

FALL PREVIEW

# Kripalu®

OCTOBER–DECEMBER 2025

A New Era  
for Kripalu

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Heart-Opening Flow

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Our Lineage  
Timeline

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PLUS!

A Sampling  
of Upcoming  
Offerings

How We  
Move with Love



# A Renewed Invitation. A Shared Milestone.

**Dear Kripalu Community,**

I'm honored to share a milestone in Kripalu's journey—one that reflects not just who we are today but who we are becoming. This month, we unveil a bold new brand identity that honors our rich lineage while meeting the evolving needs of the world we serve.



For over 50 years, Kripalu has been a sanctuary for transformation, healing, and connection. As we move forward, this visual identity and voice are designed to more fully express the warmth and inclusion of our purpose and North Star—to ignite personal and societal transformation. This is more than a new look; it's a renewed invitation to come as you are, practice with intention, grow in community, and move with love. It's

a celebration of Kripalu's rich history and original impulse of service to shift the consciousness of society to understand and embody more unity, more wisdom, and to be liberated in love.

You'll see these changes unfold across our website, campus, and more in the coming weeks. As we step into this next chapter, I want to thank each of you—our staff, board, faculty, alumni, and beloved community—for holding Kripalu's vision with such care.

**This moment belongs to all of us.**

With gratitude,

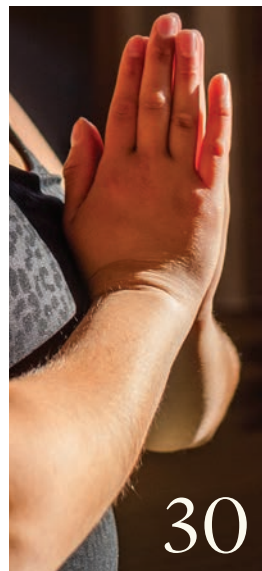
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**Robert Mulhall, CEO**





# Content



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Meet the four pillars of Kripalu and discover how they have been woven into our organization's history from its inception.

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## 10-11 | ONE DAY, ONE GUEST

Follow guest Anna Martinez on her stay and discover the many benefits of Retreat & Renewal.

## 12-25 | PROGRAM HIGHLIGHTS: OCTOBER-DECEMBER

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## 30-31 | KRIPALU SCHOOLS

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## 32 | SHOW YOUR LOVE

Share your love for Kripalu with us on social media and enter to win a free R&R stay!

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# Lead with LOVE.♥

Try this heart-opening flow from Pamela Stokes Eggleston, Director of the Kripalu School of Integrative Yoga Therapy.

## 1 Easy Pose

Sit with your legs extended in front. Bend your knees, bringing your feet in towards your body and crossing your shins. Place each foot beneath the opposite knee. Lengthen your spine, relax your shoulders, and soften your gaze or close your eyes. Place your hands on your knees or thighs, palms up or down.



## 2 Alternate Nostril Breathing

Find a comfortable seat. Use your right thumb to gently close your right nostril. Breathe deeply and fully through your left nostril. Use your ring finger and pinky to close your left nostril. Release your thumb and exhale fully through your right nostril. Inhale deeply through your right nostril. Continue this pattern for seven breath cycles.



## 3 Supported Bound Angle

Lie on your back with the soles of your feet together and knees falling open. Support your knees with blankets, blocks, or pillows for comfort.



## 4 Restorative Child's Pose

Gently come to your hands and knees. Sink the hips back towards the heels and rest your forehead on the mat. Extend your arms forward or alongside your body.



## 5 Restorative Fish Pose

Place a bolster or folded blanket along the spine, from the base of the spine to the upper back and head, to gently open the chest and heart.





# The Four Pillars of Kripalu

We are proud to share that our new brand is more than a brand. It's our way of committing more fully to the philosophies that forge our mission. Kripalu has always been led by the concepts behind these four pillars, as demonstrated in this timeline. See how our history has brought us to this moment, when the world needs these ideas more than ever.

## Compassion in Action

Through the life of our namesake, Swami Kripalu, the seeds of active compassion were sown; first by example, then by his words, and even today through his memory, as we're learning to take action as a compassionate force in the world.

