

JUNE–SEPTEMBER 2025

# Kripalu®



YOGA  
SUMMER  
CAMP

---

THE POWER OF  
MEDITATION  
IN A DISTRACTED WORLD

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FIND CONNECTION  
WITH AFFINITY CIRCLES

BELONG  
HERE

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





# Come as you are *To Kripalu*

**Bring your whole, authentic self,** knowing that your background, body, level of yoga experience, state of mind, and whatever you are feeling right now, is enough. Bring it all to a place that has been rooted in compassion and service for more than half a century.

It's hard to put into words how important it is to us to create a sense of deep belonging here, to create an atmosphere of connection and acceptance. But we know that words won't be necessary once you've arrived. We never tire of hearing how people instantly relax when they enter campus, and how it feels like the home they've been missing. Right now, more than ever, this is what every one of us needs. As we turn our faces to the sun with the arrival of warmer weather, let it be summer in our hearts, too. Belong here. Your community awaits.





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## HIGHLIGHTS

### 5-6 | RETREAT & RENEWAL

Discover the power of healing within community from Ellen Rose, Director of Kripalu Programming.

### 7 | AYURVEDIC CONSULTATIONS

Hear from Ayurveda Health Counselor Kaveri Barros about the deeply powerful and individualized knowledge one receives with an Ayurvedic Consultation.

### 8 | YOGA SUMMER CAMP

Rediscover the joys of summer—nature, connection, and play—with Yoga Summer Camp.

### 9-16 | UPCOMING PROGRAMS: JUNE-JULY

Preview June and July on campus and online programs.

### 17-18 | SCHOOLS

Take your knowledge and skills to the next level with upcoming in person, online, and hybrid trainings.

### 19-26 | UPCOMING PROGRAMS: AUGUST-SEPTEMBER

Preview August and September on campus and online programs.

### 27-28 | AFFINITY CIRCLES AND FACULTY VOICES

Experience belonging with our free online affinity circles and hear from the faculty who lead them.

### 29 | KRIPALU RECIPES

Try a refreshing take on soups with two delicious chilled recipes.

### 30 | PLAN YOUR VISIT

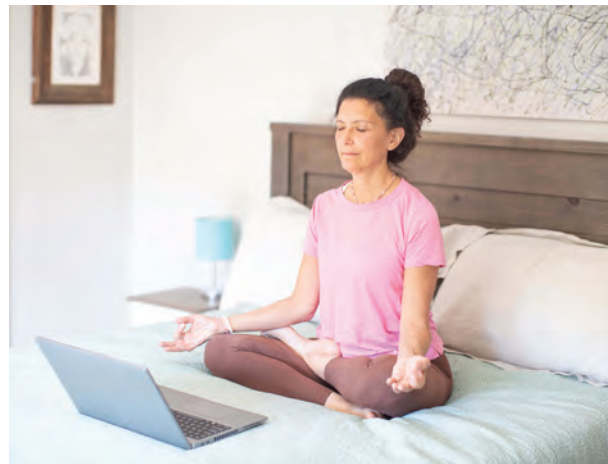
Explore all the season has to offer on our beautiful Berkshires campus.



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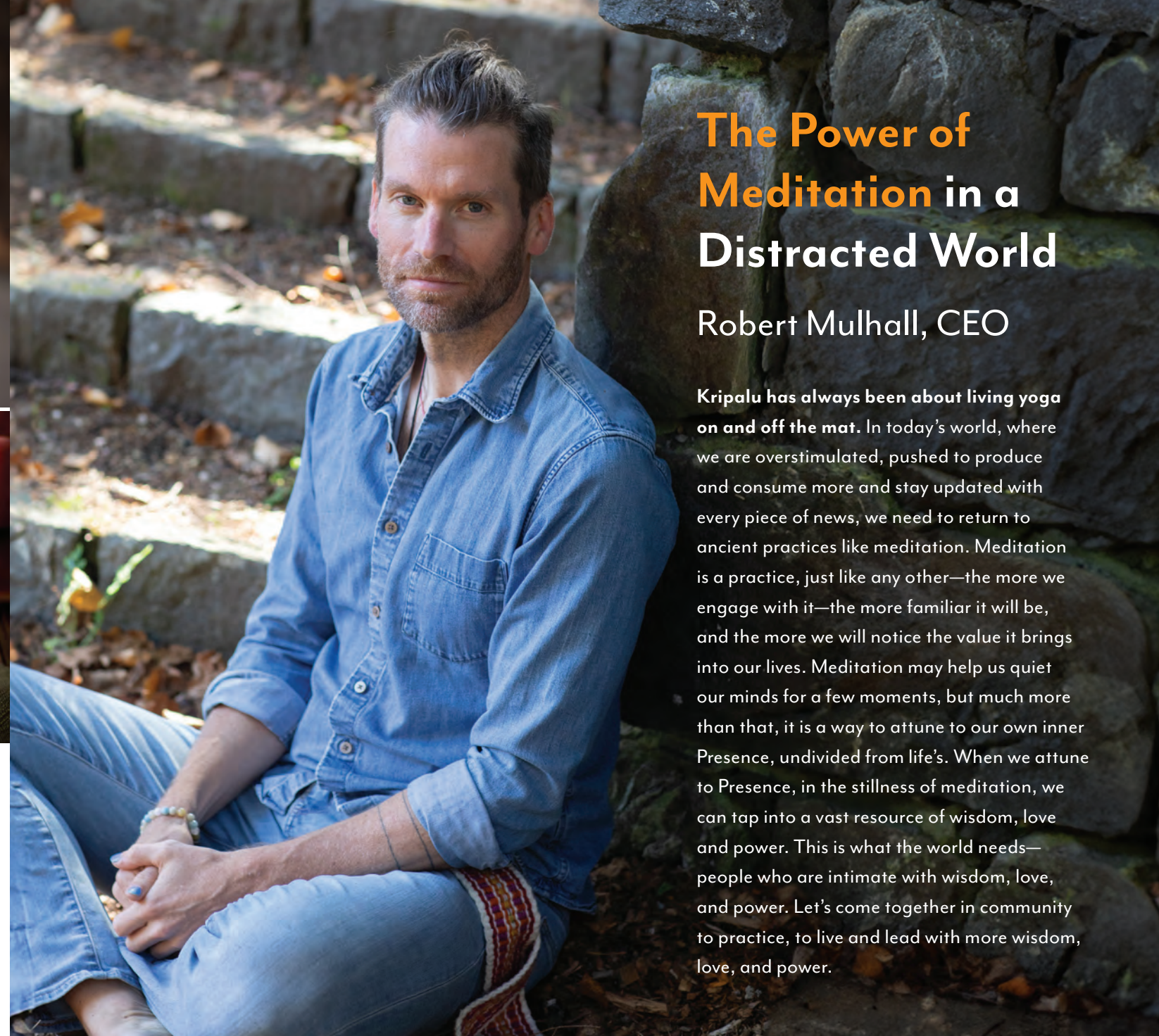
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Try two weeks for  
FREE when you  
scan the QR code  
above.

