature Healing Arts services and Ayurvedic-inspired meals are intentional ways we help you care for yourself.

SUNNY SUMMER DAYS

Grow, thrive, bloom. Renew yourself and embrace the abundance—outside as well as within—on campus at Kripalu.

NEW ON CAMPUS

New programs and retreats are added to the schedule daily. For a full list of upcoming offerings, visit kripalu.org/campus

MORNING

- Welcome the rising sun with an early Kripalu Yoga class.
- Nourish your body with whole grain bread, organic tea, and other treats during Silent Breakfast.
- Nurture your mind and spirit through a program session or R&R workshop, then spend time reflecting on your experience.

AFTERNOON

- Discover the healing power of bodywork, energy work, and more through our signature Healing Arts treatments.
- Energize yourself through spontaneous and playful movement in a Kripalu YogaDance® class.
- Explore the beauty of our fields and forests during a meditative hike or visit our private lakefront area.

EVENING

- Enjoy friends—both old and new—during a nutritious dinner created from local, fresh ingredients and prepared with love by our Executive Chef and Dining team.
JUNE HIGHLIGHTS: ON CAMPUS PROGRAMS

This summer, immerse yourself in our abundant programs meant to move you toward greater self-discovery. Grow, move, and explore topics ranging from Ayurveda to sacred art.

June 6–9 | Tuesday–Friday
Kripalu Outdoors
Archery as a Spiritual Doorway
Micah Mortali

June 9–11 | Friday–Sunday
Express Your Sparkle
A Queer and Trans Yoga Retreat
Jacoby Ballard, Susanna Barkatoki, and David Kam

June 9–11 | Friday–Sunday
Indigenous Wisdom and Yoga
Sharon Stevens and Jennifer Reis

June 9–11 | Friday–Sunday
Zentangle Garden
Seed and Organic Tangles
Molly Hollbaugh and Martha Higgins

Explore programs offered exclusively on the Kripalu campus.
For MORE programs, full descriptions, prices, and to book online, visit kripalu.org/calendar.
WHAT’S INCLUDED
For a full list of what’s included in your R&R stay and to book, visit kripalu.org/retreat

10 Kripalu R&R
A Self-Guided Retreat

The Kripalu R&R experience allows you the freedom to choose what you need while you’re here. Maybe it’s a full schedule of yoga classes, Healing Arts, and outdoor activities like hiking and kayaking. Maybe you’re craving a lot of free time for reflection and rest. Whatever path you take, you’ll enjoy delicious healthy meals from the Kripalu Kitchen and the support and care of our beloved faculty.

Whether you need a single day of retreat or crave a weeklong experience, Kripalu R&R is offered every day, all year long. Drop in this summer and let the transformative healing begin.

DAILY YOGA AND MOVEMENT CLASSES
From gentle yoga to vinyasa, from yoga nidra to YogaDance®, all levels are offered throughout the day.

GUIDED OUTDOOR ACTIVITIES
From hiking to kayaking, each day our staff leads mindful outdoor activities on our 100+ acre campus.

TIME FOR HEALING
Choose what you need from our spacious schedule, which follows the Ayurvedic clock and the Kripalu approach to life.
JULY HIGHLIGHTS: ON CAMPUS PROGRAMS

Walk the path of love with Kripalu’s beloved faculty and emerging voices. Learn meditation and resilience, practice yoga, and experience healing. It’s all right here.

