

SPRING & SUMMER PREVIEW

Kripalu®

APRIL–AUGUST 2026

THE SECRET TO
MINDFUL
WALKING

STORIES FROM
A FIRST STAY

FIND PEACE
IN THE
OUTDOORS

Start Your
Journey

100+ PROGRAMS
AND TRAININGS
TO EXPLORE

KRIPALU.ORG



What Is a Guided Journey?

At Kripalu, we believe that a supported path of self-discovery is what allows healing to happen. No matter where you choose to begin, your guided journeys are shaped by skilled teachers, meaningful practice rooted in ancient wisdom, and a community that helps transformation to unfold over time.

Go deeper with an in-depth program.

Weekend and weeklong programs offer dedicated time for learning, reflection, and growth. Faculty provide tools, structure, and insight that help guests reconnect with what matters.

Reset with our signature Retreat & Renewal.

Journeys can start simply; a single day visit on campus to breathe, move, rest, and explore.

Commit through training.

When ready to immerse yourself more fully, Kripalu's Schools trainings offer a grounded curriculum rooted in Kripalu's lineage. Strengthen your practice, build skills, and bring these practices into the world.

Stay connected through online learning.

Begin or continue your journey at home through live and on-demand classes. These offerings help you integrate new practices and stay connected to Kripalu's teachings year-round.



AN ECOSYSTEM OF SUPPORT

Across seasons and stages, Kripalu holds the full arc of a guided journey. Every visit, practice, and learning experience sets a foundation for the next, creating a lifelong rhythm of growth.

Start your journey here:

[KRIPALU.ORG/EXPERIENCE](https://www.kripalu.org/experience)

Return for renewal.

Welcome beginner's mind and return to Kripalu for a R&R or restorative retreat when life calls for spaciousness. Each return visit becomes another turn in the cycle of learning, healing, and transformation.



Content



6



8



20



36



38

6-7 | RETREAT & RENEWAL

A spring of becoming, a summer of connection. Learn about how our signature retreat can offer the guidance—and freedom—to discover your own unfolding path.

8-9 | KRIPALU OUTDOORS: TUNING INTO MORE

Hear from Micah Mortali about how a Kripalu Outdoor Retreat invites you to slow down, tune in, and reconnect with your relationship to nature.

10-31 | PROGRAM HIGHLIGHTS: APRIL-AUGUST

Preview a selection of on campus and online programs. For our full list of programs, visit kripalu.org/calendar.

32-33 | KRIPALU SCHOOLS

Preview Spring and Summer trainings from all four Kripalu schools. Visit kripalu.org/schools to learn more.

34-35 | PLAN YOUR VISIT

Everything you need for transformation, all in one place. No matter what path you choose, Kripalu is committed to providing a valuable, affordable experience.

36-37 | ONE DAY, ONE GUEST

Guest Johan Gace shares his experience attending last year's Summer Solstice Retreat.

38-39 | STORIES FROM A FIRST STAY

Hear from four guests as they recount the power of their first stay at Kripalu, each made possible through the generosity of our community and donors.

40 | NEW FACES THIS SPRING AND SUMMER

Meet four new presenters bringing their unique and powerful programs to Kripalu in the coming months.

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.



The Secret to Mindful Walking

What if the path forward allowed you to just *be*? Mindful walking has long been practiced as a way to cultivate presence, clarity, and reflection through movement.

Mindful walking is a gift, allowing you to walk one step at a time, one breath at a time, opening to all that is present moment to moment. Whether you walk in a safe, pleasant place such as a long hallway, park, or Kripalu's lovely labyrinth, you open your awareness to feel and watch as sensations, thoughts, and emotions pass through you like clouds in a big sky. With no need to get lost in reaction or judgment, you find your way to a presence that is a little more calm, connected, and resilient.



BY TRACY FOSTER
Core Kripalu Faculty

STEP 1: Before you begin, feel your feet on the ground, stand tall as you relax tension in the shoulders and posture, and receive a few full breaths in and out. If you wish, set a simple intention for your mindful walk.

STEP 2: Walk silently at a slow, easy pace. Feel your footsteps and sensations in the body.

Tune into your senses—notice sounds, smells, sights, the feel of the air moving around you. Allow your open, curious awareness to be captured by all that is present.

STEP 3: When your mind wanders off into worrying, planning or judging, no worries. Gently guide your attention back to your breath. This returning home to the present moment, over and over again, is the practice.

STEP 4: Midway into your mindful walk or when you arrive at the center of the labyrinth, pause and notice what is present in your body, mind, and heart. Let this moment be exactly as it is.

STEP 5: Continue on your journey and when you're finished, pause to reflect on how your body and mind feel now. If you'd like, offer a 'thank you' for this gift of mindful walking.

A Spring of Becoming

A Summer of Connection



As the Berkshire hills awaken with color and the days grow longer, spring and summer invite a natural unfolding and an inner journey toward clarity, vitality, and ease. Whether you come for a few restorative days or sink in for a full reset, Kripalu's signature **Retreat & Renewal** experience offers the space to pause, reconnect with your body, and allow the guidance to emerge from within.

At Kripalu, these seasons are living invitations to explore. You might begin your morning with a quiet walk among the blooming wildflowers, paddle across the lake in the warm afternoon sun, or journal as dusk falls. Count on nourishing, seasonal meals and daily yoga classes while you lean into gentle, grounded support from Kripalu's expert faculty.

A JOURNEY LED BY YOUR OWN INNER WISDOM

Retreat & Renewal is a flexible, choose-your-own-path retreat. Each day welcomes you with a menu of yoga, creative expression, and outdoor experiences that you can join as you desire. There's no schedule you must follow, only moments you can lean into.

In spring and summer, our programming draws on Ayurvedic wisdom to help balance the season's energies. Spring *kapha* qualities invite gentle awakening and renewal while summer's *pitta* invites cooling, grounding practices that soothe the senses.