## Your Practice, Your Sanctuary

Experience the Kripalu Online Studio, a sanctuary of love, connection, and community. Deepen your practice with expert guidance and unlimited access to 20+ live classes a week plus an on-demand library of 2,500 classes and counting. Together, we cultivate wisdom, compassion, and joy—on and off the mat. **\$39/month.**



# The Power of Meditation in a Distracted World

Robert Mulhall, CEO

Kripalu has always been about living yoga on and off the mat. In today's world, where we are overstimulated, pushed to produce and consume more and stay updated with every piece of news, we need to return to ancient practices like meditation. Meditation is a practice, just like any other—the more we engage with it—the more familiar it will be, and the more we will notice the value it brings into our lives. Meditation may help us quiet our minds for a few moments, but much more than that, it is a way to attune to our own inner Presence, undivided from life's. When we attune to Presence, in the stillness of meditation, we can tap into a vast resource of wisdom, love and power. This is what the world needs—people who are intimate with wisdom, love, and power. Let's come together in community to practice, to live and lead with more wisdom, love, and power.



## NEW: KRIPALU COMMUNITY MEDITATION

Come Together in Practice

Live Online Program | Second Thursday of each month

Join Robert Mulhall each month for a free 30-minute online meditation that honors one of the pillars of Swami Kripalu's lineage: sangha, or community. Step aside from your day-to-day tasks to come together and practice in community. At a time when distractions and divisiveness are rampant, let us be reminded of the power of coming together. Learn more and sign up at [kripalu.org/meditation](https://kripalu.org/meditation).



# This Summer

## Step into the circle of aliveness with Kripalu R&R

Summer is a special time at Kripalu. From the lake to the woods, this sacred land welcomes you to open yourself more fully to life and share the unique gifts within your heart. Retreat and Renewal is designed to support you in this opening with a wealth of classes, workshops, and outdoor activities that inspire connection and transformation.

Find new perspective out on the water in a kayak or on a paddleboard, tap into a flow state while practicing mindful archery, and hike through the rich Kripalu woods in full bloom. Practice yoga at all levels, learn tarot, attend an intention-setting workshop, shake your soul at YogaDance, and savor seasonal, nourishing meals from the Kripalu Kitchen. Our R&R schedule truly overflows with options for ways you can tap in and connect to yourself, the outdoors, and our community, led with loving attention by our Kripalu teachers and staff, who are right there with you in this endeavor of awakening.

For a full list of what's included in your R&R stay and to book, visit [@kripalu.org/retreat](https://www.kripalu.org/retreat).



### The LoveFest: A Sacred Artist Residency Immersive Experience

On campus | June 20–22, 2025

Over the summer solstice weekend, join Kripalu faculty and our Sacred Artist Residency cohort in a special R&R experience that invites you to explore music, dance, ritual, and multisensory creativity. Through immersive classes and interactive experiences, tap into the rich lineage of the arts at Kripalu and discover what a culture of love feels like, looks like, and moves like—through you. Register for R&R June 20–22 in order to participate in The Love Fest.

## It's All About Connection

**At Kripalu your journey is shared, and the power of community enhances every step.** Whether you come for R&R alone, with a friend, family, or a group, you'll be welcomed with opportunities to forge meaningful connections that foster belonging and transformation. As Swami Kripalu says, "The key to your heart lies hidden in the heart of another."

I've heard from many guests that they have created lifelong friendships at R&R. Whether it's meeting over lunch or in a workshop or discovering the other person is going through something similar in their lives, they form a deep bond and then make it a point to return to Kripalu annually together.

In these times of division and uncertainty, coming together for respite, support, and remembering the potential of humanity is so important. Sangha, or spiritual community, is a vital pillar of integrating Kripalu lineage teachings into daily life. When we come together with intention—whether to seek liberation or cultivate skillfulness—our personal growth deepens and flourishes as we uplift one another toward our highest potential.



