SUMMER PREVIEW: JUNE-AUGUST 2024

Kripalu®

OUR PILLARS OF IMPACT

A SAMPLING OF PROGRAMS & TRAININGS

HEALING ARTS & AYURVEDA

Top 6 REASONS TO VISIT THIS SUMMER

STOCKBRIDGE, MA | ©KRIPALU.ORG
IT’S ALL YOGA

Everything we do at Kripalu is infused with the ancient wisdom of yoga. “It’s all yoga” represents the union of the mind, body, and spirit. Whether you’re going deeper into a pose, meditating, hiking, relaxing, or laughing with friends, our programs and retreats help you reconnect with yourself and with others.
Summertime is a time of growth, expansion—of truly thriving and becoming. Your days at Kripalu can be filled with just what you need: nutritious meals, daily yoga practice, restorative healing arts, presenter-led programs, a quiet retreat, even an immersive educational training. Breathe in the possibilities among the lush grasses and vibrant nature. Stretch toward the sun as you grow inside and out. Trust our renowned and compassionate faculty to guide you through our distinctive methodology, developed during our 50 years as leaders in the yoga and wellness community. There are so many words to describe your time at Kripalu, but the most important thing is to allow yourself to simply be.

FIND SOMETHING NEW ON CAMPUS
New programs and retreats are added to the schedule daily. For a full list of upcoming offerings, visit krupalu.org/campus

Celebrate yourself around the clock.

BEGIN
NOURISH YOUR BODY AND SPIRIT.
Start your morning with a Kripalu Yoga class and set your intention for the day. At Silent Breakfast, choose from a hot cup of organic tea or coffee, and a variety of delicious, healthy nourishment like baked grapefruit, an asparagus and Swiss frittata, or a ginger scone.

EXPAND
EXPERIENCE TRANSFORMATION.
Take a deep breath and feel your spirit expand as you dive deep into your program session or R&R workshop, then explore the lush beauty of our 100+ acre campus.

STRETCH
JUMP FOR JOY
Get your groove on in an energizing YogaDance® class to practice spontaneous and playful movement. Gather with community in a share circle or nurture your body with Ayurvedic-inspired foods sourced from local ingredients.

CONNECT
BE ONE WITH THE EARTH.
Summertime is a perfect time to connect with nature, whether it’s on a guided hike or meditative kayak ride or during a peaceful moment on your own. Explore the state of your mind and body with a Healing Arts treatment—including bodywork, energy work, and more.

FILL
FILL YOUR HEART AND BODY.
When you visit Kripalu, you become part of our expansive community. Share a nutritious dinner prepared with love by our Executive Chef and Dining team. Embrace this time to connect with others in your program or retreat.

REST
WIND DOWN WITH THE DAY.
Slow down and sink into relaxation with a Kripalu Meditative Massage, relaxing yoga class, or guided meditation workshop. Soak in the quiet atmosphere and peaceful hum as you reflect on a day well spent.

At Kripalu, you can measure time with words instead of hours and minutes. As the summer sun illuminates campus, allow the hope of healing and transformation to fill your senses. There’s time for whatever you want to do. And you deserve it.
JUNE HIGHLIGHTS
On Campus & Online Programs

There’s something about June that brings us into harmony with the world. Break out of your usual routine with carefully crafted programs designed to help you access more joy.

FEATURED June Programs

June 6–27 | Thursdays
THE GRIEF COMPASS
Navigating Through Life’s Most Disorienting Experience
AmarAtma

Embark on a journey of emotional buoyancy, flow, and safety inspired by the wisdom of whales designed to help you chart a course through the deep waters of grief.

June 7–9 | Friday–Sunday
THE FULL SCOPE OF YOGA
Rodney Yee and Colleen Saidman Yee

Learn to quiet your mind, be more present, release tension, and energize your body with powerful tools that will enhance your yoga practice and reveal your joy.

