

WINTER PREVIEW

Kripalu®

JANUARY–MARCH 2026

Save On
Winter R&R

AYURVEDA
ADVICE & RECIPES
FOR THE NEW YEAR

BUILDING
THE LEADERS OUR
WORLD NEEDS

Come Home
to Yourself

KRIPALU.ORG



The Best Place To Go This Winter Is Within

As snow blankets the Berkshire landscape and the pace of life naturally slows, this sacred season becomes an invitation to turn inward, rest deeply, and reconnect with what matters most. Whether you come for a weekend or linger a little longer, an R&R retreat offers the spaciousness to simply be. No pressure, no schedules unless you want them, just the soft rhythm of your own unfolding.

At Kripalu, winter is honored as a time for quiet reflection. You might spend your days sipping herbal tea, journaling by a sunlit window, or wandering through the beckoning woods. You'll find nourishment not only in warm, seasonal meals and daily yoga classes, but also in the gentle guidance offered by Kripalu's skilled faculty—from breathwork and meditation to intention-setting and creative exploration.

WARMTH, WISDOM & WELL-BEING

The Retreat & Renewal experience lives up to its name. It is a flexible, self-guided stay where you create your own pace. Each day offers a menu of yoga, mindfulness, creative expression, and gentle movement classes you can opt into, or not. You can nap, walk, stretch, learn, or simply watch the wind in the trees from the comfort of a cozy nook.

R&R winter programming draws from Ayurvedic wisdom to help us stay grounded and resilient during the colder months. You'll be encouraged to balance winter's dry and airy *vata* energy with grounding routines, warming foods, and soothing practices like *Abhyanga* (self-massage) and *Kapalabhati* (energizing breathwork). It's a chance to come home to your body, build vitality, and restore balance at a time when the world is asking us to wind down.

GATHERING LIGHT IN THE DARK SEASON

Even in winter's quiet, there is community. There is a spirit of togetherness here, what the Danish call *hygge*, where warmth and connection are part of the healing. You might find it in a shared moment of laughter during a mealtime conversation or in the presence of others connecting in transformation. Whether you're setting intentions with new friends or on your own path to letting go of what you've been holding, winter is a powerful threshold, and Kripalu is here to walk beside you as you cross.

Your Winter Retreat Awaits—for Less

The quiet of winter is the perfect backdrop for transformation. **Save 30% on R&R 3-night, mid-week stays (Sunday–Thursday) from December 1, 2025 to March 26, 2026.** Enjoy daily yoga classes, winter-themed workshops, seasonal self-care, and visioning for the year ahead.

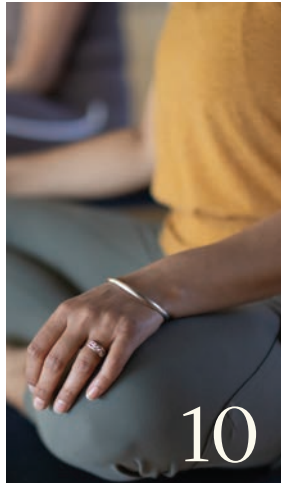
VISIT [KRIPALU.ORG/RETREAT](https://www.kripalu.org/retreat) AND ENTER PROMO CODE WINTER30 TO BOOK YOUR STAY.

Offer does not apply to existing reservations, dorms or economy rooms. Black out dates apply

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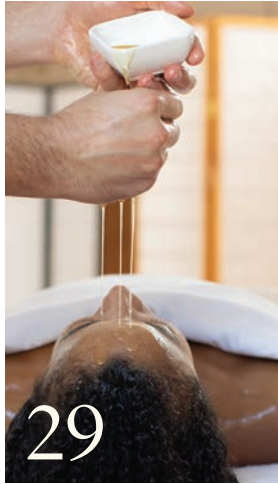
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Discover Ayurvedic practices and recipes that help you harness the energy of the winter season.

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Yera Gomes shares her experience attending the Kripalu Silent Retreat.

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Preview a selection of on campus and online programs. Visit kripalu.org/calendar for more.

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Discover the motivation behind and the lasting impact of our Transformational Leadership Retreats.

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29 | COME HOME TO BALANCE

Peak winter season is cold, harsh, and dry. Combat these characteristics with Ayurvedic tools and services that bring warmth, nourishment, and balance.

30-31 | PLAN YOUR STAY

When you visit Kripalu, it's all about value. Discover all that is included in your all-inclusive stay.

32 | KRIPALU ONLINE STUDIO

Experience the gift of practice. Save 40% on an annual membership for the Kripalu Online Studio, available for a limited time.

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The Gift That Uplifts

You choose the amount.
They choose the experience.

Whether it's for the holidays, a birthday, or any occasion that gives you a chance to show your love and appreciation, the gift of Kripalu is one that leaves a lasting impact that is transformative. Each gift card recipient can choose what calls to them from our long list of offerings. It could go toward a day trip, a massage, or any of our programs. Your gift can even be a donation in their honor to help our mission of providing access for all.

The choice is theirs. The gift of giving something truly meaningful is yours.



TO ORDER,
SCAN THE QR CODE
OR VISIT
[KRIPALU.ORG/
GIFT-CARDS](https://kripalu.org/gift-cards)



THE GIFT THAT OPENED ME

“The gift card I got from my sister was literally the best gift I’ve probably ever received. I had a heart-opening experience at Kripalu that I didn’t even know how much I needed.”

—KRIPALU GIFT CARD RECIPIENT

A New Way to Welcome the New Year

The New Year is upon us, and resolutions are beginning to bubble up in our consciousness. Traditionally, this is the season of doing more—striving harder, perfecting habits, eating healthier, exercising more, or shedding a few pounds after the celebrations of the holidays. While these intentions are understandable, what if this year you tried a different approach? Instead of aiming outward, what if your resolution was to turn inward?