## Guided Journeys for Self-Discovery

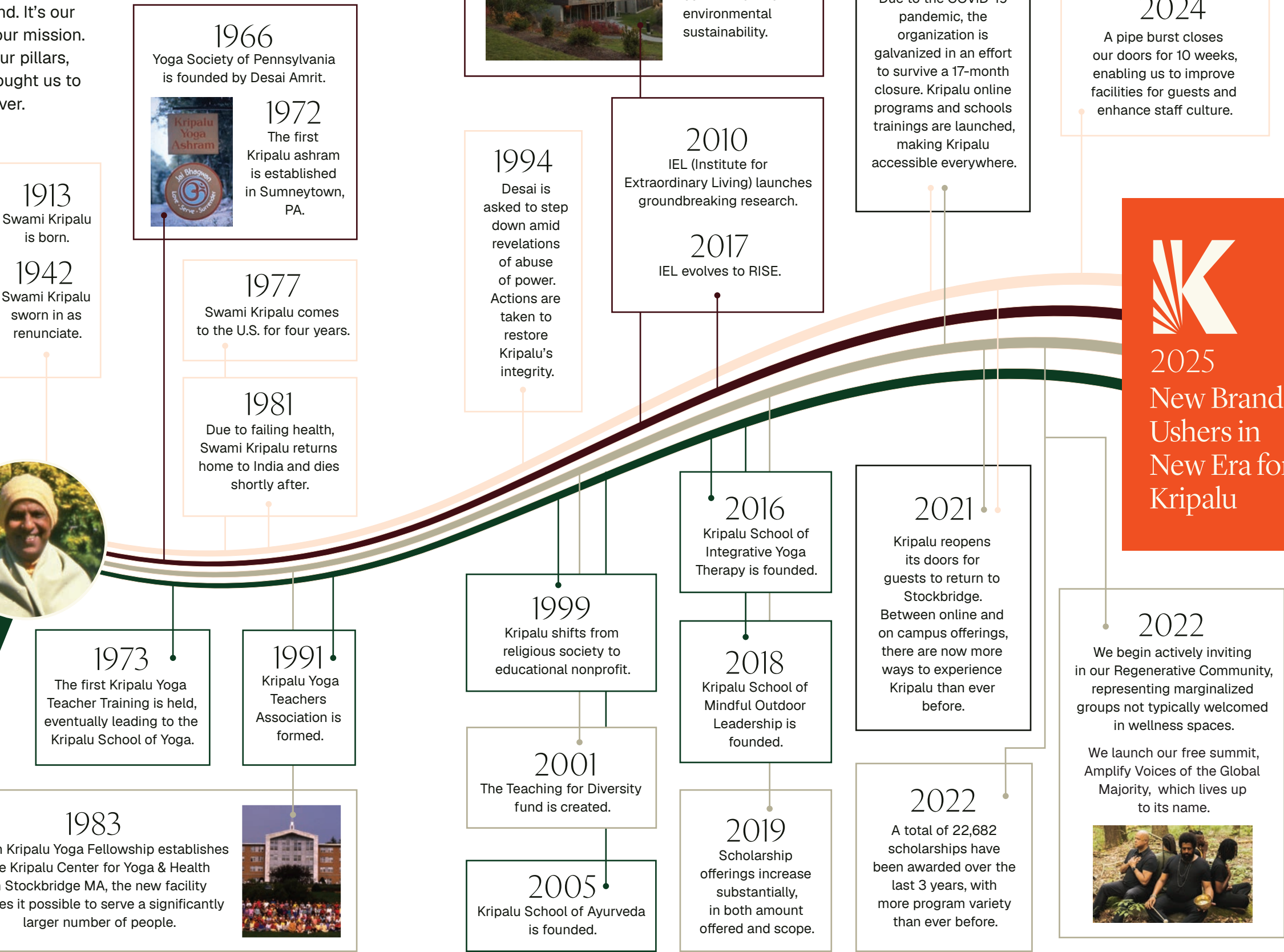
Kripalu began as an ashram where people could be immersed in yoga as a way of life. Throughout our history, we continue to create new ways of walking the path of self-discovery through our vast array of programs and retreats.

## Sacred Belonging

From the moment we opened our doors in Stockbridge, we have increasingly found ways to open more doors to more people. We are leaning harder than ever into our mission to be a place that welcomes all into an inclusive, loving community.

## Ancient Wisdom for Modern Times

The shift from ashram to an educational nonprofit came out of turbulent times for us. Over time, we are proud to have become leaders in the training of yoga and ancient mindfulness practices through our widely respected schools.







# Serving Those Who Serve

## Nonprofit Leaders Come Together for Rest and Community

Natural disasters such as hurricanes can have a wide range of devastating impacts on individuals, communities, and the environment; loss of life, injuries, displacement, destruction of property and infrastructure, and long-term psychological trauma are common. We are proud to have hosted a group of nonprofit leaders on the front lines of hurricane recovery efforts in Asheville, North Carolina, at Kripalu for a powerful retreat experience to rest, reset, and reconnect. With somatic practices and transformational leadership tools, they left with new energy to carry forward their essential work.

One nonprofit leader states, "I am filled with gratitude after our Renewal and Resilience Retreat for Hurricane Relief Leaders at Kripalu. The high quality level of intentionality, generosity, holistic care, and programming felt so honoring to our group of leaders and the experience we have been navigating post-Helene.

PHOTO COURTESY OF CARL KERRIDGE



"Each day was a stream of gifts—one amazing surprise after another. I really enjoyed feeling into the many gifts of the Kripalu team. What a wondrous place of talent in service to the body, heart, mind, and spirit. I feel thankful for each and every person that contributed, said yes, donated, organized, offered, invited, cooked, cleaned, and showed up to make this week possible for our group.

"The 21 humans in our group that came to Kripalu were a combination of strangers, colleagues, and friend duos. When we emerged from Kripalu, we were one dynamic interwoven family of collaborators, supporters, and connected community ready to synergize for the good of our region. Thank you for giving us this opportunity to become greater than the sum of our parts, Kripalu, and sending us back home stronger together."

*Jessica Chilton*

"Was it truly only  
six days together?  
It felt like both a lifetime  
and an experience that will  
resonate forever in  
my heart and soul."

—SHARON OXENDINE, BLACK CROW



## Compassion in Action

Kripalu delivers transformational programs to those who give of themselves every day—first responders, frontline workers, nonprofit leaders, educators, and caregivers. These are the people who hold communities together, often at great personal cost. We believe that healing begins with restoration, and that those who serve deserve the chance to pause, to rest, and to be held with the same care they offer others.

This is an example of Compassion in Action, which is one of the four pillars of Kripalu's brand mission. We stand by this commitment by offering scholarships and specialized programming, opening our doors to those who need it most. These offerings are only possible through the generosity of donors like you. Your gift helps us move with love together—by honoring service with sanctuary.

PLEASE  
CONSIDER A  
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[KRIPALU.ORG/  
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# One Day, One Guest

## R&R with Anna Martinez

“What we took home surprised us most.

Kripalu reminded us that we don’t need to be productive to be worthy.

That rest isn’t indulgent—it’s essential.”