MOVING TOGETHER, GROWING TOGETHER

Journeying inward does not mean journeying alone. As the season brightens, a sense of connection rises too. Whether you come alone or with a friend, know that this time is a time of reconnection. You might share a moment of recognition in a yoga class, laugh with someone over lunch, or find yourself in quiet companionship with fellow guests along the trails.

No matter what you're seeking, the year-round Retreat & Renewal experience is here for you. Here, you'll find the space for guidance—both structured and open—to follow your own unfolding path.



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)





BY MICAH MORTALI
Director of the Kripalu
School of Mindful
Outdoor Leadership
and Kripalu Lead Faculty

Where Nature Is the Meditation

What sets a Kripalu outdoor retreat apart is the way it invites you to slow down, attune to your senses, and connect with the living landscape as an active partner in your practice.

For starters, we often begin by sharing a story about the land. Learning even a little about the deeper history of a place helps orient us and invites a greater sense of appreciation and depth as we take in our surroundings.

We also incorporate gentle mindful movement before we set out on a walk, paddle, or archery experience. This helps us arrive fully in our bodies and awaken our senses. From there, we bring attention to the breath—our constant bridge to the natural world—which supports the regulation of our nervous system and invites a calm yet alert awareness.

Our time on the land always includes intentional periods of silence. In these quiet moments we can be together in community while also connecting more intimately with the elements around us and tuning in to our inner experience.

Our outdoor guides offer simple invitations to explore the senses: feeling the texture of tree bark, inhaling the aroma

of crushed pine needles, listening closely to birdsong or the wind.

We typically include a period of nature meditation, often referred to as “sit spot,” where you find a comfortable place to settle and simply observe the subtle ripples of life moving through the landscape.

All of our outings conclude with a group sharing practice known as council. One person speaks at a time, everyone has an opportunity to share, and together we listen for the wisdom that emerges from the circle.

Ultimately, these experiences invite us into a process of remembering—remembering that we are part of this world, that nature is our original habitat as human beings, and that the earth is continuously offering the miraculous to those who pause long enough to notice.

Explore Our Outdoor Programs

- Mindful Archery Retreat
- Yoga Summer Camp
- Summer Solstice Retreat
- Hiking, Kayaking, and Yoga

VISIT [KRIPALU.ORG/OUTDOORS](https://www.kripalu.org/outdoors) TO BOOK AN OUTDOOR RETREAT OR EXPERIENCE.

A SAMPLING OF
ON CAMPUS AND
ONLINE PROGRAMS

Spring Program Highlights



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

“Whatever happens to you
belongs to you. Make it yours.
Feed it to yourself even if it feels
impossible to swallow. Let it nurture you,
because it will.”

—CHERYL STRAYED



FEATURED PROGRAMS

ON CAMPUS AND ONLINE

Medium Mentor Intuitive Development Retreat

April 24–26
Friday–Sunday

MaryAnn DiMarco

Discover your intuitive gifts, connect with Spirit, and receive practical guidance to live with clarity, confidence, and soul alignment with beloved presenter MaryAnn DiMarco.



ON CAMPUS AND ONLINE

The Story You Have to Tell

May 1–3
Friday–Sunday

Cheryl Strayed

Unearth your truest stories, write with fearless honesty, and experience creative expression as a powerful catalyst for healing and transformation.



ON CAMPUS

Prana Mandala Flow

Movement Meditation for Life

May 29–31
Friday–Sunday

Shiva Rea

Immerse yourself in the practice of circular flow, practice yoga as movement meditation, and explore full-spectrum embodiment with global movement educator Shiva Rea.



ONLINE

Amplify Voices of the Global Majority: Honoring Indigenous Knowledge for a Changing World

May 11–15
Monday–Friday

Shawn Stevens
Sharon Oxendine
Black Crow

This free online summit centers Indigenous voices and ancestral knowledge to support collaborative healing and guidance.



SPRING PROGRAM HIGHLIGHTS



ON CAMPUS

Mindful Self-Compassion

Core Skills Training

April 3–5
Sunday–Friday

Christopher Germer
Susan Fairchild

In a world that often asks you to be harder on yourself, this program offers a compassionate pause. Rooted in science and lived practice, this training supports emotional resilience, eases anxiety and burnout, and helps you navigate difficult feelings with greater steadiness. Cultivate self-compassion and return home with practical tools to nourish your well-being and extend care to others, starting with yourself.

ON CAMPUS

Dance Into Joy

A Spring Retreat for Body and Soul

April 17–19
Friday–Sunday

Jurian Hughes
Jovinna Chan

Reconnect with the wisdom of dance—no experience required—as a pathway to clarity, release, and spring renewal. This is a weekend designed to encourage you to let go of limitation, refresh your mind, and cultivate a deeper sense of connection—to yourself and the world around you.

Don't miss Jovinna's *From Practice to Freedom: A Spring Yoga Retreat* with Malú Doherty, April 19–24, Sunday–Friday.



ON CAMPUS

Designing and Leading Transformational Workshops

The Craft of Mind-Body Teaching

April 26–May 1
Sunday–Friday

Ken Nelson
Lesli Lang
David Ronka

Whether you're a teacher, healer, coach, or facilitator, this workshop offers practical tools, renewed inspiration, and a clearer path to leading mind-body experiences that touch the heart and catalyze transformation.

In June: *Creating Transformational Workshops: An Introduction of Experiential Mind-Body Teaching*, June 26–28, Friday–Sunday

SPRING PROGRAM HIGHLIGHTS



ON CAMPUS

CircusYoga

The Human Art of Play

April 3–5 | Friday–Sunday

Erin Maile O'Keefe and Kevin O'Keefe

Enjoy a unique blend of circus arts, interactive yoga, comedy, and creativity in this program that is fun for the whole family ages 7 and up.



ON CAMPUS

Love Is for All of Us

Writing for Self-Compassion

April 3–5 | Friday–Sunday

James Crews

Discover how gentle creative writing can transform grief into tenderness, joy, and deeper connection with yourself and others.



