

FALL PREVIEW: SEPTEMBER–NOVEMBER 2024

Kripalu®

THE REWILDING
SUMMIT

A SAMPLING
OF UPCOMING
PROGRAMS

TIME FOR
SCHOOL
AT KRIPALU!

Why here,
WHY NOW

STOCKBRIDGE, MA | [KRIPALU.ORG](https://www.kripalu.org)

THIS MOMENT.

The sense of duality in our world
is ever present.

Yet underneath it all lies an inherent
interbeing. This sense of togetherness can
allow us to find hope in the uncertainty,
to find wisdom in the not-knowing, to find
stillness in the chaos.

We know that the best path for all of the
above is to live in the present moment.

So we look to ancient wisdom, to our
practices, and to the power of community
to help us be ... and stay ... in the moment.

THIS PLACE.

Now, more than ever, we see the powerful
need for Kripalu to be a sanctuary of spirit
that holds the “in-between space.”

What is the “in-between space”?

It is the place of not knowing, the void that
holds the possibilities that are beyond our
current consciousness.

It is not passive. It is vibrantly alive. It
is where paradox lives, where the vast
diversity of people’s “why” can be.

It is a place without sides, it is a place
with a center. It is a place that focuses on
togetherness, even in our differences.

It is a place of prayer, of action, of stillness,
of love.

We invite you to join us in this moment, and
in this place, where you can be, belong,
and become.



LETTER FROM THE CEO

Dear Kripalu Community,

Many wisdom teachers are calling this a time of awakening, a time of transition, a shifting of timelines. They say that the order that we have known will move into chaos before it can be reordered. What that transition will be and the reordering that may emerge is entirely up to us. How are we to move in these times of uncertainty, of mystery? What will we choose to create together? What many are experiencing is an increase in stress, in fear, in hopelessness. The path of yoga is not to dismiss any of this but to be with what is. To be with our fear, our uncertainty, our stress.

The path of yoga is also an invitation to choose how we relate and respond to our experiences. The path of yoga is to notice our fear and our courage together, to notice our fear and be curious about fearlessness, to be with our uncertainty and also notice how that emptiness holds all possibility.

Kripalu has been sharing this simple yet profound way of living for over 50 years. As we sit with the reality of our world, we want you to also remember love, to remember peace, to remember hope. As we collectively navigate these times, come practice, be in community, find pause, find rest, find power. In the soft echoes of the forest you can hear the call of our ancestors to find ritual, to dance, to sing, to remember our interbeing with all of life.

In service,

Robert Mulhall, CEO

From the ancestral and unceded homelands of the Mohican people, the Indigenous people of this land.

IN THIS ISSUE



6



14



20



26

5 | REWILDING SUMMIT: Sit in council with earth elders and leaders in this brand-new summit.

6 | RETREAT & RENEWAL: Enjoy a self-paced experience that lets you choose exactly what you need when you need it.

10 | SEPTEMBER PROGRAMS

14 | IMPACT: Join us as we celebrate 25 years as an educational nonprofit.

16 | OCTOBER PROGRAMS

20 | SCHOOLS: Deepen your studies with trainings to help you embody compassion, wisdom, and love.

22 | NOVEMBER PROGRAMS

26 | HEALING ARTS: Complement your stay and integrate your experience with a grounding treatment or session.

27 | PLAN YOUR VISIT: Experience a variety of programs, delicious all-natural meals, hiking trails, and more.

THE REWILDING SUMMIT

Become a Mindful Ambassador of the Planet

LIVESTREAM
OPTION

November 21–24 | Thursday–Sunday

Nurture your personal connection to the earth and deepen your knowledge of land stewardship and caretaking in the first ever four-day Rewilding Summit. Together, we will filter through the noise in the media, sit together in council with elders and leaders while learning about—and experiencing—forest bathing, nature meditation, ancestral skills, and Indigenous wisdom.

Learn more @kripalu.org/rewildingsummit



Presenters Pictured Above, Left to Right: Micah Mortali, Shawn Stevens, Zelda Hotaling, Amos Clifford, Taz Ramos, Leah Penniman, David Sobel, and Cat Bigney.

A Source of Hope and Comfort

Imagine yourself sitting with others in a circle around a fire, gathering wisdom. There is more listening than talking and more stillness than movement. In moments of great complexity, uncertainty, and polarity—and when anxiety and overwhelm are the norm—immersing yourself in nature can be a source of hope and comfort.

