



Kripalu[®]

Fall Impact Newsletter 2023



▲ Kripalu donors supported First Responder Sleep Recovery's retreat in August. Thanks to the participants for filling the campus with great energy, and to you for making it possible.

TRAINING FIRST RESPONDERS TO BE PEACE LEADERS

When I fell in love with a firefighter I was surprised to learn that firefighters have a significantly higher risk of dying by suicide, cancer or a cardiac event than in a fire. When those statistics became real for my partner's closest work friends, I knew I had to act. That is when I founded First Responder Sleep Recovery, a program dedicated to supporting the well-being of front-line workers.

First responders too often sacrifice their own well-being in an effort to serve others. Vicarious trauma inevitably becomes ingrained as first-hand trauma. Our program teaches evidence-based mindfulness and yogic strategies for self-regulation, somatic trauma healing, embodied peace and sleep wellness. To date we've been honored to teach and serve 5,000 first responders across 18 states and three Canadian provinces.

With donor support, Kripalu hosted our first "give-back" retreat for 16 first responders in August 2023, and they came in from seven states, from Nevada to Colorado, Florida, and New York. Many described their retreat experience as "life-changing!" When we teach our firefighters and law enforcement strategies to embody peace, they become peace leaders for our communities.

We are eternally grateful for this Kripalu partnership in a joint effort to make the world a more safe, equitable and healed place.

—Jacqueline Toomey

'KEEP THE GOOD ENERGY FLOWING!'

DEAR FRIENDS OF KRIPALU,

It is an honor to share with you why my husband, Jack, and I have donated to Kripalu for almost two decades. It is the positive and powerful energy that is present at Kripalu each and every day. Whether it is a person's first time at Kripalu, or tenth time, I often hear how much he or she has benefitted from the experience. This energy is fueled by a welcoming, healthy, peaceful environment, dedicated staff and gifted teachers, and quality, diverse programs that help people develop tools for greater self-awareness, personal growth, healing, and hope. We know how much this is still needed in today's world.

It is fortunate that Kripalu survived the pandemic shutdown. Through hard work, innovation, and generosity, Kripalu has become even more accessible for people from all walks of life, to learn and grow. As so many of you can attest, experiencing Kripalu's impact, deeply rooted in compassion and yoga, creates a meaningful and life-long shift, that has strengthened my commitment to supporting Kripalu's future.

I invite you to join me in that commitment by considering the 2023 year-end matching gift campaign for Kripalu. Jack and I will match 100% of all donations, at any amount, up to a target fundraising goal of \$250,000. Please, help keep the good energy flowing!

With gratitude,

Carol O'Neil



▲ As a Kripalu Schools scholarship recipient, Amrit brings yoga into her social work, providing transformative healing for her students with developmental disabilities and neurological impairments.

TOWARD BELONGING FOR ALL AT KRIPALU

There are three key pillars under Kripalu's Access & Equity umbrella, each of which is supported by charitable giving:

Access: With your help, folks with limited means are finding it easier to retreat at Kripalu. Scholarships used to be limited to the Kripalu Schools—now full and partial scholarships are available in almost every Kripalu program, including R&R. Free programs supplement scholarships. Through August, over 3,000 people had been supported on their path—we're setting sights even higher for 2024.

Amplify: Through concerted internal recruiting and training, external partnership building, and collaborative creation of programs like Express Your Sparkle and Amplify Voices of the Global Majority, Kripalu is putting equity for all at the center of its strategy and decision making. We envision a Kripalu where everyone who arrives feels that they belong, that they are seen in their fullness, and that their growth process is supported.

Service: You may know first-hand how hard it is to work on the front lines of society. Building on the proven record of the RISE Resiliency Training program, your gift helps Kripalu expand its service to front line workers, offering donor-funded programs like Transformational Leadership training and Activist in Residence retreats.

Every aspect of this work is a step toward a more peaceful, just, and united world. We thank all those who've walked this path with Kripalu, and we hope you will support this work with your generosity.

LETTER FROM OUR CEO



DEAR FRIENDS,

Kripalu envisions a world united in service towards well-being, justice and peace. This vision is inspired by the transformative life and teachings of Swami Kripalu.

We are grateful to all of you who've supported this work. And we are especially grateful to Carol O'Neil, past chair of the Board of Trustees. Carol and her husband Jack have issued an inspiring challenge, shared with you in these pages. They will match your gift 1:1 up to a total of \$250,000.