July 2–7 | Sunday–Friday
INTERNAL FAMILY SYSTEMS THERAPY
Embodying the Healing Wisdom
Richard C. Schwartz and Sarah B. Stewart

July 2–7 | Sunday–Friday
YOGA FOR YOUR MOOD
Trauma Informed Practices to Restore Your Nervous System
Amy Weintraub and Joanne Spence

July 7–9 | Friday–Sunday
THE ESSENTIAL KRIPALU RETREAT
Pilin Anice and Jess Frey

July 7–9 | Friday–Sunday
CREATING TRANSFORMATIONAL WORKSHOPS
An Introduction to Experiential Mind-Body Teaching
Ken Nelson, Ledi Lang, and David Rionka

July 7–9 | Friday–Sunday
FREEING YOUR VOICE WITH YOGA
Jurian Hughes

July 7–9 | Friday–Sunday
THE CONNECTION BETWEEN NUTRITION AND MENTAL HEALTH DISORDERS
A Conference for Healthcare Professionals
Susan A. Masino, Georgia Ede, Jeffrey D. Rediger, and more
For MORE programs, full descriptions, prices, and to book online, visit kripalu.org/calendar.
Ancient wisdom for modern times.

Kripalu was born as an ashram rooted in yogic wisdom, with the intention to support individuals in their journey of liberation. We evolved into an educational center, hosting renowned spiritual teachers like Deepak Chopra, Caroline Myss, Tara Brach, and Jack Kornfield to continue this work. In response to our working world, our purpose has expanded to igniting both personal and societal transformation, with community care as our focus. In building a community of belonging, our spiritual path of growth is rooted in service.

As a woman of color whose lineage integrates many cultures, religions, races, identities, and belief systems, it is important that the places I go to for my spiritual work reflect the multitude that exists within me, within all of us. Through mutual care we remember that we are all unique, interconnected expressions of wholeness.

Compassionate community framework weaves conscious leadership with conscious fellowship, intentionally expanding the voices we center. By realizing regenerative principles such as working in right relationship, empowered partnership, and innovative, adaptive responsiveness, we move towards Kripalu’s vision of a world united in service, well-being, justice, and peace.

In complement to Kripalu’s existing teachers, I am excited to announce our Visionaries 2023, a cohort of change-making leaders who will journey together this year in partnership with Kripalu and with one another, leading us in emergent collective dialogue both on campus and online. We are ready to listen and learn.

Join us at kripalu.org to explore our Visionaries 2023 program schedule, and to become a part of this inspiring initiative.

ESET ROSE
Director of Creative Strategy & Programming

Eset is a creative leadership guide and program strategist who brings a multidimensional vision to our program offerings. She is an artist, a teacher of healing, and has been instrumental in putting Kripalu’s purpose of igniting personal and societal transformation at the center of everything we do.

VISIONARIES 2023

Doing work that counts.

That is our mission at Kripalu, and we are committed to making a positive impact on our world through the transformative wisdom and practive of yoga. How exactly are we doing that? Let us count the ways. The numbers above show some of the progress we’ve made over the last year towards equity, climate justice, and service to all.

We are proud of this work, but we cannot do it alone. Our generous donors have made it possible to ignite personal and societal transformation through scholarships, special programs to allow more reach and access to Kripalu, and so much more. Please consider donating at kripalu.org/donate to share yoga more widely and fairly.
AUGUST HIGHLIGHTS: ON CAMPUS PROGRAMS

Our signature programs and gorgeous, lush campus help you expand your mind, explore your spirit, and open your heart to the wider world.

July 30–August 4   |  Sunday–Friday
Kripalu Outdoors
Hiking, Yoga, and Kayaking
Evelyn Gonzalez and Katie Hagel

August 4–6   |  Friday–Sunday
THE SPIRITUAL PATH OF INTIMATE RELATIONSHIP
Yoga of Intimacy
Londin Angel Winters and Justin Patrick Pierce

August 4–6   |  Friday–Sunday
GETTING THE LOVE YOU WANT
A Couples Retreat
Harville Hendrix and Helen LaKelly Hunt

August 4–6   |  Friday–Sunday
FUSION BELLY DANCE FLOW
Ebony Qualls

August 4–6   |  Friday–Sunday
YOGA AND AYURVEDA FOR SUMMER
Pitta Balancing
Kari Harendorf and Larissa Hall Carlson

August 6–11   |  Sunday–Friday
COME HOME TO YOURSELF
A Summer Yoga and Meditation Retreat
Stephen Cope and Missy Brown
AUGUST HIGHLIGHTS: ON CAMPUS PROGRAMS