**ELLEN ROSE**

*Director of Kripalu Programming*

Ellen Rose (she/her) is the Director of Kripalu Programming. She integrates earth-based spirituality, ancestral practices, and spirit work to foster connection, empowerment, and embodied wisdom in community.





HEAL IN PERSON  
OR ONLINE

Visit [@kripalu.org/healingarts](https://kripalu.org/healingarts) for a full list of consultation offerings and book today.

## The Healing Power of Ayurvedic Consultations

**Ayurveda, the sister science of yoga, gently reminds us of our deep connection to nature.** As an Ayurvedic Health Counselor, I offer this wisdom to my clients, gently guiding them through Svādhyāya (self-study) as an invitation to explore their minds, bodies, and spirits with curiosity and compassion. By understanding themselves through the lens of nature's elements (fire, water, air, ether, and earth), they begin to soften self-judgment and embrace their unique way of being.

This journey creates a sense of belonging, both within and in the world around them. As they tune into the natural rhythms that shape their experiences, they develop a deeper awareness of their own imbalances and learn how to restore harmony. With this understanding comes a fresh perspective—one that allows them to move through life with greater ease, trust, and alignment. They also begin to feel more connected to others, recognizing their shared humanity and the ways in which community, like nature, nourishes and supports them.

More than a system of healing, Ayurveda offers a homecoming, a return to the innate wisdom already within. It is a practice of remembering, reconnecting with the body's intelligence, and finding peace in simply being who we are.



**KAVERI DATTA BARROS**  
*Ayurvedic Health Counselor*

Kaveri is an Ayurvedic Health Counselor in the Healing Arts department at Kripalu. She blends ancient wisdom with modern insight to guide individuals toward balance and well-being. Passionate about holistic health, she supports others through personalized consultations, Ayurvedic practices, and compassionate guidance.

# Find Your Joy at Yoga Summer Camp

JUNE 15–20 • JULY 6–11 • AUGUST 17–22

**Remember the feeling of long summer days spent outdoors, away from screens, surrounded by friends?** It's powerful to remind ourselves that even as adults, we can still slow down and tap into the playful magic of right now. We created Yoga Summer Camp as an invitation to do just this: put down your phone, come back to yourself, and relish five stress-free days of glorious summertime in the Berkshires.

Imagine sitting around the campfire in the company of other openhearted campers, remembering what matters most. On hikes and walks in our stunning forests and along our mountain trails, while kayaking on Lake Mahkeenac, learning mindful archery, enjoying arts and self-expression workshops, and practicing outdoor yoga, you'll have the opportunity to connect with yourself, the land, and a new community of friends who just a week ago were strangers. The wonders of summer are here for you. Learn more at [@kripalu.org/yogasummercamp](https://kripalu.org/yogasummercamp).

**"I love leading summer camp because it's so wonderful watching adults leave behind their responsibilities and to-do lists and rediscover the joys of nature, connection, adventure, and play. This program offers a little bit of everything—hiking, kayaking, archery, outdoor yoga—but it's more than just a camp: it's a community of growth and connection."**  
—Katie Hagel, Kripalu Faculty



PICTURE  
YOURSELF HERE

Now Casting: Members of the Kripalu community for our next photoshoot! Interested? Email [@marketing@kripalu.org](mailto:marketing@kripalu.org)



# JUNE HIGHLIGHTS

On Campus and Online Programs

“Any doorway that leads you to a deeper understanding of who you are is worthwhile.”

—Rodney Yee



Explore programs offered exclusively on the Kripalu campus.

## FEATURED PROGRAMS



### Online

June 4–25 | Wednesdays

#### MINDFUL LIVING

##### Intro to The Everyday Magic of Feng Shui

Anjie Cho and Laura Morris

Learn about the everyday magic that is feng shui and how to apply this mindful practice to your home with hosts of the Holistic Spaces podcast Anjie Cho and Laura Morris.



### On Campus and Online

June 13–15 | Friday–Sunday

#### THE FULL SCOPE OF YOGA

Rodney Yee and Colleen Saidman Yee

Experience the full essence of what yoga has to offer and align with the circadian rhythms of your body with acclaimed teachers Rodney Yee and Colleen Saidman Yee.



Kripalu  
Signature

### On Campus

June 20–22 | Friday–Sunday

#### THE MEDICINE OF SOUND HEALING AND SOMATIC BREATHWORK

Jess Frey and Jon Orsini

Calm your nervous system with a weekend of somatic breathwork, meditation, sound healing, and community with Kripalu faculty Jess Frey and Jon Orsini.



### On Campus

June 20–22 | Friday–Sunday

#### MEDICAL QIGONG CERTIFICATION

##### Healer Within Practice Leader Training

Dr. Roger Jahnke, Oley Smith, and Jennifer Weiss

Unlock the transformative power of qigong and gain the confidence to share these practices with others with master teacher Dr. Roger Jahnke.



