

FOLLOWING THE
PATH OF LOVE

THE TRANSFORMATIVE
POWER OF HEALING ARTS

A SAMPLING OF SPRING
PROGRAMS AND TRAININGS

Kripalu®



Heart Opener

SPRING PREVIEW

March–May 2025

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



A *Springtime* INVITATION

The spring season brings growth and change, promising renewal and transformation. Flowers bloom as wildlife emerges from hibernation and we are called upon to reconnect with the warmth in our hearts, offer compassion to others, and prioritize love.

At Kripalu, we are committed to holding the energy of love as a community. We do that by cultivating a space where love, wholeness, unity, service, and evolution are central to everything we do. It is no accident that love is Kripalu's number one core value. No matter the question, love is always the answer.

This spring, we offer you the opportunity to experience profound transformation through our incredible programs; beloved faculty and presenters; and dedicated staff, students, and guests. We invite you to truly know how much you are loved.

SPRING HIGHLIGHTS

6-7 | RETREAT & RENEWAL

Experience transformation alongside a vibrant community of fellow seekers in this self-guided journey.

8-9 | THE PATH OF LOVE

Learn why love is a vital component of our Kripalu Signature Programs.

10-11 | SCHOOLS

Deepen your knowledge with our professional on campus, online, and hybrid trainings.

12 | AYURVEDA RECIPES

Make easy spring pea and mint puree and balsamic fig spreads for springtime fun.

13 | HEALING ARTS

Hear about the transformative power of our treatments from Healing Arts director, Prema Shakti.

14-25 | UPCOMING PROGRAMS

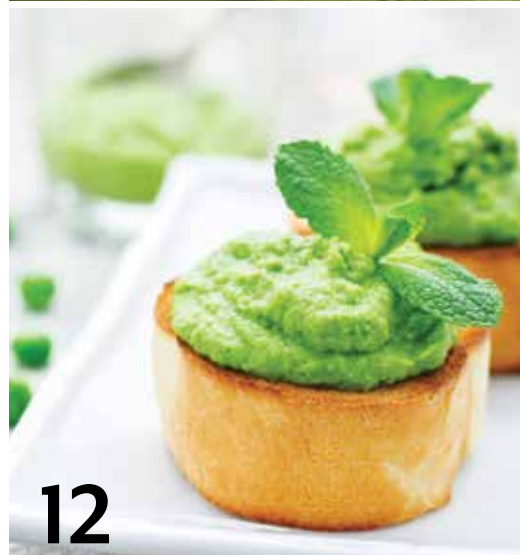
Preview our on campus and online spring program highlights so you can plan ahead.

26 | KRIPALU ONLINE STUDIO

Enjoy unlimited Kripalu from the comfort of your own home for just \$39 per month.

27 | PLAN YOUR VISIT

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



AMPLIFYING VOICES

As one of Kripalu's three pillars, alongside *Access for All* and *Serving Those Who Serve Others*, our mission to *Amplify Voices* is all about uplifting marginalized and appropriated communities, especially within the wellness industry.



How We Amplify

Kripalu has a variety of offerings and initiatives created for this effort. Our Amplify Voices of the Global Majority series is a centerpiece for this work, but there is so much more. For example, we foster connection and healing through Affinity Circles for groups like Global Majority/BIPOC, Queer/LGBTQIA+, and grief, offering spaces for reflection. The Visionaries Cohort brings together changemakers who strengthen community ties through leadership rooted in right relationships. Annual Deep Listening Tours gather feedback to address equity barriers, and the Schwartz Service Practicum helps alumni develop impactful projects with mentorship and grants.

BE AN AMPLIFIER

Our initiatives would not be possible without the generosity of our donors. To help us continue this work, please consider donating at [@kripalu.org/donate](https://www.kripalu.org/donate)



Amplify Voices of the Global Majority: How We Heal Online, May 5-9, 2025

Now in its fourth year, this free online series has showcased inspiring voices such as adrienne maree brown, Leah Penniman, Thenmozhi Soundararajan, and Lyla June. Through live online conversations, we highlight diverse perspectives and identities within the wellness community. This spring, under the theme "How We Heal," Reggie Hubbard will host as we explore profound topics, including personal and collective grief, healing, social justice as a path to restoration, and the practice of humility and surrender in our journeys. Learn more at [@kripalu.org/amplify](https://www.kripalu.org/amplify)

Unity with yourself.
Evolve in **community**.
Discover your **wholeness** with Kripalu R&R.