FOR A FULL LIST OF WHAT'S INCLUDED IN YOUR STAY AND TO BOOK, SCAN THE QR CODE OR VISIT [KRIPALU.ORG/RETREAT](https://Kripalu.org/retreat)

**My husband and I recently treated ourselves to a much-needed R&R retreat at Kripalu.** Life had been feeling like one long to-do list, and we both knew we needed a pause—a space to breathe, reset, and just be. Kripalu offered exactly that.

There’s something beautiful about waking up to quiet—no blaring TV, no email notifications, no rush to be anywhere. Just stillness. That alone felt like a luxury.

One of the things we appreciated most about Kripalu was the freedom of choice. This wasn’t a rigid retreat with back-to-back schedules and mandatory group activities. The R&R program let us move at our own pace, which felt like such a gift. We could take a workshop if it called to us, or skip it and take a nap



**ANNA MARTINEZ**

instead. We walked by the lake, sat in the Sun Room, and spent hours reading without guilt. Sometimes we sat quietly next to each other and said nothing, and even that felt healing.

The food was another highlight. Everything was fresh, nourishing, and mindfully prepared. With plenty of plant-based and gluten-free options, we always found something delicious that left us feeling energized, not sluggish. Meals became a moment of mindfulness—a reminder of how good it feels to feed your body well.

But what we took home surprised us most. Kripalu reminded us that we don’t need to be productive to be worthy. That rest isn’t indulgent—it’s essential. That silence isn’t empty—it’s rich with possibility. And that taking time for ourselves, especially together, is one of the most important ways we can sustain our connection.

Another unexpected gift was the quiet sense of community. There’s a shared gentleness among Kripalu guests—an unspoken agreement to show up with presence and kindness. People moved slowly. They made space. They smiled. It felt like everyone understood we were there for something deeper than just a break. That collective energy stayed with us.

Kripalu gave us more than relaxation, it gave us perspective. A chance to remember who we are when we’re not rushing. A reminder that we deserve softness, stillness, and space. We came home feeling more grounded, more connected, and more grateful—not only for the experience, but for each other.

If you’re feeling depleted or simply in need of a deep exhale, I can’t recommend Kripalu enough. Whether you go for movement, stillness, nature, or nourishment, you’ll leave with more than you expected. You’ll remember what it feels like to just be.

It was exactly what we needed.



A SAMPLING OF  
ON CAMPUS AND  
ONLINE PROGRAMS

# Fall Program Highlights



FOR A FULL LIST OF  
PROGRAMS, SCAN THE  
QR CODE OR VISIT  
[KRIPALU.ORG/CALENDAR](https://Kripalu.org/Calendar)

“All there is to do, right at this very moment,  
is breathe in,  
breathe out,  
and kiss the joy as it flies.”  
—DANI SHAPIRO

## FEATURED PROGRAMS

### ON CAMPUS

#### Coping with Grief

A Healing Journey

Oct. 12–17  
Sunday–Friday

**AmarAtma**

Process grief through movement, mindfulness, art, and connection—helping you to reclaim strength, rediscover hope, and embrace renewal under the expert guidance of AmarAtma.



### Kripalu SIGNATURE



### ON CAMPUS

#### The Kripalu Silent Retreat

Oct. 24–26  
Friday–Sunday

**Jess Frey**

Quiet the noise inside and out. Step into stillness and reconnect with yourself through silence, mindful movement, and nature-based practices in Kripalu’s most popular retreat.

### ON CAMPUS

#### Getting the Love You Want

A Couples Retreat

Dec. 5–7  
Friday–Sunday

**Harville Hendrix  
Helen LaKelly Hunt**

Heal wounds, deepen connection, and master powerful Imago tools for lasting intimacy, empathy, and mutual growth designed for yourself and your partner.



### ON CAMPUS

#### The Stories We Carry

Meditation and Writing

Dec. 12–14  
Friday–Sunday

**Dani Shapiro**

Join bestselling author Dani Shapiro for her popular and transformative retreat designed to help you release resistance, access deep stories, and sustain a lifelong writing practice.



FALL PROGRAM HIGHLIGHTS



**ON CAMPUS**

**Permission and Refuge**  
A Healing Retreat for Men of Color

Oct. 3–5 | Friday–Sunday

**Reggie Hubbard**

Join Reggie Hubbard for a healing retreat where men of color reconnect, release emotional weight, and build community through yoga, meditation, sound, and soulful conversation.



**ON CAMPUS**

**Fall Ayurveda Yoga Retreat**

Oct. 6–10 | Monday–Friday

**Erin Casperson**

Welcome the fall season by learning the Ayurveda theory and techniques to best support your self-care practices and return home with tools to maintain equilibrium throughout the year.



**ON CAMPUS**

**The Art of Loving-Kindness**  
A Meditation and Yoga Retreat

Oct. 10–13 | Friday–Monday

**Stephen Cope and Missy Brown**

Take the time and space to deepen your relationship with yourself and welcome a heart-centered practice with beloved teachers Stephen Cope and Missy Brown.



**ON CAMPUS**

**Living from the Source**  
Letting Your True Self Guide Your Life

Oct. 10–13 | Friday–Monday

**Christine Warren**

Deepen your connection to Spirit, release limiting patterns, and discover your soul’s purpose through guided practices, ceremony, and community in this transformative lightworker retreat.



**ON CAMPUS**

**Facilitating Transformational Workshops**  
Group Dynamics and the Power of Presence

Oct. 13–17 | Monday–Friday

**Ken Nelson, David Ronka, and Lesli Lang**

Develop the skills to lead transformational workshops by learning how to be an embodied leader—present, not perfect.



