

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



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.



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OPEN YOURSELF TO **SUMMERTIME** AT KRIPALU

Celebrate yourself around the clock.

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.

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 [kripalu.org/campus](https://www.kripalu.org/campus)



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.



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.



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.



Kripalu
Signature
Explore programs offered exclusively on the Kripalu campus.

FEATURED June Programs



ONLINE

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 and designed to help you chart a course through the deep waters of grief.



ON CAMPUS & LIVESTREAM

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.



ON CAMPUS

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.



ON CAMPUS

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 HIGHLIGHTS: On Campus and Online Programs



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ON CAMPUS

June 4–7 | Tuesday–Friday

RECLAIM YOUR CREATIVITY

Steven Hosking and Laura Thompson



ONLINE

June 7–28 | Fridays

A QUEER DHARMA

A Four-Week Online Book Club

Jacoby Ballard



ON CAMPUS

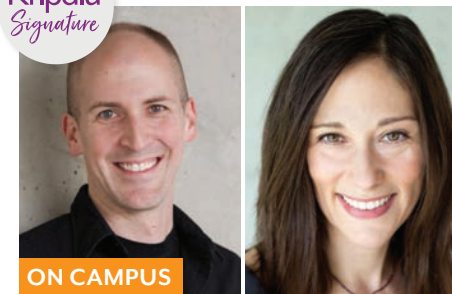
June 9–14 | Sunday–Friday

**HOLOTROPIC BREATHWORK AND
NATURE IMMERSION WORKSHOP**

A Journey Into Expanded States
of Consciousness

Laurane McGlynn, Tom Francescotti,
and Jeffrey Warren

Kripalu
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ON CAMPUS

June 11–14 | Tuesday–Friday

**RISE: THE KRIPALU APPROACH TO
RESILIENCE**

Tools for Work-Life Balance

Sam Chase and Janna Delgado



ON CAMPUS

June 14–16 | Friday–Sunday

LOVING TOUCH COUPLES

THAI MASSAGE

Deepen Your Love

Shai Plonski



ON CAMPUS

June 16–21 | Sunday–Friday

LET YOUR YOGA DANCE

TEACHER TRAINING

Module 1

Megha Nancy Buttenheim



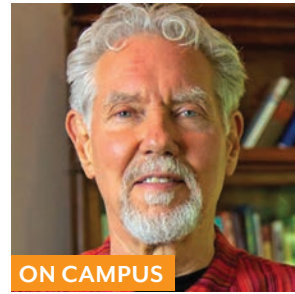
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ON CAMPUS

