

PLAN YOUR
SUMMER RETREAT

50+ ON CAMPUS
AND ONLINE PROGRAMS

KRIPALU BY
THE NUMBERS

Kripalu®



SUMMER PREVIEW

June–August 2023

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IT'S ALL YOGA

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.



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FOR MODERN TIMES

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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.



SUNNY SUMMER DAYS

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

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.

NEW ON CAMPUS

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

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.



Kripalu
Signature

Explore programs offered exclusively on the Kripalu campus.

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 2-4 | Friday-Sunday
BONE HEALTH
Yoga for Osteoporosis
Loren Fishman and Liz Larson



June 2-4 | Friday-Sunday
SHE RISES!
Awakening Female Archetypes of Empowerment and Leadership
Anodea Judith and Melinda Matzell Grannan



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 Barkataki, and David Kam



June 9-11 | Friday-Sunday
INDIGENOUS WISDOM AND YOGA
Shawn Stevens and Jennifer Reis



June 9-11 | Friday-Sunday
ZENTANGLE GARDEN
Seed and Organic Tangles
Molly Hollibaugh and Martha Higgins

JUNE HIGHLIGHTS: ON CAMPUS PROGRAMS



June 16-18 | Friday-Sunday
MOVING TO HEAL
A JourneyDance Experience
 Toni Bergins, Steven Hosking,
 and Antoinette Simms



June 16-18 | Friday-Sunday
DYNAMIC GENTLE YOGA
AND BREATH PRACTICE
Steady Breath, Steady Mind
 Rudy Peirce



June 16-18 | Friday-Sunday
WOMEN WITHOUT KIDS
 Ruby Warrington



June 20-23 | Tuesday-Friday
KRIPALU OUTDOORS
Summer Solstice Retreat
 Katie Hagel and Ami Jean Aubin

JUNE HIGHLIGHTS: ON CAMPUS PROGRAMS



For **MORE** programs, full descriptions, prices, and to book online,
 visit [kripalu.org/calendar](https://www.kripalu.org/calendar)



June 22-25 | Thursday-Sunday
INNER QUEST INTENSIVE
 Aruni Nan Futuronsky



June 23-25 | Friday-Sunday
EMOTIONAL DETOX FOR UNSHAKABLE
INNER PEACE
 Sherianna Boyle and Shannon Kaiser



June 23-25 | Friday-Sunday
FINDING YOUR DHARMA THROUGH
MINDFUL MEDITATION
 Beryl Bender



June 23-25 | Friday-Sunday
FULL BODY PRAYER
The Embodiment of Smart Movement,
Active Rest and Meditation
 Jacqui Bonwell and Johnny Gillespie



June 23-26 | Friday-Monday
POSITIONAL THERAPY PART I
Foundational Protocol
 Lee Albert



June 25-30 | Sunday-Friday
MAKING SACRED ART
Create to Heal and Transform the World
 David Sauvage and Eset Rose



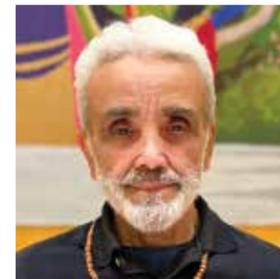
June 25-28 | Sunday-Wednesday
NAVIGATING CHANGE
Steering Toward Your True North
 Maria Sirois and Karlee Fain



June 25-30 | Sunday-Friday
THE ART OF BEFRIENDING OURSELVES
Writing, Meditation, and Community
 Waylon Lewis



June 26-30 | Monday-Friday
THE KRIPALU APPROACH
TO AYURVEDA
Summer Yoga Retreat
 Erin Casperson



June 30-July 2 | Friday-Sunday
DHARMA YOGA
IMMERSION WEEKEND
Yoga Wisdom
 Sri Dharma Mittra



June 30-July 2 | Friday-Sunday
TRAUMA INFORMED YOGA
Supporting Survivors with
Embodied Practices
 Lara Land



June 30-July 2 | Friday-Sunday
THE KRIPALU
SILENT RETREAT
 Edi Pasalis

WHAT'S INCLUDED

For a full list of what's included in your R&R stay and to book, visit [kripalu.org/retreat](https://www.kripalu.org/retreat)

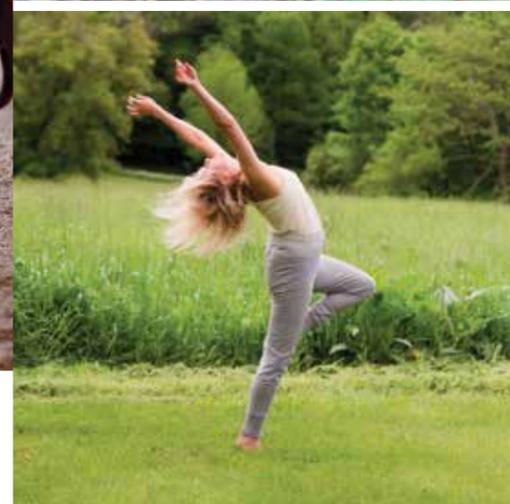


The Kripalu R&R experience allows you the freedom to choose what you need while you're here. Maybe it's a full schedule of yoga classes, Healing Arts, and outdoor activities like hiking and kayaking. Maybe you're craving a lot of free time for reflection and rest. Whatever path you take, you'll enjoy 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.