Our signature retreat invites you to experience renewal in the vibrant community of fellow seekers. With more than 50 years of leadership in ancient wisdom and spiritual guidance, you're invited to a retreat where your unique journey is supported by collective energy. All our Retreat & Renewal offerings are yours to explore at your own pace—take more or take less. Whatever you choose, we are confident you'll leave transformed.

**THE R&R
SCHEDULE
CHANGES DAILY**

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



**Yoga for body, mind,
and spirit.**

Kripalu offers abundant yoga classes, along with immersive sessions that deepen your understanding of self and spirit. As the Earth awakens, so does the power of shared practice, connecting us all to a greater source.

Ayurveda for life.

Spring is a time for transformation, and our Ayurveda workshops will guide you in adapting your routines for the season's shift. Tailor your diet and practices to align with nature's rhythms, all while being supported in community.

Discover MINKA-Brooklyn.

Each month, Kripalu R&R features MINKA-Brooklyn practitioners, bringing new perspectives on wellness. These offerings focus on embodied equity, mindfulness, and community, all designed to enrich your personal practice and elevate collective well-being.

Harmonize in community.

Music is a pathway for shared healing and rejuvenation. Connect deeply with yourself and others in our sound offerings—including kirtans and concerts—as you create space for peace.

**Experience ancient wisdom
in community.**

Spring's energy invites us to gather and honor the changing season. Join in rituals and ceremonies that connect us to the Earth, the elements, and each other—grounding our individual journeys within the strength of community.

Get outside, mindfully.

Reconnect with nature as it blooms around you. Whether through mindful archery or hiking the serene Berkshires hills, experience the benefits of nature and shared exploration with the guidance of our seasoned leaders and fellow guests.

The Path of Love

Love is the cornerstone of Kripalu's methodology. As Swami Kripalu said, "Love is not far away; it is as close as your heart. You can find it living there without walking a single step. Love is the only path."



Our Kripalu Signature Programs invite you to cultivate this innate love and embody its transformative power. Through experiential learning and a variety of practices and philosophies that include yoga, meditation, sound healing, time in silence and time in nature, you will discover a deeper connection to yourself and the world around you. Designed by our esteemed faculty, these programs share common a common goal: to explore what it means to be fully alive.

Whether you are experiencing a change or transition in your life or longing to deepen your spiritual practice, our programs are offered all year long and meet you exactly where you are. They are for everyone, from those who are new to Kripalu to experienced practitioners and Kripalu School alumni. Come experience the path of love.



Kripalu Signature

UPCOMING KRIPALU SIGNATURE ON CAMPUS OFFERINGS:

- Restorative Yoga and Sound Healing | March 7–9 and May 30–June 1
- The Kripalu Silent Retreat | March 14–16, March 30–April 4, and April 27–May 2
- Ignite Your Practice: Deepen Into Kripalu Yoga | March 24–28 and April 18–20
- Spring Ayurveda Retreat: Energize, Lighten, and Enliven | April 21–25
- Spring Ayurveda Yoga Retreat | May 12–16
- Kripalu Outdoors: Mindful Archery Retreat | May 20–23

For more, visit [@kripalu.org/signature](https://kripalu.org/signature)

What does “walking the path of love” mean?

We asked a few of our Kripalu Lead Faculty for their thoughts on walking the path of love. Here are their answers:



JESS FREY

It's a sacred prayer to the infinite intelligence of love with gentle encouragements to choose it again and again even in the face of fear, uncertainty, rage, and grief. It means showing up to the force and spirit of love with courage, commitment, willingness, and devotion. Each step on the path evokes presence and intimacy so love can touch me, teach me, guide me, and express through me. Along the way, I discover love's dance of giving and receiving.



MICAH MORTALI

Walking the path of love starts in my home, with my wife and kids. A stable, loving home is where the light of love is nurtured and fed like a glowing hearth fire while the cold winds of the world swirl and blow outside our doors. It is a place where we can return and know we are safe; a place where there is always a warm meal and a big hug waiting for you, no matter how hard your day is.