June 14–16 | Friday–Sunday
CHANT YOUR WAY TO FREEDOM
Miles Borrero, Caroline Duncan, and Justin Green

Explore the powerful connection between chanting mantra and asana and learn how to utilize these practices to cultivate freedom in all aspects of your life.

June 7–9 | Friday–Sunday
BONE HEALTH
Yoga for Osteoporosis
Loren Fishman and Liz Larson

Deepen your knowledge of bone health, learn how yoga can help prevent and reverse bone loss, and explore the latest research in the field.
June 7–28  |  Fridays
A QUEER DHARMA
A Four-Week Online Book Club
Jacoby Ballard

ONLINE

June 21–23  |  Friday–Sunday
BREATH MEDICINE
Discover Profound Balance and Inner Peace
Roger Jahnke

ON CAMPUS

June 16–21  |  Sunday–Friday
LET YOUR YOGA DANCE
TEACHER TRAINING
Modula I
Megha Nancy Buttenheim

ON CAMPUS

June 28–30  |  Friday–Sunday
EMOTIONAL DETOX FOR UNSHAKABLE INNER PEACE
Elevating Your Intuition for Spiritual Connection
Sunny Dawn Johnson

ON CAMPUS

For more programs, full descriptions, prices, and to book online, visit kripalu.org/calendar
TOP 6 REASONS TO EXPERIENCE R&R IN SUMMER

Kripalu’s Retreat & Renewal is as unique as you are.

1. MINDFUL OUTDOOR EXPERIENCES
   Summer is the best time to be outside in the Berkshires. Exclusively for R&R guests, our guided kayaking, stand up paddleboarding, mindful archery, and hiking experiences connect you inside and outside.

2. A LIVING LINEAGE
   Inspired by the teaching of Swami Kripalu and decades of knowledge from a community of teachers, explore the deep roots of Kripalu Yoga and how it can step off the mat and into transforming the world.

3. FIRE CEREMONIES AND MOON RITUALS
   Connect to your inner knowing, the Earth, and the elements through deeply moving rituals that unite past to present. Join others to mark the turning of the wheel throughout the year and honor the changing seasons.

4. MINKA-BROOKLYN
   Once a month, Kripalu R&R hosts practitioners from this regenerative community partnership, which was created to bring new perspectives, embodied equity, and decolonization for all to elevate their wellness practices.

5. CONNECT WITH COMMUNITY
   Whether it’s sharing at our Community Opening or Closing Circles, or gathering with new friends at our new Community Table while eating delicious food inspired by Ayurveda, you’ll find many ways to connect.

6. AYURVEDA INSPIRED PRACTICES
   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.

"This was my first R&R. I was able to restore, sleep, meet people, and get to connect with the outdoors in a meditative way, in community. Attending Kripalu was the gift I didn’t know I needed." — Kripalu Guest

BOOK NOW @KRIPALU.ORG | 413.448.3152
JULY HIGHLIGHTS

On Campus & Online Programs

Cool your body and calm your mood with Kripalu’s diverse programming. From contemplative silence to yoga and lively outdoor activities, there is something for everyone.

FEATURED July Programs

July 5–7 | Friday–Sunday
DHARMA YOGA IMMERSION WEEKEND
Yogic Wisdom for Advanced Practitioners
Dharma Mittra
Join one of the world’s most expert yoga teachers for a program that stretches and strengthens your body through traditional and modern methods designed for advanced practitioners.

July 18 | Thursday
THE ARTIST’S WAY
The Basic Tools
Julia Cameron
Learn the core concepts from Julia’s groundbreaking creativity course including morning pages, artist dates, walks, and guidance for a more creative life.

July 26–28 | Friday–Sunday
BODY BY BREATH
The Science and Practice of Physical and Emotional Resilience
Jill Miller
Restore your core strength, stability, mobility, and resiliency as you explore the power of breath. Discover your body’s breath preferences and embody your body from the inside out.