ON CAMPUS

Intention Obsession

Self-Care Rituals for Burnt-Out Witches

April 3–5 | Friday–Sunday

Erica Feldmann

Become the most enchanted version of yourself. Transform burnout and discover easeful witchcraft as a powerful tool for self-care.



ON CAMPUS

The Spiritual Path of Aging

April 10–12 | Friday–Sunday

Atma Jo Ann Levitt

Reimagine aging as a sacred journey. Embrace this next chapter with compassion and curiosity and be a part of a community ready to affirm their elder wisdom.



ON CAMPUS

Yogic Science to Break Habits and Addictive Behavior

April 10–12 | Friday–Sunday

Mukta Kaur Khalsa

Experience yoga, breathing exercises, and more in this didactic and experiential training specializing in a system of yogic therapeutic technology that addresses addictive behavior.



ON CAMPUS

The Magic of Spring

Growing Your Intuition

April 12–17 | Sunday–Friday

Beth Grace and Cynthia Papa-Lentini

Experience spring as spiritual renewal. Awaken intuitive clarity, energetic sensitivity, and confidence in your innate wisdom through ceremony, nature-based activities, and more.

SPRING PROGRAM HIGHLIGHTS



ON CAMPUS

Yoga for Stress and Burnout

Experience, Application, Science, and Research

April 15–17 | Wednesday–Friday

Hari Kirin Khalsa and Sat Bir Singh Khalsa

Learn and experience yoga as a therapeutic tool to reduce burnout, manage anxiety, and rebuild inner strength and clarity.



ON CAMPUS

An Introduction to Shamanism

Learn to Journey

April 16–19 | Thursday–Sunday

Kathleen Duggan and Nancy MacPhee

Enter the nourishing path of shamanism. Explore practices and tools that open the door for you to learn the shamanic journey practice.



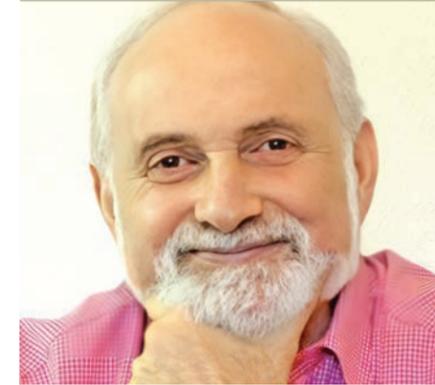
ON CAMPUS

The Kripalu Silent Retreat

April 17–19 | Friday–Sunday

Jess Frey

A Kripalu favorite. Whether it's your first silent retreat or you're back for more, lean into stillness, slow down, and cultivate present moment awareness.



ONLINE

Your Great Writing Weekend

April 18–19 | Saturday–Sunday

Eric Maisel

Learn important lessons about the writing life—breaking through blocks, maintaining a writing practice, achieving serene readiness, and much more.



ON CAMPUS

Spring Ayurveda Retreat

Energize, Lighten, and Enliven

April 20–24 | Monday–Friday

Emilie Reid and Erin Casperson

Refresh your practice using Ayurvedic principles and learn how to change your asana, pranayama, and more to support you in spring.



ON CAMPUS

The Zentangle Method

Tangling in Wonderland

April 24–26 | Friday–Sunday

Molly Hollibaugh and Martha Huggins

Be guided through a journey through your own creative wonderland. Develop Zentangle Method skills and dive into a world of playful and colorful inspiration.



ON CAMPUS

Ignite to Write

A Writing and Yoga Retreat

April 17–19 | Friday–Sunday

Susanna Barkataki

Have you been holding back your voice? Activate your body's wisdom and unblock creative energy through chakra-based yoga, somatic movement, and so much more.



ON CAMPUS

Healing from Heartbreak

A Woman's Path from Devastation to Rebirth

April 17–19 | Friday–Sunday

Sara Avant Stover

Experience heartbreak as a pathway to rebirth in a container of compassionate support with best-selling author and certified IFS practitioner Sara Avant Stover.



ON CAMPUS

Building a Better Immune System for Lifelong Health and Vitality

April 17–19 | Friday–Sunday

**Sudha Carolyn Lundeen
Elizabeth Boham**

Learn practical tools to strengthen immunity and manage stress through holistic immune support, blending yoga, Ayurveda, and functional medicine.



ON CAMPUS

Indigenous Wisdom

Empowering Your Spiritual Path

April 24–26 | Friday–Sunday

Shawn Stevens and Shannon Chada

Explore the four sacred hills of life, strengthen your relationship with Mother Earth, and focus on honoring life as a sacred ceremony.



ON CAMPUS

Transformation Through Transition

An Embodied Approach for Times of Change

April 26–May 1 | Sunday–Friday

Jess Frey and Edi Pasalis

Navigate change with an embodied approach to Kripalu's "cycle of transformation," and discover how to honor the wisdom that comes from the natural rhythms of life.



ON CAMPUS

Spring Ayurveda Yoga Retreat

May 4–8 | Monday–Friday

Erin Casperson and Susan Wrba

Welcome lightness after the dark winter. Learn Ayurvedic theories and practices that invite you to embrace spring through empowering tools, asana, and self-care routines.

SPRING PROGRAM HIGHLIGHTS



ON CAMPUS

Begin Again

Return to Your True Nature

May 8–10 | Friday–Sunday

Jillian Pransky

Jillian Pransky returns with an invitation to step into spring and fresh energy. Release blocked tension, open to flow, and bloom back into your body and your life.



ON CAMPUS

Lakshmi Voelker Chair Yoga Teacher Training

May 10–15 | Sunday–Friday

Lakshmi Voelker and Brenda Yarnold

Get fit where you sit®. Learn how to adapt traditional yoga poses to a chair, teach accessibly, and bring joy-filled dynamic chair yoga to your students.



ON CAMPUS

Internal Family Systems (IFS) Immersion Retreat

May 10–15 | Sunday–Friday

Alexia Rothman

Explore your inner world and befriend all parts of yourself in this experiential retreat designed for anyone interested in learning and experiencing the IFS model.