June 17–21 | Monday–Friday

**SUMMER AYURVEDA
YOGA RETREAT**

Erin Casperson and Susan Wrba



ON CAMPUS

June 21–23 | Friday–Sunday

BREATH MEDICINE

Discover Profound Balance

and Inner Peace

Roger Jahnke



ON CAMPUS

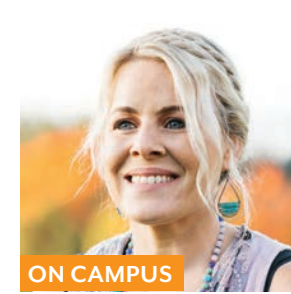
June 21–23 | Friday–Sunday

SUTRAS FOR DAILY LIFE

A Modern Approach to the

Eight Limbs of Yoga

Erica Garcia Abergel



ON CAMPUS

June 21–23 | Friday–Sunday

THE ART OF RESTORATION

Jacqui Bonwell



ON CAMPUS

June 23–26 | Sunday–Wednesday

NAVIGATING CHANGE

Steering Toward Your True North

Maria Sirois and Karlee Fain



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ON CAMPUS

June 23–28 | Sunday–Friday

YOGA SUMMER CAMP

Katie Hagel and Lisa Howard



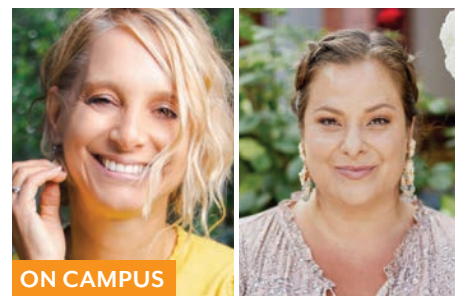
ON CAMPUS

June 23–28 | Sunday–Friday

**ACCEPTANCE AND
COMMITMENT THERAPY**

An Experiential Skills-Based Intensive

John and Jamie Forsyth

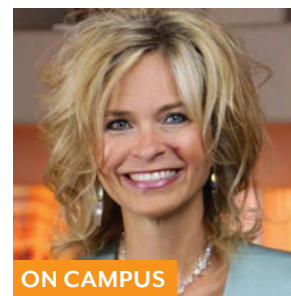


ON CAMPUS

June 28–30 | Friday–Sunday

**EMOTIONAL DETOX FOR UNSHAKABLE
INNER PEACE**

Sherianna Boyle and Shannon Kaiser



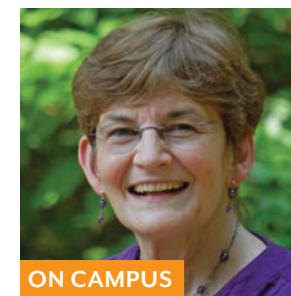
ON CAMPUS

June 28–30 | Friday–Sunday

ANGELS AND THE AFTERLIFE

Elevating Your Intuition
for Spiritual Connection

Sunny Dawn Johnson



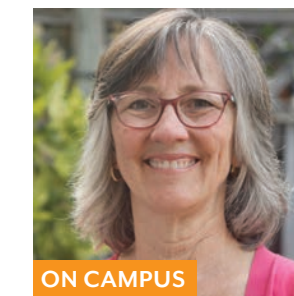
ON CAMPUS

June 28–30 | Friday–Sunday

THE ART OF REIKI

Level 1

Libby Barnett



ON CAMPUS

June 30–July 5 | Sunday–Friday

**EMOTIONAL FREEDOM TECHNIQUES
WORKSHOP**

Jan Watkins



ON CAMPUS

June 30–July 2 | Sunday–Tuesday

**EMBODIED PSYCHEDELIC
INTEGRATION**

Carrying the Medicine Out Into The World

Jess Frey and Ellen Rose

TOP 6 REASONS TO EXPERIENCE R&R IN SUMMER

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



“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



Whether you come for a full week, drop in for a single day, or add space to the start or end of a program, Kripalu R&R is offered every day, all year long—and it's just for you.

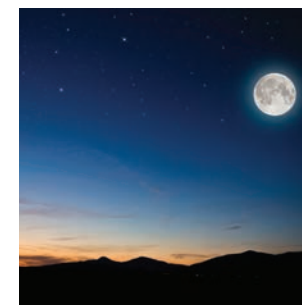
Summer is the season of abundance and joy, and the spirit of being fully alive is palpable during this time of year. Choose from a wide variety of workshops, classes, and community building experiences, or spend time reconnecting with yourself on quiet walks or floating on the serene water. Feel how the practices you learn create a sense of calm, inner strength, and liberation. You'll revel in the freedom to embrace what you need while you're here, with plenty of time to wander, rest, and reflect.

Renew and reconnect with our self-guided retreat.



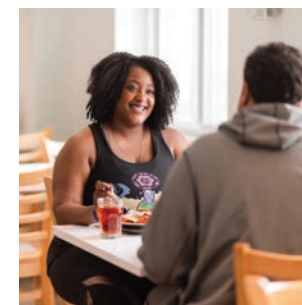
1 MINDFUL OUTDOOR EXPERIENCES

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.



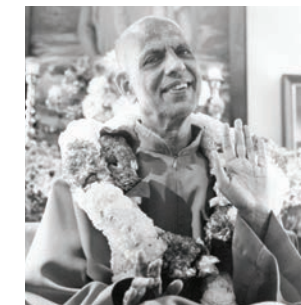
3 FIRE CEREMONIES AND MOON RITUALS

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.



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.



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.



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.



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.

FEATURED July Programs

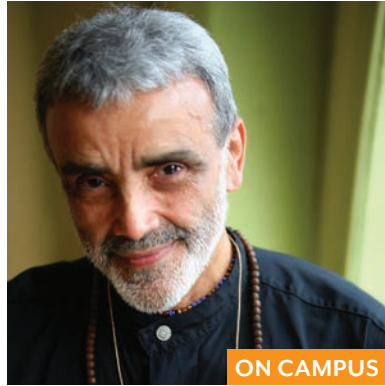
July 5-7 | Friday-Sunday

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.



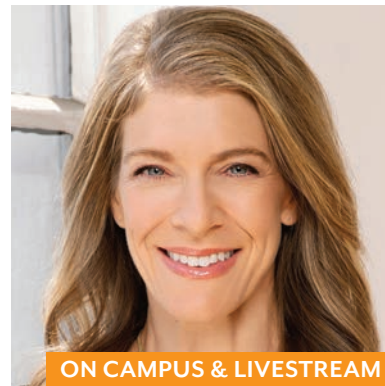
July 26-28 | Friday-Sunday

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 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.