July 26–30 | Friday–Tuesday
MASTERY AND ALCHEMY
Sound Healing and Asana
Hawah Kasat
Alchemize balance, strength, and creativity as you open your physical and emotional bodies through an elixir of sound healing, asana, meditation, breathwork, and more.

July 5–7
Kripalu.org/calendar
For more programs, full descriptions, prices, and to book online, visit kripalu.org/calendar
JULY HIGHLIGHTS: On Campus and Online Programs

July 3–31 | Wednesdays
30 DAYS OF COLLECTIVE WISDOM
Jess Frey

July 5–7 | Friday–Sunday
SING THE BODY ELECTRIC
Eileen Day McKusick and The Brothers Koren

July 7–14 | Sunday–Friday
CREATING TRANSFORMATIONAL WORKSHOPS
An Introduction to Experiential, Mind-Body Teaching
Ken Nelson, Ledi Lang, David Ronka, and more

July 5–7 | Friday–Sunday
POLYVAGAL THEORY AND YOGA
An Embodied Path to Well-Being
Deb Dana and Melanie Burns

July 9–12 | Sunday–Wednesday
JOURNEYDANCE LEADERSHIP TRAINING, MODULE 1
The Embodiment Experience
Toni Bergens, Joy Okoye, and Joan White-Hansen

July 12–14 | Friday–Sunday
DEEPEN AND EXPAND YOUR CONSCIOUSNESS
A Mantra and Spiritual Practices Workshop
Mirabai Devi

July 12–14 | Friday–Sunday
BE A PLANT-BASED WOMAN WARRIOR
Live Fierce, Stay Bold, Eat Delicious
Jane Esseltyn and Ann Crile Esseltyn

July 14–19 | Sunday–Friday
CIRCUS YOGA RETREAT
The Human Art of Play
Erin and Kevin O’Keefe

July 14–19 | Sunday–Friday
AWAKENING THE HEART OF TRUE NATURE
A Nondual Meditation Retreat
Craig Holliday

July 19–21 | Friday–Sunday
QUARTER LIFE CALLING
Coby Kozlowski

July 19–21 | Friday–Sunday
YOGA RETREAT FOR WOMEN OF COLOR
Lean In and Open to Spirit
Maya Breuer, Kiesha Battles, Leslie Kelson, and more

July 21–26 | Sunday–Friday
VINYASA YOGA AND MEDITATION RETREAT
Rolf Gates

July 21–26 | Sunday–Friday
THE KRIPALU SILENT RETREAT
Jess Frey and Edi Pasalis

July 21–26 | Sunday–Friday
VIBRANT WOMEN OF COLOR
A Creative Wellness Retreat for Artists and Entrepreneurs
Paris Alexandra and Melba Nicholson Sullivan

July 23–26 | Tuesday–Friday
KRIPALU OUTDOORS
Mindful Archery Retreat
Micah Mortali

July 26–28 | Friday–Sunday
PRACTICAL MAGIC FOR REAL LIFE
Activating Your Intuition
Beth Grace and Cynthia Papa-Lentini

July 28–August 2 | Sunday–Friday
TRAUMA, BODY, AND THE BRAIN
Restoring the Capacity for Rhythm and Play
Bessel van der Kolk and Licia Sky
LIVING THE WHY IN YOGA

As a leader in yoga working alongside our peers, Kripalu endeavors to take on the shared responsibility of healing and regeneration in the fields of health and wellness. Our “why” in yoga is to listen and learn as we increase access, support those who serve our society, and center those who historically have been marginalized and/or appropriated.

Our Three Pillars of Impact

ACCESS FOR ALL
Kripalu is greatly expanding our reach and access by reducing financial barriers to participation. We make yoga more accessible through scholarships, free programs, and community outreach.

AMPLIFYING VOICES
We believe in giving voice to those who haven’t been heard enough in the world of wellness. We’re sharing platforms, forming groups where people can connect, listen, and learn from each other. We’re also providing specialized training and grants to support their valuable work.

