



TRAUMA-SENSITIVE YOGA: A FOUNDATIONAL TRAINING

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The Kripalu Experience

A stay at Kripalu immerses you in an experiential curriculum designed to bring vitality to your life from the inside out. You'll have time between program sessions to enjoy optional daily yoga classes, world-class natural-foods cuisine, Healing Arts, hiking and walking trails, a lakefront area, labyrinth, and extraordinary views.

OPENING DAY

2:00 pm	Check-in begins
4:45–6:00	Kripalu Yoga class
5:30–7:30	Dinner
7:00–9:00	Program Session

DAILY

7:30–9:00	Silent Breakfast
8:45–11:45 am	Program Session
12:00–1:30 pm	Lunch
1:45–6:00	Program Session
5:30–7:30	Dinner
7:00–9:00 pm	Program Session (Thursday only)

CLOSING DAY

7:30–9:00	Silent Breakfast
10:00 am	Room check-out ends*
9:00–11:00	Program Session
11:30 am–1:30 pm	Lunch and Departure

Please note Rooms are ready by 4:00 pm. You may store your bags in the Luggage Room until your room is available.

*On the day of departure, room check-out time is 10:00 am—you may remain on campus and take part in workshops until 2:00 pm. Actual times and schedules may vary; please see the Guest Boards or the schedule provided upon check-in for details and room locations.