ON CAMPUS

The Better Bones Solution

Strong Bones Naturally at Any Age

May 13–17 | Wednesday–Sunday

Susan Brown and Gina Galli

Combine ancient wisdom and modern science to regain bone strength, stability, and freedom of movement, and return home equipped for lifelong vitality.



ONLINE

Steady in the Storm

Mastering the Art and Science of Resilience

May 14–June 4 | Thursdays

Maria Sirois

Explore the latest understandings of resilience: how we both remain calm and build strength when the storms swirl within and without.



ON CAMPUS

Grief, Loss, and Renewal

Savoring Life's Lessons

May 15–17 | Friday–Sunday

Aruni Futuronsky

Grief is a body-centered process. Discover how yoga on and off the mat can help you navigate difficult emotions, and find solace and hope amidst loss.

SPRING PROGRAM HIGHLIGHTS



ON CAMPUS

Intentional Ambition

Redefining Success from the Inside Out

May 15–17
Friday–Sunday

Rha Goddess

Step into a weekend of clarity, purpose, and transformative insight, guided by renowned social coach and author Rha Goddess. Redefine success on your own terms—moving beyond exhaustion and external pressures to embrace joy, freedom, and fulfillment. Through storytelling, reflection, courageous conversation, and embodied practice, you'll uncover the beliefs shaping your ambition and begin to rewrite them with intention.

Catch Rha's one-night program:

ONLINE
April 7
Tuesday

ON CAMPUS

Yoga, Meditation, and Addiction Recovery Conference

May 25–29
Monday–Friday

**Rolf Gates
Nikki Myers
Kate Johnson**

Deepen your experience of recovery using the ancient practices of yoga and meditation. This annual conference offers hope on the journey from addiction to recovery through breathwork, innovations in holistic 12-Step recovery, and more. All are welcome.



ON CAMPUS

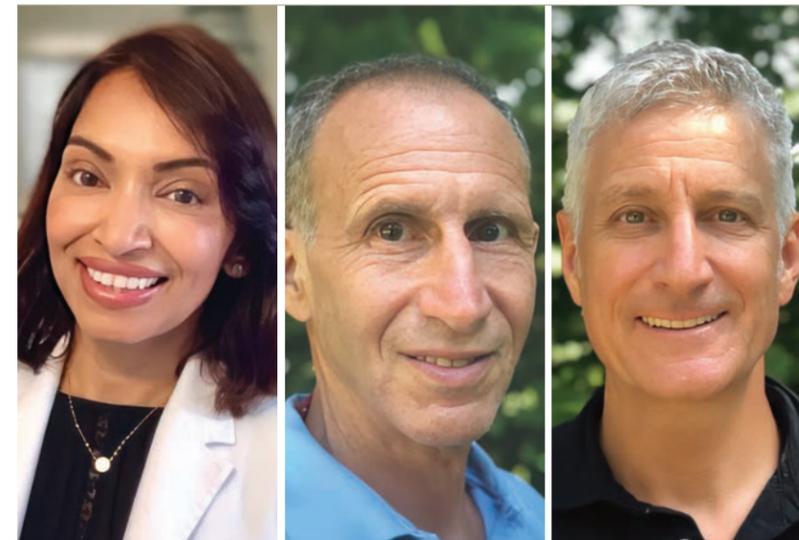
Seeing Forever

A Body, Mind, Spirit Approach to Longevity of Vision

May 29–31
Friday–Sunday

**Rani Banik
Marc Grossman
Daniel Orlansky**

Discover vibrant vision and inner clarity. In a world that constantly pulls your attention outward, this immersive program invites you to gently turn inward and care for your vision as a whole-body, whole-being experience. You'll not only see better but see life more fully.



MEMORIAL DAY WEEKEND PROGRAM HIGHLIGHTS



ON CAMPUS

Wuji Hundun Qigong

An Ancient Healing Practice

May 22–25
Friday–Monday

Daisy Lee

Radiant Lotus Women's Qigong Retreat

May 25–29
Monday–Friday

Daisy Lee

International Qigong master Daisy Lee returns to Kripalu with two popular retreats. Step into a profound journey of healing, vitality, and empowerment with two complementary Qigong traditions designed to transform body, mind, and spirit.

In **Wuji Hundun Qigong**, uncover an 800-year-old lineage once reserved for China's royal guards, cultivating strength, flexibility, resilience, and deep internal healing. Embrace life's chaos with grace as you harmonize your energy and sharpen your vitality.

In **Radiant Lotus Women's Qigong**, women are invited into a sacred, nurturing space to restore balance and awaken joy through flowing movements, self-massage, lymphatic care, and Tibetan sound healing. Together, these programs offer an opportunity to rejuvenate, empower, and reconnect with your body's innate wisdom.

SPRING PROGRAM HIGHLIGHTS



ON CAMPUS

Redefining Relationship

A Meeting of the Masculine and Feminine

May 17–21 | Sunday–Thursday

Dené Logan and Joel Cross

Expand your capacity to see relationships of all kinds. Reimagine connection and cultivate authentic intimacy as a powerful way to show up for yourself and your community.



ON CAMPUS

RISE: The Kripalu Approach to Resilience

Tools for Work-Life Balance

May 19–22 and August 25–28

Tuesday–Friday

Sam Chase

Reclaim calm and discover clarity as you celebrate connection to a world ready to receive the new you.



ON CAMPUS

Kripalu Outdoors

Mindful Archery Retreat

May 26–29 and July 28–31

Tuesday–Friday

Micah Mortali

Draw your bow, center your mind, and cultivate mindfulness through the meditative, ancestral practice of intuitive archery.



ON CAMPUS

Connect to the Infinite Wisdom of the Heart

Kundalini Yoga and Meditation

May 22–25 | Friday–Monday

Kia Miller

Explore the mind-body-energy connection, awaken inner guidance, and live from your heart's intuitive wisdom with Kundalini practices.