DIVE DEEPER

If you're feeling called to immerse yourself in the wisdom of Ayurveda, Kripalu's Ayurveda retreats will help you connect and reconnect to the rhythms of the season. You'll explore the concept of *ritucharya*, or seasonal routine, and a retreat environment where you can practice steadiness of a daily routine to boost your energy and equanimity no matter the time of year. Get started with your planning with the dates for our seasonal retreats for the first half of the year. To learn more about these retreats and book, visit

KRIPALU.ORG

- **Winter Ayurveda Retreat: Harmony, Rejuvenation & Rest** | On Campus | January 26–30, 2026
- **Spring Ayurveda Retreat: Energize, Lighten, and Enliven** | On Campus | April 20–24, 2026
- **Spring Ayurveda Yoga Retreat** | On Campus | May 4–8, 2026
- **Summer Ayurveda Yoga Retreat** | On Campus | July 13–17, 2026



BY ERIN CASPERSON
Director of the Kripalu
School of Ayurveda

THE WISDOM OF WINTER

In the northern hemisphere, we are in the heart of deep winter. It is cold, dry, and windy—a season that invites us to build a fire, read a book, sip tea, or savor a bowl of warm soup. Nature shows us the rhythm: the land lies dormant and the sun rests lower in the sky. Winter invites us to embrace stillness and restoration.

Ayurveda, India's traditional wisdom system of medicine, defines winter as the *brmhana* time of year—a period of building, nourishing, and replenishing. If you look at the long arc of the seasons, summer and fall encourage activity and outward energy. The warmth and light of the sun fuel productivity, harvest, and movement. But as the humidity of fall fades and winter arrives, we are guided toward dormancy, quiet, and inner growth.



NOURISHMENT OVER DEPRIVATION

Ayurveda teaches that we thrive in winter (or any season) by applying the opposite qualities of the season. Against the cold and dryness, we bring warmth, moisture, and nourishment. Yet so many popular New Year's resolutions focus on depletion and deprivation. What if you are already doing enough? What if what you truly need is not restriction but deep nourishment? Consider setting intentions that honor the season:

- Journaling to reflect and dream
- Preparing hearty, home-cooked meals
- Moving your body gently with yoga or walks in nature
- Meditating to connect with your inner world
- Gathering with community for warmth and joy

A beautiful place to start is to check out **Jess Frey's Living Love 30-Day online journaling series**—a cozy, heart-centered practice that creates space to explore living with love in community. Visit kripalu.org/journalingseries to learn more.

AN INVITATION TO SIMPLY BE

This winter, give yourself permission to pause. Instead of striving for more, let your resolution be to savor the simplicity of the season. Build your inner fire with slow stews and spiced teas. Wrap yourself in blankets of connection and comfort. Allow nourishment—not perfection—to guide you into the New Year.

Ayurvedic Recipes for the New Year

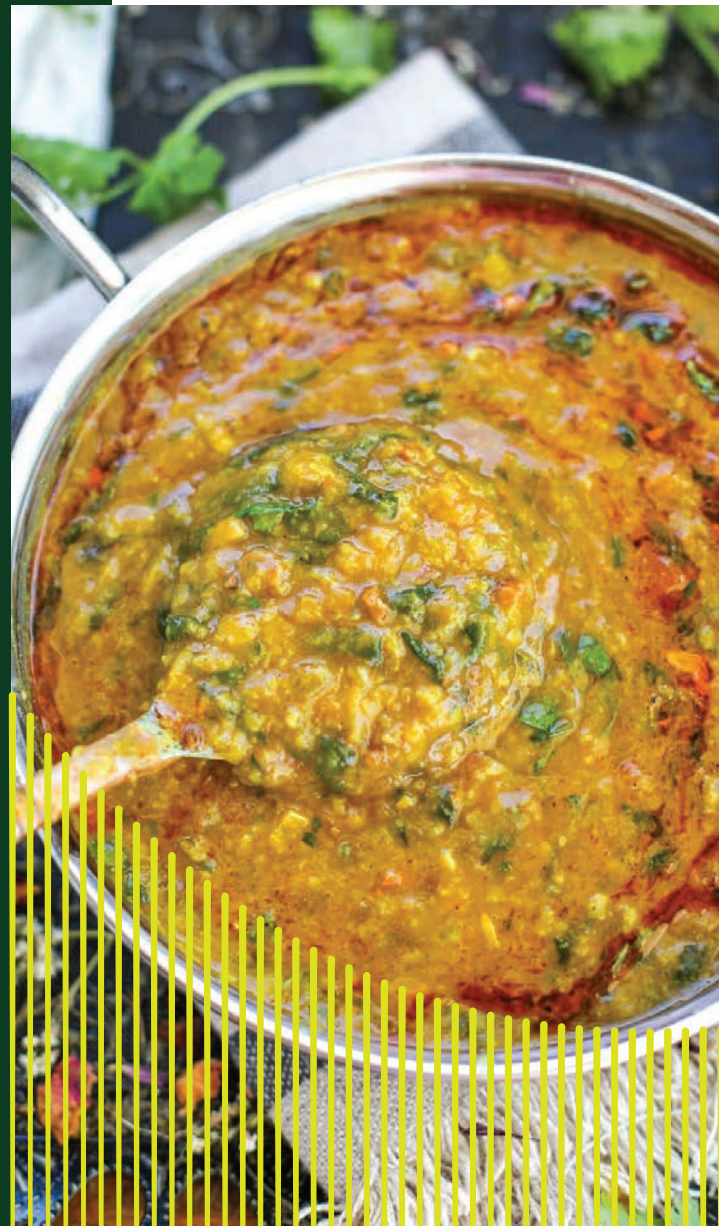
In **Ayurveda**, it's not just what we eat but how we eat, as any food can heal or harm depending on its *gunas* (qualities). Meals include all six tastes: sweet, salty, sour, bitter, astringent, and pungent, reflecting the five elements in Nature, just as we are made of these same elements. We honor seasonal rhythms and adjust our recipes to support our bodies as the environment changes. Digestibility is key: we aren't what we eat, but we are what we digest! Meals that are digestible in the winter are warm/cooked, well-oiled, well-seasoned and filled with prana. Cooking your own meals ensures you know exactly what goes in them and that the most important ingredient, **love**, is always included!

