

WINTER PREVIEW: DECEMBER 2024–FEBRUARY 2025

Kripalu®

INTEGRATIVE
YOGA
THERAPY

A SAMPLING
OF WINTER
PROGRAMS

RADICAL
BELONGING

MOVE TOWARD *Healing*

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

Welcome to the **Healing Season**

Winter invites us to quiet down, embrace softness, and seek calm. It's the perfect time to turn from this period of stressful distractions, polarization, and constant noise, and move with intent toward healing and peace. We hope you will think of Kripalu as a haven for exactly that. Whether it's a visit to our magnificent campus during this season of stillness or joining the warmth of our community online for yoga, meditation and more, we offer the relief, the release, and the renewal you need.



THE KRIPALU SILENT RETREAT

Two-day and five-day retreats offered throughout the year

The gifts of silence and connection—in our most popular retreat. It's easy to become bombarded with constant sound, mindless chatter, and ceaseless distraction in our everyday lives. What happens when you step away, slow down, and enter the sanctuary of quiet? This retreat invites you to rediscover the gifts of the present moment so you can develop a more intimate relationship with your life.

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Experience a variety of programs, delicious all-natural meals, hiking trails, and more.



TRY TWO WEEKS FREE
Just \$39/month
when you use the
QR code above.

Heal from the inside out with Kripalu's Online Studio

In a world filled with uncertainty, finding calm and balance is more important than ever. The **Kripalu Online Studio** offers live and on-demand yoga, meditation, Reiki, and wellness practices designed to help you restore from the inside out. Release tension with soothing yoga flows. Reconnect with inner calm through guided meditations. Build resilience with mind-body wellness techniques. Reclaim your peace in a chaotic world.

Radical Belonging For All

Accessing the Power of Yoga

Swami Kripalu, whose teachings form the foundation of the Kripalu methodology, called himself “a pilgrim on the path of love.” He said many times, “Only love can bring unity and remove the separation between all living beings.”

There is deep suffering in the world which is why it is so important for us to reconnect with the Self, others, and the natural world. We must find our way back to the path of love.

Striving for unity is part of our DNA at Kripalu and as such, we aspire to create a diverse, intergenerational community of practitioners and for Kripalu to be a space of radical belonging for us all.

A big part of this work has been about creating much greater access to what we have to offer and committing to serve as many people as possible through the transformative power and wisdom of yoga. At Kripalu, access means expanding our reach by reducing financial and geographic barriers to participation. We do this through our substantially increased number of scholarships and free programs, through programs like our Artists and Activists-in-Residence, among many others. To learn more, visit kripalu.org/content/living-why-yoga.

ACCESSING THE POWER OF GIVING

None of this work would be possible without our donors. Your gift to Kripalu helps us provide radical access to personal and societal transformation at a time when the world needs it most. Find out more about ways to give at kripalu.org/donate



Heal in **solitude.**
Heal in **community.**
Heal with **Kripalu R&R.**

This winter, our signature retreat welcomes you into a sanctuary of healing (spoiler alert: the sanctuary might just be YOU). You’re invited to have a self-guided experience that is supported by over 50 years of leadership in ancient wisdom and spiritual guidance. All our Retreat & Renewal offerings are there for the taking, and for the leaving. You might choose more. You might choose less. Whatever you choose, we’re confident that you will leave different than when you arrived.

Yoga for body, mind, and spirit

Yoga classes are plentiful at Kripalu, and they include immersions in fascinating topics that enlighten how we perceive our whole selves as we journey back to the source of all things.

Ayurveda, for life

From what to eat to how to adjust your yoga practice to the season, our Ayurveda workshops will help you customize your routines for optimal living based on the classical wisdom of Ayurveda, the science of life.

Discover MINKA-Brooklyn

Kripalu R&R regularly hosts practitioners from this partnership, which was created to bring new perspectives, embodied equity, and decolonization for all to elevate their wellness practices.

Rest radically

Rest deeply through workshops like Radical Rest—which uses the tools of restorative yoga to pause and reflect—as well as yoga nidra, designed specifically to heal, soothe, and prepare you for sleep.

Experience ancient wisdom in community

Connect to your inner knowing, the Earth, and the elements through deeply moving rituals and ceremonies that bridge past to present. Join others to honor the changing seasons.