YUVAL SAMBURSKI

It is about a commitment to one's spiritual journey, and to personal and communal healing. Whether it is seen or hiding below the surface, love is at the essence of any modality of healing or spiritual practice. What if we were all committed to walking the path of love, choosing love, and living love in every situation and at any moment of the day? Wouldn't we be living a world away from the one we are living in today?



KRIPALU SCHOOLS

Deepen your practice and get certified to teach with the Kripalu Schools. Check out a full list of program descriptions, prerequisites, and dates at kripalu.org/schools.

KRIPALU SCHOOL OF YOGA

Rooted in the teachings of Swami Kripalu, Kripalu Yoga embraces the power of compassionate practice on and off the mat. Every training offered through the Kripalu School of Yoga is steeped in the rich history of yoga, and focuses on offering a contemporary, nondogmatic approach to these ancient practices for the modern world.

300-Hour Guiding Meditation for Transformational Yoga Teaching

On Campus | March 7–16, 2025

300-Hour Leading Kripalu Vinyasa

On Campus | April 4–13, 2025

200-Hour Yoga Teacher Training (Two 12-Day Sessions)

On Campus | April 6–18 and June 8–20, 2025

Gentle Yoga Teacher Training

On Campus | May 18–23, 2025



Kripalu Yoga in Schools

On Campus | July 27–August 1, 2025

Empower the next generation with tools to navigate stress, build resilience, and thrive. The Kripalu Yoga in Schools Teacher Training equips educators, counselors, and yoga teachers to create meaningful change in the lives of adolescents through mindfulness, movement, and evidence-based self-regulation techniques. Held on Kripalu's beautiful campus, this program is led by expert faculty—pioneers of the Yoga in Schools movement with decades of experience in adolescent wellness. Learn more at kripalu.org/yogainschools



KRIPALU SCHOOL OF INTEGRATIVE YOGA THERAPY

The Kripalu School of Integrative Yoga Therapy combines yoga's most powerful tools with leading research across a variety of disciplines. The trainings help you guide individuals on their journey toward balance, health, and happiness.

Foundations of Yoga Therapy, Part 2

Online | March 7–April 13, 2025

Yoga Therapy Applied in Medical Settings

Online | May 16–June 15, 2025



KRIPALU SCHOOL OF MINDFUL OUTDOOR LEADERSHIP

Meaningful connection with nature is an essential part of a healthy and balanced life. The Kripalu School of Mindful Outdoor Leadership is designed for those who are called to share nature's gifts by integrating their love of the outdoors with mindfulness.

Level 1: Forest Community

On Campus | May 2–11, 2025



KRIPALU SCHOOL OF AYURVEDA

Ayurveda, India's traditional system of medicine, is thousands of years old and is often referred to as "the oldest continuously practiced healthcare system" in the world. At the Kripalu School of Ayurveda, learn to guide others to live their fullest lives through the cultivation of nourishing practices that foster viability and well-being.

Uniting Yoga and Ayurveda

Hybrid | February 28–April 6, 2025

Foundations of Ayurveda

Hybrid | April 23–July 4, 2025



Spread the *Love*

Share the love with two delicious spreads that can be served on crackers or bread or drizzled over roasted vegetables or salads. Perfect for spring or any time of year.

Spring Pea and Mint Puree

- 2 cups fresh or frozen peas
- 1 teaspoon chopped garlic
- Zest of 1 lemon, plus its juice
- ¼ cup fresh mint, chopped
- 1 teaspoon sea salt
- ¼ teaspoon ground black pepper
- ½ cup olive oil
- ¼ cup ricotta cheese (optional, for a richer taste)

Place all ingredients in blender and puree until smooth. Adjust consistency by adding extra olive oil if needed until puree is the right consistency to spread.



Balsamic Fig Spread

- ½ cup balsamic vinegar
- 1 or 2 dried figs, or 1 fig and 1 date
- 1 teaspoon Dijon mustard
- 1 tablespoon garlic, minced
- 1½ cups olive oil
- Salt and black pepper to taste

Simmer figs in balsamic vinegar till soft. Allow to cool. Blend all ingredients, slowly pouring in olive oil as you blend.