**ON CAMPUS**

**The Heart of Forgiveness**  
Letting Go All Hope of a Better Past

Oct. 17–19 | Friday–Sunday

**Jacoby Ballard and Jess Frey**

Unlock opportunities to practice forgiveness through movement, community, and renewal practices, and set your heart free from the grip of resentment.

FALL PROGRAM HIGHLIGHTS



**ONLINE**

**Fourth Annual Fall Writing Program: Imagine New Worlds**  
Hope, Transformation, and Exploration

Oct. 1–28  
Tuesdays and Thursdays

**Monique Schubert**  
**Jessica Durivage**  
**Julia Cameron**  
**Victoria Erickson**  
**Tracee Stanley**  
**Miles Borrero**  
**Asif Ullah**  
**Brynn Saito**  
**Amber Chand**  
**Eric Maisel**  
**Jess Frey**  
**Rosemerry Wahtola Trommer**  
**Rebecca S’manga Frank**

In complex times, writing can become an act of hope. Step into a powerful circle of writers, poets, and seekers during Kripalu’s Fourth Annual Fall Writing Program. This is more than a workshop; it’s a sanctuary for those ready to use words as ritual, as resistance, and as radical hope. With sessions led by visionary teachers including Julia Cameron and Eric Maisel, experience deep inspiration, creative support, and the courage to write what only you can write—and to help dream the world anew. Whether you join for a single session or the full journey, you’ll find community, courage, and clarity. Come as you are. Your voice is needed.



**ON CAMPUS**

**Inner Quest Intensive**

Oct. 17–20 | Friday–Monday

**Aruni Nan Futuronsky**

Reconnect with your authentic self and awaken to the present moment through movement, breathwork, and self-inquiry in Kripalu’s signature self-discovery program.



**ON CAMPUS**

**Restore Your Self**  
A Retreat for Internal Family Systems (IFS) Therapists and Practitioners

Oct. 19–22 | Sunday–Wednesday

**Laura Schmidt**

Reconnect with your own system, restore balance, and deepen Self-to-part relationships in this rejuvenating retreat designed specifically for experienced IFS therapists and practitioners.



**ON CAMPUS**

**Yoga and Deep Relaxation Retreat**  
The Gift of Divine Sleep Yoga Nidra

Oct. 19–24 | Sunday–Friday

**Jennifer Reis**

Transform your whole being from tension into peaceful ease with the perfect combination of revitalizing yoga postures, breathwork, mudras, and profound rest.



FALL PROGRAM HIGHLIGHTS



ONLINE

We Heal Together

Rituals, Practices, and Spells to Respond to a World of Unrest

Oct. 21–Nov. 4 | Tuesdays

Michelle Cassandra Johnson

The world needs your light. Reconnect with your inner magic and practice tools to restore peace, reciprocity, and compassion in service of the collective good.



ON CAMPUS

The Peaceful Warrior Experience

A Direct Path to Your Best Life

Oct. 24–26 | Friday–Sunday

Dan Millman

Through movement and meditation, turn knowledge into action and uncertainty into confidence with the author of the spiritual classic *Way of the Peaceful Warrior*.



ON CAMPUS

The Menopausal Heart and Brain

Ayurveda, Yoga, and Functional Medicine Approaches

Oct. 26–31 | Sunday–Friday

Jennifer Boyd, Kimberly Giunta, and Scott Blossom

Honor midlife as a sacred threshold, not a medical problem, and learn tools to thrive.



ON CAMPUS

Better Boundaries

A Gateway to Authentic Living

Oct. 31–Nov. 2 | Friday–Sunday

Karlee Fain and Maria Sirois

Rediscover your energy, purpose, and clarity by learning practical, compassionate boundary-setting tools that support authentic living without guilt or burnout.



ON CAMPUS

Activate Your Inner Voice

Melt Your Fear, Find Your Fire

Oct. 31–Nov. 2 | Friday–Sunday

Jurian Hughes

Awaken your voice and confidence through breath, sound, and movement practices that help you melt fear, express your truth, and connect with joyful authenticity.



ON CAMPUS

Embody: Feel, Heal, and Transform Through Movement

Oct. 31–Nov. 2 | Friday–Sunday

Toni Bergins

Reclaim your passion and power and integrate body, mind, emotions, and spirit through movement with JourneyDance founder Toni Bergins.



ON CAMPUS AND ONLINE

The Rewilding Summit

Step away from the noise and into the wild.

Nov. 6–9  
Thursday–Sunday

Micah Mortali  
Richard Louv  
Leah Penniman  
Daniel Vitalis  
Samuel Thayer  
Zelda Hotaling  
Shawn Stevens (Red Eagle)  
Katie Hagel  
Tim Walsh  
Samuel Whiting

The Rewilding Summit returns to Kripalu this November 6–9, a gathering for those who feel the Earth calling. Led by Micah Mortali and a circle of elders, thought-leaders, and nature-based guides, this immersive experience invites you to remember what it feels like to be fully alive, rooted, and in rhythm with the land. Through storytelling, hands-on skills immersions, stillness, and ceremony, we will explore what it means to live a nature-centered life in a screen-centered world and learn valuable skills that not only prepare us, but open doors of relationship with “the more than human world.”



ON CAMPUS

Fall in Love with Yourself and Life

Nov. 2–7 | Sunday–Friday

Shannon Kaiser

Break free from self-doubt and your inner critic by reconnecting with your worth. Learn to fall deeply in love with yourself and life through movement, reflection, and healing practices.



ONLINE

Living Yoga in Today’s World

Nov. 3–24 | Mondays

Aruni Nan Futuronsky and Anandamai Charlyn Reihman

Receive weekly toolkits and dive into topics that reflect how the human experience is a doorway to deeper connection in this four-week book club.