August 6–11 | Sunday–Friday
AWAKENING IN THE OUTDOORS
Meditation, Healing, and Earth Connection
Ralph De La Rosa and Eric Zimmer

August 9–13 | Wednesday–Sunday
TRAINING IN PARTNER YOGA
Level 1
Elysebeth Williamson, Gina Lee, and Lara Christine

August 11–15 | Friday–Sunday
THE ESSENTIAL KRIPALU RETREAT
Sadia Bruce

August 15–18 | Sunday–Friday
THE ART AND SCIENCE OF NONDUAL MEDITATION
Ancient Wisdom Teachings for Enlightened Living
Richard Miller

August 15–18 | Sunday–Friday
RENEW AND REFINE YOUR TEACHING
Noah Mazé and Nichol Chase

August 20–25 | Sunday–Friday
40 HOUR BRYAN KEST POWER YOGA TRAINING AND IMMERSION
Bryan Kest

August 24–27 | Thursday–Sunday
EMBODIED WRITING
Enchanted Home of the Soul
Junaudah Petrus and Monique Schubert

August 25–27 | Friday–Sunday
CONTEMPLATING THE DARK AND LIGHT LAYERS OF YIN
A Yoga and Meditation Retreat
Kiesha Battles, Candace A. Jennings, and Raudhah Rahman

August 26–September 1 | Friday–Friday
YOGA AND AYURVEDA FOR HEALTHY AGING
The Next Chapter
Baxter Bell and Melina Meza

August 27–September 1 | Sunday–Friday
BECOME A CERTIFIED ANGELIC ADVISOR
Radleigh Valentine

August 27–September 1 | Sunday–Friday
CULTIVATE ENERGY WISDOM FOR HEALTH, HEALING, AND HAPPINESS
Mingtong Gu

For MORE programs, full descriptions, prices, and to book online, visit kripalu.org/calendar

August 11–13 | Friday–Sunday
THE MELT METHOD SELF-CARE IMMERSION
Kerrie Bodendorf

August 11–13 | Friday–Sunday
LOVING TOUCH COUPLES THAI MASSAGE
Healing from Isolation
Shai Plinsky

August 11–13 | Friday–Sunday
THE ART OF REIKI
Level I
Libby Barnett

August 20–25 | Sunday–Friday
RENEW AND REFINE YOUR TEACHING
Noah Mazé and Nichol Chase

August 25–27 | Friday–Sunday
EMBODIED WRITING
Enchanting the Home of the Soul
Junauda Petrus and Monique Schubert

August 27–September 1 | Sunday–Friday
BECOME A CERTIFIED ANGELIC ADVISOR
Radleigh Valentine

August 27–September 1 | Sunday–Friday
CULTIVATE ENERGY WISDOM FOR HEALTH, HEALING, AND HAPPINESS
Mingtong Gu

AUGUST HIGHLIGHTS: ON CAMPUS PROGRAMS

August 13–18 | Sunday–Friday
RENEW AND REFINE YOUR TEACHING
Noah Mazé and Nichol Chase

August 15–18 | Sunday–Friday
SELF-LOVE IN CYNICAL TIMES
Carrie Grossman

August 18–20 | Friday–Sunday
BRAIDING SWEETGRASS
Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants
Robin Wall Kimmer

August 25–September 1 | Friday–Friday
YOGA AND AYURVEDA FOR HEALTHY AGING
The Next Chapter
Baxter Bell and Melina Meza

August 27–September 1 | Sunday–Friday
CULTIVATE ENERGY WISDOM FOR HEALTH, HEALING, AND HAPPINESS
Mingtong Gu

20 BOOK NOW @KRIPALU.ORG | 413.448.3152 21 BOOK NOW @KRIPALU.ORG | 413.448.3152
A YURVEDA
Ayurveda, India’s traditional system of medicine, is thousands of years old and is often called the oldest continuously practiced healthcare system in the world. At the Kripalu School of Ayurveda, learn to guide others to live their fullest lives through the cultivation of nourishing practices that foster vitality and well-being.