JUNE HIGHLIGHTS



On Campus

June 6–8 | Friday–Sunday  
**THE ESSENTIAL KRIPALU RETREAT**  
Yuval Samburski and Monique Schubert



On Campus

June 6–8 | Friday–Sunday  
**THE HIDDEN TREASURE WITHIN**  
**A Retreat of Self-Discovery**  
Jacalyn Prete, Julia Pearing,  
and Rachel Dewan



On Campus

June 6–8 | Friday–Sunday  
**RESILIENCE REBOOT**  
**Deep Healing for Modern Living**  
Nina Hersher and Felice Chan



On Campus

June 6–8 | Friday–Sunday  
**YOGA SKILLS TO SHIFT DEPRESSION  
AND ANXIETY**  
Amy Weintraub



On Campus

June 6–8 | Friday–Sunday  
**MOVING TO HEAL**  
**A JourneyDance Experience**  
Toni Bergins, Antoinette Simms,  
Lena Warchol, and more



On Campus

June 6–8 | Friday–Sunday  
**BUDDHIST HEALING FOR  
MODERN LIFE**  
**Learn the Practices of the Medicine Buddha**  
Tsering Ngodup Yodsampa



Online

June 6–8 | Friday–Sunday  
**DEEP RECONNECTION**  
**A Weekend of Breath and Self-Discovery**  
Yogrishi Vishvketu and  
Mary Hammerstein (Shantprem)



On Campus

June 8–13 | Sunday–Friday  
**HOLOTROPIC BREATHWORK® AND  
NATURE IMMERSION WORKSHOP**  
Laurane McGlynn, Tom Francescotti,  
and Jeffrey Warren



On Campus

June 10–13 | Tuesday–Friday  
**MINDFUL NATURAL BEEKEEPING**  
Asher Silverwolff and Micah Mortali



Online

June 10–July 1 | Tuesdays  
**RESTORATION**  
**How Attention to Beauty, Goodness, and  
Excellence Restores Us and Our World**  
Maria Sirois



On Campus

June 13–15 | Friday–Sunday  
**AWAKEN THE GODDESS WITHIN**  
**Manifest Your Power**  
Abiola Abrams  
and Deborah Threadgill Egerton



On Campus

June 13–15 | Friday–Sunday  
**SHIATSU, MEDITATION,  
AND MINDFUL MOVEMENT**  
Kumiko Kanayama



On Campus

June 15–20 | Sunday–Friday  
**INTERNAL FAMILY SYSTEMS  
IMMERSION RETREAT**  
Alexia Rothman



On Campus

June 22–26 | Sunday–Thursday  
**DEEP REST, REJUVENATION,  
AND RESILIENCE**  
Elissa Epel and Nichol Joy Chase



On Campus

June 27–29 | Friday–Sunday  
**STAY SHARP**  
**Integrative Ayurveda and Yoga for  
Cognitive Vitality**  
Scott Blossom



On Campus

June 27–29 | Friday–Sunday  
**FULL BODY PRAYER**  
**The Embodiment of Smart Movement,  
Active Rest, and Meditation**  
Jacqui Bonwell and Johnny Gillespie



On Campus

June 27–29 | Friday–Sunday  
**BREATH-BODY-MIND  
FUNDAMENTALS**  
Richard P. Brown and Patricia L. Gerbarg



On Campus

June 29–July 4 | Sunday–Friday  
**YOGA AND MEDITATION RETREAT**  
Rolf Gates



# JULY HIGHLIGHTS

On Campus and Online Programs

“Pausing gives us extra room to take things in. It allows us time to listen to ourselves before responding or reacting. We pause so we can pay attention to ourselves, to others, and to the world around us in a more open and compassionate way.”

—Jillian Pransky



Explore programs offered exclusively on the Kripalu campus.

## FEATURED PROGRAMS



### On Campus

July 4–6 | Friday–Sunday

#### AWAKEN THE INFINITE WITHIN

##### DeepMind Qigong

Dr. Sat Hon

Journey into the profound depths of DeepMind qigong, harmonize your body’s energy, and awaken your inner channels with principal teacher and founder of the Cloud Dantao Center, Dr. Sat Hon.



### On Campus

July 18–20 | Friday–Sunday

#### EXPANDING IN THE LIGHT OF SUMMER

##### A Sacred Celebration

Jillian Pransky

As the summer days grow longer, expand along with the light over a weekend filled with nature, live music, restorative yoga, and more.



### On Campus

July 25–27 | Friday–Sunday

#### RESTORATIVE YOGA AND SOUND HEALING

Yuval Samburski

Gain practical tools on how to bring deep healing into your daily life and experience the transformative effect of sound healing with Tibetan bowls and more.



### On Campus and Online

July 25–27 | Friday–Sunday

#### THRIVING IN TURBULENT TIMES

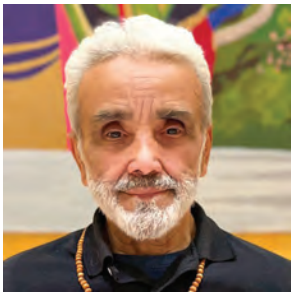
##### Food, Rest, and Collective Care

Bryant Terry, Tricia Hersey, and Jasmine Nyende

Experience radical self-care through nourishing shared meals, meaningful conversations, and more with award-winning chef Bryant Terry, activist and writer Tricia Hersey, and artist and musician Jasmine Nyende.