Get outside, mindfully

Connect deeply with nature by discovering the proven health benefits of forest bathing, or by taking a hike through the peaceful wooded hills of a Berkshires winter wonderland with Kripalu’s seasoned guides.

THE R&R
SCHEDULE
CHANGES DAILY.

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



Kripalu[®] *Signature*

Programs that are grounded in Kripalu’s distinctive methodology

Kripalu Signature Programs are designed by our esteemed faculty, and although they cover a range of practices and philosophies, what they all have in common is a goal of self-discovery that allows you to explore what it means to be fully alive.

If you’re encountering one of life’s transitions, seeking the next evolution of yourself, or longing to connect with the cycles of nature, 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



KRIPALU SCHOOLS

Become a certified yoga teacher, yoga therapist, Ayurvedic health counselor, or mindful outdoor guide today. Check out a full list of program descriptions, prerequisites, and dates at kripalu.org/schools

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. For a complete list of trainings, visit kripalu.org/ksy

200-Hour Kripalu Yoga Teacher Training

(Two 12-Day Sessions)
On Campus | December 1–13, 2024
and January 26–February 7, 2025

200-Hour Online Kripalu Yoga Teacher Training

Online | January 10–April 27, 2025

Restorative Yoga Teacher Training

On Campus | February 23–28, 2025



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. For a complete list of trainings, visit kripalu.org/ksmol

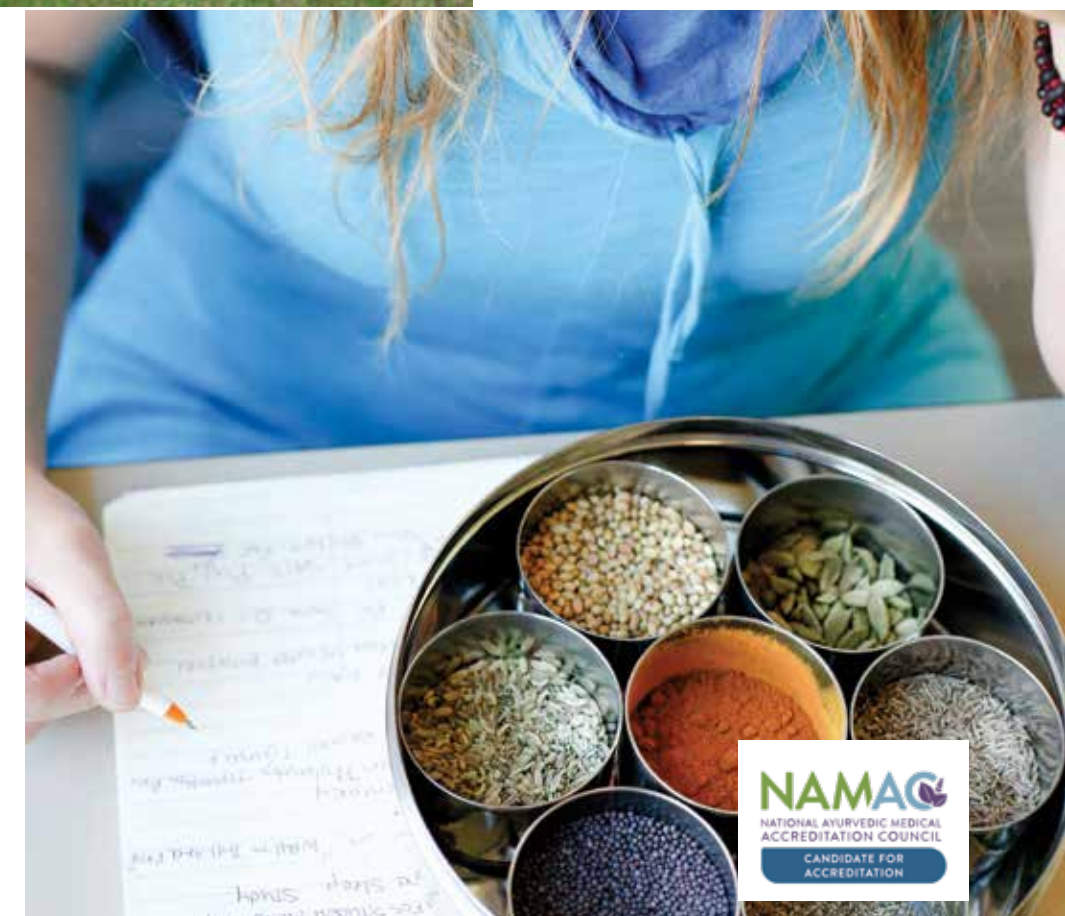
Kripalu Mindful Outdoor Guide Level 1: Forest Community
On Campus | May 2–11, 2025