Explore more recipes at © kripalu.org/recipes

BEYOND THE MESSAGE

Find your personal path to healing and peace.



PREMA SHAKTI

Director of Healing Arts

Prema Shakti is the Director of Healing Arts at Kripalu. She is a doctor of Ayurveda and a devoted practitioner who empowers others with the knowledge they need to live a life aligned with the rhythms of nature.

As the Director of Healing Arts at Kripalu, I have the privilege of witnessing the transformative power of our unique approach to wellness every day. Nestled in the tranquil Berkshires, our Healing Arts department isn't just about relieving tension or providing a relaxing escape, it's about nurturing a deeper, more sustainable connection with oneself.

Our practitioners approach each session with mindfulness, listening to each client's unique needs rather than following a set routine. Here, healing is a partnership, a cocreated space where clients feel safe, seen, and supported. We integrate principles from yoga and Ayurveda, allowing us to go beyond the physical and work with the body, mind, and spirit as a whole.

Whether someone comes for a massage, Ayurvedic treatment, or energy work, our goal is to help them carry the peace and resilience they find here into their everyday lives. In this serene environment, clients have the space to pause and reconnect, stepping away from the stresses of modern life to rediscover balance.

At Kripalu Healing Arts, we're not just treating symptoms. We're inviting people on a journey of self-empowerment, offering a sanctuary for those seeking genuine, lasting wellness. This is a place to return home to yourself, time and time again.



MARCH HIGHLIGHTS

On Campus and Online Programs

“You are infinitely worthy. You are infinitely precious. You have always been enough. You will always be enough. There is no place you don’t belong. You are lovable. You are loved. You are love.”

—Martha Beck



Explore programs offered exclusively on the Kripalu campus.

FEATURED PROGRAMS



Online

March 7 | Friday

YOUR LIFE BEYOND ANXIETY

Martha Beck

Leave anxiety behind and step into unprecedented creativity and fulfillment in this one-night online program with best-selling author Martha Beck.



On Campus

March 21–23 | Friday–Sunday

SPRING AWAKENING RETREAT

The Dharma of the Season

Lama Rod Owens

Move from the darkness of winter into the vitality of spring with Buddhist author and international influencer Lama Rod Owens.



On Campus

March 21–23 | Friday–Sunday

THE SOUND OF SPRING

A Sonic Bloom

Jess Frey and Reggie Hubbard

Celebrate the Spring Equinox through movement, sound, and song as you heal, awaken, and deepen your practice—energetically and spiritually.



On Campus

March 28–30 | Friday–Sunday

TAI CHI AND QIGONG FOR BACK PAIN AND BEYOND

Empowering Healing through Evidence-Based Practices

Yang Yang

Alleviate chronic back pain and enhance overall well-being with the founder of the online WaQi platform, Grandmaster Yang Yang.

MARCH HIGHLIGHTS



On Campus

March 2-7 | Sunday-Friday
THE SILENCE OF ASANA
 An Iyengar Yoga Intensive
 Kofi Busia



Online

March 6-27 | Thursdays
THE CATALYST, TOOLS, AND TECHNIQUES FOR YOUR YOGA BUSINESS
 Ava Taylor



On Campus

March 7-9 | Friday-Sunday
EXPRESS YOUR SPARKLE
A Queer and Trans Yoga Retreat
 Jacoby Ballard and Oneika Mays



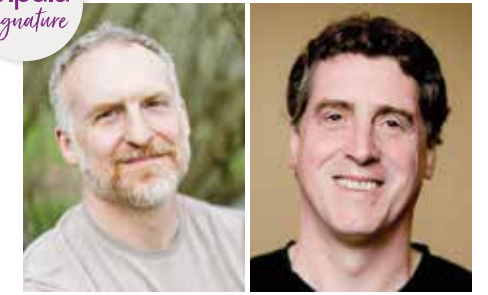
On Campus

March 7-9 | Friday-Sunday
SOUL SHIFT
How to Change Your Habits and Love Your Life
 Rachel Macy Stafford