Join us for The Rewilding Summit, a special gathering to honor the wisdom of “the more than human world.” Be in community with leaders, indigenous voices, changemakers, and teachers as we navigate a time of profound change on our planet. Learn about ancestral

survival skills, sustainable agriculture, nature connection practices, traditional archery, council practice, basket weaving, supporting children’s relationship with nature, and so much more.

There are times when the wind has a message for us, when a fire has more to teach than an online course, and when water, stones, plants, and animals step forward as our guides. The Rewilding Summit is an opportunity to pause, listen, share, and connect in deep partnership with all living things.

Hope to see you around the fire.



MICAH MORTALI
Founding Director of the Kripalu School
of Mindful Outdoor Leadership

RETREAT & RENEWAL AT KRIPALU

Our Most Popular Retreat

Kripalu Retreat & Renewal (R&R) gives you the opportunity to select what you need when you need it. This self-paced experience is specifically designed to give you the freedom to explore a wide selection of daily classes and activities and choose what feels right for you.



THE R&R SCHEDULE CHANGES DAILY.

To see today's schedule,
use the QR code below.



A Day in the Life of an R&R Guest

A self-guided retreat that allows you to slow down and reconnect with yourself

Start your day with a nutritious meal, then let your inner wisdom decide what you will do next. Whether it's meditation, a yoga class, a guided outdoor experience, an in-depth workshop, or YogaDance®, our R&R programming is designed so that you can create your own itinerary. Learn more at kripalu.org/retreat.