ON CAMPUS

Dance Your Heart Out

A Shake Your Soul® Movement Experience

May 22–25 | Friday–Monday

Dan Leven

Express your heart and discover joy in this mindful, blissful Shake Your Soul® dance program with Kripalu legacy faculty Dan Leven.



ON CAMPUS

The Labyrinth

Walking the Magic Path in Dark Times

May 22–25 | Friday–Monday

Kiesha Battles, Marcia Ramoutar, and Polly Weiss

Get ready to go there and back again. Enter the labyrinth to awaken reflection and discover how to navigate through uncertainty with presence, curiosity, and community.



ON CAMPUS

Quiet Your Inner Critic and Calm Your Anxious Mind

May 29–31 | Friday–Sunday

Jane Shure and Beth Weinstock

Strengthen the voice of your inner coach. Learn tools and strategies that shift negative self-talk to a positive and supportive inner advocate.



ON CAMPUS

Moving to Heal

A JourneyDance Experience

May 29–31 | Friday–Sunday

Toni Bergins, Antoinette Simms, and Lena Warchol

Release stuck emotion and express your deepest self at the intersection of music, voice, movement, and creativity.



ON CAMPUS

Essential Practices for Everyday Life

Practical Tools from the Kripalu Path

May 29–31 | Friday–Sunday

Yuval Samburski

Kripalu is more than a place. Explore essential practices on and off the mat and immerse yourself in wisdom and compassionate living.

A SAMPLING OF
ON CAMPUS AND
ONLINE PROGRAMS

Summer Program Highlights



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

“Always remember that
nature refuses to be rushed.
She can only be made to evolve and that
takes time, so take heart.”

—DHARMA MITTRA

FEATURED PROGRAMS

ON CAMPUS

The Magic of the Unseen

Illuminating Your Life

June 5–7
Friday–Sunday

Laura Lynne Jackson

Awaken to the subtle magic that surrounds you and the energies that are guiding you toward your highest path with international speaker and psychic medium Laura Lynne Jackson.



ON CAMPUS

Dharma Yoga Immersion Weekend

Yogic Wisdom for Advanced Practitioners

July 3–5
Friday–Sunday

Dharma Mittra

Learn Dharma Yoga from its founder. Suitable for advanced practitioners, this program incorporates Vendantic yoga philosophy in a traditional yet thoroughly modern method.



ON CAMPUS

Getting the Love You Want

A Couples Retreat

July 31–August 2
Thursday–Saturday

**Harville Hendrix
Helen LaKelly Hunt**

Take your relationship to the next level and let Harville and Helen guide you and your partner toward deeper connection and joyful aliveness using Imago Relationship Therapy.



ON CAMPUS

Embodying the Sacred Truth

August 28–30
Friday–Sunday

Seane Corn

Get ready to deepen your relationship with yoga. Explore ancient teachings not as theory, but as a lived, embodied way of meeting life.



SUMMER PROGRAM HIGHLIGHTS



ONLINE

Meditation Essentials

June 2–23 | Mondays

Ilana Beigel

Explore the foundations of meditation through a grounded, welcoming, and experiential four-week series.



ONLINE

Oshun’s Vision Quest

June 4–25 | Thursdays

Abiola Abrams

Experience a sacred, immersive three-day virtual retreat designed to align you with the divine feminine power of Oshun, the Yoruba goddess of love, fertility, beauty, and abundance.



ON CAMPUS

Love Camp

The Power of Connection and Play in Relationships

June 5–7 | Friday–Sunday

Shaun Galanos and Christen Poole

Reconnect to love in a unique, playful, and intentional way, and return home with a renewed belief in the power of connection, play, and love. Suitable for couples and singles.

SUMMER PROGRAM HIGHLIGHTS



ON CAMPUS

Yoga Summer Camp

June 14–19
Sunday–Friday

July 5–10
Sunday–Friday

August 9–14
Sunday–Friday

**Katie Hagel
Ami Jean Aubin
Lisa Howard**

Step away from your daily routine and rediscover the simple joy of play at this one-of-a-kind summer camp for adults. Designed to awaken your inner child, this lighthearted yet nourishing experience invites you to unplug, laugh, and connect—both with nature and with new friends. Through outdoor adventures, creative expression, mindful movement, and relaxed evenings under the stars, you’ll trade busyness for presence and responsibility for delight. With space to explore, move, and simply be, this joyful retreat offers a refreshing reminder that fun, freedom, and connection are powerful pathways to renewal, balance, and wholehearted living.



ON CAMPUS

Restorative Yoga and Sound Healing

June 5–7 | Friday–Sunday

Yuval Samburski

Experience restoration of mind, body, and spirit through yoga and vibrational healing. Leave pulsing with possibilities and deep inner joy.



ON CAMPUS

Holotropic Breathwork and Family Constellation

June 7–12 | Sunday–Friday

Laurane McGlynn, Sarah Peyton, and Jay Dufrechou

Experience remarkable healing potential and therapeutic benefits in this immersive double breathwork workshop along with a variety of other healing sessions.



ON CAMPUS

Unlock Your True Potential

Qigong and Meditation for Resilience

June 7–12 | Sunday–Friday

Matthew Cohen

Discover practical and effective ways to heal stress and anxiety through the Sacred Energy Arts practices of qigong, yoga, and martial arts.



ON CAMPUS

Natural Pain Relief

Positional Therapy Workshop Level 1

June 12–15 | Friday–Monday

Lee Albert

Dive into Integrated Positional Therapy and discover the secrets to achieving all natural, drug-free pain relief.

Don’t miss Level 2, June 15–19!



ON CAMPUS

Full Body Prayer

The Embodiment of Smart Movement, Active Rest, and Meditation

June 12–14 | Friday–Sunday

Jacquie Bonwell and Johnny Gillespie

Bring balance to many systems within your body through dynamic movement practices, restorative yoga, chanting, and more.



ON CAMPUS

Tune-In to the Rhythm of Your Soul

June 15–19 | Monday–Friday

Judy Weaver and Denise Griffin

Reconnect with your inner essence through embodied movement, breathwork, meditation, self-inquiry, and expressive watercolor art.