On Campus

March 10-14 | Monday-Friday
JOURNEY TOWARD BLISS
The Five Koshas
 Yuval Samburski



On Campus

March 13-16 | Thursday-Sunday
KRIPALU RETREAT FOR MEN
 Micah Mortali and Chris Holmes



On Campus

March 14-16 | Friday-Sunday
BONE HEALTH
Yoga for Osteoporosis
 Loren Fishman and Liz Larson



On Campus

March 14-16 | Friday-Sunday
ON YOUR FEET!
Joyful Strategies for Managing Neuropathy
 Terry Roth Schaff and Karen Abramson



On Campus

March 14-16 | Friday-Sunday
THE CELTIC WISDOM OF CONNECTION
Poetry, Song, and Spirituality
 Owen Ó Súilleabháin, Micheal Ó Súilleabháin, and Nóirín Ni Riain



On Campus

March 16-21 | Sunday-Friday
TRAUMA SENSITIVE YOGA FOUNDATIONAL TRAINING
 David Emerson and Jenn Turner



On Campus

March 21-23 | Friday-Sunday
HEALING THE EMOTIONAL BODY
A SomaSoul® Somatic Therapy Workshop
 Dan Leven



On Campus

March 21-23 | Friday-Sunday
THE ACHE IN YOUR HEART IS HOLY
 Coby Kozlowski



On Campus

March 23-27 | Sunday-Thursday
THE DEEP HEART
Exploring the Portal to Presence
 John and Christiane Prendergast



On Campus

March 24-28 | Monday-Friday
IGNITE YOUR PRACTICE
Deepen Into Kripalu Yoga
 Michelle Dalbec



On Campus

March 28-30 | Friday-Sunday
ABANDONMENT TO HEALING
Overcome Patterns of Self-Sabotage
 Susan Anderson



On Campus

March 28-30 | Friday-Sunday
AWAKEN YOUR TRUE NATURE
Explore the Ancient Tradition of Huichol Shamanism
 Brant Secunda



On Campus

March 28-30 | Friday-Sunday
THE GREAT WORK OF YOUR LIFE
Reconnect with Your True Self
 Stephen Cope and Ilana Beigel



On Campus

March 30-April 2 | Sunday-Wednesday
THE OPENING THE HEART WORKSHOP
 Linda Aranda Belliveau, Al DeGroot, Judy Kushner-DeGroot, and more

APRIL HIGHLIGHTS

On Campus and Online Programs

“Nothing can make or give meaning to your life; you, who are pure existence, give life to everything else.”

—Acharya Shunya

FEATURED PROGRAMS



On Campus & Livestream

April 4–6 | Friday–Sunday

MEDIUM MENTOR RETREAT

MaryAnn DiMarco

Learn to unlock and utilize your unique psychic abilities with renowned psychic medium, healer, and spiritual teacher MaryAnn DiMarco.



On Campus

April 11–13 | Friday–Sunday

YIN/INSIGHT YOGA RETREAT

Sarah Powers and Ty Powers

Develop and recharge your body-mind integration with the founders of the Insight Yoga Institute, Sarah and Ty Powers.



On Campus

April 18–20 | Friday–Sunday

AWAKEN YOUR ABUNDANCE WITH GODDESS LAKSHMI

Reprogram Your Consciousness to Welcome Wealth
Acharya Shunya

Align with the cosmic laws of karma and enhance abundance in your life with a renowned teacher of Vedic wisdom.



On Campus

April 25–27 | Friday–Sunday

AWAKENING WISDOM IN THE HEART OF EMOTION

Tara Bennett-Goleman and Daniel Goleman

Explore your emotions with an innovative approach that integrates ancient wisdom and modern psychology to help improve relationships of all kinds.



Explore programs offered exclusively on the Kripalu campus.