JULY HIGHLIGHTS



On Campus

July 4–6 | Friday–Sunday  
**DHARMA YOGA IMMERSION WEEKEND**  
Yogic Wisdom for Advanced Practitioners  
Sri Dharma Mittra



On Campus

July 4–6 | Friday–Sunday  
**SWEAT MEDICINE**  
A Ritual of Dance and Release  
Tasha Blank and Nico Allen



On Campus

July 6–11 | Sunday–Friday  
**YOGA SUMMER CAMP**  
Katie Hagel and Lisa Howard



On Campus

July 6–11 | Sunday–Friday  
**POLYVAGAL THEORY AND YOGA**  
An Embodied Path to Well-Being  
Deb Dana and Melanie Burns



On Campus

July 6–11 | Sunday–Friday  
**JOURNEYDANCE LEADERSHIP**  
**TRAINING MODULE I**  
The Embodiment Experience  
Toni Bergins, Joy Okoye, and Joan White-Hansen



On Campus

July 6–13 | Sunday–Sunday  
**PSYCHOLOGY OF THE CHAKRAS**  
Diving Deep into Your Inner World  
Anodea Judith



On Campus

July 11–13 | Friday–Sunday  
**KRIPALU OUTDOORS**  
Forest Bathing  
Evelyn Gonzalez and Tracy Foster



On Campus

July 11–13 | Friday–Sunday  
**MELT METHOD SELF-CARE IMMERSION**  
Groove and Restore  
Kerrie Bodendorf



On Campus

July 13–18 | Sunday–Friday  
**THE SOVEREIGN WOMAN**  
An Internal Family Systems and Spiritual  
Leadership Retreat  
Sara Avant Stover



On Campus

July 13–18 | Sunday–Friday  
**AWAKENING THE HEART OF TRUE**  
**NATURE**  
A Nondual Meditation Retreat  
Craig Holliday



On Campus

July 13–18 | Sunday–Friday  
**CIRCUSYOGA**  
The Human Art of Play  
Erin Maile O'Keefe and Kevin O'Keefe



On Campus

July 14–18 | Monday–Friday  
**SUMMER AYURVEDA YOGA RETREAT**  
Erin Casperson and Susan Wrba



On Campus

July 20–23 | Sunday–Wednesday  
**HARVESTING THE ENERGY OF TREES**  
**WITH QIGONG**  
John Platt, Mary Platt, and Cris Caivano



On Campus

July 22–25 | Tuesday–Friday  
**KRIPALU OUTDOORS**  
Mindful Archery Retreat  
Micah Mortali



On Campus

July 25–27 | Friday–Sunday  
**YOGA RETREAT FOR WOMEN OF COLOR**  
The Importance of Loving Oneself  
Maya Breuer, Kiesha Battles,  
Candace Jennings, and more



On Campus

July 27–31 | Sunday–Thursday  
**THE SECRET LANGUAGE OF THE BODY**  
Nervous System Immersion  
Karden Rabin



Online

July 29–31 | Tuesday–Thursday  
**SPIRITUAL ALIGNMENT**  
**FOR THE HEALERS**  
Aki Hirata Quetzalyolotzin and  
Manu River Del Prete