One-Pot Red Dal with Spinach

YIELDS 4 SERVINGS
WARM, GROUNDING, ASTRINGENT,
PUNGENT, SALTY, SOUR

- 1 cup red lentils (masoor dal), rinsed well
- 4 cups water (or vegetable broth for more depth)
- 1 cinnamon stick
- 1 teaspoon turmeric powder
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- ½ teaspoon ground fennel
- 1 tablespoon tomato paste
- 1-inch piece fresh ginger, finely grated
- 2-3 tablespoons ghee
- 3-4 cups fresh spinach, roughly chopped
- 1 ½ teaspoon salt (or to taste)
- Juice of ½ lime (or more to taste)
- ¼ cup fresh cilantro, chopped (for garnish)

Rinse and soak lentils for 30 minutes before cooking. In a large pot, warm the ghee over medium heat. Add grated ginger and stir for about 30 seconds until fragrant. Stir in turmeric, coriander, cumin, fennel, and tomato paste. Cook 1–2 minutes, stirring, until the tomato paste darkens slightly and the spices release their aroma. Add the rinsed red lentils, cinnamon stick, and water/broth. Stir to combine. Bring to a boil, then reduce heat to low and simmer uncovered for 20–25 minutes, stirring occasionally, until the lentils break down into a creamy texture. Stir in the chopped spinach and salt. Simmer 3–5 minutes more, just until the spinach wilts. Remove the cinnamon stick. Squeeze in fresh lime juice and stir well. Taste and adjust with more lime or salt as needed. Ladle into bowls and enjoy with basmati rice or flatbread. Garnish with chopped cilantro and additional ghee or lime if desired.



BY KAVERI BARROS
Ayurvedic Health
Counselor

Golden Milk

YIELDS 2 SERVINGS
WARMING, COOLING,
GROUNDING, SWEET

- 2 cups whole, non-homogenized milk
- 1 teaspoon turmeric powder
- ½ teaspoon ginger powder
- ¼ teaspoon ground cardamom
- ¼ teaspoon ground cinnamon
- Pinch of nutmeg
- 1 teaspoon ghee
- 1-2 teaspoon jaggery, coconut sugar, honey, or maple syrup

In a small saucepan, gently warm the milk over medium-low heat. Bring to a quick boil. Whisk in turmeric, ginger, cardamom, cinnamon, nutmeg, and ghee. Continue whisking so the spices incorporate well into the milk. Let the milk simmer gently for 5 minutes, stirring occasionally. This allows the spices to infuse deeply. Remove from heat. Stir in your sweetener of choice (jaggery, coconut sugar, honey*, or maple syrup) until dissolved. Pour into mugs, sprinkle with an extra pinch of cinnamon or nutmeg if desired, and enjoy warm before bed for good sleep.

If using honey, add only once the milk cools slightly (warm but not hot), to preserve its Ayurvedic properties.



Root Vegetable Bisque

YIELDS 4 SERVINGS
WARM, GROUNDING, SALTY, SOUR, PUNGENT, SWEET

- 1 medium sweet potato, peeled and cubed
- 1 medium white potato, peeled and cubed
- 2 medium carrots, peeled and diced
- 2 celery stalks, diced
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1-inch piece fresh ginger, grated
- 2 tablespoons ghee
- 2 teaspoons curry powder (or warming spice blend with cumin, coriander, turmeric)
- 4 cups vegetable broth 1 cup coconut milk (optional, for creamier texture)
- 1 tablespoon lime juice (or lemon juice)
- Sea salt to taste

In a large soup pot, warm ghee over medium heat. Add onion, celery, and carrots. Sauté 5–7 minutes until softened. Stir in garlic, ginger, thyme, and curry powder. Cook for 1–2 minutes until fragrant. Add sweet potato, white potato, and broth. Bring to a boil, then lower heat and simmer uncovered for 25–30 minutes, until vegetables are tender. Purée with an immersion blender (or carefully in a regular blender) until smooth and creamy. Stir in coconut milk, lime juice, and salt. Simmer for 5 more minutes. Taste and adjust seasoning. Add more lime or salt if needed.

The Silent Retreat with Kripalu Faculty Jess Frey

marked a very clear before and after in my life. I'd been curious and wanting to find a space like this for years, and little did I know that it would be just a couple of hours away from me. What made this even more special was that it was a scholarship opportunity, meaning I received this much needed time away completely free. I remember checking my booking confirmation many times because I could not believe it.

This would be my first time staying on campus and experiencing time—and myself—in silence for days. Jess's presence immediately gave me permission to tend to myself and practice discernment. This time in my life was calling for a different kind of self-study. It was the beginning of September, requiring me to shift and switch gears with the season. It was a stepping stone in what would be one of the most powerful years of my life.



YERA GOMES

I felt so much emotion in our opening circle as we prepared to enter silence. I remember feeling uncomfortable and not wanting to engage in much conversation beforehand, as my body was preparing for what was ahead. I knew I was about to meet myself right in the middle of my discomfort.

There was a sweet blend of meditation and writing practices woven throughout the day. Jess, being the experienced teacher she is, supported the process with just the right amount of input. She dropped gems of wisdom connected to the theme of each day.

On the last day, without giving away too much, during our closing, I had a big emotional release and cried alongside my peers. As a mother and teacher, I was craving this pause and silence more than I even realized. I left deeply inspired to be more connected to Kripalu, to collaborate, and to expand.

What a gift. I am so grateful for the alignment, and to be able to reflect on how much growth has unfolded simply by deciding to pause and receive.



**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)**

One Day, One Guest

The Kripalu Silent Retreat with Yera Gomes

“... I was craving this pause and silence more than I even realized.
I left deeply inspired to be more connected
to Kripalu, to collaborate, and to expand.”

A SAMPLING OF
ON CAMPUS AND
ONLINE PROGRAMS

Winter Program Highlights



“A vibrant sense of self
is based on self-trust,
a strong connection to your inner knowing.”
—TERRI COLE



FOR A FULL LIST OF
PROGRAMS, SCAN THE
QR CODE OR VISIT
KRIPALU.ORG/CALENDAR

FEATURED PROGRAMS

ON CAMPUS AND ONLINE

The Full Scope of Yoga

Jan. 23–25
Friday–Sunday

Rodney Yee
Colleen Saidman Yee

Align with life’s rhythms with beloved teachers Rodney Yee and Colleen Saidman Yee. Discover powerful tools that enhance your practice through philosophy, asana, and more.