Your collective generosity will fuel our vision of creating a truly diverse and representative community at Kripalu—a community with the lived experience and learned wisdom to lead with clarity and compassion.

Your generosity will drive the three key pillars of our work:

- Access & Equity—ensuring Kripalu is an accessible place of belonging for all people
- Sacred Education—caring for our legacy and teaching at the highest levels
- Caring for the "Container" – ensuring that both our campus and our hospitality serve every guest's need on retreat

Kripalu has a powerful role to play in serving and healing both individuals and collective communities. We will combine the best of our past with present-day learnings to serve you, and society. We need your help to succeed. Please give.

In service,

Robert Mulhall, CEO

'SACRED EDUCATION'

NURTURES KRIPALU'S LEGACY

In the words of **Holly McCormack**, our chief learning officer, Kripalu's teaching today—what we call Sacred Education—“honors the past, tends to the present, and builds for the future.”

Our lead faculty has developed curriculum for new programs addressing today's needs, including the Kripalu Silent Retreat and the new Global Majority 200-hour YTT (led exclusively by, and for, folks identifying as Black, Indigenous and/or People of Color).

The faculty have developed deep and consistent frameworks for training and mentorship, and are extending those methods beyond the Kripalu Schools to all of our programs, including R&R.

“Legacy” teachers—those with long ties to Kripalu's earlier days—are the giants on whose shoulders today's teachers stand. These Kripalu wisdom-holders will be leading enriching book club discussions with today's faculty. Legacy teachings are featured in all faculty trainings, and are a key part of programming across the spectrum.

We are grateful to all of you who have offered insight, encouragement and support for our faculty and teaching. We are deeply grateful to you, and we are honored to be stewarding Swami Kripalu's legacy with you.

BUILDING A REGENERATIVE COMMUNITY

If you could listen in on conversations at Kripalu these days, you'd soon hear the term “regenerative community.” The concept is driving much of our work. What does it mean?

Our goal is to create a diverse, intergenerational and mutually supportive community of teachers, learners, and leaders. We are building a brilliant collaborative “family” that will help mark and sustain Kripalu as a place of true belonging for all... a place for people of all backgrounds to recharge, to think, and to work together for a healthier world.

The regenerative community is a collective effort to follow Swami Kripalu's path as an agent of social progress.

In these pages, you'll see a few stories of how this work is bearing fruit. Kripalu is more accessible, more equitable, and of greater service to the world than ever. As guests and donors, you are essential members of the regenerative community. Together, we'll go far.



▲ In collaboration with the Bee Resonance Project, we've made a home for honey bee hives adjacent to the orchard—one of the many ways in which we are connecting the Kripalu “container” closer to nature.

CARING FOR THE KRIPALU 'CONTAINER'

When we talk about Kripalu as the “container” for your retreat, we mean not just the physical surroundings, but the loving space created by our faculty and staff. Both elements are strengthened by your support!

Caring for the campus is a big job ... and we're making our environmental footprint smaller. Major projects on tap for 2023-24 include completing a building-wide window replacement to save energy and keep our rooms more comfortable, and replacement of the Annex chiller to ensure better climate control.

Outdoors, we've reduced lawn mowing and have shared orchard apples with a community cider project benefitting local food banks. More initiatives are on the way.

And we're especially excited about a project coming up in 2024—an outdoor classroom to support our growing nature connection programs and the School of Mindful Outdoor Leadership. The envisioned pavilion will include not only shelter from weather, but a hearth to gather around.

Of course, it's teaching and hospitality that truly make the campus come alive. We're putting great emphasis on serving you at consistently high levels. Your feedback and support helps. Thank you!

WHY I GIVE

Perhaps you've seen this quote from Clarissa Pinkola Estes:

“Ours is not the task to fix the entire world at once but to mend the part that is within our reach... One of the most calming and powerful things you can do in a stormy world is to stand up and show your soul... Struggling souls catch light from others who are fully lit and willing to show it...”

That quote captures something for me about Kripalu—helping each other to become “fully lit,” and to carry that light out into the world, individually and collectively. It's powerful and it's beautiful.

I experience such heart presence, openness, and mindfulness through Kripalu's teachers, programs, and staff—and I deeply appreciate that these gifts are being brought out into the world through online programming, scholarships and free programs. This is why I give.

Christine K. donated to Kripalu after subscribing to Kripalu Online Studio and taking several other online programs. Her gift helps make Kripalu more accessible. To donate, visit [give.kripalu.org](https://www.give.kripalu.org).