APRIL HIGHLIGHTS



On Campus

April 4-6 | Friday-Sunday
**CREATING A VIBRANT LIFE BEYOND
 WORRY, PANIC, AND ANXIETY**
 Paul Foxman



On Campus

April 6-11 | Sunday-Friday
**TAI CHI EASY™ PRACTICE
 LEADER CERTIFICATION**
A Revolution in Mind-Body Energetics
 Lynne Nicole Smith and Brian Trzaskos



Online

April 7-11 | Monday-Friday
MENTAL WELLNESS FOR WRITERS
 Eric Maisel



On Campus

April 8-11 | Tuesday-Friday
**RISE: THE KRIPALU APPROACH
 TO RESILIENCE**
Tools for Work-Life Balance
 Sam Chase and Ilana Beigel



On Campus

April 11-13 | Friday-Sunday
**THE MEDICINE OF SOUND HEALING
 AND SOMATIC BREATHWORK**
 Jess Frey and Jon Orsini



On Campus

April 11-13 | Friday-Sunday
UNSHAKABLE INNER PEACE
How to Clear Your Fear
 Shannon Kaiser



On Campus

April 11-13 | Friday-Sunday
**HEALING WITH DRUMS, RATTLES,
 AND ANIMAL HELPERS**
 Zelda Hotaling



On Campus

April 11-13 | Friday-Sunday
YOUR LIFE IS THE PATH
Buddhist Teachings for Everyday Life
 Susan Piver



On Campus

April 18-20 | Friday-Sunday
LIVING THE YAMAS AND NIYAMAS
**An Energizing and Embodied
 Approach to Ethics**
 Monique Schubert



On Campus

April 18-20 | Friday-Sunday
MINDFUL SELF-COMPASSION
Core Skills Training
 Christopher Germer and Susan Fairchild



On Campus

April 24-27 | Thursday-Sunday
HELD
**Eight Rituals for Love, Liberation,
 and Interdependence**
 Gina Breedlove



On Campus

April 25-27 | Friday-Sunday
DIVINE EMBODIMENT
Unlocking Your Creative Superpower
 Jess Frey and Eset Rose



On Campus

April 25-27 | Friday-Sunday
WORDS THAT HEAL
A How-To Publishing Workshop
 Ruby Warrington and Maggie Langrick



On Campus

April 25-27 | Friday-Sunday
YOGA AND THE PATH OF DISCOVERY
Come Home to Your Self
 Tommy Rosen and
 Sadhvi Bhagawati Saraswati



On Campus

April 27-May 2 | Sunday-Friday
THE KRIPALU SILENT RETREAT
 Jess Frey and Sudha Carolyn Lundeen



On Campus

April 27-May 2 | Sunday-Friday
**DESIGNING AND LEADING
 TRANSFORMATIONAL WORKSHOPS**
The Craft of Mind-Body Teaching
 Ken Nelson, Lesli Lang, and David Ronka



On Campus

April 27-May 2 | Sunday-Friday
**AYURVEDA AND YOGA FOR HEALTHY
 WEIGHT AND WELLNESS**
 Larissa Hall Carlson and Kari Harendorf



On Campus

April 29-May 2 | Tuesday-Friday
KRIPALU OUTDOORS
Birding and Mindfulness
 Dale Abrams and Katie Hagel



MAY HIGHLIGHTS

On Campus and Online Programs

“You will learn a lot about yourself if you stretch in the direction of goodness, of bigness, of kindness, of forgiveness, of emotional bravery. Be a warrior for love.”

—Cheryl Strayed



Explore programs offered exclusively on the Kripalu campus.

FEATURED PROGRAMS



On Campus & Livestream

May 2-4 | Friday-Sunday

THE STORY YOU HAVE TO TELL

Cheryl Strayed

Ignite your creativity and write the stories you ache to tell in this popular program with best-selling author Cheryl Strayed.



Online

May 13 | Tuesday

A COLLECTIVE CALLING FOR FREEDOM

Jaiya John

Remember your soul as you move into collective freedom in a brand-new offering with an internationally recognized author, speaker, and poet.



On Campus

May 16-18 | Friday-Sunday

DISCOVER YOUR MASTERPIECE

Presented by The Women Writers Collective

Tembi Locke, Allison Gilbert, and Abigail Santamaria

Experience the regenerative journey of self-discovery and healing in this one-of-a kind writing retreat with three acclaimed authors.



On Campus

May 30-June 1 | Friday-Sunday

PRANA MANDALA FLOW

Movement Meditation for Life

Shiva Rea

Stimulate the whole body with a circular flow and meditation practice designed to cultivate whole-body awareness, flexibility, and rejuvenation.