ON CAMPUS

The Heart and Ground of Being

Feb. 1–5
Saturday–Wednesday

Christiane Prendergast
John Prendergast

Live a more authentic life. Find intimacy with your true nature by releasing limiting beliefs, cultivating self-love, and embodying spacious, compassionate awareness through guided practice.

ON CAMPUS

The Highly Functioning Codependent

When People Say You’re Too Much

Feb. 27–Mar. 1
Thursday–Sunday

Terri Cole

Chronic over-giving often hides in plain sight. Break free from high-functioning codependency by learning how to set boundaries, reclaim energy, and break free from lifelong patterns.



ON CAMPUS AND ONLINE

The Art of Chilling Out

A Yoga, Meditation, and Storytelling Retreat

Mar. 6–8
Friday–Sunday

MC Yogi

Join celebrated artist and yoga teacher MC Yogi for a retreat that blends his unique music, mysticism, and movement to realign with your inner light and embrace sacred pause.

WINTER PROGRAM HIGHLIGHTS



ON CAMPUS
The Kripalu
Silent Retreat

Jan. 2–9 | Friday–Friday

Jess Frey and Edi Pasalis

Experience the transformative power of silence to deepen awareness, restore presence, and reconnect with life’s wisdom and truth in our most popular retreat.



ON CAMPUS
Begin Again
A New Year’s Pause

Jan. 2–4 | Friday–Sunday

Jillian Pransky

Start the new year with slow flow yoga, restorative rest, and Jillian Pransky’s signature six-step process to break free from stress and anxiety.



ONLINE
The Kripalu Approach
to Healthy Eating
Beyond Right and Wrong

Jan. 5–26 | Sundays

Aruni Nan Futuronsky, Lauren Gernady, and Lisa Nelson, MD

Transform your relationship with food through mindfulness, Ayurveda, and self-acceptance for lasting wellness and vitality.



ONLINE
Deep Dive
The Yoga Sutras of Patanjali

Jan. 7–28 | Tuesdays

Yuval Samburski

Dive into the timeless wisdom of the Yoga Sutras. Explore the life-changing possibilities of this ancient text with beloved Kripalu faculty Yuval Samburski.



ON CAMPUS
Yoga and Deep
Relaxation Retreat
The Gift of Divine Sleep® Yoga Nidra

Jan. 9–11 | Friday–Sunday

Jennifer Reis

Explore postures, hand mudras, breathwork, and Jennifer’s signature Divine Sleep® Yoga Nidra as powerful antidotes for modern life. You deserve this rest!



ON CAMPUS
Sanctuary
Spiritual Grounding for
Queer and Trans Folks

Jan. 9–11 | Friday–Sunday

Jacoby Ballard and Nathalie Rodriguez

Rediscover your wholeness in a brave, joyful community—where queerness, spirit, and self-expression unite for healing, empowerment, and radiant belonging.

WINTER PROGRAM HIGHLIGHTS



ON CAMPUS
Acceptance and Commitment Therapy
A Skills-Based Training Retreat

Jan. 11–16
Sunday–Friday

John P. Forsyth
Jamie R. Forsyth

Pain and struggle are part of being human, but they don’t have to define us. In this transformative retreat, clinical psychologists John and Jamie Forsyth explore the practice of Acceptance and Commitment Therapy (ACT), an evidence-based approach that blends mindfulness, acceptance, and committed action. Through engaging demonstrations and hands-on exercises, discover how to help clients move beyond unhelpful struggles, cultivate peace of mind, and align more deeply with their values. With practical tools, clinical worksheets, and powerful strategies, you’ll leave prepared to integrate ACT into your practice, while also experiencing your own renewed sense of freedom, vitality, and compassion. This program is suitable for mental health and behavioral health professionals.



ON CAMPUS
Embodiment
of Love Retreat
Set Your Intention for 2026

Jan. 9–11 | Friday–Sunday

Aki Hirata Quetzalyolotzin
Fumiha Tanaka

Step into 2026 rooted in love. Welcome healing, freedom, and wholeness through ceremony, embodiment, and powerful somatic exercises.



ON CAMPUS
Grieve as a Verb
How to Cultivate a Daily Grief Practice
using the Grief M.E.N.T.O.R. Method

Jan. 11–16 | Sunday–Friday

Meghan Riordan Jarvis
John Onwuchekwa

Healing cannot be rushed. Honor your grief, transform your relationship with loss, and cultivate compassion, resilience, and clarity through a supportive practice.



ON CAMPUS
Write Now
Writing and Yoga Workshop

Jan. 14–16 | Wednesday–Friday

Cristie Newhart and Asif Ullah

This is your season. Learn how to apply Kripalu yoga tools to your writing practice and discover how your words and the words of others can act as powerful mirrors.

WINTER PROGRAM HIGHLIGHTS



ON CAMPUS AND ONLINE
Qigong to Increase Your Healing Power

Jan. 16–19
Friday–Monday
Robert Peng

Awaken, harmonize, and amplify your inner energy with world-renowned qigong master Robert Peng in this transformative retreat. Through the study of qigong, engage with the three dantians—energy centers that cultivate wisdom, love, and vitality—unlocking the power to transform body, mind, and relationships. Learn a variety of ancient practices, meditations, and movements, each designed to strengthen your willpower, open your heart, and increase your healing capacity. Suitable for all levels, this immersive experience offers practical tools, meditative techniques, and deep energetic insight, leaving you more centered, resilient, and fully alive in every aspect of your life.



ON CAMPUS
Inner Quest Intensive
Jan. 16–19 | Friday–Monday
Aruni Nan Futuronsky

Our signature self-discovery program. Explore yoga, breathwork, and mindful practices to cultivate authenticity, joy, and strategies to live fully in the moment.



ON CAMPUS
The Secret Language of the Body
Nervous System Immersion
Jan. 16–19 | Friday–Monday
Karden Rabin

Your nervous system coordinates every aspect of your existence. Gain techniques for regulation and healing and learn how to listen to the messages your body is communicating.



