

Kripalu®

Fall 2024 Impact Newsletter





DIALOGUE, NOT DEBATE

Holding the “in-between space” at Kripalu

In a world that grows ever more polarized, how do we come together?

Kripalu has always been a place of gathering. It's a beautiful way for us to serve. But instead of holding this service passively, why not rely on our traditions to help rebuild the lost skill of dialogue around difficult issues?

Many groups are working to bridge societal divides. This work often starts with people in conflict simply spending time with each other, creating exposure that sparks curiosity, connection, and compassion. Crucially, the work centers on dialogue, not debate.

But very few of these groups are doing their work within a container of well-being and whole being. The work is stressful and hard on our nervous systems. Why not bring groups together at Kripalu?

Kripalu is a place focused on whole being. It's a place offering rest on healing land, a place that helps down regulate nervous systems,

a place that gives the greatest chance of connection, repair, and understanding through dialogue. Kripalu is an ideal place to imagine a more peaceful way forward ... a path of love.

This fall, Kripalu will proudly host a retreat for Seeds of Peace, a nonprofit leadership development organization working internationally to transform legacies of conflict into the courage to lead change. Additional retreats are in the planning stages.

With this dialogue initiative, Kripalu is taking action, but not sides. At a moment in history that feels increasingly binary, holding the “in between space” may be the most radical action of all. Your love and support will make this peaceful work possible. Please join us.

In service,

A stylized, handwritten signature in black ink, consisting of several loops and a long horizontal stroke.

Robert Mulhall, CEO



Honored, humbled, and grateful

Dear Friends,

I write to introduce myself to you as the newly appointed Chair of the Board of Trustees.

My 20-year journey with Kripalu has been incredibly transformative, deeply aligning with my personal and professional values. Kripalu is my spiritual home, and I am so grateful for the safe and healing space it has provided for me and many others.

I am committed to supporting our mission and leveraging my 30 years of nonprofit experience to help Kripalu thrive. My fellow trustees contribute countless hours and a broad array of skills to Kripalu, and I am both honored and humbled to step into this leadership role.

As friends, guests, and supporters, you are vital to Kripalu's success. Thank you! I look forward to meeting you and to working together to ensure that Kripalu continues to be a beacon of transformation and well-being for all.

With gratitude,

A handwritten signature in black ink, featuring a large, stylized 'K' followed by a series of loops and a long horizontal stroke.

Karen De Temple



DEFINING FATHERHOOD

The oral history of a retreat

The Eagle Academy for Young Men is a network of six all-male college preparatory public schools in New York City and New Jersey aimed at serving their communities and the young men growing up there. With the support of donors, Kripalu hosted “Defining Fatherhood,” a three-night retreat for a group of coaches, teachers, and deans at the schools.

Here’s the story, in their own words:

“I needed to purge some things, to listen, to re-focus. I let go of my anger toward my father. I set myself free.”—Bruce

“I don’t really share my personal feelings with everyone, but I felt safe. I felt empowered. I felt encouraged by everyone that was with me and I was able to lift a load off myself.”—Tyshawn

“The aura of the Orchard Room created a cathedral for us, where we let our guard down. That’s something we don’t do in our natural environment.”—Christopher

“What came out to me was the generational trauma. It’s so real. The trauma of our dads, and from other men in the community, is learned and passed down.”—Bruce

“Something happened in that room. We felt safe, and because we felt safe we opened ourselves up. I was sitting outside, looking at the mountains, and one of the men came up behind me and said ‘guess what I’ve done? I’ve connected with my father!’ And I saw that man this morning, and he told me, ‘I spoke to my father again today.’”—Christopher

“Kripalu is just a space—but the energy is loving and caring, and it was genuine. You felt that you could be you, and no one was judging you. You felt that.”—Tyshawn

“I’ll let a big secret out. We were allowed to cry.”—Bruce

“I was bestowed with something that made me feel full, and that was given to me to share. Rather than pass down the generational curse, I’d like to pass

down vulnerability, empathy, and healing. If I’m not vulnerable, then I’m not emotionally intelligent enough to teach the young men at Eagle Academy. If I’m afraid to love them, then I can’t expect them to be capable of trying to be what they can’t see.”—Terrell