ON CAMPUS

This Is Who I Am Now

Cultivate a Life of Confidence, Self-Care, and Fun

Nov. 7–9 | Friday–Sunday

Robyn Youkilis

Rediscover joy, redefine wellness, and reclaim your true self through empowering practices that inspire confidence, clarity, and playful self-care—no “shoulds,” just YOU.



FALL PROGRAM HIGHLIGHTS



ON CAMPUS

Holotropic Breathwork and Nature Immersion Workshop

A Journey into Expanded States of Consciousness

Nov. 9–14  
Sunday–Friday

Laurane McGlynn  
Tom Francescotti  
Jeffrey Warren  
Aimon Kopera  
Yulia Meshoyrer  
John Stockberger

Reclaim your wholeness—your breath is the medicine. Step into a transformative weekend of deep healing, powerful breathwork, and immersive nature connection. Through guided breathwork sessions, sound healing, expressive movement, and rituals with the natural world, you'll reconnect to your inner natural healing potential. Whether you're seeking emotional healing, spiritual insight, or reconnection with self and nature, this experience offers a safe, expertly held space for awakening. Ideal for new breathers, seasoned journeyers, and professionals in psychedelic-assisted therapy training alike.



ON CAMPUS

Aging Gratefully

The Power of Appreciative Presence

Nov. 7–9 | Friday–Sunday

Kristi Nelson

Embrace the gifts of growing older by connecting to gratitude, cultivating presence, and celebrating who you are becoming.



ON CAMPUS

Hands of Light

The Fundamentals of Brennan Healing Science

Nov. 9–14 | Sunday–Friday

Joy Adler

Deepen your natural healing gifts and learn the principles of Brennan Healing Science—a system that integrates spiritual, psychological, and energetic awareness.



ON CAMPUS

Ignite Your Practice

Deepen Into Kripalu Yoga

Nov. 10–14 | Monday–Friday

Christopher Holmes

Build your sadhana, daily spiritual practice, and explore the transformative power of Kripalu Yoga. Release limitations, nourish your soul, and ignite lasting inner balance.



ON CAMPUS

Welcome to the Kripalu Path: Essential Practices for Everyday Life

Nov. 14–16 | Friday–Sunday

Pilin Anice

Move with love—rediscover what truly matters through mindful movement, self-care, and connection in Kripalu's most beloved retreat experience.



ON CAMPUS

Deep Renewal in the Heart of Autumn

A Yoga, Meditation, and Nature Retreat

Nov. 14–16 | Friday–Sunday

Jillian Pransky

Slow down, ground yourself, and embrace autumn's grace with heart-centered yoga, metta meditation, and restorative renewal.



ON CAMPUS

Reignite Joy, Intimacy, and Connection

A Fire It Up Experience

Nov. 14–16 | Friday–Sunday

Carolyn Sharp

Shift from disconnection to deep connection with practices that nourish intimacy, joy, and emotional safety in all your relationships.



ON CAMPUS

Mastering Stress

Yoga and Mindfulness Practices for Living Well with Stress

Nov. 14–16 | Friday–Sunday

Diane Malaspina

Build resilience with science-backed tools and yoga practices that shift your stress response and restore balance in body, mind, and spirit.



ON CAMPUS

Healing from Heartbreak

A Woman's Path from Devastation to Rebirth

Nov. 14–16 | Friday–Sunday

Sara Avant Stover

Heal unresolved wounds and tend to all levels of yourself using the IFS model and access grace, deep healing, and compassionate support.



ON CAMPUS

Grief as a Sacred Invitation

A Poetry Experience

Nov. 16–19 | Sunday–Wednesday

Rosemerry Trommer

Explore how grief can be an invitation to open, and discover the tools to navigate loss with courage, compassion, and communion with Poet Laureate Rosemerry Trommer.



FALL PROGRAM HIGHLIGHTS



**ONLINE**

**Yoga Nidra for Deep Rest and Better Sleep**

Nov. 17–Dec. 8 | Mondays

**Jennifer Reis**

Rest your body, quiet your mind, and reset your nervous system with nourishing yoga nidra and self-care practices for deep, lasting renewal.



**ON CAMPUS**

**The Natural Singer**

Find Your True Voice

Nov. 21–23 | Friday–Sunday

**Claude Stein**

Whether you're a beginner or seasoned performer, rediscover your voice as you overcome fear, find freedom in self-expression, and sing with clarity, confidence, and joy.



**ON CAMPUS**

**Family and Systemic Constellations**

A Workshop for Profound Healing

Nov. 21–23 | Friday–Sunday

**Luisa Muhr**

Experience profound healing by accessing ancestral wisdom. Step into alignment, release inherited blocks, and reclaim your rightful place in your family system.



**ON CAMPUS**

**Mother Magic**

Recovering the Love at the Heart of the World

Nov. 21–23 | Friday–Sunday

**Perdita Finn**

Attune to the sacred matrisphere. Summon the wisdom of our ancestral mothers and explore rituals for accessing their wisdom, guidance, and love.



**ON CAMPUS**

**Unpack the Mysteries of the Tarot**

Nov. 30–Dec. 5 | Sunday–Friday

**Ashley Brockington and Sunder Ashni**

Explore tarot as ritual and sacred play. Read from your intuition, not the rulebook, and return home magically reconnected to yourself and your deck.



**ON CAMPUS**

**Inexplicable Magic**

Meditation and the Path of the Mystic

Nov. 30–Dec. 5 | Sunday–Friday

**Susan Piver**

Cultivate the three qualities of the awakened mind: wisdom, compassion, and fierce courage—exactly what the world needs right now. This is meditation as a spiritual practice.