7:00 AM

NOURISH YOUR BODY



8:00 AM

EMBRACE STILLNESS



9:30 AM

LEARN NEW SKILLS



11:30 AM

MEET NEW FRIENDS



1:30 PM

PAUSE IN NATURE



2:30 PM

BECOME INSPIRED



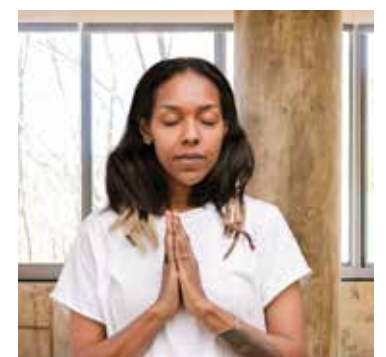
4:45 PM

PRACTICE YOGA



6:30 PM

CREATE COMMUNITY



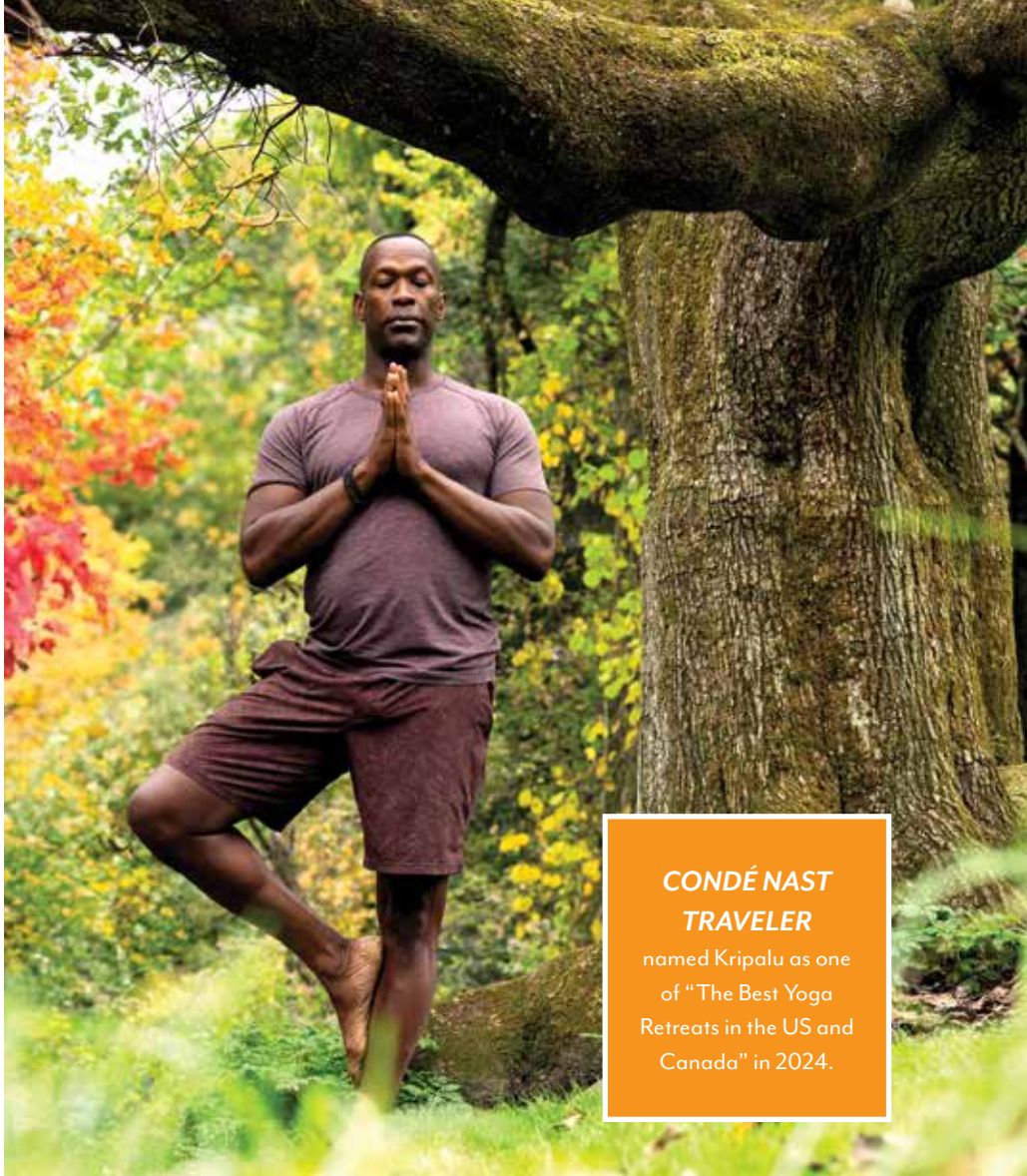
7:30 PM

SET AN INTENTION

The Value of Being at Kripalu

When you register for a weekend retreat, a week-long workshop, or a day pass at Kripalu, your experience includes:

- A selection of up to 10 daily classes and activities including Gentle, Moderate, and Vinyasa yoga classes, YogaDance, and meditation.
- Three nourishing all-natural meals per day, made with love by our Executive Chef and his team.
- Access to more than 100 breathtaking acres of hiking trails and walking paths that include a labyrinth, the sacred grandmother tree, and a private lakefront area—all perfect for down time, reflection, and integration.
- Use of our indoor spaces and amenities including the fitness center, sauna, the guest lobby, the Kripalu Sanctuary, and more.



CONDÉ NAST
TRAVELER
named Kripalu as one
of “The Best Yoga
Retreats in the US and
Canada” in 2024.



“I love Kripalu. It feels comforting, nurturing, and safe, and has such good and healthy food!”
—Kripalu Guest

Your Home Away From Home

Whether you come for a day, a weekend, or a week, there are countless opportunities to rest, unplug, meditate, read, journal, and converse with fellow guests. These priceless experiences leave you with the feeling that Kripalu is your home away from home, available to you whenever you need a little getaway. Whether Kripalu is on your bucket list, or you have been here many times before, come check out what’s new this fall.



Kripalu[®]
Signature

Programs to awaken to your true potential—at every stage of life.

Grounded in Kripalu’s distinctive methodology and designed by our talented faculty, Kripalu Signature Programs are carefully crafted to help you explore what it means to be fully alive.

Whether you’re encountering one of life’s transitions, seeking the next evolution of yourself, longing to connect with the cycles of nature, or are ready to immerse yourself in a silent retreat, our programs are offered all year long and meet you exactly where you are. They are intended for everyone, from those who are new to Kripalu to experienced practitioners and Kripalu School alumni.

For a complete listing of our Kripalu Signature offerings, visit kripalu.org/signature

SEPTEMBER HIGHLIGHTS

On Campus and Online Programs

“It’s a simple and generous rule of life that whatever you practice, you will improve at.”

—Elizabeth Gilbert



Explore programs offered exclusively on the Kripalu campus.