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. For a complete list of trainings, visit kripalu.org/ksa

Uniting Yoga and Ayurveda
Hybrid | February 28–April 6, 2025

Foundations of Ayurveda
Hybrid | April 23–July 4, 2025



KRIPALU SCHOOL OF INTEGRATIVE YOGA THERAPY

Bringing the healing power of yoga into the world



What is yoga therapy?

Yoga therapy is a holistic approach to healing that integrates the principles of yoga with modern therapeutic techniques to address physical, emotional, psychological, and spiritual well-being. Unlike traditional yoga, yoga therapy is person-centered and focuses on the individual's specific health concerns or conditions. It combines breathwork, physical postures, meditation, and mindfulness to foster healing and balance.

Why become a yoga therapist?

Yoga therapists can find opportunities in diverse settings, including private practice, rehabilitation centers, hospitals, wellness clinics, and even corporate wellness programs. Therapy work can be done one-on-one with clients and address issues ranging from sleep deprivation and insomnia to chronic pain and rehabilitation after injury. Yoga therapists may also collaborate with healthcare professionals to provide integrative care. This involves designing a personalized sequence of movement, offering guidance on breathing techniques, creating a plan of care, and providing strategies for managing stress and chronic conditions. With its blend of ancient wisdom and modern therapeutic practices, yoga therapy offers an emergent, versatile, and effective approach to healing that can adapt to various environments and client needs. It is a burgeoning field that is a perfect, complementary fit within the healthcare industry.

Kripalu's School of Integrative Yoga Therapy (KSIYT) programs

When I joined Kripalu as the Director of the Kripalu School of Integrative Yoga Therapy in 2024, I was thrilled to be able to share my knowledge and experience with the KSIYT team. For more than 20 years, KSIYT has trained yoga therapists in merging ancient yoga practices with evidence-based protocols. Whether prospective students choose our 300-hour Advanced Teacher of Therapeutic Yoga program or the more in-depth 800-hour Professional Yoga Therapist program, they will graduate with a suite of effective therapeutic yoga practices that they can take with them in their professions. To learn more, visit kripalu.org/schools/integrative-yoga-therapy.



**PAMELA STOKES
EGGLESTON**

Director of the Kripalu School of Integrative Yoga Therapy, Founder of Yoga2Sleep, Cofounder of Retreat to Spirit, Adjunct Faculty at the Maryland University of Integrative Health.

"The course material was so thorough, thought-provoking, and in-depth. I learned so much from both the wonderful faculty and other students. The beautiful community allowed me to feel safe to show up here exactly as I am."
—KSIYT Alum



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. For a complete list of trainings, visit kripalu.org/ksiyt

Foundations of Yoga Therapy, Part 1

Online | January 10–February 16, 2025

Foundations of Yoga Therapy, Part 2

Online | March 7–April 13, 2025



"I am walking away with an even deeper model for integrating the whole being, as if all the little pieces of the puzzle have now found their place."
—KSIYT Alum





HEALING ARTS


Did you know oil is love? The Sanskrit word for oil is *sneha*, which also translates to love or affection.

Rejuvenate your body with massage

It's no secret that stress negatively impacts the mind, body, and spirit. Stress can weaken the immune system and compromise our overall sense of well-being. This is why it's so important to pay extra attention to our self-care during the holiday season. This time of year calls for slowing down, breathing deeply, and noticing what's happening in the body.

Treat yourself to the gift of bodywork this season. One effective way to alleviate discomfort and prevent *dis-ease* in the mind, body, and spirit is bodywork. More than just a massage, bodywork is a way to integrate your yoga and mindfulness practice and deepen your Kripalu experience.

Learn more about our bodywork offerings and how they can assist you in cultivating a greater sense of peace, vitality, and love. To book your service, visit kripalu.org/healingarts.