HYBRID | September 6, 2023–May 24, 2024
450-Hour Clinical Training in Ayurveda
(650-Hour Ayurveda Health Counselor track)

INTEGRATIVE YOGA THERAPY
The Kripalu School Integrative Therapeutic Yoga Teacher combines yoga’s most powerful tools with leading research across a variety of disciplines. The trainings help you guide individuals on their journey toward balance, health, and happiness.

ON CAMPUS | July 10–23, 2023
Foundations of Yoga Therapy, Part 1

ONLINE | August 11–September 24, 2023
Foundations of Yoga Therapy, Part 2

MINDFUL OUTDOOR LEADERSHIP
Meaningful connection with nature is an essential part of a healthy and balanced life. The Kripalu School of Mindful Outdoor Leadership is designed for those who are called to share nature’s gifts by integrating their love of the outdoors with mindfulness.

ON CAMPUS | September 22–October 1, 2023
Level I: Forest Community

ON CAMPUS | October 15–22, 2023
Level 2: Aligning with Nature

EXPLORE MORE
Check out a full list of program descriptions, prerequisites, and dates at kripalu.org/schools
TAP INTO YOUR DEEPEST INTUITION

At Kripalu, Healing Arts services are more than massage and bodywork. Access your inner wisdom with metaphysical offerings designed to help you decipher the symbolic messages the universe is sending you.

AKASHIC RECORD READING
Gain insight into the nature of your individual soul and use the records to confirm you have the power to make your own choices and create your own experience.

INTEGRATIVE DIVINATION
Discover a combination of divinatory tools from a variety of traditions including the Chinese systems of I Ching, Qi Men Dun Jia, and 60 Pillars, as well as Western systems of Tarot, Oracle cards, and dowsing to provide insight and life guidance.

SOUND THERAPY
Healing with sound can support and offer relief from ailments such as stress, depression, anxiety, trauma, addiction, pain, and moodiness. The bowls will be placed on and around the body to bring you into balance.

SPiritual Chinese ASTROLOGY
Reveal your spiritual gifts and talents, how to grow them, and, most important, how to incorporate them into your life, all while discovering your personal-best directions that align with spiritual energies for spiritual cultivation and personal empowerment.

TAROT READINGS
Explore a system of archetypal cards and delve into the collective subconscious, reflect on possibilities and perspectives, and access your intuitive wisdom. Unlock deeper levels of self-awareness, creating a more holistic approach to navigating your personal journey.

Book your Healing Arts service at kripalu.org/healing-arts

Kripalu Kitchen Recipe

Chickpea Fritter Recipe

**METHOD**
- 15 oz can of chickpeas
- 2 tsp chopped garlic
- ⅓ cup diced red pepper
- 1 tbsp olive oil
- ½ cup nutritional yeast
- ½ bunch of parsley, finely chopped
- 6 scallions, thinly sliced
- 2 tsp flaxseed soaked in ¼ cup water
- ⅛ cup chickpea flour
- ¼ cup dijon mustard
- 2 tbsp jalapeño, finely diced
- ½ cup diced onion
- 1 cup chickpea flour

Drain and rinse chickpeas; reserve liquid. Mash chickpeas (or put in food processor) until roughly chopped. Transfer to bowl.

Sauté onions and garlic in pan until translucent. Set aside to cool.

Add to chickpeas all the remaining ingredients except chickpea flour. Mix well until ingredients are evenly distributed, then add flour to bind the mixture. If the mix seems too wet, add more chickpea flour. If the mix seems too dry, add some of the reserved chickpea brine. Form into cakes, sear in a sauté pan, and then finish in the oven until thoroughly heated.

**STEPHEN SHERMAN**
Executive Chef
Steve brings his culinary creativity to Kripalu from some of the finest restaurant kitchens in the Northeast, and the results are as healthy as they are delicious.