KRIPALU R&R

A Self-Guided Retreat



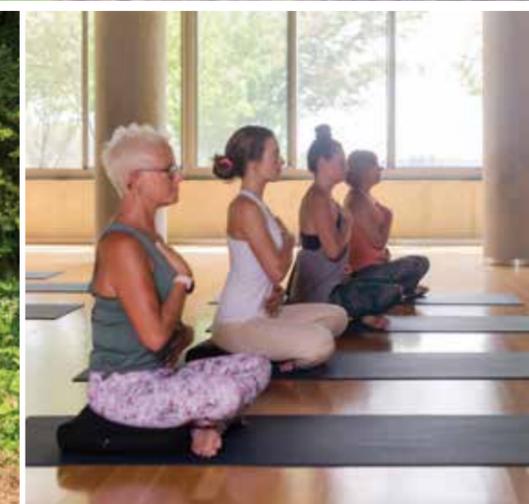
DAILY YOGA AND MOVEMENT CLASSES

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.

Kripalu
Signature

Each of these programs is guided by our beloved and experienced Faculty—let them lead the way.



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, Lesli Lang, and David Ronka



July 7-9 | Friday-Sunday

FREING 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

JULY HIGHLIGHTS: ON CAMPUS PROGRAMS



July 7-9 | Friday-Sunday

YOGA RETREAT FOR WOMEN OF COLOR

Tea Time Conversations

Maya Breuer, Cecilia Nugent,
Candace A. Jennings, and more



July 9-14 | Sunday-Friday

YOGA SUMMER CAMP

Katie Hagel and Lisa Howard



July 9-14 | Sunday-Friday

THE HEART OF BEING A TEEN

A Transformational Workshop

for Ages 12-16

Missy Brown



July 13-16 | Thursday-Sunday

RISE: THE KRIPALU APPROACH

TO RESILIENCE

Tools for Work-Life Balance

Sam Chase and Michelle Dalbec

JULY HIGHLIGHTS: ON CAMPUS PROGRAMS



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



July 14-16 | Friday-Sunday

A MIDSUMMER'S DREAM

A Yoga, Meditation, and Nature Retreat

Jillian Pransky



July 14-16 | Friday-Sunday

YOUR ANCESTORS PRAYED

FOR YOU

Ancestral Healing & Connection

Rocio Rosales Meza



July 16-21 | Sunday-Friday

AWAKENING THE HEART

OF TRUE NATURE

A Nondual Meditation Retreat

Craig Holliday



July 18-21 | Tuesday-Friday

RECLAIM YOUR CREATIVITY

Steven Hosking and

Laura Dickstein Thompson



July 21-23 | Friday-Sunday

HARVESTING THE ENERGY OF TREES

WITH QIGONG

John C. Platt and Mary Platt



July 21-23 | Friday-Sunday

YOGA AND DEEP

RELAXATION RETREAT

The Gift of Renewal

Jennifer Reis



July 28-30 | Friday-Sunday

INTEROCEPTIVE AWARENESS

Interpreting Sensations in the Body

Cynthia Price and Ann Saffi Biasseti



July 28-30 | Friday-Sunday

OCEAN QIGONG FOR STRESS

AND RELAXATION

Deborah Davis



July 28-30 | Friday-Sunday

RESTORATIVE YOGA

AND SOUND HEALING

Yuval Samburski



July 30-August 4 | Sunday-Friday

AT PLAY WITH THE RADIANT SUTRAS

A Meditation Retreat

Coby Kozlowski and Steven Leonard



July 30-August 4 | Sunday-Friday

TRAUMA, BODY, AND THE BRAIN

Restoring the Capacity for Rhythm and Play

Bessel van der Kolk and Licia Sky



July 30-August 4 | Sunday-Friday

VINYASA YOGA

AND MEDITATION RETREAT

Rolf Gates



Pictured from left to right: Jacoby Ballard, Susanna Barkataki, Millana Snow, Zelda Hotaling, Rocio Rosales Meza, Tristan Katz, Leslie Booker, Madi Murphy, Nisha Moodley, Reggie Hubbard, and Hawah Kasat.

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 evolving 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](https://www.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.



KRIPALU BY THE NUMBERS

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 practice 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](https://www.kripalu.org/donate) to share yoga more widely and fairly.



Kripalu
Signature

Each of these programs is guided by our beloved and experienced Lead Faculty—let them lead the way.

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.