"I felt held and nourished in a safe space. The vigorous Vishesh massage was administered in a thoroughly skillful way."

—Kripalu Guest

Heal and relax with our nourishing oil therapies:

Abhyanga

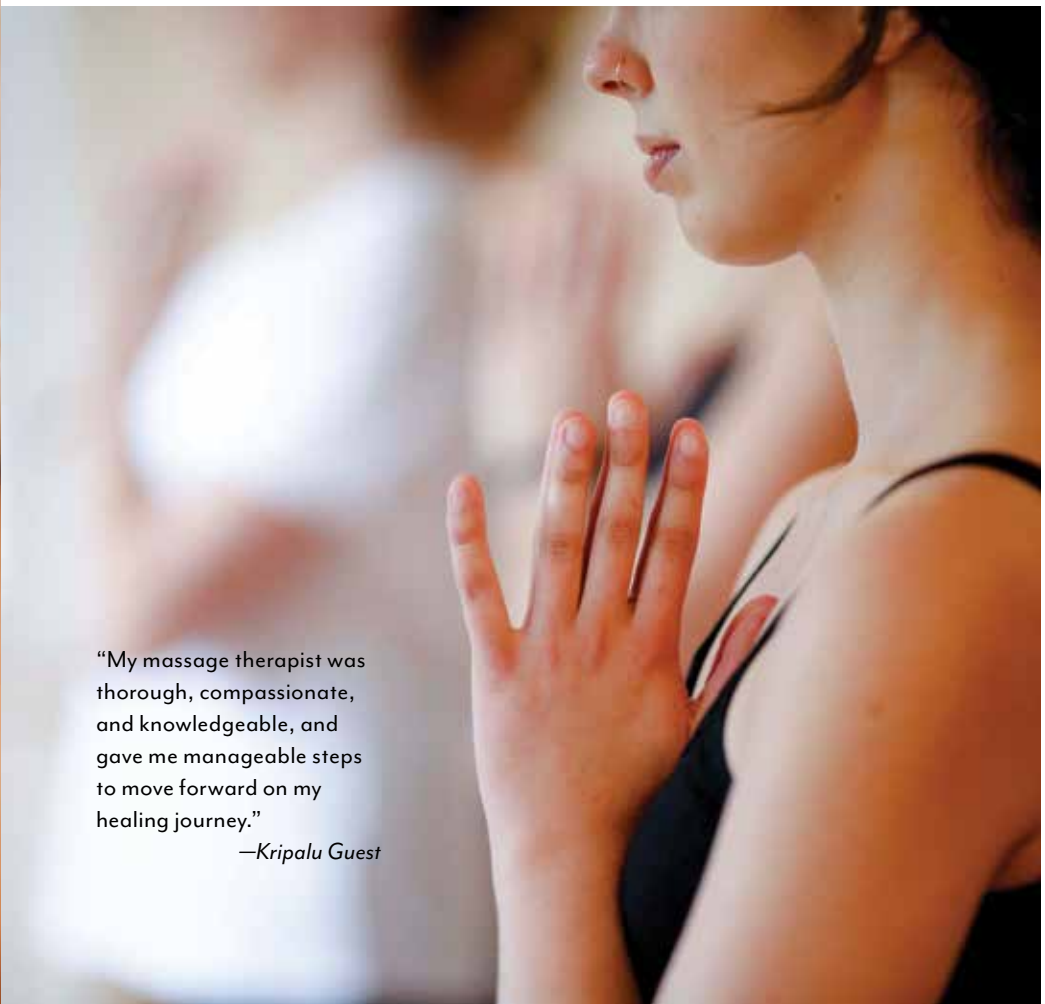
Long rhythmic strokes using herbally-infused oil helps balance your dosha to restore balance and vitality, nourish the body, relax the nervous system, and enhance circulation. Optional add-on: garshana, a dry silk glove exfoliation.

Vishesh

This firm and flowing Ayurvedic massage treatment supports the relief of muscular tension and fatigue, calms the nervous system, and enhances circulation while using herbally-infused oil to help balance your dosha.

Kripalu Signature

Our signature massage incorporates energy centering and breathwork to bring the entire being into greater harmony. Through self-exploration and a mindful approach, you can soften, relax, and tune in to your body's inner wisdom.