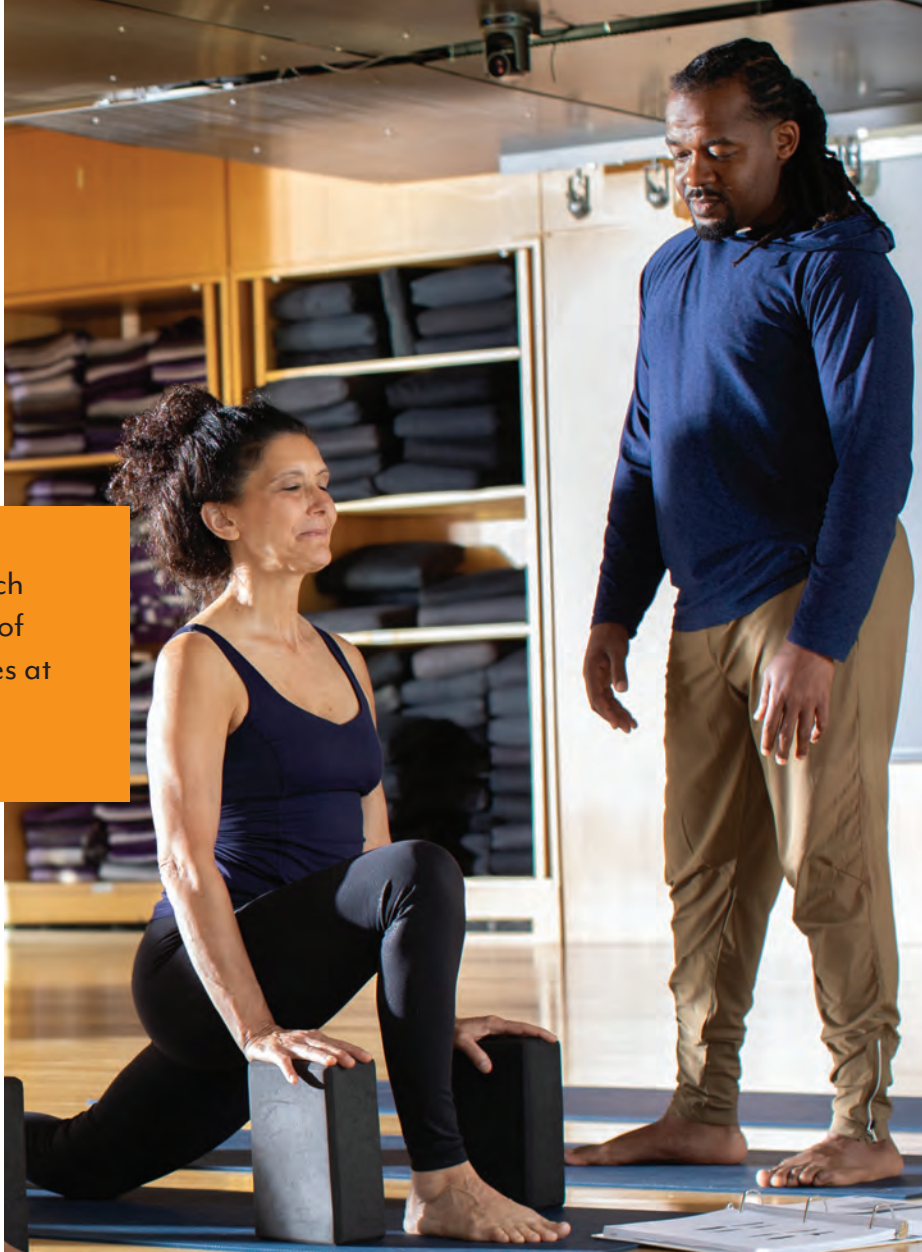
On Campus

July 31–August 3 | Thursday–Sunday  
**YOGA OF INTIMACY**  
The Spiritual Path of Intimate Relationship  
Justin Patrick Pierce and Londin Angel Winters



# 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](https://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.

### 200-Hour Yoga Teacher Training Monthlong

On Campus | July 13–August 8, 2025

### Yin Yoga Teacher Training

On Campus | July 20–25, 2025

### Kripalu Yoga in 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



## 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 (2x12 Day 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



## 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 | July 11–20, 2025

### Level 1: Forest Community

On Campus | September 19–28, 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.

### Clinical Training of Ayurveda

Hybrid | September 3, 2025–May 22, 2026

### PACE Programming–Continuing Ayurveda Education: Ayurvedic Support for Pregnancy—Advanced Training for Health Counselors

On Campus | September 7–12, 2025





# AUGUST HIGHLIGHTS

On Campus and Online Programs

“Open your heart, ignite the flame in your being, and awaken the natural flow of life energy in your heart. When your heart opens, the world around you changes.”

—Mingtong Gu



Explore programs offered exclusively on the Kripalu campus.

## FEATURED PROGRAMS



### On Campus

August 1–3 | Friday–Sunday

#### WALKING THE ANCESTRAL WAY

Journeying with Earth-Based Wisdom and Ritual

Eset Rose and Robert Mulhall

Embrace Lughnasadh, a Gaelic festival that celebrates the start of the harvest season, align with the wheel of the year, and reconnect with ancestral wisdom.



### On Campus

August 17–22 | Sunday–Friday

#### THE RADIANCE SUTRAS

The Yoga of Love, Wonder, and Creativity

Lorin Roche and Coby Kozlowski

Explore a variety of yoga methods for communing with life force and discover the individual styles and pathways of meditation that work for you.



### On Campus

August 22–24 | Friday–Sunday

#### THE SHAMAN’S WAY OF HEALING, LIVING, AND DYING

Alberto Villoldo and Marcela Lobos

Dive into the shaman’s practice of journeying, discover who you were meant to be, and explore rich destinations you never thought possible.



### On Campus

August 24–29 | Sunday–Friday

#### CULTIVATE ENERGY WISDOM FOR HEALTH, HEALING, AND HAPPINESS

Mingtong Gu

Experience the powerful ancient practice of Wisdom Healing Qigong and reconnect to the abundant flow of life energy with Master Mingtong Gu.





AUGUST HIGHLIGHTS



On Campus

August 1–3 | Friday–Sunday  
**GETTING THE LOVE YOU WANT**  
**A Couples Retreat**  
Harville Hendrix and Helen LaKelly Hunt



On Campus

August 3–8 | Sunday–Friday  
**COME HOME TO YOURSELF**  
**A Summer Yoga and Meditation Retreat**  
Stephen Cope and Missy Brown



On Campus

August 5–8 | Tuesday–Friday  
**RECLAIM YOUR CREATIVITY**  
Laura Thompson



On Campus

August 8–10 | Friday–Sunday  
**LOVING TOUCH COUPLES**  
**THAI MASSAGE**  
**Deepen Your Love**  
Shai Plonski



On Campus

August 8–10 | Friday–Sunday  
**WEEKEND WORKSHOP**  
**WITH BRYAN KEST**  
Bryan Kest



On Campus

August 10–15 | Sunday–Friday  
**ABANDONMENT TO**  
**HEALING INTENSIVE**  
**Improve Relationships and Overcome**  
**Your Patterns of Self-Sabotage**  
Susan Anderson



On Campus

August 11–15 | Monday–Friday  
**IGNITE YOUR PRACTICE**  
**Deepen into Kripalu Yoga**  
Chris Holmes



On Campus

August 15–17 | Friday–Sunday  
**YOGA AND DEEP**  
**RELAXATION RETREAT**  
**The Gift of Renewal**  
Jennifer Reis



On Campus

August 15–17 | Friday–Sunday  
**LET’S REMEMBER TOGETHER**  
**Belonging and Reconnection**  
**to the Ancestors**  
MaryBeth Bonfiglio



On Campus

August 17–22 | Sunday–Friday  
**LET YOUR YOGA DANCE**  
**Teacher Training Module 1**  
Megha Nancy Bутtenheim



On Campus

August 19–22 | Tuesday–Friday  
**RISE FOR EDUCATORS**  
**Tools for Work-Life Balance**  
Sam Chase and Heidi McCanlies