SUMMER PROGRAM HIGHLIGHTS



ON CAMPUS

Kripalu Outdoors

Summer Solstice Retreat

June 19–21 | Friday–Sunday

Katie Hagel and Ami Jean Aubin

Occurring over the solstice weekend, enjoy the enchanting beauty of the Berkshires, connect to nature, and enhance your relationship with the elements.



ON CAMPUS

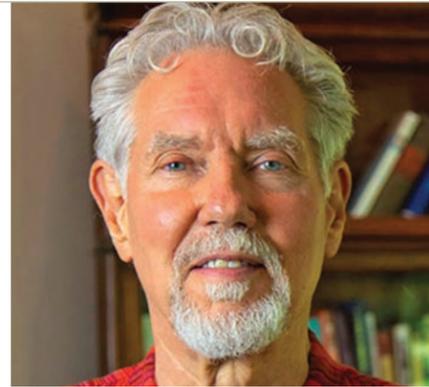
Rewire for Love

Healing the Blocks to Authentic Connection

June 21–25 | Sunday–Thursday

Robyn Vogel

Welcome more love into your life, release old patterns, and rediscover authentic connection led by trauma-informed love and intimacy coach Robyn Vogel.



ON CAMPUS

Qigong Empowerment

The 10 Phases of Cultivating and Mastering Qi

June 21–26 | Sunday–Friday

Dr. Roger Jahnke

Learn about, practice, and experience the 10 Phases of Qi Cultivation and Mastery with author and master qigong teacher Dr. Roger Jahnke.

SUMMER PROGRAM HIGHLIGHTS



ON CAMPUS

The JOY of AbunDANCE

A Let Your Yoga Dance Retreat for Women

June 26–28 | Friday–Sunday

**Megha Nancy Bутtenheim
Lisa Sullivan**

Connect with your playful heart through this sacred (and slightly sassy), high-vibe, heart-opening, body-moving weekend. This isn't just a retreat. It's a soul revival!



ON CAMPUS

Emotional Detox

Release, Reconnect, Renew

June 26–28 | Friday–Sunday

Sherianna Boyle

Express, explore, and liberate stuck energy through intuitive, music-led movement in a space created to honor your personal space and process.



ON CAMPUS

Navigating Change

Steady in the Storm, Braver Than Before

June 28–July 1 | Sunday–Wednesday

Maria Sirois and Karlee Fain

Change will shake even the strongest of us. Name what's shifting and build a map to move forward in a space that is real, brave, and honest.



ON CAMPUS

Ignite Your Practice

Deepen into Kripalu Yoga

June 22–26 | Monday–Friday

Michelle Dalbec

Calling all seekers. Connect to the very roots of yoga by fine-tuning your practice—balancing the cosmic forces of effort and ease, and allowing intuition to emerge.



ON CAMPUS

Inner Quest Intensive

June 25–28 | Thursday–Sunday

Aruni Nan Futuronsky

A journey into living yoga. Experiment with the essence of Kripalu's core teachings through mindful communication, movement as metaphor, and more.



ON CAMPUS

Awakening Joy

A Journey into Presence Through Anusara Yoga

June 25–28 | Thursday–Sunday

**Jacalyn Prete, Julia Pearring,
and Rachel Dewan**

Explore the natural rhythm of contraction and expansion, concealment, and grace through the principles of Anusara yoga.



ON CAMPUS

DeepMind Qigong

Where Breath Becomes Medicine

July 3–5 | Friday–Sunday

Sat Hon

Experience DeepMind Qigong—not exercise, but a practice where thought falls away, and you become the breath that does not break.



ON CAMPUS

Blissed Out

Ecstatic Dance and Meditation Retreat

July 3–5 | Friday–Sunday

Coby Kozlowski

Feel the joy of being alive, release blockages, and dive deeply inward as you indulge in movement and Instinctive Meditation®.



ON CAMPUS

**Channeling
and Speaking
Light Language**

How to Shape Your Reality

July 5–8 | Sunday–Wednesday

Manu del Prete and Fumiha Tanaka

Discover light language—a vibrational language—through a series of attunements and activations and learn the benefits of this high frequency practice.

SUMMER PROGRAM HIGHLIGHTS



ON CAMPUS

Yoga Retreat for Women of Color

Soulful Living

July 10–12
Friday–Sunday

Maya Breuer
Kiesha Battles
Marla Dobbs
Hawkins

Come gather in a community as women of color to reflect, witness, and share our journeys for self-love. Embark on a soulful path of embracing yoga as a powerful practice for cultivating self-love. Through yoga, art therapy, meditative contemplation, movement, and breath in a joyful community, we'll explore how nurturing kindness toward ourselves and others enhances our overall wellbeing. Each breath will guide us inward, helping us center, reconnect, and deepen our capacity to love ourselves fully. Come be a part of a community centered around self-love, generosity of spirit, and soulful living.



SUMMER PROGRAM HIGHLIGHTS



ON CAMPUS

Summer Ayurveda Yoga Retreat

July 13–17 | Monday–Friday

Erin Casperson and Susan Wrba

Summer heat calls for a change to your practice. Cool down with Ayurvedic wisdom to shift your asana, breathwork, and meditations to thrive this summer.



ONLINE

Quantum Ayurveda

Treating the Cause of Disease

July 15 | Wednesday

John Douillard

When breath flows fully, the body remembers how to heal. Explore ancient Ayurvedic tools now illuminated by modern research.



ON CAMPUS

Softening in the Heart of Summer

Rest, Reset, Reconnect

July 17–19 | Friday–Sunday

Jillian Pransky

Harmonize with the season and support our body, mind, and spirit through chakra-based slow flow yoga, nature, live music, and so much more.



ON CAMPUS

Yoga For Osteoporosis Teacher Training

July 10–12 | Friday–Sunday

Loren Fishman and Liz Larson

Join for the second weekend of Dr. Fishman's powerful teacher certification. This can be attended on its own or as part of the hybrid training.