"My massage therapist was thorough, compassionate, and knowledgeable, and gave me manageable steps to move forward on my healing journey."

—Kripalu Guest

DECEMBER HIGHLIGHTS

On Campus and Online Programs

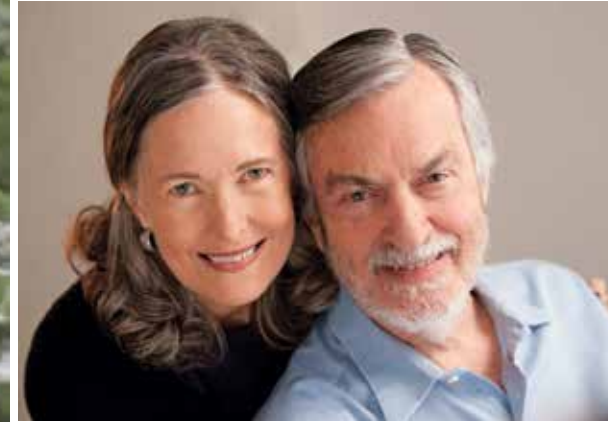
“What keeps life fascinating is the constant creativity of the soul.”

—Deepak Chopra



Explore programs offered exclusively on the Kripalu campus.

FEATURED PROGRAMS



On Campus

December 6–8 | Friday–Sunday

GETTING THE LOVE YOU WANT

Helen Hunt and Harville Hendrix

Bring your partner to this popular retreat and experience new levels of safety, empathy, and appreciation in your relationship.



On Campus & Livestream

December 13–15 | Friday–Sunday

THE STORIES WE CARRY

Meditation and Writing

Dani Shapiro

Release resistance and find your flow with the inspiring, award-winning author of 11 books including *New York Times* best-seller, *Inheritance*.



On Campus & Livestream

December 20–22 | Friday–Sunday

AWAKENED LIFE

Deepak Chopra and Sarah Platt-Finger

Join the integrative medicine pioneer and the director of Chopra Yoga to learn how our understanding of consciousness as pure potentiality can enhance our capacity for intuition and creativity.



On Campus

December 29–January 1 | Sunday–Wednesday

EXPRESS YOUR SPARKLE

A Queer and Trans Yoga Retreat

Jacoby Ballard and Nathalie Rodriguez

Experience community, connection, and joy in a retreat that was selected as one of “The Best Yoga Retreat Trends of 2023” by *Yoga Journal*.