ON CAMPUS
Trusting the River
Yoga as a Way of Life
Jan. 16–19 | Friday–Monday
Rolf Gates

Surrender to the flow of life. Through yoga, meditation, and breathwork, discover trust, presence, and the unwavering wisdom of your true nature.



ON CAMPUS
Just Ask Spirit
A Weekend Yoga Retreat
Jan. 16–19 | Friday–Monday
Sherianna Boyle

This is an opportunity to slow down and tune in. Gain confidence and clarity to move through the new year with tools to support intentional manifestation.



ON CAMPUS
The Grounded Self
Energy Tools for Stability, Inner Peace, and Well-Being in an Ungrounded World
Jan. 21–25 | Wednesday–Sunday
Wendy De Rosa

Explore your energetic anatomy, access deeper consciousness, and learn practical tools to stay grounded, clear, and centered in your daily life.



ON CAMPUS
The Medicine of Sound Healing and Somatic Breathwork
Jan. 30–Feb. 1 | Friday–Sunday
Jess Frey and Jon Orsini

Awaken healing and presence through breath and sound. Cultivate calm, clarity, creativity, and deep connection to yourself with two beloved Kripalu faculty.



ON CAMPUS
Tending and Befriending Your Beautiful Self
A Women's Self-Renewal Retreat for Living Well with Stress
Jan. 30–Feb. 1 | Friday–Sunday
Renée Trudeau

Harness your feminine power. Embrace self-acceptance and reconnect with your essence with transformational retreat leader Renée Trudeau.



ON CAMPUS
Unlock Your Body's Wisdom
A Somatic Yoga Journey
Feb. 1–6 | Sunday–Friday
Bobbi Ellis and Karin Weinstein

Reconnect with your body's intelligence. Cultivate awareness, flow, and resilience and unlock deeper joy, purpose, and vitality with the founders of Soma Yoga Training.



ON CAMPUS
Write It from the Heart
Jump-Start Your Memoir
Feb. 1–5 | Sunday–Thursday
Nancy Slonim Aronie

Your story is worth telling. Discover how to write authentically, honor your truth, and ignite creativity in a brave, heart-centered space.

WINTER PROGRAM HIGHLIGHTS



ONLINE

The Great Work of Your Life

Feb. 2–23 | Mondays

Stephen Cope and Anandamai Charlyn Reihman

An online book club that creates a community to support discovering the deep purpose hidden at the very core of your being.



ON CAMPUS

Yoga Retreat for Women of Color

Feb. 6–8 | Friday–Sunday

Maya Breuer and Kiesha Battles

On the 100-year anniversary of the celebration that led to Black History Month, empower yourself and transform your mind, body, and soul for collective liberation.



ON CAMPUS

Spirit Connection

A Journey of the Sacred Within

Feb. 6–8 | Friday–Sunday

(DJ) Mantra Marz

Delve into your intuitive abilities through chanting, crystal work, dance, journaling, and more with spiritual teacher and guide DJ Mantra Marz.



ON CAMPUS

The Flow of Presence

Exploring Moving Meditation

Feb. 6–8 | Friday–Sunday

Anandamai Charlyn Reihman and Jurian Hughes

Explore the practice of moving meditation as a catalyst for growth and evolutionary transformation. Draw on the teachings of Swami Kripalu to cultivate deeper consciousness.



ON CAMPUS

Deepening Your Relationship

A Workshop for Couples

Feb. 13–15 | Friday–Sunday

Michael Lee and Sarah Greco

Reignite connection and deepen intimacy. Transform your partnership through embodied presence, empathy, and heart-centered practices that honor love, trust, and authenticity.



ON CAMPUS

Dharma Yoga Immersion Weekend

Yogic Wisdom for Advanced Practitioners

Feb. 13–15 | Friday–Sunday

Sri Dharma Mittra

Practice with one of the world’s most expert teachers. Delve into Vendantic yoga philosophy and walk further along your yoga path with master teacher Sri Dharma Mittra.

WINTER PROGRAM HIGHLIGHTS



ON CAMPUS AND ONLINE

Tending and Mending

A Spring Retreat on Being with Grief

ONLINE
Feb. 12–26
Thursdays

ON CAMPUS
Mar. 20–22
Friday–Sunday

**Reggie Hubbard
AmarAtma
Akilah Richards**

Grief is a sacred teacher calling us back to our wholeness. This program invites you to pause, breathe, and listen for the quiet wisdom grief carries beneath its ache. Guided by grietenders AmarAtma, Reggie Hubbard, and Akilah S. Richards, you’ll enter a heart-centered space where movement, breath, and shared presence soften what’s been held too tightly. Together, we’ll honor the truth that grief and love are never separate— and that tending to one is mending the other. Aligned with the energy of spring’s renewal, this retreat is an invitation to let your heart grow stronger, more spacious, and more alive.



ON CAMPUS

Ayurveda Self-Care Retreat

Feb. 16–20 | Monday–Friday

Emilie Reid

Take the time to nourish your body, mind, and soul. Embrace Ayurveda’s timeless wisdom and cultivate self-care, ritual, and deep, vibrant well-being.



ON CAMPUS

Ignite Your Practice

Deepen into Kripalu Yoga

Feb. 20–22 | Friday–Sunday

Michelle Dalbec

Ignite your practice, transform your life. Cultivate clarity, energy, and self-discovery through Kripalu Yoga, breath, and mindful movement with beloved Kripalu faculty Michelle Dalbec.



ON CAMPUS

Secrets of Great Relationships

Feb. 20–22 | Friday–Sunday

Linda Bloom and Charlie Bloom

Elevate your connections and cultivate lasting love. Discover the tools, presence, and insight to create joyful and thriving relationships with internationally recognized relationship experts Linda and Charlie Bloom.