Kripalu
Signature

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 I
 Elysabeth Williamson, Gina Lee,
 and Lara Christine



August 11-13 | Friday-Sunday
THE ESSENTIAL KRIPALU RETREAT
 Sadia Bruce



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



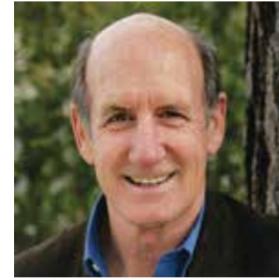
For **MORE** programs, full descriptions, prices, and to book online,
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August 11-13 | Friday-Sunday
THE MELT METHOD SELF-CARE
IMMERSION
 Kerrie Bodendorf



August 11-13 | Friday-Sunday
LOVING TOUCH COUPLES THAI
MASSAGE
 Healing from Isolation
 Shai Plonsky



August 13-18 | Sunday-Friday
THE ART AND SCIENCE OF
NONDUAL MEDITATION
 Ancient Wisdom Teachings
 for Enlightened Living
 Richard Miller



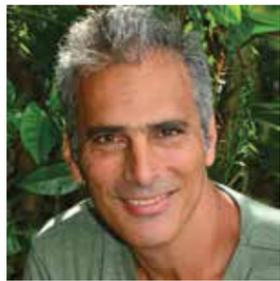
August 13-18 | Sunday-Friday
RENEW AND REFINE YOUR TEACHING
 Noah Mazé and Nichol Chase



August 13-18 | 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 20-25 | Sunday-Friday
40-HOUR BRYAN KEST POWER YOGA
TRAINING AND IMMERSION
 Bryan Kest



August 24-27 | Thursday-Sunday
EMBODIED WRITING
 Enchanting the Home of the Soul
 Junauda Petrus and Monique Schubert



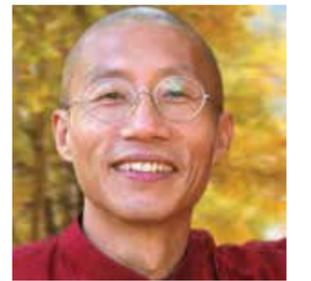
August 25-27 | Friday-Sunday
CONTEMPLATING THE DARK
AND LIGHT LAYERS OF YIN
A Yoga and Meditation Retreat
 Kiesha Battles, Candace A. Jennings,
 and Raudhah Rahman



August 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
BECOME A CERTIFIED
ANGELIC ADVISOR
 Radleigh Valentine



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

KRIPALU SCHOOLS

Deepen your practice and get certified to teach with the Kripalu Schools.



YOGA

Rooted in the teachings of Swami Kripalu, Kripalu Yoga embraces the power of compassionate practice on and off the mat. Every training offered through the Kripalu School of Yoga is steeped in the rich history of yoga, and focuses on offering a contemporary, nondogmatic approach to these ancient practices for the modern world.

HYBRID | June 9–July 16, 2023

Uniting Yoga and Ayurveda (300-Hour)

ON CAMPUS | June 11–16, 2023

Yin Yoga Training

ON CAMPUS | July 9–August 4, 2023

200-Hour Kripalu Yoga Teacher Training (monthlong)

ON CAMPUS | July 21–28, 2023

RISE Facilitator Training

ONLINE | July 28–August 13, 2023

Kripalu Yoga in Schools: A Social Emotional Learning Curriculum for Adolescents (300-Hour track and open to all)

ON CAMPUS | August 6–September 1, 2023

200-Hour Kripalu Yoga Teacher Training (month-long)

ON CAMPUS | August 18–27, 2023

Guiding Meditation for Transformational Yoga Teaching: Exploring the World Within (300-Hour track)

NEW

ONLINE | August 18–December 10, 2023

Global Majority 200-Hour Kripalu Yoga Teacher Training



EXPLORE MORE

Check out a full list of program descriptions, prerequisites, and dates at kripalu.org/schools



AYURVEDA

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 viability 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 1: Forest Community

ON CAMPUS | October 13–22, 2023

Level 2: Aligning with Nature



KRIPALU KITCHEN **RECIPE**

Chickpea Fritter Recipe

METHOD

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

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.

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.

PSYCHIC MEDIUM

Find help with family and relationship issues, personal and professional goal setting, and talent development, as well as communicating with spirit guides, angels, and loved ones on the other side.

SOUL PATH ASTROLOGY

This powerful reading offers intuitive depth into your being, with a focus on the path your soul selected for this lifetime, along with the challenges and lessons it has chosen to learn.

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

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 Branham



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 3–24

KRIPALU MEDITATION IN MOTION

Anandamai Charlyn Reihman



Your At-Home Studio

Our 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



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.

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.

2 CHOOSE YOUR ROOM TYPE.

SHADOWBROOK

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

ANNEX

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

CATALOG CORRECTIONS POLICY. We try to ensure the accuracy of information. Changes after press time 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.

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 Cafe.
- 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.

Join the community.     

Key Code

Account #

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.

