



# Kripalu Schools **2025 Trainings**

Become a certified yoga teacher, yoga therapist, Ayurvedic health counselor,  
or mindful outdoor guide today

## **Kripalu School of Yoga Trainings**

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.

- **200-Hour Yoga Teacher Training** | Online | January 10–April 27, 2025
- **Restorative Teacher Training** | On Campus | February 23–28, 2025
- **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 (2x12 Sessions)** | On Campus | April 6–18 and June 8–20, 2025
- **Gentle Yoga Training** | On Campus | May 18–23, 2025
- **Yin Yoga Teacher Training** | On Campus | June 8–13, 2025
- **300-Hour Teaching Pranayama** | On Campus | June 20–29, 2025
- **200-Hour Yoga Teacher Training Monthlong** | On Campus | July 13–August 8, 2025
- **Yin Yoga Teacher Training** | On Campus | July 20–25, 2025
- **Yoga in the Schools** | On Campus | July 27–August 1, 2025
- **RISE Facilitator Training** | On Campus | August 1–8, 2025
- **300-Hour Global Majority Advanced Asana and Pranayama** | On Campus | August 3–8, 2025
- **Meditation Teacher Training** | Hybrid | September 5–November 23, 2025 | On Campus: November 16–23, 2025
- **200-Hour Yoga Teacher Training Monthlong** | On Campus | September 7–October 3, 2025
- **Yoga Nidra Teacher Training** | On Campus | September 14–19, 2025
- **300-Hour Teaching Pranayama** | Online | October 23–December 7, 2025
- **300-Hour Teaching Adaptive Yoga** | On Campus | October 31–November 9, 2025
- **200-Hour Yoga Teacher Training (2x12 Sessions)** | On Campus | November 30–December 12, 2025 and February 1–13, 2026

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# Kripalu®

→ [kripalu.org](https://kripalu.org) | 413.448.3500



## Kripalu School of Ayurveda Trainings

**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.

- **Uniting Yoga and Ayurveda** | Hybrid | February 28–April 6, 2025 | On Campus: March 30–April 6, 2025
- **Foundations of Ayurveda** | Hybrid | April 23–July 4, 2025 | On Campus: May 30–June 6 & June 27–July 4, 2025
- **Clinical Training of Ayurveda** | Hybrid | September 3, 2025–May 22, 2026 | On Campus: Nov 9–16, 2025, January 9–16, 2026, May 15–22, 2026
- **Continuing Ayurveda Education: Supporting The Pregnant Client with Ayurveda: Advanced Training for Health Counselors** | On Campus | September 7–12, 2025
- **Continuing Ayurveda Education: Seminars in Perimenopause: Advanced Training for Health Counselors** | Online | October 2–November 6, 2025
- **Continuing Ayurveda Education: Ayurveda, Menopause, & Longevity: A Four-Day In-Person Experience with Kate O'Donnell** | On campus | December 10–14, 2025

## Kripalu School of Integrated 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

- **Foundations of Yoga Therapy Part 1** | Online | January 10–February 16, 2025
- **Foundations of Yoga Therapy Part 2** | Online | March 7–April 13, 2025
- **Foundations of Yoga Therapy (2x12 Sessions)** | On Campus | July 13–25, 2025 and September 14–26, 2025
- **Pranayama, Mudra, and Subtle Anatomy Applied in Yoga Therapy** | On Campus | August 8–17, 2025
- **In-Depth Anatomy of Asana** | On Campus | October 3–12, 2025
- **Clinical Immersion** | On Campus | October 12–19, 2025
- **Trauma-Informed Yoga: Cultivating Growth & Resilience** | On Campus | November 14–19, 2025

## 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.

- **Level 1: Forest Community** | On Campus | May 2–11, 2025
- **Level 1: Forest Community** | On Campus | July 11–20, 2025
- **Level 1: Forest Community** | On Campus | September 19–28, 2025
- **Level 2: Aligning with Nature** | On Campus | October 17–26, 2025
- **The Rewilding Summit** | On Campus | November 6–9, 2025
- **Alumni Program: Mindful Outdoor Education for Kids: Put On Your Owl Eyes** | On Campus | November 13–16, 2025