WINTER PROGRAM HIGHLIGHTS



ON CAMPUS

Chakra Activation
to Awaken Your
Energy Body

Feb. 13–16
Friday–Monday

Anodea Judith

Creating on Purpose

The Chakras as a Map for Bringing
Your Dreams to Reality

Feb. 16–20
Monday–Friday

Anodea Judith

Step into your power with world-renowned chakra expert and best-selling author Anodea Judith through two transformative experiences. In **Chakra Activation to Awaken Your Energy Body**, revitalize your spirit, awaken your energy, and align your whole being through yoga, breathwork, and meditation. Unlock your creative flow, release limiting beliefs, and activate your powers of manifestation using the chakras as a map with **Creating on Purpose**. Together, these programs guide you to embody your highest potential, ignite your purpose, and create meaningful, lasting change in your life.

WINTER PROGRAM HIGHLIGHTS



ON CAMPUS

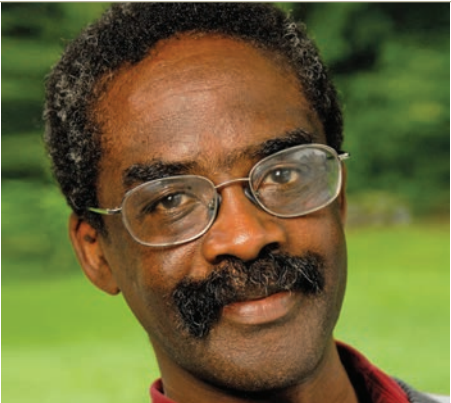
Awaken Your
Inner Magic

A Yoga and Tarot Weekend

Feb. 27–Mar. 1 | Friday–Sunday

Alison DeNicola and Sasha Graham

Ignite your intuition and inner magic. Though a transformative blend of yoga and tarot, awaken insight, empowerment, and connection to collective consciousness.



ON CAMPUS

The Silence of Asana

An Iyengar Yoga Intensive

Mar. 1–6 | Sunday–Friday

Kofi Busia

Revolutionize your relationship to the body—discover the silence within asana and awaken a deeper stillness, clarity, and connection through Iyengar yoga with renowned teacher Kofi Busia.



ON CAMPUS

Abandonment
to Healing

Overcome Your Patterns of Self-Sabotage

Mar. 6–8 | Friday–Sunday

Susan Anderson

Transform patterns of self-sabotage into self-acceptance through powerful mind-body practices that help heal the primal wound of abandonment.



ON CAMPUS

The Natural Voice

A Breakthrough in Speaking and
Singing Fearlessly

Feb. 20–22 | Friday–Sunday

Claude Stein

A Kripalu favorite for 20 years. Unleash your authentic voice—sing, speak, and express yourself fearlessly. Come be inspired and change the way you feel about your voice.



ON CAMPUS

Reconnect, Restore,
and Thrive

A Healing Retreat for Women

Feb. 22–26 | Sunday–Thursday

Kerrie Bodendorf and Carolyn Sheehan

Unlock vitality and ease in your body through hypnotherapy, reiki, Groove and MELT classes, journaling, and more. Leave feeling refreshed, empowered, and deeply connected.



ON CAMPUS

Yoga and Qigong

The Dance of Heaven and Earth

Feb. 27–Mar. 1 | Friday–Sunday

Daniel Orlansky

Enjoy the graceful and gentle movements of both yoga and qigong to cultivate strength, flexibility, and inner peace while flowing effortlessly with body and mind.



ON CAMPUS

Awaken Your
True Nature

Explore the Ancient Tradition
of Huichol Shamanism

Mar. 6–8 | Friday–Sunday

Brant Secunda

Experience the teachings of Huichol shamanism through guided rituals and ceremonies, connect with the spiritual power of nature, and celebrate the transition from winter to spring.



ONLINE

How Women Pray
When the World
Is on Fire

Mar. 11 | Wednesday

Meggan Watterson

Discover the radical wisdom of the Gospel of Mary and awaken the divine power within with Harvard-trained feminist theologian Meggan Watterson.



ON CAMPUS

Radiant Health

A Weekend Retreat for Women

Mar. 12–15 | Thursday–Sunday

Sudha Carolyn Lundeen

Nurture your mind, body, and spirit through yoga, Ayurveda, mindfulness, and healing practices designed to help you rebalance and reclaim your vitality.

WINTER PROGRAM HIGHLIGHTS



ON CAMPUS

A Renaissance of Your Own

Mar. 13–15 | Friday–Sunday

Rachel Cargle

Join Rachel Cargle for the premiere of her new workshop and embark on a renaissance of your own as you uncover your authentic self.



ON CAMPUS

Mindfulness of the Elements for True Connection

Mar. 13–15 | Friday–Sunday

Sebene Selassie

Awaken to the embodied wisdom of the elements. Discover how this time-honored mindfulness method can serve as a powerful foundation for your spiritual practice.



ON CAMPUS

Your Wisdom Within

A Journey of Intuition and Self-Trust

Mar. 13–15 | Friday–Sunday

Hilary Crowley
Victoria Jean Randall

Expand your energy into a field of intelligence, love, and creative flow with medical intuitive Hilary Crowley and Kripalu’s own Akashic Records expert Victoria Jean Randall.



ON CAMPUS

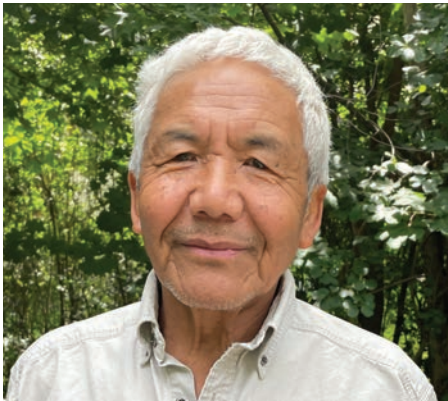
Trust Your Gut

A SomaSoul® Somatic Therapy Workshop

Mar. 13–15 | Friday–Sunday

Dan Leven

Reclaim the inherent power within your own belly! Unlock the messages held in your gut, heal old wounds, and awaken a deeper, embodied trust in your inner guidance.



ON CAMPUS

The Gift of Enough

A Tibetan Buddhist Retreat on Gratitude

Mar. 15–20 | Sunday–Friday

Tsering Ngodup Yodsampa

Discover the power of gratitude. Join interfaith chaplain and meditation teacher Tsering Ngodup Yodsampa for a five-day retreat exploring the five wisdoms of an awakened mind.



