



# 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)

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➞ [kripalu.org](https://kripalu.org) | 413.448.3500

## Kripalu School of Ayurveda Trainings

**Foster greater health and vitality through the nourishing practices of Ayurveda.**

Learn from Kripalu School of Ayurveda long-time faculty as you explore the wisdom of India's traditional system of medicine for your own personal development or to share with your community.

- **Ayurveda and The Mind (3 Part Series)** | Hybrid | April 10–September 13, 2024
- **Ayurveda and the Mind Part 1 Embodied Yoga and Ayurveda For Mental Wellness** | Online | April 10–14, 2024
- **Ayurveda and the Mind Part 2 Seminars in Ayurvedic Psychology** | On Campus | April 18–27, 2024
- **300-Hour Uniting Yoga and Ayurveda** | Hybrid | June 5–July 14, 2024
- **Ayurveda and the Mind Part 3 The Role of the Mind in Health & Disease An Ayurvedic Examination** | On Campus | September 8–13, 2024
- **200-Hour Foundations of Ayurveda Part 1** | Online | September 18, 2024–March 26, 2025

## Kripalu School of Integrative Yoga Therapy

**Increase your understanding of the healing impact of yoga.**

Advocate for individuals or groups looking for sustainable solutions and learn to tailor your sessions as a yoga therapist by using yoga, pranayama, meditation, mudras, and more.

- **Foundations of Yoga Therapy Part 1** | Online | January 5–February 11, 2024
- **Foundations of Yoga Therapy Part 2** | Online | February 16–March 24, 2024
- **Yoga, Science and Wellness Hot Topics** | On Campus | May 16–19, 2024
- **Foundations of Yoga Therapy Part 1** | On Campus | July 11–24, 2024
- **Foundations of Yoga Therapy Part 2** | July 25–August 7, 2024
- **Mental Health Module** | On Campus | August 9–18, 2024
- **In-Depth Anatomy of Asana** | On Campus | October 11–20, 2024
- **Clinical Immersion** | On Campus | October 21–27, 2024
- **Mentored Practicum** | Online | April 1–15, 2024      October 1–15, 2024  
July 1–15, 2024      January 1–15, 2025
- **Yoga Applied to Medical Settings** | On Campus | November 8–17, 2024

## Kripalu School of Mindful Outdoor Leadership

**Share nature's gift with others by integrating a love of the outdoors with mindfulness.**

Gain the knowledge, skills, and support necessary to guide others on life-changing journeys that deepen their relationship to the natural world and its healing power.

- **Level 1: Forest Community** | On Campus | May 3–12, 2024
- **Council of Water and Trees** | On Campus | June 6–9, 2024
- **Level 1: Forest Community** | On Campus | September 20–29, 2024
- **Level 2: Aligning With Nature** | On Campus | October 18–27, 2024
- **Level 1: Forest Community** | Online | November 1–December 15, 2024
- **Rewilding Summit** | On Campus | November 14–17, 2024

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