ON CAMPUS

Awakening the Heart of True Nature

A Nondual Meditation Retreat

July 12–17 | Sunday–Friday

Craig Holliday

Join renowned meditation and spiritual teacher, Craig Holliday, for a precious opportunity to both heal and awaken your deeper divine presence.



ON CAMPUS

Psychology of the Chakras

Diving Deep into Your Inner World

July 12–19 | Sunday–Sunday

Anodea Judith

Author and world-renowned workshop leader Anodea Judith returns to Kripalu for a transformational exploration of your chakras through yoga, pranayama, and more.



ON CAMPUS

Breath-Body-Mind Fundamentals

Practices for Stress Management, Personal Development, and Resilience

July 17–19 | Friday–Sunday

Richard Brown and Pat Gerberg

Nourish your mind-body-spirit with this fusion of coherent breathing, qigong, yoga, space meditation, martial arts, and more.



ON CAMPUS

The Oracle Within

Deepen Your Intuition with Yoga and Tarot

July 19–23 | Sunday–Thursday

Alison DeNicola and Sasha Graham

Embark on a journey through tarot; practice giving readings to yourself and others; and deepen your intuitive, psychic, and empathic channels.



ON CAMPUS

Deep Rest, Rejuvenation, and Resilience

July 23–26 | Thursday–Sunday

Elissa Epel and Nichol Joy Chase

Explore the differences between positive stress and restoration from deep rest states—and how they complement each other for optimal longevity.

SUMMER PROGRAM HIGHLIGHTS



ON CAMPUS

Kripalu Outdoors

Mindful Hiking and Stand-Up Paddleboarding

July 24–26 | Friday–Sunday

Tracy Foster and Chris Holmes

Make this the summer of stand-up paddleboarding! Take your practice off the mat and onto the water in a fun, challenging, and refreshing retreat.



ON CAMPUS

No More Aches and Pains

Reclaim Your Body’s Structural Integrity

July 24–26 | Friday–Sunday

Esther Gokhale

Release tension, remodel your spine and body architecture, and build strength in key areas with Esther Gokhale, award-winning author and founder of the Gokhale Method.



ON CAMPUS

Intergenerational Women’s Program

July 24–26 | Friday–Sunday

Pilin Anice

Celebrate the universal elements that shape women and honor the wisdom women hold through practices that encourage emotional ease, cultivate clarity, and more.



ON CAMPUS

Come Home to Yourself

A Summer Yoga and Meditation Retreat

August 6–9 | Thursday–Sunday

Missy Brown and Stephen Cope

Linger, soften, and rediscover the sweetness at the center of your being with gentle movement, yoga nidra, somatic exploration, and more.



ON CAMPUS

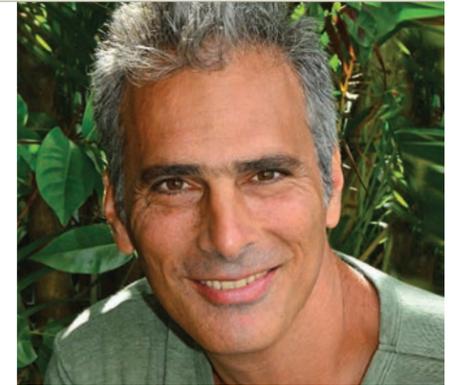
The Forgiveness Experience

Healing the Heart, Freeing the Self

August 7–9 | Friday–Sunday

Jamil Sayegh

Get ready for a breakthrough. Release resentment and uncover and resolve repeating cycles of pain in this immersive experience of personal transformation.



ON CAMPUS

Power Yoga

A Masterclass in Integrated Practice

August 7–9 | Friday–Sunday

Bryan Kest

Through dynamic flow, deep stretching, and meditation, this masterclass reveals how physical intensity can cultivate calm, humility, and resilience.



ON CAMPUS

Harvesting the Energy of Trees with Qigong

July 26–29 | Sunday–Wednesday

John Platt, Mary Platt, and Cris Caivano

Step into the forest and experience beauty and inner peace. Tap into the incredible power of the trees and practice Five Element Qigong.



ON CAMPUS

The Secret Language of the Body

Nervous System Immersion

July 26–30 | Sunday–Thursday

Karden Rabin

Join author and world-renowned practitioner Karden Rabin and learn how to heal with practical techniques for nervous system regulation.



ON CAMPUS

The Art of Assisted Stretching

Guiding the Body Toward Spaciousness and Flow

July 31–August 2 | Friday–Sunday

Daniel Orlansky and Jennifer Yarro

Lengthen fascia, relax the nervous system, and open pathways of movement with one of the most effective and enjoyable ways to help the body unwind.



ON CAMPUS

Yoga, Music, and Mindfulness

A Kripalu–Tanglewood Summer Experience

August 7–9 | Friday–Sunday

Larissa Hall Carlson

Step into the cultural heart of the Berkshires for a weekend where gentle yoga, classical music, and mindfulness create space for inspiration and renewal.



ON CAMPUS

LifeForce Yoga and Internal Family Systems

New Tools to Bring Balance to your Life

August 9–14 | Sunday–Friday

Amy Weintraub and Laura Schmidt

Tend to all parts of yourself. Experience an IFS overview and a gentle evidence-based yoga protocol to help you self-soothe and clear your mind.



ON CAMPUS

Renew Yourself with Trauma-Informed Yoga

A Kundalini Immersion

August 9–14 | Sunday–Friday

Jeannie O'Neill

Join Yoga Farm Ithaca for Kundalini Summer Camp and experience a grounded and compassionate approach to Kundalini practices. Rediscover ease, resilience, and inner belonging.

SUMMER PROGRAM HIGHLIGHTS



ON CAMPUS

Fire in Yogic Tradition

Reprogramming Through Ritual

August 14–16 | Friday–Sunday

Yogrishi Vishvketu, Kal Prakashini, and Adi Shakti

Participate in yoga, fire ceremonies, and devotional practices drawn from Vaidik-Tantric Himalayan lineage with Himalayan master Dr. Yogrishi Vishvketu.