ON CAMPUS

Unearthing the Wisdom of Menopause

Rituals for Self-Care and Discovery

Mar. 27–29 | Friday–Sunday

Edi Pasalis

Menopause is not an ending, but an invitation to reclaim joy and freedom. Step into the wisdom of your body and celebrate this transformative stage of life.

WINTER PROGRAM HIGHLIGHTS

ON CAMPUS

Knit, Pray, Love

Where Crafting Meets Mindfulness

Mar. 13–15
Friday–Sunday

Michelle Dalbec

Designed for knitters, crocheters, and fiber artists of all levels to explore how crafting can become a meditative practice and experience the benefits of soothing the nervous system, sparking creativity, and restoring inner calm. Whether you’re a seasoned crafter or brand new, this weekend offers a nurturing space to reconnect with yourself, form new friendships, and experience the renewal that comes from joyful creation in community.

ON CAMPUS

Grief Camp

Mar. 15–18
Sunday–Wednesday

Gina Moffa
Barri Grant
Kelsey Moro

Grief is not something to “get over”—it’s a tender, lifelong process that asks for presence, compassion, and care. You are invited to a safe, supportive space to step out of daily demands and truly be with your grief. Through movement, meditation, writing, breathwork, and restorative practices, you’ll discover practical tools for tending your grief while nurturing your body, mind, and spirit.



ON CAMPUS

Bone Health

Shedding a New Light on Yoga for Osteoporosis

Mar. 27–29 | Friday–Sunday

Loren Fishman and Liz Larsen

Gain a deeper understanding of bone health and how yoga works to prevent and reverse bone loss with revered medical doctor Loren Fishman and yoga teacher Liz Larsen.

ON CAMPUS

Reclaim Your Story and Your Body

Mar. 27–29 | Friday–Sunday

Ruthie Lindsey and Noor Tagouri

For the truth-seekers who have always been told they’re “too much.” Unravel the narratives that are keeping you small through storytelling, ritual, movement, somatic practices, and more.

ON CAMPUS

Permission

The New Memoirist and the Courage to Create

Mar. 27–29 | Friday–Sunday

Elissa Altman

Claim the courage to write your truth. Transform memory into meaning, fear into freedom, and your story into a vessel for healing and wholeness.



Building the Leaders Our World Needs

In times of complexity and uncertainty, the world needs people who lead with skill, compassion, clarity, and courage. At Kripalu, we know leadership begins within. That's why we launched the donor-funded Transformational Leadership Program in 2022, equipping leaders with the tools to cultivate resilience, build connection, and guide lasting transformation—for themselves, their organizations, and the systems they serve.

“It was absolutely awe-inspiring, transformational, and soul cleansing.

I think my personal leadership approach is one that will be even deeper immersed in compassion, love, and understanding.”

—PROGRAM PARTICIPANT

Our current paradigm of leadership no longer serves us. It's time to release the ways we've been trained to lead and step into a new vision: one that centers the good of all, honors inner being alongside outer doing, balances well-being with service, fosters authenticity, and reconnects us with ancestral ways of guiding others.

The program is fully experiential, PowerPoint free, and includes individual reflection, team exercises, co-coaching, and discussion. Participants explore purpose, presence, emotional agility, and resilience as well as organizational change, systems thinking and generating collective creativity. The curriculum blends modern research with leadership principles that have been around for thousands of years.

Designed for purpose driven leaders focused on societal change who want to grow, develop, and bring about real transformation, the Transformational Leadership Program has supported more than 450 leaders from a wide range of esteemed organizations including Massachusetts General Hospital, Boys & Girls Club, Berkshire National Resources Council, and many more.

We want to thank everyone who has participated or donated to this initiative. Together, we're nurturing a new generation of leaders—grounded in wisdom, guided by compassion, and ready to shape a more conscious and connected world.

JOIN. SUPPORT. TRANSFORM.

Transformational Leadership Retreat dates for 2026 are now open—visit kripalu.org to learn more. The need for conscious, compassionate leadership has never been greater. Your support helps Kripalu expand access to the Transformational Leadership Program, providing scholarships for nonprofit leaders on the front lines of change.



**DONATE TODAY TO EMPOWER THOSE
SHAPING THE FUTURE OF OUR
COMMUNITIES. [KRIPALU.ORG/DONATE](https://kripalu.org/donate)**



Come Home to Your Path

As a new year begins, the Kripalu Schools invite you to return home to yourself through study, practice, and community. In 2026, our renowned training programs—spanning yoga, Ayurveda, mindful outdoor leadership, and yoga therapy—offer pathways to deepen your skills, open new possibilities, and align your life with what matters most. Each program is rooted in more than 50 years of Kripalu's teaching excellence, blending ancient wisdom with practical tools for today's world.

Whether you're beginning a new chapter or advancing a current path, these immersive trainings provide a space to steady your foundation, expand your perspective, and embody the practices that lead to transformation. Start the year with intention and step into a learning journey that honors both your personal growth and your capacity to serve others. Explore the schedule to discover the training that calls you home.

The path starts here.

[KRIPALU.ORG/SCHOOLS](https://kripalu.org/schools)

2026 Kripalu Schools Trainings

Kripalu School of Yoga*

- **Restorative Yoga Teacher Training (300-hr eligible)** | On Campus | February 22–27, 2026
- **Global Majority 200-Hour Yoga Teacher Training** | Hybrid | February 20–June 5, 2026; On Campus Dates: May 31–June 5, 2026
- **300-Hour Meditation in Motion: The Kripalu Approach to Vinyasa** | On Campus | March 20–29, 2026
- **200-Hour Yoga Teacher Training (Two 12-day sessions)** | On Campus | April 5–17, 2026 and June 7–19, 2026
- **300-Hour Guiding Meditation for Transformational Yoga Teaching: Exploring the World Within** | On Campus | May 1–10, 2026
- **Gentle Yoga Teacher Training (300-hr eligible)** | On Campus | Summer 2026
- **200-Hour Yoga Teacher Training (New 21-day format)** | On Campus | July 12–August 2, 2026
- **300-Hour Teaching Pranayama: Essential Practices for Yoga Teachers** | On Campus | July 24–August 2, 2026
- **Yoga in the Schools (300-hr eligible)** | On Campus | August 9–14, 2026
- **200-Hour Yoga Teacher Training** | Online | Fall 2026
- **300-Hour Teaching Adaptive Yoga: Working with Diverse Needs** | On Campus | September 25–October 4, 2026
- **Yin Yoga Teacher Training (300-hr eligible)** | On Campus | October 18–23, 2026
- **300-Hour Guiding Meditation for Transformational Yoga Teaching: Exploring the World Within** | Online | October 22–November 22, 2026
- **Yoga Nidra Teacher Training (300-hr eligible)** | On Campus | November 29–December 4, 2026
- **200-Hour Yoga Teacher Training (Two 12-day sessions)** | On Campus | November 29–December 11, 2026 and January 24–February 5, 2027