On Campus

August 22–24 | Friday–Sunday  
**THE ART OF REIKI, LEVEL 1**  
Libby Barnett



On Campus

August 22–24 | Friday–Sunday  
**THE ESSENTIAL KRIPALU RETREAT**  
Pilin Anice



On Campus

August 22–24 | Friday–Sunday  
**STILLNESS AND LIBERATION**  
**A Silent Retreat**  
Hawah Kasat



On Campus

August 29–September 1 | Friday–Monday  
**FEARLESS LIVING**  
**Live the Life Your Soul Intended**  
Rhonda Britten



On Campus

August 29–September 1 | Friday–Monday  
**YOGA PHILOSOPHY AND PRACTICES TO**  
**THRIVE IN RECOVERY AND LIFE**  
Tommy Rosen



On Campus

August 29–September 1 | Friday–Monday  
**THE KRIPALU SILENT RETREAT**  
Jess Frey



On Campus

August 29–September 1 | Friday–Monday  
**ALIGN WITH SOURCE**  
**Meeting the Moment with Truth,**  
**Love, and Wisdom**  
Seane Corn

AUGUST HIGHLIGHTS



# SEPTEMBER HIGHLIGHTS

On Campus and Online Programs

“The only meaningful thing we can offer one another is love.  
Not advice, not questions about our choices, not suggestions  
for the future, just love.”

—Glennon Doyle



Explore programs offered exclusively on the Kripalu campus.

## FEATURED PROGRAMS



### On Campus

September 5–14 | Friday–Sunday

#### INSIGHT/YIN YOGA

##### Primary Level Training

Sarah and Ty Powers

Join Sarah and Ty Powers for this training focusing on deepening one’s understanding of the experiential, philosophical, and practical application of Yin Yoga.



### On Campus

September 5–7 | Friday–Sunday

#### FOOD THERAPY

##### How to Eat for Your Nervous System

Luis Mojica

Befriend your body and leave shame and judgment behind as you connect whole foods nutrition, somatic wisdom, and stress recovery with Luis Mojica.



### Online

September 6–7 | Saturday–Sunday

#### MEDICAL INTUITION

Aki Hirata Quetzalyolotzin and Manu River Del Prete

Refine your intuitive healing skills as you explore the deep connection between the mind, body, and spirit and discover how emotional and spiritual patterns can manifest in the physical body.



Kripalu  
Signature

### On Campus and Online

September 26–28 | Friday–Sunday

#### KRIPALU PRESENTS: UNTAMED

##### Featuring Glennon Doyle

With Eset Rose, Pilin Anice, and Jess Frey

Join beloved Kripalu lead faculty for a transformative weekend centered around a first-of-its-kind 90-minute talk from best-selling author Glennon Doyle.



SEPTEMBER HIGHLIGHTS



On Campus

September 5–7 | Friday–Sunday  
**NOURISH YOUR THERAPEUTIC SELF**  
Jeffrey J. Magnavita and  
Elizabeth G. Magnavita



On Campus

September 5–7 | Friday–Sunday  
**ALIGNED ASTROLOGY**  
An Embodied Celebration of the Zodiac  
Colin Bedell and Juliana Luna



On Campus

September 5–7 | Friday–Sunday  
**DEEPENING YOUR RELATIONSHIP**  
A Workshop for Couples  
Michael Lee and Sarah Greco



On Campus

September 7–12 | Sunday–Friday  
**YOGA FOR SENIORS**  
**PROFESSIONAL TRAINING**  
Kimberly Carson and Carol Krucoff



On Campus

September 9–12 | Tuesday–Friday  
**KRIPALU OUTDOORS**  
Mindful Archery Retreat  
Micah Mortali



On Campus

September 12–14 | Friday–Sunday  
**KRIPALU OUTDOORS**  
Hiking, Kayaking, and Yoga  
Evelyn Gonzalez and Ami Jean Aubin



On Campus

September 12–14 | Friday–Sunday  
**ANXIETY MANAGEMENT THROUGH**  
**YOGA AND WRITING**  
Learning to Embrace Your Weird  
Lisa Jakub



On Campus

September 12–14 | Friday–Sunday  
**THE CREATIVE RESET**  
A Weekend of Wellness  
and Artistic Renewal  
Paris Alexandra



On Campus

September 12–14 | Friday–Sunday  
**CAREGIVER RETREAT**  
Serving with a Full Heart  
Anandamai Charlyn Reihman and Cindy Yaple



On Campus

September 14–19 | Sunday–Friday  
**LIFEFORCE YOGA AND INTERNAL**  
**FAMILY SYSTEMS**  
New Tools to Bring Balance to Your Life  
Amy Weintraub and Laura Schmidt



On Campus

September 14–17 | Sunday–Wednesday  
**GRIEF CAMP**  
Gina Moffa, Barri Leiner Grant,  
and Kelsey Sawyer



On Campus

September 14–19 | Sunday–Friday  
**KRIPALU SILENT RETREAT**  
Jess Frey



On Campus

September 16–19 | Tuesday–Friday  
**BIRDING AND MINDFULNESS**  
Katie Hagel and Nicaela Haig



On Campus

September 19–21 | Friday–Sunday  
**SOULFUL BELLYDANCE FUSION**  
A Weekend of Movement and Joy  
Ebony Qualls



On Campus

September 19–21 | Friday–Sunday  
**BLISSED OUT**  
Ecstatic Dance and Meditation Retreat  
Coby Kozlowski



On Campus

September 19–21 | Friday–Sunday  
**BONE HEALTH**  
Shedding a New Light on Yoga  
for Osteoporosis  
Loren Fishman



On Campus

September 19–21 | Friday–Sunday  
**THE ENERGY TO HEAL**  
The Power of Energy Medicine,  
EMYoga, and Intuition  
Lauren Walker



On Campus

September 19–21 | Friday–Sunday  
**LAW, MEDICINE, AND YOGA**  
AT THE END OF LIFE  
Kathryn Tucker and Amy Wright Glenn



# Kripalu Affinity Circles

Finding Healing and Connection

**At Kripalu, we aspire to create a community of radical belonging.**

For this to become real, we must create brave and sacred spaces for people to gather, to listen, and to be heard.