FEATURED PROGRAMS



On Campus and One-Night Livestream

September 6–8 | Friday–Sunday

DEFIANT MAGIC

A Creativity Workshop

Suleika Jaouad and Elizabeth Gilbert

Learn about creativity as an act of survival and defiance in this one-of-a-kind program with best-selling authors and friends Suleika and Liz.



On Campus

September 13–15 | Friday–Sunday

DISCOVER YOUR MASTERPIECE

Presented by the Women Writers Collective

Tembi Locke, Allison Gilbert, Abigail Santamaria

Locate and place important moments of your past on the page in this writing program with three writers, including the author of *From Scratch*.



On Campus

September 20–22 | Friday–Sunday

THE ESSENTIAL KRIPALU RETREAT

Pilin Anice

Find compassion through simple yet empowering practices in a signature program designed to support your personal transformation.



On Campus

September 22–27 | Sunday–Friday

COILING SILK QIGONG

Dissolve Tension, Renew Vitality

Ken Cohen

Stimulate the life force within while improving your posture and breathing with one of the most beautiful and enjoyable styles of qigong.

SEPTEMBER HIGHLIGHTS



Online

September 5–26 | Thursdays
THE HEROIC JOURNEY
A Life of Valor, Authenticity, Courage,
and Purpose
Maria Sirois



On Campus

September 6–8 | Friday–Sunday
LET’S TALK ABOUT DEATH
Exploring Life’s Most Important
Conversation
Michael Hebb and Jess Frey



On Campus

September 8–13 | Sunday–Friday
**LIFEFORCE YOGA AND INTERNAL
FAMILY SYSTEMS**
New Tools to Bring Balance to Your Life
Amy Weintraub and Laura Schmidt



Online

September 9–30 | Mondays
THE TRAUMA OF CASTE
A Four-Week Online Book Club
Thenmozhi Soundararajan
and Sriya Bhattacharyya



On Campus

September 10–13 | Tuesday–Friday
KRIPALU OUTDOORS
Mindful Archery Retreat
Micah Mortali



On Campus and Livestream

September 12–15 | Thursday–Sunday
CELEBRATE BEING CHILDFREE
A Retreat for Nonparents
Ruby Warrington and Rachel Cargle



On Campus

September 13–15 | Friday–Sunday
**BUILDING A BETTER IMMUNE SYSTEM
FOR LIFELONG HEALTH AND VITALITY**
Sudha Carolyn Lundeen
and Elizabeth Boham



On Campus

September 13–15 | Friday–Sunday
**EMBRACING THE HEART WITH
DREAMCIRCLES**
A Journey into Sacred Geometry
and Self-Discovery
Zelda Hotaling



On Campus

September 13–15 | Friday–Sunday
FUSION BELLY DANCE FLOW
Ebony Qualls



On Campus

September 13–15 | Friday–Sunday
YOGA AND QIGONG
The Dance of Heaven and Earth
Daniel Orlansky



On Campus

September 15–20 | Sunday–Friday
REIMAGINING ALIGNMENT
A Six-Day Asana Immersion
Leslie Kaminoff



On Campus

September 15–20 | Sunday–Friday
**LAKSHMI VOELKER CHAIR YOGA
TEACHER TRAINING**
Lakshmi Voelker, Liz Oppedijk,
and Brenda Yarnold



On Campus

September 20–22 | Friday–Sunday
CAREGIVER RETREAT
Serving with a Full Heart
Anandamai Charlyn Reihman



On Campus

September 20–22 | Friday–Sunday
EMBODIED EMPOWERMENT
Erica Mather



On Campus

September 26–29 | Thursday–Sunday
INNER QUEST INTENSIVE
Aruni Nan Futuronsky



On Campus

September 27–29 | Friday–Sunday
BLISSED OUT
Ecstatic Dance and Meditation Retreat
Coby Kozlowski



On Campus

September 29–October 1 | Sunday–Tuesday
INTEGRATING PEAK EXPERIENCES
Carrying the Medicine Out into the World
Jess Frey and Ellen Rose



On Campus

September 30–October 4 | Monday–Friday
FALL AYURVEDA RETREAT
Root, Ground, and Gather
Emilie Reid and Susan Wrba

This year, we're
celebrating **25 YEARS**
of being an
EDUCATIONAL NONPROFIT.

Even though 25 years have passed since Kripalu transformed from an ashram to an educational nonprofit, a commonly asked question continues to be, "Why is Kripalu a nonprofit?"

