



Kripalu Schools **2024 Trainings**

Become a certified yoga teacher, yoga therapist, Ayurvedic health counselor,
or mindful outdoor guide today

Kripalu School of Yoga Trainings

Embody compassion, embrace self-transformation, and access your body's wisdom. Designed for all body types and fitness levels, Kripalu School of Yoga trainings are rooted in the teachings of Swami Kripalu and empower you to live your practice on and off the mat.

- **200-Hour Yoga Teacher Training** | On Campus | December 3–February 24, 2024 (Two 12 Day Sessions)
- **Restorative Yoga Teacher Training** | On Campus | February 25–March 1, 2024
- **300-Hour Pranayama Module** | On Campus | March 1–10, 2024
- **200-Hour Meditation Teacher Training** | Hybrid | March 22–June 23, 2024
- **300-Hour Module Leading Kripalu Vinyasa Breathe, Feel, Flow** | On Campus | April 12–21, 2024
- **200-Hour Yoga Teacher Training** | On Campus | April 14–June 14, 2024 (Two 12-Day Sessions)
- **300-Hour Meditation Module** | On Campus | June 14–23, 2024
- **Yin Yoga Teacher Training** | On Campus | June 23–28, 2024
- **200-Hour Yoga Teacher Training** | On Campus | July 14–August 9, 2024
- **Kripalu Yoga in Schools** | On Campus | July 19–28, 2024
- **300-Hour Module Teaching Adaptive Yoga** | August 15–25, 2024
- **200-Hour Global Majority Yoga Teacher Training** | Hybrid | August 23–December 8, 2024
- **200-Hour Yoga Teacher Training** | On Campus | September 8–October 4, 2024
- **Kripalu School of Yoga | Kripalu School of Integrative Yoga Therapy Alumni Weekend** | On Campus | September 20–22, 2024
- **RISE Facilitator Training** | Online | September 13–October 6, 2024
- **300-Hour Meditation Module** | Online | November 1–December 8, 2024
- **Online 200-Hour Yoga Teacher Training** | Online | November 1, 2024–March 1, 2025
- **200-Hour Yoga Teacher Training** | On Campus | December 1, 2024–February 7, 2025 (Two 12 Day Sessions)

Kripalu®

➔ kripalu.org | 413.448.3500