DECEMBER HIGHLIGHTS



On Campus

December 1-5 | Sunday–Thursday

THE MINDFUL MASCULINE

Hawah Kasat and Jean-Jacques Gabriel



Kripalu
Signature

On Campus

December 6-8 | Friday–Sunday

THE ESSENTIAL KRIPALU RETREAT

Yuval Samburski



On Campus

December 6-8 | Friday–Sunday

GRIEF, LOSS, AND RENEWAL

Savoring Life's Lessons

Aruni Nan Futuronsky



Kripalu
Signature

On Campus

December 10-13 | Tuesday–Friday

RISE: THE KRIPALU APPROACH

TO RESILIENCE

Tools for Work-Life Balance

Sam Chase and Monique Schubert



Online

December 11 | Wednesday

ITALIAN-AMERICAN FOLK MEDICINE

Lisa Fazio



On Campus

December 13-15 | Friday–Sunday

DETOX YOUR RELATIONSHIP

WITH MONEY

How to Let Go of Limiting Beliefs

Keren Eldad



On Campus

December 13-15 | Friday–Sunday

THE SOVEREIGN SOUL

Walking the Path of Reclamation

Dené Logan



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On Campus

December 15-20 | Sunday–Friday

THE KRIPALU SILENT RETREAT

Jess Frey and Edi Pasalis



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On Campus

December 20-22 | Friday–Sunday

WINTER SOLSTICE RETREAT

Nature, Peace, and Connection

Micah Mortali



On Campus

December 26-29 | Thursday–Sunday

CLEAR THE PATH

Resources for the Sacred Self

Lillian Lennox



On Campus

December 26-29 | Thursday–Sunday

THE ALCHEMY OF BALANCE

Tools to Restore Harmony, Vitality,

and Inner Peace

Priti Robyn Ross



On Campus

December 27-29 | Friday–Sunday

YOU ARE NOT STUCK

Soul-Guided Choices for the New Year

Becky Vollmer



On Campus

December 27-29 | Friday–Sunday

**OPEN HEART, VIBRANT BODY,
RELAXED MIND**

JourneyDance into the New Year

Toni Bergins



On Campus

December 29–January 1 | Sunday–Wednesday

**NEW YEAR'S YOGA RETREAT FOR
INNER PEACE**

Rejuvenate Body, Mind, and Heart

Todd Norian



On Campus

December 29–January 1 | Sunday–Wednesday

**NEW YEAR'S SPIRITUAL RENEWAL
RETREAT**

Shivananda Thomas Amelio



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On Campus

December 29–January 1 | Sunday–Wednesday

RECLAIM YOUR CREATIVITY

Steven Hosking and Laura Thompson



On Campus

December 29–January 1 | Sunday–Wednesday

SLOW YOGA AND QIGONG

New Year's Relax and Restore Retreat

Ken Nelson, John Haggerty, and Lesli Lang



On Campus

December 29–January 1 | Sunday–Wednesday

THRESHOLD

A Sonic-Somatic Adventure

Tasha Blank and Nico Allen

JANUARY HIGHLIGHTS

On Campus and Online Programs

“When you stand in the present moment,
you are timeless.”

—Rodney Yee



Explore programs offered exclusively on the Kripalu campus.

FEATURED PROGRAMS



On Campus

January 1–5 | Wednesday–Sunday

JOURNEY INWARD

A Yoga Winter Retreat for the New Year

Jovinna Chan and Malu Doherty

Start off the new year with a rejuvenating retreat that invites you to clarify your direction and deepen your personal practice.



On Campus

January 12–17 | Sunday–Friday

ACCEPTANCE AND COMMITMENT THERAPY

John P. Forsyth and Jamie R. Forsyth

Learn how to transform the root sources of human suffering by balancing mindfulness and acceptance processes with commitment and behavior change.



On Campus & Livestream

January 17–20 | Friday–Monday

QIGONG TO INCREASE YOUR HEALING POWER

Robert Peng

Discover how the fundamentals of qigong can help you strengthen your willpower, improve your energy, open your heart, and more.



On Campus

January 24–26 | Friday–Sunday

THE FULL SCOPE OF YOGA

Rodney Yee and Colleen Saidman Yee

Enhance your practice as you release tension and energize your body in a program led by two acclaimed yoga teachers.

JANUARY HIGHLIGHTS



On Campus

January 3–5 | Friday–Sunday
ZEN PRACTICE FOR TRANSFORMATIVE TIMES
Ji Hyang Padma



On Campus

January 6–10 | Monday–Friday
WINTER AYURVEDA RETREAT
Harmony, Rejuvenation, and Rest
Emilie Reid and Susan Wrba



Online

January 6–27 | Mondays
THE KRIPALU APPROACH TO HEALTHY EATING
Aruni Nan Futuronsky, Lauren Gernady, and Lisa B. Nelson



Online

January 8–29 | Wednesdays
DEEP DIVE
The Yoga Sutras of Patanjali
Yuval Samburski



On Campus

January 10–12 | Friday–Sunday
THE ESSENTIAL KRIPALU RETREAT
Pilin Anice



On Campus

January 10–12 | Friday–Sunday
YOGA AND DEEP RELAXATION RETREAT
The Gift of Divine Sleep Yoga Nidra
Jennifer Reis



On Campus

January 10–12 | Friday–Sunday
OUTSHINING TRAUMA
Self-Compassion, Meditation, and Internal Family Systems
Ralph De La Rosa



On Campus

January 10–12 | Friday–Sunday
DEEP CONNECTION
A Weekend of Breath and Self-Discovery
Yogrishi Vishketu and Mary Hammerstein



On Campus

January 13–17 | Monday–Friday
THE KRIPALU YOGA SADHANA RETREAT
Michelle Dalbec



On Campus

January 17–19 | Friday–Sunday
SOBER CURIOUS DRY JANUARY RETREAT
Ruby Warrington



On Campus

January 17–20 | Friday–Monday
THE SECRET LANGUAGE OF THE BODY
Nervous System Immersion
Karden Rabin and Jennifer Mann