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Signature

Explore programs offered exclusively on the Kripalu campus.



JULY HIGHLIGHTS: On Campus and Online Programs



ONLINE

July 3–31 | Wednesdays

30 DAYS OF COLLECTIVE WISDOM

Jess Frey



ON CAMPUS

July 5–7 | Friday–Sunday

SING THE BODY ELECTRIC

Eileen Day McKusick and The Brothers Koren



ON CAMPUS

July 5–7 | Friday–Sunday

CREATING TRANSFORMATIONAL WORKSHOPS

An Introduction to Experiential, Mind-Body Teaching
Ken Nelson, Lesli Lang, David Ronka, and more



ON CAMPUS

July 7–12 | Sunday–Friday

POLYVAGAL THEORY AND YOGA

An Embodied Path to Well-Being
Deb Dana and Melanie Burns

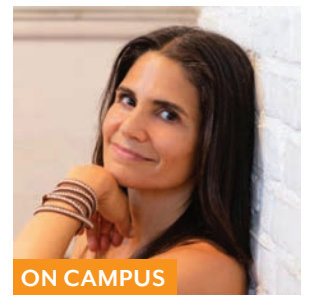


ON CAMPUS

July 7–12 | Sunday–Friday

JOURNEYDANCE LEADERSHIP TRAINING, MODULE I

The Embodiment Experience
Toni Bergins, Joy Okoye, and Joan White-Hansen

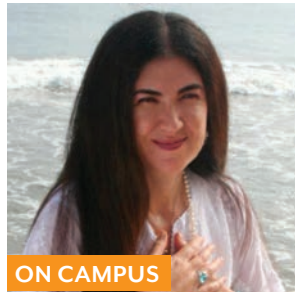


ON CAMPUS

July 12–14 | Friday–Sunday

EXPANDING IN THE SUMMER LIGHT

A Yoga, Relaxation, and Nature Retreat
Jillian Pransky



ON CAMPUS

July 12–14 | Friday–Sunday

DEEPEN AND EXPAND YOUR CONSCIOUSNESS

A Mantra and Spiritual Practices Workshop
Mirabai Devi



ON CAMPUS

July 12–14 | Friday–Sunday

BE A PLANT-BASED WOMAN WARRIOR

Live Fierce, Stay Bold, Eat Delicious
Jane Esselstyn and Ann Crile Esselstyn

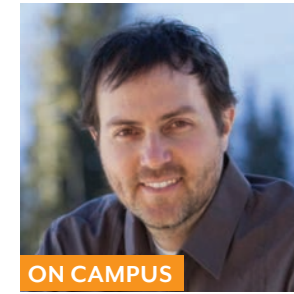


ON CAMPUS

July 14–19 | Sunday–Friday

CIRCUSYOGA RETREAT

The Human Art of Play
Erin and Kevin O'Keefe

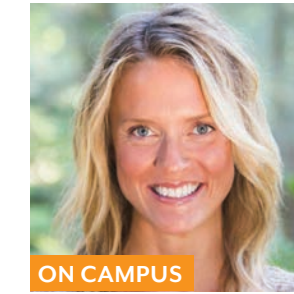


ON CAMPUS

July 14–19 | Sunday–Friday

AWAKENING THE HEART OF TRUE NATURE

A Nondual Meditation Retreat
Craig Holliday



ON CAMPUS

July 19–21 | Friday–Sunday

QUARTER LIFE CALLING

Coby Kozlowski



ON CAMPUS

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



ON CAMPUS

July 21–26 | Sunday–Friday

VINYASA YOGA AND MEDITATION RETREAT

Rolf Gates



ON CAMPUS

July 21–26 | Sunday–Friday

THE KRIPALU SILENT RETREAT

Jess Frey and Edi Pasalis



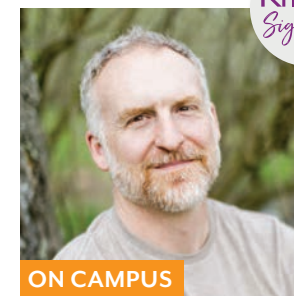
ON CAMPUS

July 21–26 | Sunday–Friday

VIBRANT WOMEN OF COLOR

A Creative Wellness Retreat for Artists and Entrepreneurs

Paris Alexandra and Melba Nicholson Sullivan



ON CAMPUS

July 23–26 | Tuesday–Friday

KRIPALU OUTDOORS

Mindful Archery Retreat
Micah Mortali



ON CAMPUS

July 26–28 | Friday–Sunday

PRACTICAL MAGIC FOR REAL LIFE

Activating Your Intuition
Beth Grace and Cynthia Papa-Lentini



ON CAMPUS

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.