The heart of Kripalu lies in the answer.

Sacred Education is at the center of everything we do, whether it's our schools, our online and on campus programs, or our R&R retreats. It is our hope and intent that every Kripalu experience allows you to tap into your inner knowing and discover something new about yourself.

The nonprofit aspect of Kripalu is deeply important to our purpose, which is to ignite personal and societal transformation. We are committed to our three pillars of impact: Access for All, Amplifying Voices, and Serving Those Who Serve Others. This ongoing work, reflected on the next page and also here, would not be happening without the generosity of our donors, who are helping us improve every aspect of our organization, in particular the ability to provide access to communities who have historically been marginalized by the wellness industry. To learn about ways to give, visit kripalu.org/donate.

SACRED EDUCATION

1,559
programs

4,056
Berkshire County
residents served

4,872
people served through
collective transformation
programs

1,965
students trained in
our schools

REGENERATIVE COMMUNITY*

11,485
scholarships
for students

2,983
people served
with community
supported pricing

127
nonprofit
leaders served

18%
people served through
programming for or
led by BIPOC

1,442
people served through
programming for or led
by LGBTQIA+

SACRED HOSPITALITY

104,041
people served

97%
of guests surveyed
had a positive
experience

6%
cut in carbon
emissions

80%
of Shadowbrook windows
upgraded for better
insulation (2022-2024)

66%
of rooms upgraded as part
of ongoing work to improve
heating and cooling efficiency

KRIPALU BY THE NUMBERS

* Our Regenerative Community Model builds and sustains authentic relationships while aspiring to recenter those historically pushed to the margins and/or appropriated and reduce the barriers that prevent access to yoga.

These numbers reflect 2021-2023.

OCTOBER HIGHLIGHTS

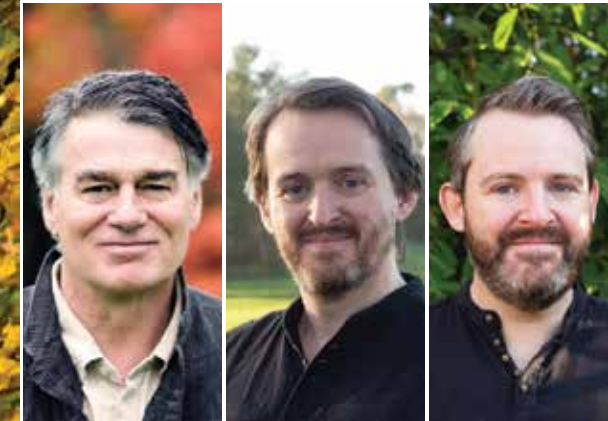
On Campus and Online Programs

“When you know who you are, you will know how to act.”
—Stephen Cope



Explore programs offered exclusively on the Kripalu campus.

FEATURED PROGRAMS



On Campus

October 4–6 | Friday–Sunday
BREAKTHROUGH
Finding the Narrow, Creative Road Between Crazy and Brilliant
David Whyte, Owen Ó Súilleabháin, and Mícheál Ó Súilleabháin

Examine your brilliance as you allow poetry, Zen teachings, and other forms of artistry to assist you in your creative breakthroughs.



On Campus

October 6–11 | Sunday–Friday
COPING WITH GRIEF
A Healing Journey
AmarAtma

Join grief coach and board-certified chaplain AmarAtma for a journey of recognizing, honoring, and releasing feelings of grief.



On Campus

October 14–18 | Monday–Friday
RECLAIM YOUR CREATIVITY
Monique Schubert and Laura Thompson

Join Kripalu faculty members as they guide you on a joyful and liberating journey to tap into your innate wisdom.



On Campus

October 18–20 | Friday–Sunday
AFRO FLOW YOGA
Embracing Your Inner Light Under the Full Moon
Leslie Salmon Jones, Jeff Jones, and Stan Strickland

Enjoy the natural elements under a full moon as you nurture inner strengths, reset, and realign with your purpose.