FALL PROGRAM HIGHLIGHTS



**ON CAMPUS AND ONLINE**

**Mapping Out Life's Journey with Spirit Guides by Your Side**

Nov. 21–23  
Friday–Sunday

**MaryAnn DiMarco**

Step into a powerful weekend of spiritual reconnection and soul-level clarity with internationally renowned psychic medium MaryAnn DiMarco. Inspired by her upcoming book, *The Guide(s) Book*, you are invited to meet your Spirit Team—guides, loved ones, and Source energy. Through live channeling, hands-on workshops, deep meditation, and heartfelt discussion, you'll break old patterns, realign with purpose, and awaken your intuition. Whether you're just opening to Spirit or deepening an existing practice, this experience offers grounded tools for lasting transformation. Trust your path. Spirit is already walking it with you.



**ON CAMPUS**

**Stillness and Liberation**

A Silent Retreat

Dec. 3–7 | Wednesday–Sunday

**Hawah Kasat**

Silence is hard to come by. Through pranayama, dharma talks, light movement, and more, work on the transformational and liberating act of “stilling the monkey mind.”



**ON CAMPUS**

**Rededicating Your Light**

A Pre-Hanukkah Shabbat Retreat

Dec. 4–7 | Thursday–Sunday

**Cantor Lizzie Shammash and Rabbi Claudia Kreiman**

Reclaim your spark through community, tradition, and embodied Jewish practice. Celebrate Shabbat and prepare for Hanukkah with meaning and intention.



**ONLINE**

**The Art of Reiki, Levels 1 and 2**

Dec. 6–7 | Saturday–Sunday

**Libby Barnett**

Activate your inner healer. Channel life-force energy, support emotional and physical healing, and become certified in the sacred art of Reiki online from beloved Reiki Master Libby Barnett.



FALL PROGRAM HIGHLIGHTS



ON CAMPUS

**RISE: The Kripalu Approach to Resilience**  
Tools for Work-Life Balance  
Dec. 11–14 | Thursday–Sunday  
**Sam Chase**

Build resilience and be prepared for whatever the moment brings you with Kripalu's signature teachings. Discover science-backed tools that can help you achieve calm, clarity, and connection.



ON CAMPUS

**Tantra Somatics: A Path to Thriving Intimacy**  
Dec. 12–14 | Friday–Sunday  
**Daniel Sharman and Stacy Matulis**

Turn your relationships into allies and activate pleasure, emotional safety, and trust through trauma-informed tantra and somatic practice. Whether solo or partnered, all are welcome.



ON CAMPUS

**Holy Mama Grief Ritual**  
Tear Medicine  
Dec. 12–14 | Friday–Sunday  
**Jerilyn Brownstein, Kirsten Mowrey Lauren David, and Shir Meria Feit**

Your tears are medicine. Write, sing, and move with others who know sorrow's power to restore connection, and create a sudden village of mothers and mourners.



ONLINE

**Co-Creation with the Divine**  
Dec. 13 | Saturday  
**Aki Hirata Quetzalyotzin and Manu River Del Prete**

Break through blocks, expand your spiritual gifts, and become a clear vessel for cosmic guidance through heart-led channeling and co-creation.



ON CAMPUS

**Winter Solstice Retreat**  
Nature, Peace, and Connection  
Dec. 19–21 | Friday–Sunday  
**Micah Mortali**

Slow down and align with the lessons of the winter season through fire meditations, nature walks, and cozy rituals that celebrate rest, reflection, and renewal.



ON CAMPUS

**Awaken Presence and Pleasure**  
Exploring Embodied Sensuality for Women  
Dec. 19–21 | Friday–Sunday  
**Kiana Reeves**

Reclaim your aliveness by choosing to slow down, reconnect, and nurture your embodied sensuality.

FALL PROGRAM HIGHLIGHTS

ON CAMPUS

**Moving with the Depths of Winter Wisdom**  
A Continuum Workshop

Dec. 19–21  
Friday–Sunday  
**Robin Becker**

Slow down, tune in, and renew through gentle Continuum movement practices that mirror winter's wisdom and awaken deep rest, vitality, and creative flow.



ON CAMPUS

**Shiatsu, Meditation, and Mindful Movement for Stress Relief**  
Dec. 19–21  
Friday–Sunday  
**Kumiko Kanayama**

Experience deep healing through ancient Japanese touch, mindful movement, and meditation. Relax your body, calm your mind, and recharge your spirit.



ON CAMPUS

**Poetry of Peace**  
Dec. 19–21 | Friday–Sunday  
**Pádraig Ó Tuama**

Discover how words shape peace and can be used for the common good. Read and write poetry that engages conflict with care and deep creative inquiry.



ON CAMPUS

**Voicing Light into Darkness**  
A Vocal Transformation  
Winter Solstice Retreat  
Dec. 19–21 | Friday–Sunday  
**Maryn Azoff and Patrick Surdam**

Awaken energy, boost immunity, and sing yourself into health—no experience required.



ON CAMPUS

**Loving Touch Couples Thai Massage**  
Deepen Your Love  
Dec. 26–28 | Friday–Sunday  
**Shai Plonski**

Deepen your love, ease tension, awaken intimacy, and explore the art of loving presence together.



NEW YEAR’S PROGRAM HIGHLIGHTS



ON CAMPUS

Winter’s Gift

An Ayurvedic Holiday Self-Care Retreat

Dec. 26–28 | Friday–Sunday

Emilie Reid

Come home to yourself this holiday season with nourishing Ayurvedic rituals, healing food, and heartfelt rest in a soul-soothing retreat led by Emilie Reid.