COMMUNITY

RADIATE

REVOLUTION

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](https://kripalu.org/donate)

Kripalu
Signature

Explore programs
offered exclusively on
the Kripalu campus.

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



ON CAMPUS

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.



ON CAMPUS

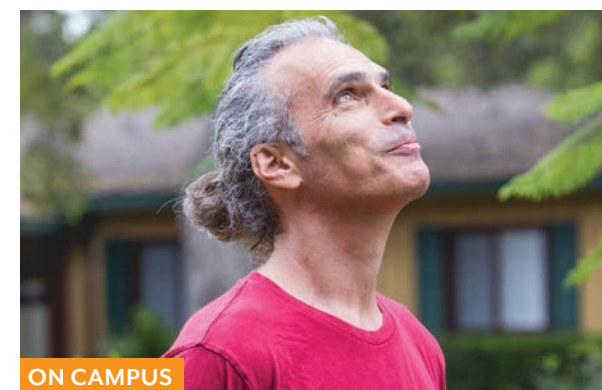
August 22–25 | Thursday–Sunday

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.



ON CAMPUS

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.



ON CAMPUS

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.

AUGUST HIGHLIGHTS: On Campus and Online Programs



ON CAMPUS

August 2-4 | Friday-Sunday

GETTING THE LOVE YOU WANT

A Couples Retreat

Harville Hendrix and Helen Hunt



ON CAMPUS

August 2-4 | Friday-Sunday

THE ESSENTIAL KRIPALU RETREAT

Monique Schubert and Yuval Samburski

Kripalu
Signature



ON CAMPUS

August 4-9 | Sunday-Friday

COME HOME TO YOURSELF

A Summer Yoga and Meditation Retreat

Stephen Cope and Missy Brown



ONLINE

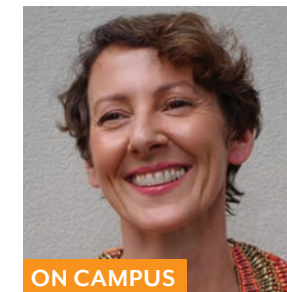
August 5-26 | Mondays

THE DHARMA OF DIFFICULT TIMES

An Online Book Club

Anandamai Charlyn Reihman
and Stephen Cope

AUGUST HIGHLIGHTS: On Campus and Online Programs



ON CAMPUS

August 9-11 | Friday-Sunday

DANCE IT OUT, MOVE IT THROUGH

Embody Freedom

Jurian Hughes



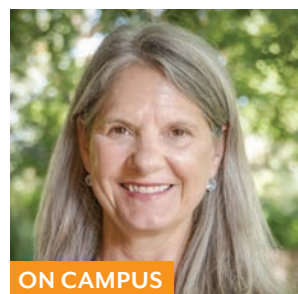
ON CAMPUS

August 11-14 | Sunday-Wednesday

TRAUMA-INFORMED AND RESPONSIVE

YOGA TEACHING

Understanding the Science and Practice
Catherine Cook-Cottone and Joanne Spence



ON CAMPUS

August 11-16 | Sunday-Friday

DEVELOPING A SUSTAINABLE PRACTICE

Breathwork, Meditation, and Om Yoga

Cyndi Lee



ON CAMPUS

August 11-16 | Sunday-Friday

THE KRIPALU SILENT RETREAT

Jess Frey and Edi Pasalis

Kripalu
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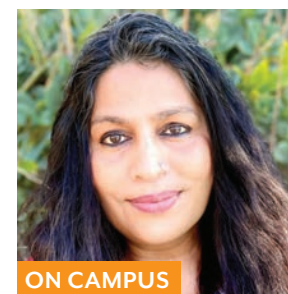
ON CAMPUS