OCTOBER HIGHLIGHTS



Online

October 1–29
FALL WRITING PROGRAM
Sense Making in Complex Times
Julia Cameron, Victoria Erickson,
Chetna Mehta, and more



Online

October 2–30 | Wednesdays
SOBER CURIOUS OCTOBER
Ruby Warrington



On Campus

October 4–6 | Friday–Sunday
ULTIMATE BLISS BODY YOGA RETREAT
The Secret Tantric Teachings
of Shiva Nataraja
Todd Norian



On Campus

October 4–6 | Friday–Sunday
**THE KRIPALU YOGA
SADHANA RETREAT**
Christopher Holmes



On Campus

October 6–11 | Sunday–Friday
**TRAUMA SENSITIVE YOGA
FOUNDATIONAL TRAINING**
David Emerson and Jenn Turner



On Campus

October 6–11 | Sunday–Friday
YOGA AND DEEP RELAXATION
The Gift of Divine Sleep Yoga Nidra
Jennifer Reis



On Campus

October 11–14 | Friday–Monday
THE ART OF LOVING-KINDNESS
A Meditation and Yoga Retreat
Stephen Cope and Missy Brown



On Campus

October 11–14 | Friday–Monday
SHE RISES!
Awakening Female Archetypes of
Empowerment and Leadership
Anodea Judith and Gwen Rebbeck



On Campus

October 11–14 | Friday–Monday
THE FUNDAMENTALS OF NATURE
The Art and Science of Breathing
and Cold Exposure
Samuel Whiting



On Campus

October 14–18 | Monday–Friday
**FACILITATING TRANSFORMATIONAL
WORKSHOPS**
Group Dynamics and the
Power of Presence
Ken Nelson, Lesli Lang, David Ronka,
and Jim White



On Campus

October 14–18 | Monday–Friday
**OVERCOMING TRAUMA, TENSION,
AND ANXIETY**
The Stress Is Gone Method
Brett Cotter



On Campus

October 17–20 | Thursday–Sunday
**INTEGRATING EFFORTLESS
MINDFULNESS AND IFS**
Loch Kelly



On Campus

October 18–20 | Friday–Sunday
INDIGENOUS WISDOM
Empowering Your Spiritual Path
Shawn Stevens and Shannon Chada



On Campus

October 25–27 | Friday–Sunday
**SOUL TENDING: CULTIVATING GRACE,
POWER, AND INTUITION**
A Women's Self-Renewal Retreat
Renée Peterson Trudeau



On Campus

October 25–27 | Friday–Sunday
**EMBODY: FEEL, HEAL, AND TRANSFORM
THROUGH MOVEMENT**
A JourneyDance Experience
Toni Bergins



On Campus

October 25–27 | Friday–Sunday
YOGA RETREAT FOR WOMEN OF COLOR
Relax, Breathe, Release
Maya Breuer, Kiesha Battles, Shanina
Carmichael, and more



On Campus

October 27–November 1 | Sunday–Friday
EMBODIMENT THROUGH THE SENSES
A Transformative Self-Care Retreat
Bonnie Gintis



On Campus

October 27–November 1 | Sunday–Friday
FALL MAGIC
Exploring Intuition, Elements, and Energy
Cynthia Papa-Lentini and Beth Grace

KRIPALU SCHOOLS

What makes Kripalu Schools trainings stand apart from other certification programs? Compassion. Swami Kripalu, whose very name means “compassion,” taught that all contemplative practices are designed to foster nonjudgmental awareness, otherwise known as witness consciousness. This is the ability to observe our thoughts, emotions, and sensations without judgment or attachment.

In addition to teaching practical skills that can be incorporated at home, work, or outdoors, Kripalu Schools trainings offer a holistic and accessible approach designed to help you expand your capacity to step out into the world with wisdom and love. When we embody heart-centered mindfulness and compassion for others, we can create a better world.

“Love is the soul of yoga.”
—Swami Kripalu

LEARN MORE

View all online, hybrid,
and on campus
trainings use the QR
code to the right.



Kripalu School of Yoga

Direct your focus within and access the body’s wisdom. Designed for everybody and all body types, the Kripalu School of Yoga trainings are rooted in the teachings of Swami Kripalu, whose name means compassion. Graduates of Kripalu Yoga Teacher Training are in great demand for their in-depth knowledge, clear instruction, intuitive insights, and ability to guide students to the experience of inner peace that is the true essence of yoga.