ON CAMPUS

New Year’s Spiritual Renewal Retreat

Dec. 29–Jan. 1 | Monday–Thursday

Shivananda Thomas Amelio

Begin the new year grounded in purpose. Reconnect to your inner divinity through mantra, breathwork, meditation, and the wisdom of the yogic path.



ON CAMPUS

The Resilient Self

Practical Wisdom to Restore Balance, Vitality, and Inner Calm

Dec. 29–Jan. 1 | Monday–Thursday

Priti Robyn Ross

Get ready for a potent reset. Join Life As Yoga® founder Priti Robyn Ross and learn how to free yourself from limiting beliefs. This isn’t just self-care, it’s soul care.



ON CAMPUS

Kirtan Evolution New Year’s Retreat

Dec. 29–Jan. 1 | Monday–Thursday

Girish

Explore a variety of breathwork and somatic exercises to nurture compassionate self-love and expression through your singing voice. Discover chants, songs, and more that can heal and transform.



ON CAMPUS

You Are Not Stuck

Soul-Guided Choices for the New Year

Dec. 29–Jan. 1 | Monday–Thursday

Becky Vollmer

This new year, reconsider the terms of the life you’re living. Break free from fear and align your life with your soul’s truth through movement, breathwork, and bold self-inquiry.



ON CAMPUS

New Year’s Yoga Retreat for Inner Peace

Rejuvenate Body, Mind, and Heart

Dec. 29–Jan. 1 | Monday–Thursday

Todd Norian

Return to your natural state of wholeness through Ashaya Yoga®, sunrise meditation, yoga nidra, and more with Kripalu legacy faculty and master tantra yoga teacher Todd Norian.

NEW YEAR’S PROGRAM HIGHLIGHTS



ON CAMPUS

Reclaim Your Creativity

Dec. 29–Jan. 1  
Monday–Thursday

Laura Dickstein Thompson  
Steven Hosking

Ignite your creative spark through yoga, meditation, and expressive arts activities and learn how to trust your own creative wisdom and healing.

ON CAMPUS

Slow Yoga and Qigong: New Year’s Relax and Restore Retreat

Dec. 29–Jan. 1  
Monday–Thursday

Ken Nelson  
John Haggerty  
Lesli Lang

Experience qigong and learn to move with ease, grace, and freedom while remaining rooted and centered with expert facilitators. Enter the new year refreshed.



ON CAMPUS

Threshold

A Sonic Somatic Adventure

Dec. 29–Jan. 1  
Monday–Thursday

Tasha Blank  
Nico Allen

Release the year’s residue and clear space for the new through dance, sweat, play, and connection with beloved international DJ Tasha Blank and acclaimed 5Rhythms teacher Nico Allen.



**Did You Know?**

# A Visit to Kripalu May Be More Affordable Than You Think

## It's all about value

Every stay is all-inclusive—which means nourishing meals, daily classes, and access to our amenities are all part of the experience, not add-ons.

### The Kripalu experience includes:

- Three delicious, all natural, nourishing meals every day of your stay
- Access to 10+ daily yoga, dance, and meditation classes for all levels
- Use of 100+ scenic acres including hiking trails, walking paths, and private lakefront
- Indoor amenities including sauna, fitness center, meditation rooms, café, and workspaces all with beautiful Berkshires views
- A peaceful, supportive environment that invites rest, reflection, community, and renewal



## Planning made easy

Whether it's a day visit or an overnight stay, Kripalu offers a wide range of flexible options to meet your needs, schedule, and budget.

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### Experiences:

#### RETREAT & RENEWAL (R&R)

Our most affordable offering for day or overnight stays features a full calendar of yoga, outdoor activities, and wellness workshops from which to choose. Discounted day passes available for Berkshire residents every Wednesday and Thursday.

#### PROGRAMS

Themed workshops led by beloved Kripalu faculty and esteemed presenters on a variety of topics including yoga, Ayurveda, holistic health, creativity, trauma, and more.

#### SCHOOLS

Immersive trainings to deepen your practice with online, in person, and hybrid options available.

## Greater accessibility

Kripalu is committed to making our offerings more inclusive through:

- Free online programs
- Tiered and community-based pricing
- Full and partial scholarships for on campus and online programs\*

\*10% of all Kripalu enrollments annually are awarded through scholarships.

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### Accommodations:

#### DORMITORY ROOMS

Ideal for budget-conscious travelers, these shared rooms include hallway baths and are available in men's, women's, and gender-expansive options.

#### SHADOWBROOK

Located in the main building for easy access to dining and classes. Choose from private or shared hallway bath options.

#### ANNEX

Modern, renovated rooms with private bathrooms and serene décor. Available in queen or single-bed layouts.

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### Registration:

Register online **KRIPALU.ORG** or by phone at **413.448.3500**

#### BOOK YOUR OFFERINGS

We recommend making appointments in advance for a massage, facial, energy work, or any of our Healing Arts offerings.

For answers to our FAQs, visit **KRIPALU.ORG/FAQ**



# Experience More of What You Love with a Kripalu Membership

Kripalu memberships are more than benefits—they're invitations to deepen your practice, expand your access, and stay connected to what nourishes you most.

Members share that these offerings have been life-changing—making more frequent visits to Kripalu possible, inspiring new learning, and opening space for healing and joy. Whether it's a weekend retreat with a loved one, a daily rhythm of online practice with your favorite teachers, or simply the peace of returning to sacred grounds—membership helps you say yes to well-being more often.

With priority access, curated perks, and exclusive events, membership invites you into an ever-deepening relationship with yourself, the Kripalu community, and a more intentional way of living. For those nearby, membership opens a door to integrate Kripalu into your routine—with drop-in access that make regular visits a reality.