SERVING THOSE WHO SERVE OTHERS
Kripalu delivers transformational programs to those who serve—including first responders, frontline workers, activists, artists, and nonprofit leaders—as well as to the vulnerable populations they support.

OUR FOURTH PILLAR IS YOU
Simply put, we cannot hold up this work without the generosity of donors like you. To learn about ways to give, visit kripalu.org/donate
AUGUST HIGHLIGHTS
On Campus & Online Programs

Restore balance with programs created to help you expand your heart, move with grace, access your spirit, and replenish you for the fall season ahead.

FEATURED August Programs

August 18–23 | Sunday–Friday
PERMISSION AND REFUGE
A Healing Retreat for Men of Color
Reggie Hubbard
Experience deep rest, soul/healing, laughter, and conscious conversations with other men of color in a week-long retreat rooted in individual and collective liberation.

August 22–25 | Thursday–Sunday
BLACK YOGA TEACHERS ALLIANCE CONFERENCE
Back Together Again
Jana Long, Dr. Gail Parker, and Marilyn Peppers-Citizen
Join other practitioners and supporters of the BYTA in its first in-person reunion since 2019! Workshop sessions focus on the efficacy of yoga on mental, emotional, and physical well-being.

August 23–25 | Friday–Sunday
WEEKEND WORKSHOP WITH BRYAN KEST
Bryan Kest
Improve your overall well-being as you explore Power Yoga practices that strengthen the body, balance the mind, and bring forth the qualities you want more of in your life.

August 30–September 2 | Friday–Monday
HARMONY IN TRANSITION
Seane Corn
Celebrate the shifting seasons and leave the stresses of daily life behind as you honor your body’s natural rhythms in a heart-opening, spirit-inspiring journey of self-discovery and renewal.
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For more programs, full descriptions, prices, and to book online, visit [kripalu.org/calendar](http://kripalu.org/calendar)
Kripalu Schools
Transformation awaits. Become the teacher you were meant to be with Kripalu Schools trainings.

Kripalu School of Yoga
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.

- **On Campus**: June 14-23, 2024 | 300-HOUR GUIDING MEDITATION FOR TRANSFORMATIONAL YOGA TEACHING
- **On Campus**: July 19-28, 2024 | KRIPALU YOGA IN SCHOOLS
- **Hybrid**: September 6-December 8, 2024 | 200-HOUR GLOBAL MAJORITY YOGA TEACHER TRAINING
- **On Campus**: September 20-22, 2024 | KSY AND KSIYT ALUMNI WEEKEND

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.

- **On Campus**: June 6-9, 2024 | COUNCIL OF WATER AND TREES
- **On Campus**: September 20-29, 2024 | LEVEL 1: FOREST COMMUNITY
- **On Campus**: October 18-27, 2024 | LEVEL 2: ALIGNING WITH NATURE
- **On Campus**: November 21-24, 2024 | THE REWILDING SUMMIT

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.

- **On Campus**: July 11-24, 2024 | FOUNDATIONS OF YOGA THERAPY, PART 1
- **On Campus**: July 25-August 7, 2024 | FOUNDATIONS OF YOGA THERAPY, PART 2
- **On Campus**: August 9-18, 2024 | YOGA THERAPY APPLICATIONS WITHIN THE MENTAL HEALTH FIELD
- **On Campus**: September 20-22, 2024 | KSY AND KSIYT ALUMNI WEEKEND

Kripalu School of Ayurveda
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.

- **Hybrid**: June 5-July 14, 2024 | 300-HOUR UNITING YOGA AND AYURVEDA
- **On Campus**: September 8-13, 2024 | AYURVEDA AND THE MIND PART 3: THE ROLE OF THE MIND IN HEALTH & DISEASE
- **Online**: September 18, 2024-March 12, 2025 | 200-HOUR FOUNDATIONS OF AYURVEDA, PART 1

See the full list of trainings, prerequisites, and dates at kripalu.org/schools
HEALING ARTS & AYURVEDA

Our Healing Arts practitioners use the tools of Ayurveda to customize a variety of treatments to help you with everything from skincare to nutrition to deep personal transformation. Often called the oldest continuously practiced healthcare system in the world, Ayurveda identifies what is happening in the elements and in nature, and then determines how those things impact us and show up in our bodies. The results can be truly transformative.