**300-Hour track modules vary in length from 40 hours to 75 hours. For more information, go to kripalu.org/school-of-yoga*

Kripalu School of Ayurveda

- **Uniting Yoga and Ayurveda*** | Hybrid | May 27, 2026–June 28, 2028; On Campus Dates: June 21–June 28, 2026
- **Foundations of Ayurveda*+** | Hybrid | September 11–December 13, 2026; On Campus Dates: September 11–18, 2026, and December 6–13, 2026

- **Clinical Training in Ayurveda+** | Next class starts in 2027. Apply Now.

**Part of 300-Hour Ayurvedic Yoga Teacher track
+Part of 650-Hour Ayurveda Health Counselor track*

Kripalu School of Integrative Yoga Therapy

- **Therapeutic Yoga in Group Settings*+** | On Campus | Summer 2026
- **Therapeutic Yoga for Individual Clients*+** | Online | Summer 2026
- **Yoga Therapy Applications in the Mental Health Field+** | Hybrid | July 31–August 16, 2026; On Campus Dates: August 9–16, 2026
- **Trauma-Sensitive Yoga: A Foundational Training** | On Campus | September 13–18, 2026
- **In-Depth Anatomy of Asana*+** | On Campus | October 2–11, 2026

**Part of 300-Hour Advanced Teacher of Yoga Therapeutics
+Part of 800-Hour Professional Yoga Therapist program*

Kripalu School of Mindful Outdoor Leadership

- **Level 1: Forest Community** | Online | February 27–April 26, 2026
- **Level 1: Forest Community** | On Campus | July 10–19, 2026
- **Level 2: Aligning with Nature** | On Campus | August 14–23, 2026
- **Level 1: Forest Community** | On Campus | October 9–18, 2026
- **The Rewilding Summit** | On Campus | November 5–8, 2026

Come home to your breath through this guided practice with Rolf Gates, Director of the School of Yoga.

Why We Return

We come back to the breath because it anchors us in the present moment and reconnects us with steadiness amidst distraction. Each return is a reminder that calm and clarity are always available here and now.

How to Sit

Sit with your spine long and your heart open; the body is both grounded and at ease. Let your shoulders soften and your hands rest naturally. As the body lets go the mind lets go.

How to Breathe

Take a few slow, steady breaths, letting each inhale fill the body and each exhale release tension. Feel the rhythm smoothing out as your breath becomes fuller and calmer.

How to Pause

Before returning to your day, rest for a moment in the quiet space you've created. Carry this sense of inner stillness forward into whatever comes next.



BY ROLF GATES
Director of the Kripalu
School of Yoga



Come Home to Your Breath

Come Home to Balance

AYURVEDIC PRACTICES TO REPLENISH & RESTORE

Ayurveda recognizes late winter as a *Kapha* season with strong *Vata* undertones—cold, dense, harsh, and rough. Incorporating warm, slow, and nourishing routines helps counter these qualities and support balance. Practical self-care, along with understanding your unique constitution through an Ayurvedic lens, can help you stay grounded and well as the winter season peaks.

Initial Ayurvedic Consultation

The perfect starting point. Learn the basics from an Ayurvedic Health Counselor to help you understand your unique constitution and where you may be out of balance.

Ayurvedic Marma Balancing

A gentle yet powerful treatment that works with the body's vital energy points to release physical and emotional blockages. This treatment subtly balances the heaviness of late winter and includes the application of oil, which is a good idea all year-round.



**TO BOOK AN AYURVEDIC
CONSULTATION OR HEALING
ARTS SERVICE, SCAN THE
QR CODE OR VISIT
[KRIPALU.ORG/HEALINGARTS](https://kripalu.org/healingarts)**

Shirodhara

Warm oil on the third eye, forehead, and scalp helps ground the nervous system in a very subtle yet profound way. This is a great way to balance the mind, body, and spirit during the harshness of late winter.

Garshana

Also known as dry brushing. This helps to stimulate circulation and gently exfoliates the skin, leaving it soft and smooth. It supports lymphatic cleansing by moving stagnant energy and aiding the body's natural detox process.

—KAVERI BARROS, Ayurvedic Health Counselor

Interested in diving deeper? Our 200-Hour Foundations of Ayurveda Training is the perfect next step. Whether you are looking to enrich your personal life or considering a career as an Ayurvedic Health Counselor, this hybrid program brings Ayurvedic wisdom to life.

**VISIT [KRIPALU.ORG/FOA](https://kripalu.org/foa) TO LEARN MORE
AND APPLY TODAY.**

Visiting Kripalu: It's All About Value

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

Here is a closer look at what your experience includes:

- Three delicious all-natural meals every day of your stay. No meal prep or cooking required!
- 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 a sauna, fitness center, meditation rooms, cafe and workspaces all with beautiful Berkshire views.



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.

1 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.

2 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.

3 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**



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01262-0309
413-448-3500
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Yoga & Health

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Key Code

Account #

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\$299
per year



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EXPERIENCES/
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STUDIO**

Our bestselling
Reset Pass is back
for a limited time only!

Get a full year of unlimited Kripalu Online Studio yoga, meditation, and workshops for just \$299. Reconnect with the heart-centered community you love and practice with your favorite teachers, anytime and anywhere. Gift it to someone special or keep it as a promise to your own practice.

Let this be the year you keep coming back: to your mat, to your breath, to yourself.