MAY HIGHLIGHTS



On Campus

May 9–11 | Friday–Sunday
LET'S TALK ABOUT DEATH
 Exploring Life's Most
 Important Conversation
 Jess Frey and Michael Hebb



*Kripalu
Signature*

On Campus

May 9–11 | Friday–Sunday
AYURVEDA SELF-CARE RETREAT
 Emilie Reid



On Campus

May 9–11 | Friday–Sunday
LET YOUR YOGA DANCE
 A Wild and Wonderful
 Mother's Day Weekend Retreat
 Megha Nancy Buttenheim



On Campus

May 9–11 | Friday–Sunday
CHANNELING THE PSYCHIC WITHIN
 Bill Philipps



On Campus

May 9–11 | Friday–Sunday
THE FEMALE NERVOUS SYSTEM
 Yoga for Resilience and Regulation
 Veronica Rottman and Diana May



On Campus

May 9–11 | Friday–Sunday
**MOTHERS, DAUGHTERS,
 AND THE HEROIC JOURNEY**
 Lindsay Davison and Annika Tara Hansche



On Campus

May 14–18 | Wednesday–Sunday
THE BETTER BONES SOLUTION
 Strong Bones Naturally at Any Age
 Susan Brown and Gina Galli



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Signature*

On Campus

May 16–18 | Friday–Sunday
THE ESSENTIAL KRIPALU RETREAT
 Pilin Anice



On Campus

May 18–23 | Sunday–Friday
PERMISSION AND REFUGE
 A Healing Retreat for Men of Color
 Reggie Hubbard



On Campus

May 18–22 | Sunday–Thursday
**CORE CENTERING
 PRACTITIONER CERTIFICATION**
 Brian Trzaskos and Ani Anderson



On Campus

May 18–23 | Sunday–Friday
DEEP WRITING WORKSHOP
 Eric Maisel



*Kripalu
Signature*

On Campus

May 20–23 | Tuesday–Friday
KRIPALU OUTDOORS
 Mindful Archery Retreat
 Micah Mortali



On Campus

May 23–25 | Friday–Sunday
WUJI HUNDUN QIGONG
 An Ancient Healing Practice
 Daisy Lee



On Campus

May 23–26 | Friday–Monday
CONNECT TO THE INFINITE
WISDOM OF THE HEART
 Kundalini Yoga and Meditation
 Kia Miller and Ananda Das



On Campus

May 23–26 | Friday–Monday
ORDINARY MYSTICISM
 Your Life as Sacred Ground
 Mirabai Starr



*Kripalu
Signature*

On Campus

May 23–26 | Friday–Monday
RECLAIM YOUR CREATIVITY
 Monique Schubert and
 Laura Dickstein Thompson



On Campus

May 26–30 | Monday–Friday
YOGA, MEDITATION, AND ADDICTION
RECOVERY CONFERENCE
 Rolf Gates, Nikki Myers, and Kate Johnson



On Campus

May 30–June 1 | Friday–Sunday
**QUIET YOUR INNER CRITIC AND
 CALM YOUR ANXIOUS MIND**
 Jane Shure and Beth Weinstock

Kripalu Online Studio

Your Practice, Your Sanctuary



It's unlimited Kripalu from wherever you are. Featuring more than 20 live classes a week and a replay library of over 2,500 classes all held within a mindful container of sacred community.

Now just \$39/month.

"As someone who has enjoyed the benefits of yoga and wanted more opportunities to practice 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 and am so grateful for the resource."
—Kripalu Online Studio participant

Try one week for FREE when you scan the QR code below.



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.

Join the community.     

Key Code

Account #



At Kripalu,
we're awarding **more scholarships**
for **more offerings** than ever before.

Apply now!

The mission behind all our scholarships is to increase access to yoga for all, support those who serve our society, and center the people who historically have been marginalized and/or appropriated. We offer scholarships for our schools trainings and many of our programs—both online and on campus. We also accept applications for both Activists and Artists in Residence who are looking for a mid-week stay to rest and restore. Wondering if you might be eligible? Learn more at [@kripalu.org/scholarships](https://www.kripalu.org/scholarships)