Kripalu membership is a commitment to yourself—and to a world where compassion, presence, and transformation ripple outward.  
**Find your fit. Come home more often.**



**BECOME A  
MEMBER**

## WHAT OUR MEMBERS ARE SAYING:

**“I do not feel tapped out or conflicted.  
I just feel expanded and positive  
about incorporating Kripalu  
into my life on a more regular basis.”**



**“Our connection to  
Kripalu these last  
months has been a  
grounding influence  
in the turbulence  
of the times.”**

**“It is allowing me to get to Kripalu  
more this year, which has been vital  
for my mental health,  
and I will be bringing a friend for the  
first time who has never been able  
to go due to financial constraints.”**



# Healing in Action. Purpose in Practice. This Is Kripalu Schools.

For over 20 years, the Jonathan P. Schwartz Teaching for Diversity Grant has planted the seeds for inclusive, purpose-driven healing by supporting graduates of Kripalu Schools to bring the teachings of yoga, Ayurveda, mindfulness, and nature connection into their communities. It's a movement powered by love, led by those who have made Kripalu's teachings their life's work.

**Here are some of the stories from our 2025 recipients.**

## YOGA FOR VETERANS

Yoga may not be the first thing that comes to mind when we think of suicide prevention, but for Lisa, that's exactly where her service begins. As the founder of a trauma-sensitive yoga and writing program for military veterans, Lisa supports those navigating PTSD, moral injury, and the invisible scars of service. "Veterans have been othered in our culture. Most wouldn't feel comfortable walking into a yoga studio. We create the space they deserve—where they can learn to manage hypervigilance, flashbacks, and grief through breath, movement, and storytelling."

**LISA JAKUB**  
Kripalu School of Yoga Alum



## AYURVEDA MEETS MOHAWK MEDICINE

Kathryn collaborates with the Akwesasne Mohawk community to co-create a seasonal wellness and resiliency program rooted in both Ayurvedic wisdom and Indigenous tradition. With the support of community elders, school systems, and health providers, this initiative blends breathing practices, mindful movement, and nutrition education with Mohawk cycles of life and nature, enabling this community to reclaim health in ways that resonate with their traditions and values.

**KATHRYN GLASER**  
Kripalu School of Ayurveda Alum



## YOGA THERAPY FOR ABUSE SURVIVORS

Malaika's program harnesses mindfulness and yoga to support healing for children who have experienced sexual abuse in Grenada and the Caribbean. Through movement, breath, and emotional awareness, kids build confidence, connection, and a sense of safety in their bodies. She also offers a special training for counselors and social workers to expand the impact and plant the seeds for future yoga teacher training on the island. This is community care in action.

**MALAIKA BROOKS-SMITH-LOWE**  
Kripalu School of Integrative Yoga Therapy Alum



## NATURE-BASED MINDFULNESS FOR MIDDLE SCHOOLERS

Will collaborates with Cultural Roots Home School Co-op, a BIPOC-led learning community, to bring environmental education to elementary and middle school students, nurturing connection to land, self, and ancestral wisdom. Twice a week, middle schoolers get to explore forest skills, mindfulness in nature, and earth stewardship. The aim is to help grow grounded, confident BIPOC youth through nature-based learning that honors culture, resilience, and community.

**WILL GEORGE**  
Kripalu School of Mindful Outdoor Leadership Alum



## TRAIN TO SERVE. LEAD WITH LOVE.

Kripalu Schools offer certifications in Yoga, Yoga Therapy, Ayurveda, and Mindful Outdoor Leadership. These are not just trainings—they are launchpads for purposeful lives rooted in healing, equity, and impact. When you train here, you don't just graduate—you begin a lifelong journey of making wellness equitable, embodied, and real. Your path starts here.

**KRIPALU.ORG/SCHOOLS**

### Kripalu School of Yoga

- **300-Hour: Teaching Pranayama** | Online | October 23–December 7
- **300-Hour: Teaching Adaptive Yoga** | On Campus | October 31–November 9
- **200-Hour Yoga Teacher Training** (2 12-Day Sessions) | On Campus | November 30–December 12, 2025 and January 25, 2026–February 6, 2026

### Kripalu School of Ayurveda

- **Seminars in Perimenopause: Advanced Training for Health Counselors** | Online | October 2–November 6
- **Ayurveda, Menopause & Longevity: A Four-Day In-Person Experience with Kate O'Donnell** | On Campus | December 10–14

### Kripalu School of Integrative Yoga Therapy

- **800-Hour: In-Depth Anatomy of Asana** | On Campus | October 3–12
- **800-Hour: Clinical Immersion** | On Campus | October 12–19
- **Trauma-Sensitive Yoga Foundational Training** | On Campus | November 16–21

### Kripalu School of Mindful Outdoor Leadership

- **Level 2: Aligning with Nature** | On Campus | October 17–26
- **The Rewilding Summit** | On Campus and Online | November 6–9
- **Put On Your Owl Eyes: Guiding Nature Experiences for Children** | On Campus | November 13–16



# Kripalu®

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**KRIPALU.ORG**

Non-Profit Org.  
U.S. Postage PAID  
Kripalu Center for  
Yoga & Health

Join the community.     

Key Code

Account #

# Show your LOVE

We want to see you! Join us in celebrating our brand new look by snapping a photo of yourself with your catalog and tagging us **@kripalucenter** on Instagram and Facebook. All tagged photos will be shared, and **one lucky winner will receive a free 3-day 2-night R&R stay!** Winner will be announced November 1.

**THANK YOU.**

**This moment belongs to all of us.**



@beccaskyboland