On Campus

January 17–20 | Friday–Monday
INNER QUEST INTENSIVE
Aruni Nan Futuronsky



On Campus

January 24–26 | Friday–Sunday
CARE FOR CAREGIVERS
Celia Hilson, Suzanne Koven, Lisa Weinert, and more



On Campus

January 24–26 | Friday–Sunday
BUILDING A BETTER IMMUNE SYSTEM FOR LIFELONG HEALTH AND VITALITY
Sudha Carolyn Lundeen and Elizabeth Boham



On Campus

January 24–26 | Friday–Sunday
KRIPALU OUTDOORS
Snowshoeing and Yoga
Evelyn Gonzalez and Ami Jean Aubin



On Campus

January 26–31 | Sunday–Friday
RENEW YOURSELF WITH TRAUMA-INFORMED YOGA
A Kundalini Immersion
Jeannie O'Neill



On Campus

January 31–February 2 | Friday–Sunday
JUST ASK SPIRIT
Connect, Ask, and Receive
Sherianna Boyle and DJ Mantra



On Campus

January 31–February 2 | Friday–Sunday
LIVING THE YAMAS AND NIYAMAS
An Energizing and Embodied Approach to Ethics
Monique Schubert

Kripalu Signature

Kripalu Signature

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FEBRUARY HIGHLIGHTS

On Campus and Online Programs

“Responsible self-care isn’t selfish. It’s one of the most generous things that we can do for our loved ones, as well as for ourselves.”

—Linda and Charlie Bloom

FEATURED PROGRAMS



On Campus

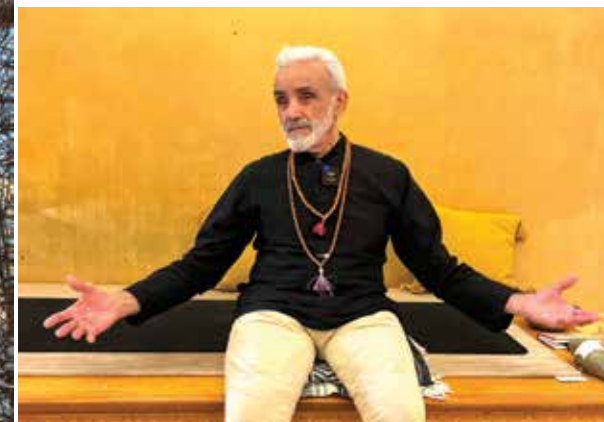
February 2–6 | Sunday–Thursday

JUMP-START YOUR MEMOIR

Write It From the Heart

Nancy Slonim Aronie

Start on that writing project you’ve been dreaming about in a program led by a distinguished writer and NPR commentator.



On Campus

February 14–16 | Friday–Sunday

DHARMA YOGA IMMERSION WEEKEND

Yogic Wisdom for Advanced Practitioners

Sri Dharma Mittra

Strengthen the body through asana practices designed for the advanced yoga practitioner and led by one of the world’s most expert teachers.



On Campus

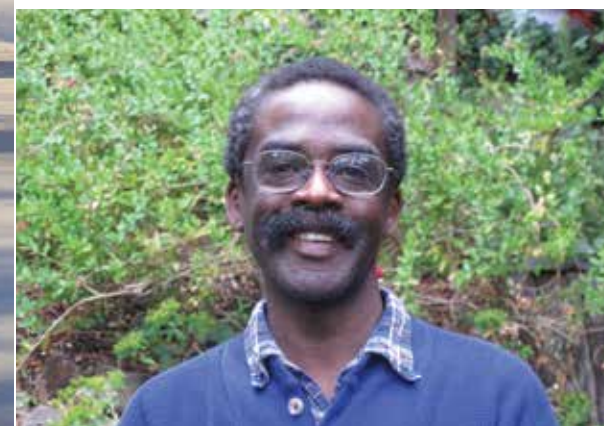
February 17–21 | Monday–Friday

CREATING ON PURPOSE

The Chakras as a Map to Bringing Your Dreams to Reality

Anodea Judith

Embark on a path of manifestation using the chakra system as a map to remove blocks and connect with your purpose.



On Campus

February 28–March 2 | Friday–Sunday

THE ETERNAL SEASON OF ASANA

An Exploration of Iyengar Yoga

Kofi Busia

Experience the power of asana and pranayama as you develop your understanding of the mind with a master teacher of Iyengar Yoga.