August 16-18 | Friday-Sunday

ANCIENT ECHOES, MODERN HEALING

Discover the Enigmatic Power of Qigong

Sat Hon



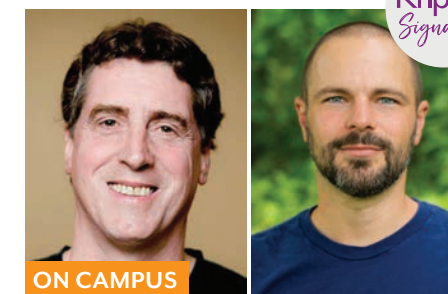
ON CAMPUS

August 16-18 | Friday-Sunday

THE EMBRACE OF SARASWATI

Unleash Your Inner Goddess

Acharya Shunya



ON CAMPUS

August 16-18 | Friday-Sunday

KRIPALU OUTDOORS

Hiking, Kayaking, and Yoga

Chris Holmes and Jon Orsini

Kripalu
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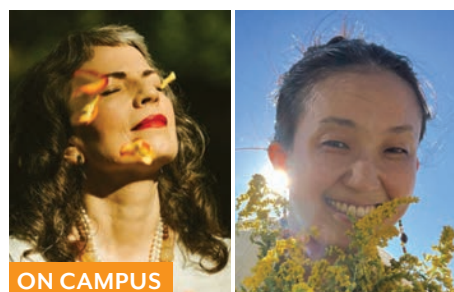
ON CAMPUS

August 18-23 | Sunday-Friday

YOGA SUMMER CAMP

Katie Hagel and Evelyn Gonzalez

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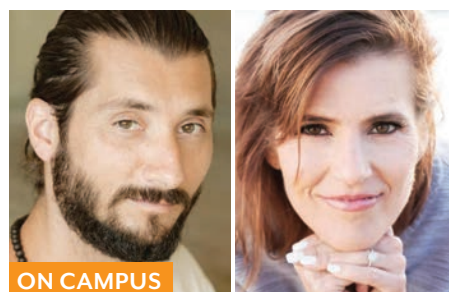
ON CAMPUS

August 19-22 | Monday-Thursday

RECLAIM YOUR BIRTHRIGHT

Intuition and Psychic Development

Manu del Prete and Fumiha Tanaka



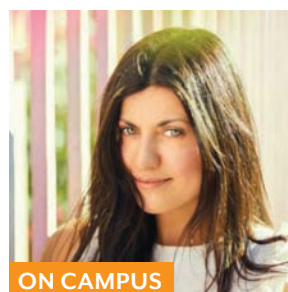
ON CAMPUS

August 22-25 | Thursday-Sunday

YOGA OF INTIMACY

The Spiritual Path of Intimate Relationship

Justin Patrick Pierce and Londin Winters



ON CAMPUS

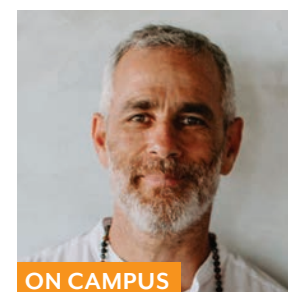
August 23-25 | Friday-Sunday

FROM MIDLIFE CRISIS

TO MIDLIFE AWAKENING

How to Pivot Toward Your Purpose

Keren Eldad



ON CAMPUS

August 30-September 2 | Friday-Monday

YOGA PHILOSOPHY AND PRACTICES TO

THRIVE IN RECOVERY AND LIFE

Tommy Rosen



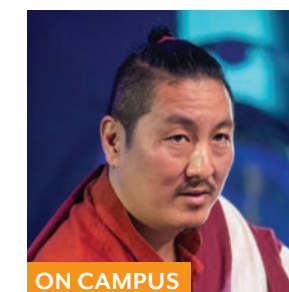
ON CAMPUS

August 30-September 2 | Friday-Monday

SILENCE AND STILLNESS

YIN YOGA RETREAT

Kiesha Battles, Candace Jennings,
and Raudhah Rahman



ON CAMPUS

August 30-September 2 | Friday-Monday

TIBETAN YOGA

FOR MENTAL HEALTH

Restore the Heartmind

James Bae

KRIPALU SCHOOLS

Transformation awaits. Become the teacher you were meant to be with Kripalu Schools trainings.



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

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 14–August 9, 2024 | **200-HOUR YOGA TEACHER TRAINING**
- **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**



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.

MARMA BALANCING MASSAGE

Soothe and align the physical and etheric 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.

SOLAVEDI 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—affecting 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

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.



PLAN **YOUR VISIT**

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 [K RIPALU.ORG](https://www.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](https://www.kripalu.org/safety)

FOR ANSWERS TO OUR FAQs, visit [@kripalu.org/FAQ](https://www.kripalu.org/FAQ)

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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.

Key Code

Account #

Available exclusively online at [kripaluonlineshop.org](https://www.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](https://www.kripaluonlineshop.org)