We are deeply committed to this ongoing equity work and to amplifying the voices of the communities we serve. It's about tending to the human need for connection, expression, and care. Our free monthly online affinity circles allow those who share common life experiences such as grief, or identities such as BIPOC or LGBTQIA+, to heal in an environment of familiarity and safety. This healing is then brought back to the collective, serving us all.

Learn more at [kripalu.org/affinity](https://kripalu.org/affinity).



**YUVAL SAMBURSKI**

*Queer/LGBTQIA2S+ Affinity Circle:  
First Tuesday of each month*

**“The circles feel not only helpful but essential, especially these days.** In the affinity groups, I see people often feeling alone with no one to talk to, lacking community and support. Many people, regardless of age, don’t have a place to be fully themselves. Leading these groups has shown me how many feel unsupported, unsafe, and unable to be authentic anywhere, not at work or even within their families. The circles offer a compassionate, nonjudgmental space where people can express, laugh, cry, and feel loved.”



**JAMYAL NEWTON**

*Global Majority/ BIPOC Affinity Circle:  
Second Tuesday of each month*

**“Affinity groups create spaces where individuals build confidence, embracing differences while connecting through shared experiences.** Through exploration and conversation, members grow personally and cultivate collective awareness. These groups empower members to show up as their authentic selves, unafraid to express the uniqueness of their ideas and identities. Where we can find strength in being ourselves benefits society at large.”



**MONIQUE SCHUBERT**

*Kripalu Alumni Affinity Circle:  
Third Tuesday of each month*

**“Life-changing moments such as taking a yoga teacher training form bonds that can last a lifetime.** Our beloved alumni are a community of over 2,700 graduates across 21 countries. The monthly affinity circle allows us to stay connected and close to the teachings of Swami Kripalu, while also providing practical support in real time for yoga teachers.”



**AKILAH RICHARDS**

*Grief Affinity Circle:  
Fourth Tuesday of each month*

**“Affinity groups gather folks around shared experiences, making space for honesty and support without outside pressures.** For example, the affinity group I lead gives people space to grieve without needing to explain or defend their experiences. This helps us feel less isolated and more understood. When people have that kind of grounding, they often engage with the broader community in healthier, more confident ways.”



# Summer Soups

A comfort-food staple when the weather turns chilly, these two recipes provide a refreshing summer take on soup. Best served chilled, enjoy these two favorites from the Kripalu Kitchen courtesy of Executive Chef Stephen Sherman.



## Green Gazpacho

YIELD 6-8 SERVINGS

- 4 cups large, cubed honeydew
- ¼ cup lime juice
- ¼ cup white balsamic vinegar
- 2 cups green grapes
- 1 minced jalapeño
- 2 cups diced green bell pepper
- ½ cup diced jicama
- 2 cups diced cucumber
- ½ cup diced scallion
- 1 tablespoon cilantro

Place honeydew, lime juice, white balsamic vinegar, and grapes into blender with two cups water. Blend until smooth, adding water if needed to reach desired consistency. Pour into bowl and mix in the remaining ingredients. Add salt to taste, adjusting flavors as needed. Serve chilled.

## Chilled Peach Soup

YIELD 4 SERVINGS

- 4 cups fresh or frozen peaches
- ¾ cup apple juice
- 1-2 tablespoons minced jalapeño (depending on your tolerance)
- 2 tablespoons lime juice
- ¼ cup small diced red pepper
- 2 tablespoons thinly sliced scallions

If using frozen peaches, thaw in refrigerator overnight. Halve peaches, remove pits, and cut into medium chunks. Place peaches, apple juice, lime, and jalapeño into a blender and blend until smooth. Stir in the red pepper and refrigerate until chilled. Serve garnished with sliced scallions.



### STEPHEN SHERMAN

*Executive Chef*

Stephen is an accomplished executive chef with a distinguished career working for small luxury hotels from New York City to Stowe, Vermont. His expertise blends innovative cuisine with a deep respect for culinary tradition.



## 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](mailto: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](https://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](https://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.



Key Code

Account #

September 26–28, 2025

## Kripalu Presents: Untamed Featuring Glennon Doyle

This September, join best-selling author Glennon Doyle—along with beloved Kripalu faculty Eset Rose, Pilin Anice, and Jess Frey—for an empowering experience. This first-of-its-kind retreat combines a 90-minute keynote talk from Glennon about navigating life's challenges with the skills, restorative practices, and community connection that are the foundation of Kripalu. Leave inspired by her profound insights and equipped with the tools to embrace bravery and self-compassion.

Learn more and register today at [kripalu.org/untamed](https://kripalu.org/untamed).



Eset Rose, Pilin Anice, and Jess Frey