➔ kripalu.org/ksy



Kripalu School of Ayurveda

Utilize a roadmap that can lead you to the highest truth of your innermost self. Ayurveda, also known as the sister science of yoga, enhances the connection between the mind, body, senses, and spirit. Through nourishing practices that foster vitality and well-being, Kripalu School of Ayurveda trainings incorporate the wisdom of India’s traditional system of medicine and offer age-old solutions beneficial to contemporary life.

➔ kripalu.org/ksa



Kripalu School of Integrative Yoga Therapy

Become an advocate for yoga’s healing capacity. Through effective therapeutic yoga practices and leading research on yoga, Kripalu School of Integrative Yoga Therapy trainings provide you with the necessary skills to customize and bring yoga therapy into mainstream healthcare, treatment, and wellness establishments—safely and effectively.

➔ kripalu.org/ksiyt



Kripalu School of Mindful Outdoor Leadership

Experience the healing power of the natural world. As a Kripalu Mindful Outdoor Guide, you learn to integrate elements of forest bathing, yoga philosophy, mindfulness, Ayurveda, research on nature’s health benefits, outdoor survival, and more. Begin your journey to become a mindful ambassador between people and place.

➔ kripalu.org/ksmol

NOVEMBER HIGHLIGHTS

On Campus and Online Programs

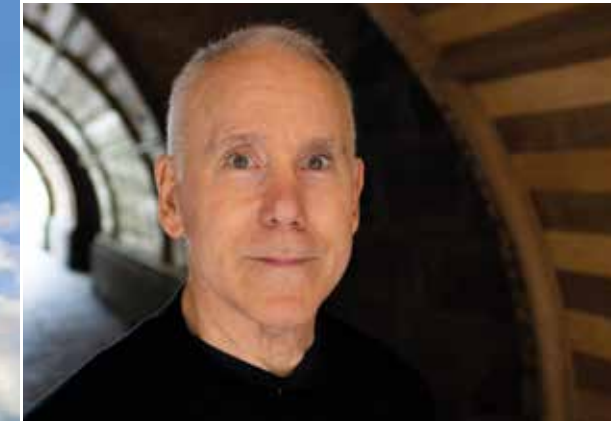
“Everything you’ll ever need to know is within you; the secrets of the universe are imprinted on the cells of your body.”

—Dan Millman



Explore programs offered exclusively on the Kripalu campus.

FEATURED PROGRAMS



On Campus

November 1–3 | Friday–Sunday
THE PEACEFUL WARRIOR EXPERIENCE
A Direct Path to Your Best Life
Dan Millman

Turn knowledge into action and deepen the meaning of your life as you awaken the warrior spirit within.



On Campus

November 3–8 | Sunday–Friday
RELAX AND RENEW, LEVEL 1
Learning to Teach Restorative Yoga
Judith Hanson Lasater

Learn the art and skill of teaching restorative yoga in this 30-hour training with a renowned teacher and author.



On Campus

November 29–December 1 | Friday–Sunday
SHIATSU, MEDITATION, AND MINDFUL MOVEMENT
Kumiko Kanayama

Explore various techniques of shiatsu, a form of Japanese bodywork that balances the flow of vital energy in the body.



On Campus

November 29–December 1 | Friday–Sunday
RESTORATIVE YOGA AND SOUND HEALING
Yuval Samburski

Nourish your body, mind, and spirit in this signature program designed to reduce stress and relax the nervous system.

NOVEMBER HIGHLIGHTS



On Campus

November 1–3 | Friday–Sunday
THE ENERGY TO HEAL
The Power of Energy Medicine, EMYoga,
and Intuition
Lauren Walker and Hilary Crowley



On Campus

November 1–3 | Friday–Sunday
HOLISTIC LIFE FOUNDATION
Self-Awareness and Self-Love
Ali Smith, Atman Smith,
and Andrés González



On Campus

November 1–3
AWAKEN YOUR INNER VOICE
Magnify Your Magic
Jurian Hughes



Online

November 9–23 | Saturdays
**QIGONG AND RELAXATION
FOR SELF-CARE**
Enhance Your Health, Healing,
and Longevity
Ken Nelson



Online

November 4–25 | Mondays
BEYOND RESILIENCE TO ROOTSILENCE
Decode the Language of Your Body,
Behavior, and Mind
Rimi Chakraborty and Samantha Anderson



On Campus and Livestream

November 8–10 | Friday–Sunday
ADVANCED MEDIUM MENTOR RETREAT
MaryAnn DiMarco



On Campus

November 8–10 | Friday–Sunday
**HOW TO SURVIVE IN A
CHALLENGING WORLD**
A Yoga and Writing Workshop
Lisa Jakub