MARMAL BALANCING MASSAGE
Soothe and align the physical and ethereal bodies with this powerful and gentle energy point massage using herbally infused oils application to energy points on the body (gentle-to-light pressure).

ABHYANGA MASSAGE
Long, flowing rhythmic strokes help restore balance and vitality, nourishing the body, relaxing the nervous system, and enhancing circulation using herbally infused oil to help balance your dosha.

VISHESH MASSAGE
A firm and flowing Ayurvedic massage treatment which supports the relief of muscular tension and fatigue, balances the nervous system, and enhances circulation while using herbally infused oil to help balance your dosha.

SOLA VEDI AYURVEDIC FACIAL OR BODY TREATMENT
Incorporates a traditional, unchanging sequence of steps that activates healing and integration through the seven layers of skin tissue—into the entire body organism—ffecting the healthy flow of prana from the brain to the nervous system, and beyond. This ancient Indian therapy includes a skincare ritual called Facial Oleation, during which your face is gently massaged with attention given to pressure points called Marma points.

AYURVEDIC HEALTH CONSULTATIONS
Receive a one-on-one Ayurvedic consultation to address your overall health and well-being, including personalized diet and daily routine recommendations. Please note that this service does not include diagnosis or treatment of specific conditions.

Book now at kripalu.org/healingarts

Recently featured in The Boston Globe as one of the 10 BEST NEW ENGLAND SPAS

KRIPALU ONLINE STUDIO

$39/month, unlimited yoga.

Join the Kripalu Online Studio and gain access to 80+ live classes a month plus a replay library of over 2,000 classes and counting. Our renowned teachers share their wisdom on everything from yoga to meditation to astrology and more. It’s Kripalu, anywhere.

A SAMPLING OF OUR OFFERINGS:

• All Levels Yoga
• Nature Connection Meditation
• Vinyasa Flow
• Human Design: Explore Your Energy Blueprint
• Relax and Unwind Yoga
• Chinese Astrology
• Somatic Breathwork
• Posture Class
• Monthly workshops with some of your favorite Kripalu faculty are included in your subscription.

Sign up today at @kripalu.org/online

This is such a gift, being able to have access to incredible yoga instructors plus weekly workshops! I make an annual trek to Kripalu Center for Yoga & Health, and this is how I keep connected the rest of the year.”

—Kripalu Guest
THAI THREE-MELON SOUP

Maintaining a healthy acid-alkaline balance is thought to support bone health, reduce cancer risk, and decrease overall metabolic stress. One way to support a healthy acid-alkaline balance is to choose fewer animal proteins, dairy products, and sugars, while increasing alkaline-forming fruits and vegetables. Pineapple, watermelon, limes, cantaloupe, pumpkin seeds, and honeydew melon are among the most alkaline-forming foods.

SERVES 2 TO 4

- 1 cup diced seedless watermelon
- 1 cup diced cantaloupe
- 1 cup diced honeydew melon
- 1 tablespoon minced ginger
- 1 tablespoon fresh lime juice
- Pinch of sea salt

Place ingredients in a soup pot or large bowl and use an immersion blender to process until smooth. Alternatively, place all ingredients in blender and puree until smooth. Serve chilled.

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.

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 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.

VIEW OUR COVID-19 SAFETY GUIDELINES @kripalu.org/safety

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 most breathtaking views in the Berkshires.
- Connection and community—with share circles and many other opportunities to gather with fellow guests.
Available exclusively online at kripaluonlineshop.org

NOURISH YOURSELF WITH OUR AYURVEDA BUNDLE

Save 10% when you purchase this essentials self-care tool kit at the Kripalu Online Shop.

Learn more at kripaluonlineshop.org