*Chickpea Fritter Recipe*
ONLINE PROGRAM HIGHLIGHTS

Explore a selection of our upcoming online programs and dive deep into your practice while in the comfort of your home.

June 5–26
THE WISDOM AND MEDICINE OF TREES
Healing the Planet and Ourselves
Lindsay Brinham

June 7–July 12
LOVING YOUR WAY TO AWAKENING
How to Walk a Devotional Path
Sally Kempton

June 9–30
LOVE IN ACTION
The Kripalu Approach to Personal and Collective Leadership
Edi Pasalis and Allie Middleton

July 13
THE ARTIST’S WAY
The Basic Tools
Julia Cameron

July 20
LUCID DREAMING
Your Portal to the Multiverse
Deborah King

August 5–24
KRIPALU MEDITATION IN MOTION
Anandama-charly Rahman

Your At-Home Studio

Your online community is growing every month with Kripalu’s exclusive monthly online subscription. Practice with expert faculty in 10+ live classes a week all at less than $2 a class.

KRIPALU ONLINE STUDIO
Live Yoga, Meditation, and More
Kripalu Faculty

BOOK YOUR HEALING ARTS
We recommend making appointments in advance for a massage, facial, energy work, or any of our metaphysical offerings.

VIEW OUR COVID-19 SAFETY GUIDELINES @kripalu.org/safety

FOR ANSWERS TO OUR FAQs, visit @kripalu.org/FAQ

CATALOG CORRECTIONS POLICY. We try to ensure the accuracy of information. Changes of the last minute and errors do occasionally occur, and we reserve the right to make necessary changes and corrections. MAILING LIST. To request that your address be removed from our mailing list, contact us at registration@kripalu.org. “Kripalu” is a registered trademark of Kripalu Center for Yoga & Health.

PLAN YOUR VISIT

1. CHOOSE YOUR EXPERIENCE.

RETREAT & RENEWAL
Designed for healing and renewal, our signature retreat—available as a day pass or overnight stay—features daily classes, activities, and meals.

PROGRAMS
Join world-renowned thought leaders and Kripalu Faculty to immerse yourself in a variety of topics from yoga and mindfulness to social justice and holistic health.

2. CHOOSE YOUR ROOM TYPE.

SHADOWBROOK
Choose from standard, classic, or economy rooms—situated in the iconic main building—with or without a view.

ANXEX
Select a room in our newer, more recently renovated addition with or without a view.

3. REGISTER ONLINE @KRIPALU.ORG OR BY PHONE

BOOK YOUR HEALING ARTS
We recommend making appointments in advance for a massage, facial, energy work, or any of our metaphysical offerings.

VIEW OUR COVID-19 SAFETY GUIDELINES @kripalu.org/safety

FOR ANSWERS TO OUR FAQs, visit @kripalu.org/FAQ

YOUR COST PER NIGHT INCLUDES:
• Three daily all-natural, delicious meals from the Kripalu Kitchen.
• Access to 100+ acres of hiking trails, walking paths, private lakefront, and indoor amenities—including the fitness center and the Kripalu Shop and Café.
• Daily movement classes (such as yoga and dance).
• The most breathtaking views in the Berkshires.
• Connection and community—with share circles and many other opportunities to gather with fellow guests.

SCHOOLS
Explore on-campus, online, and hybrid programs led by our exceptional faculty and specifically designed to help you find your community, deepen your practice, and share your passion with the world.
Top 5 REASONS TO COME IN SUMMER

1. MAKE A SPLASH
   Kayak, paddleboard, swim, or just enjoy our beach.

2. REST AND RELAX
   'Tis the season for naps, lazy days, and yoga nidra.

3. A BOUNTY OF OFFERINGS
   Everything grows in summer, even our program list!

4. COOL, CALMING FACIALS
   One of many ways to enjoy the ahhh of our Healing Arts.

5. TASTES OF THE SEASON
   Fresh fruits and veggies make for vibrant summer meals.