On Campus

November 14–17 | Thursday–Sunday
RADIANT HEALTH
A Weekend Retreat for Women
Sudha Carolyn Lundeen



On Campus

November 15–17 | Friday–Sunday
**DEEP RENEWAL IN THE HEART
OF AUTUMN**
A Yoga, Meditation, and Nature Retreat
Jillian Pransky



On Campus

November 15–17 | Friday–Sunday
BETTER BOUNDARIES
A Gateway to Authentic Living
Karlee Fain and Maria Sirois



On Campus

November 15–17 | Friday–Sunday
**UNEARTHING THE WISDOM
OF MENOPAUSE**
Rituals for Self-Care and Discovery
Erin Casperson and Edi Pasalis



On Campus

November 15–17 | Friday–Sunday
ACTIVE PEACE YOGA
Living Your Practice on Purpose
Reggie Hubbard



Online

November 18–December 9 | Mondays
**YOGA NIDRA FOR DEEP REST AND
BETTER SLEEP**
Jennifer Reis



On Campus

November 22–24 | Friday–Sunday
OH, WHAT A TANGLED WEB WE WEAVE
A Zentangle Workshop
Molly Hollibaugh and Martha Huggins



On Campus

November 29–December 1 | Friday–Sunday
CIRCUSYOGA
The Human Art of Play
Erin and Kevin O'Keefe



On Campus

November 29–December 1 | Friday–Sunday
WALKING WELL
A New Approach for Comfort, Vitality,
and Inspiration in Every Step
Michael J. Gelb



On Campus

November 29–December 1 | Friday–Sunday
SLOW VINYASA YOGA
Coeli Marsh



On Campus

November 29–December 1 | Friday–Sunday
THE ALTAR WITHIN
Sacred Healing Through Mantra
and Meditation
Rajeshwari Gretchen Carmel

HEALING ARTS

Kripalu's signature Healing Arts approach is designed to help you deepen your connection with prana, the divine life force within. Our offerings are the perfect complement to your stay and a great way to integrate your experience after you return home. Choose from in-person treatments such as acupuncture, energy work, and massage, or virtual treatments such as Akashic record, astrology, and tarot readings.

To see our complete list of offerings, visit kripalu.org/healingarts



Try Something New

METAPHYSICAL

Complement your traditional healing journey with the power of our metaphysical treatments, designed to bring you inner peace. Explore all of our sessions, including:

- Akashic Record Readings
- Tarot Readings
- Psychic Medium Sessions
- Integrated Divination Sessions
- Soul Path Astrology Readings
- Spiritual Chinese Astrology Readings

ACUPUNCTURE

Awaken your body's natural healing power by stimulating your body's meridians. This holistic approach can help with a variety of conditions, including:

- Stress relief
- Hormonal balance
- Addiction recovery support
- Pain relief
- Improved sleep
- Overall wellness

AYURVEDIC CONSULTATIONS

Optimize your health and well-being with a one-on-one, personalized Ayurvedic consultation. A perfect way to begin or end your time at Kripalu, you will:

- Understand and identify your doshas
- Determine current imbalances in the body
- Improve your digestion and metabolism
- Learn ways to optimize your daily routine
- Explore methods to feel more energized
- Take away practical self-care practices

Plan Your Kripalu Experience



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.

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.

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 for Your Visit.

Register online kripalu.org or by phone at **413.448.3500**

BOOK YOUR HEALING ARTS

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

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 Cafe.
- Daily movement classes (such as yoga and dance).
- The Berkshires' most breathtaking views.
- Connection and community—with share circles and many other opportunities to gather with fellow guests.

Key Code

Account #

This is your sign to join the Kripalu Online Studio.

"As someone who has enjoyed the benefits of yoga but struggled to find time or the budget to incorporate courses into my life, the online studio has been a game changer. I can feel the impact in my body and mind."

—Kripalu Online
Studio participant

EXCLUSIVE OFFER

Get a two-week free
trial when you scan
the QR code to
the right.



It's unlimited Kripalu from wherever you are. Featuring more than 20 live classes a week and a replay library of over 2,000 classes all held within a mindful container of sacred community. **Now just \$39/month.**