“We talked a lot about how we could spread this joy. What I brought back is hope. Hope that we can share this with the whole school community and build a long relationship with Kripalu.”—Christopher

“Everyone should have the chance to go to Kripalu!”—Jeff

“It was a very, very powerful experience. And I’m ready to go back as soon as possible. It’s a connection like none other.”—Tyshawn

Group programs like Defining Fatherhood help build a regenerative community at Kripalu. We are grateful to you for helping to make this work possible.



BUILDING A REGENERATIVE COMMUNITY

The creation of a “regenerative community” is central to Kripalu’s future. What does this 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 make Kripalu a place of true belonging for all ... a place for people of all backgrounds, whether they are new to Kripalu or have been visiting for decades. The regenerative community is a collective effort to follow Swami Kripalu’s path as an agent of social progress—offering the potential for societal change and a sustained emphasis on equity as we increase the number of our scholarships, programs serving frontline workers, and retreats for artists and activists. As guests and donors, you are essential members of the regenerative community. Thank you for your partnership!



‘HOPE FOR MINDSET CHANGE AND GROWTH’

With your support, Kripalu hosts training retreats for NYPD

In 2017, Kevin Froner, a principal in the New York City Public Schools, visited Kripalu to take part in a RISE resiliency training program that was underwritten by Kripalu donors.

Seven years later, Kevin’s advocacy for yogic practices in the public sphere has helped drive a new partnership with Kripalu that will assist New York City police officers in caring for themselves—and the communities they serve—with greater compassion.

This summer, Kevin asked if Kripalu would be willing to host 25 precinct commanders and detectives for a training retreat facilitated by Awareness In Motion (AIM). Thanks to donor support, we were able to say “yes”!

“There is currently no training like this in the NYPD,” said one sergeant. “We forget that step one to being better officers is being connected with ourselves and our communities. Burnt out, angry cops sent into the community cannot be effective police.”

“I have 20 years in the police department, and this is the first time that I feel there is hope for mindset change and growth,” said a lieutenant who took part in the AIM training at Kripalu. “I’m reminded that all of the faces in the sea of blue are individuals, not just uniforms, or ranks, or assignments. I wish that all 30,000 of my brothers and sisters have access to this life-changing experience.”

We can’t speak to all 30,000, but thanks to generous support from lead donors, Kripalu will host an AIM retreat for the NYPD Deputy Commissioner’s office in December. We are planning a series of 2025 retreats for officers.

As witnessed by Kevin Froner’s story, your gifts create benefits that carry far forward into the future. Your generosity is an investment in transforming society through yogic practices.

Thank you!



Leave a Legacy of Love

Unlike many well-established charities, Kripalu has no general endowment. An endowment or similar long-term fund would create safety and certainty for Kripalu’s future, while ensuring the sustained excellence of Kripalu’s most essential asset—our faculty and staff.

Your annual giving is essential for year-to-year operations. We are deeply grateful for your generosity in the moment. And as you look ahead, please consider helping to build a quasi endowment here by including Kripalu in your estate plans. A long-term fund will give Kripalu’s leadership the flexibility to plan for the future while continuing to invest in present-day needs and innovations.

Please write to Jennifer Joyce at jenniferjoyce@kripalu.org to discuss your interest in leaving a legacy at Kripalu.



KSMOL ALUMNI RAISE A SHELTER

Outdoor classroom will advance nature programs

Thanks to your support for education at Kripalu, the School of Mindful Outdoor Leadership (KSMOL), founded in 2018, is thriving. Nearly 500 students have earned certifications through KSMOL. When the opportunity came to create a new outdoor shelter for the school and other nature programs, the school’s alumni rose to the occasion. We thank all who gave to make this important project possible, and give a special bow to the Lubrano Family Charitable Foundation and Ken and Kathryn Robinson for their leadership.