Explore programs offered exclusively on the Kripalu campus.

FEBRUARY HIGHLIGHTS



On Campus

February 7–9 | Friday–Sunday

SECRETS OF GREAT RELATIONSHIPS

Linda and Charlie Bloom



On Campus

February 7–9 | Friday–Sunday

FINDING HAPPINESS IN
DIFFICULT TIMES

Maria Sirois



On Campus

February 7–9 | Friday–Sunday

BEFRIENDING YOUR BODY

Meeting Your Body as Your Teacher

Ann Saffi Biasetti



On Campus

February 7–9 | Friday–Sunday

PAUSE AND RECONNECT

Pilin Anice and Michell Clark



Online

February 11 | Tuesday

MEDIUM MENTOR FOUNDATIONS

How to Connect with Your Spirit Guides

MaryAnn DiMarco



On Campus

February 14–17 | Friday–Monday

CHAKRA ACTIVATION TO AWAKEN

YOUR ENERGY BODY

Anodea Judith



On Campus

February 14–17 | Friday–Monday

HEALING FROM HEARTBREAK

A Woman's Path from Devastation
to Rebirth

Sara Avant Stover



On Campus

February 14–17 | Friday–Monday

QUEEN, GODDESS, AND WARRIOR

Becoming the Heroine of Your Story

Erica Garcia Abergel



Kripalu
Signature

On Campus

February 17–21 | Monday–Friday

AYURVEDA SELF-CARE RETREAT

Erin Casperson



On Campus

February 21–23 | Friday–Sunday

UNLOCK YOUR BODY'S WISDOM

A Somatic Yoga Journey

Bobbie Ellis and Karin Weinstein



Kripalu
Signature

On Campus

February 21–23 | Friday–Sunday

THE KRIPALU YOGA SADHANA RETREAT

Michelle Dalbec



On Campus

February 21–23 | Friday–Sunday

PERMISSION AND REFUGE

A Healing Retreat for Men of Color

Reggie Hubbard



On Campus

February 21–23 | Friday–Sunday

YOGA RETREAT FOR WOMEN OF COLOR

A Labor of Love

Maya Breuer, Keisha Battles,
and Maria Broom



Online

February 25–March 11 | Tuesdays

THE HOLY WAKE-UP CALL

Coby Kozlowski



On Campus

February 28–March 2 | Friday–Sunday

AWAKEN YOUR INNER MAGIC

A Yoga and Tarot Weekend

Alison DeNicola and Sasha Graham



Kripalu
Signature

On Campus

February 28–March 2 | Friday–Sunday

THE ESSENTIAL KRIPALU RETREAT

Yuval Samburski



On Campus

February 28–March 2 | Friday–Sunday

YOGA AND QIGONG

The Dance of Heaven and Earth

Daniel Orlansky



On Campus

February 28–March 2 | Friday–Sunday

YOGA THERAPEUTICS

Connection Through Body, Breath,
and Mind

Bill Koff and Nya Patrinos

Healing TURMERIC MILK

This evening tonic is well known in the yoga and Ayurveda traditions for a long list of benefits, namely as an anti-inflammatory, bone nourisher, and immune booster. Also known as “golden milk,” this synergistic combination of turmeric, coconut, ginger, and pepper is supported by ancient knowledge and by modern research as well.

You will find it not only healing, but also comforting.

If you think drinking an entire cup of milk, even warm and spiced, is a bit heavy, use half milk and half water. This golden milk is perfect for evenings when you get home too late for a meal or have a light appetite.

- 1 cup whole cow’s milk or almond milk
- 1 teaspoon turmeric
- ½ teaspoon ground ginger
- 1 teaspoon coconut oil
- Pinch of black pepper
- ½–1 teaspoon raw honey (optional)

In a small saucepan, warm the milk, uncovered, over medium-high heat for 2 to 4 minutes, or until you see steam rising out of the pan. Add all the other ingredients, except the honey, and whisk by hand or with an immersion blender until combined. Pour into a mug, sweeten with honey (if using), and drink immediately.



KATE O'DONNELL
Ayurvedic Presenter at Kripalu
Recipe from *The Everyday Ayurveda*
Cooking for a Calm Clear Mind © 2018



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 trainings 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.
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