ON CAMPUS

The Radiance Sutras and the Path of Love, Wonder, and Creativity

August 16–21 | Sunday–Friday

Coby Kozlowski and Lorin Roche

Experience The Radiance Sutras as a poetic map to love, creativity, and meditative aliveness with beloved teacher Coby Kozlowski and guest teacher Lorin Roche.



ON CAMPUS

Becoming an Empowered Empath in Evolutionary Time

August 21–23 | Sunday–Friday

Wendy De Rosa

A vital reset for intuitive individuals who long to reconnect to their center. Gain tools to find your center in a world that increasingly feels unstable.



ON CAMPUS

The Female Nervous System

Practices for Resilience and Regulation

August 21–23 | Friday–Sunday

Veronica Rottman and Diana May

Acquaint yourself with the unique architecture of the female nervous system and gain resilience through daily yoga, journaling, and somatic practices.



ON CAMPUS

Enhancing Your Intuition and Psychic Abilities

August 23–25 | Sunday–Tuesday

Karen Noé

Discover the quiet magic shaping your life, strengthen your intuitive senses, and step into co-creation with the universe with psychic medium Karen Noé.



ON CAMPUS

Advanced Retreat for Breath-Body-Mind Teachers

August 23–28 | Sunday–Friday

Richard Brown and Pat Gerbarg

Expand your teaching edge with advanced BBM sequences, embodied breathwork, energy attunement, and practices that reset the brain and restore vitality. For BBM certified teachers.



ON CAMPUS

The Art of Reiki, Levels 1 and 2

Level 1

August 14–16
Friday–Sunday

Level 2

August 16–21
Sunday–Friday

Libby Barnett

Explore a powerful path of healing from a beloved Reiki Master Teacher. Awaken your natural ability to restore balance from the inside out. Learn to channel life-force energy to ease stress, relieve pain, calm emotions, and support spiritual growth for yourself and others. With sacred attunements, ancient symbols, and hands-on practice, this training empowers you to heal with greater confidence, compassion, and clarity. Deepen your intuitive connection, expand your energetic awareness, and gain tools for emotional and long-distance healing. Leave feeling renewed, aligned, and inspired, carrying a healing practice that radiates far beyond the training itself. Join for Level 1, Level 2, or both levels. Please note that Level 1 is a prerequisite to Level 2.



ON CAMPUS

Essential Practices for Everyday Life

Practical Tools from the Kripalu Path

August 28–30 | Friday–Sunday

Pilin Anice

Discover the heart of Kripalu through movement, breath, and stillness. Leave more connected to others, better resourced for life, and kinder to yourself.



ON CAMPUS

This Is Who I Am Now

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

August 28–30 | Friday–Sunday

Robyn Youkilis

Shake off the “shoulds” and start living with intention and purpose again with practical daily tools and a renewed sense of confidence.



ON CAMPUS

A Full Sturgeon Moon Weekend of Movement, Rhythm, Release and Renewal

August 28–30 | Friday–Sunday

Leslie Salmon Jones, Jeff W. Jones, Morley Kamen, and Stan Strickland

In the light of the moon, we rise in circle. Soften and remember your resilience through movement, voice, drums, and nature.



Explore Our 2026 Schools Trainings

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

Your path starts here. [KRIPALU.ORG/SCHOOLS](https://kripalu.org/schools)

Kripalu School of Yoga

200-Hour Yoga Teacher Trainings

- **200-Hour Yoga Teacher Training (Two 12-day sessions)**
On Campus | April 5–17, 2026 and June 7–19, 2026
- **200-Hour Yoga Teacher Training (NEW 21-day format)**
On Campus | July 12–August 8, 2026
- **200-Hour Yoga Teacher Training**
Online | September 18, 2026–December 20, 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 Modules*

- **Guiding Meditation for Transformational Yoga Teaching: Exploring the World Within**
On Campus | May 1–10, 2026
- **Gentle Yoga Teacher Training**
On Campus | June 28, 2026–July 3, 2026
- **Teaching Pranayama: Essential Practices for Yoga Teachers**
On Campus | July 24–August 2, 2026
- **Kripalu Yoga in the Schools: A Social Emotional Learning (SEL) Curriculum for Adolescents**
On Campus | August 9–14, 2026
- **Teaching Adaptive Yoga: Working with Diverse Needs**
On Campus | September 25–October 4, 2026
- **Yin Yoga Teacher Training**
On Campus | October 18–23, 2026
- **Guiding Meditation for Transformational Yoga Teaching: Exploring the World Within**
Online | October 22–November 22, 2026
- **Yoga Nidra Teacher Training**
On Campus | November 29–December 4, 2026

**300-Hour track modules vary in length from 40 hours to 75 hours. For more information, visit 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
- **The Land Is Medicine: A PACE Continuing Education Program** | On Campus | July 9–12, 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 800-Hour Professional Yoga Therapist program
†Part of 300-Hour Yoga Teacher program
‡Part of the 650-Hour Ayurvedic Health Counselor program*

Kripalu School of Mindful Outdoor Leadership

- **Level 1: Forest Community** | On Campus | July 10–19, 2026
- **Level 2: Aligning with Nature** | On Campus | August 14–23, 2026
- **Kripalu Nature Quest** | On Campus | September 20–23, 2026
- **Level 1: Forest Community** | On Campus | October 9–18, 2026
- **Rewilding Summit** | On Campus | November 5–8, 2026

Kripalu School of Integrative Yoga Therapy

- **Therapeutic Yoga in Group Settings*+**
On Campus | July 12–24, 2026
- **Therapeutic Yoga for Individual Clients*+**
Online | August 14–September 27, 2026
- **Yoga Therapy Applications in the Mental Health Field+**
Hybrid | July 31–August 16, 2026;
On Campus Dates: August 9–16, 2026
- **In-Depth Anatomy of Asana*+**
On Campus | October 2–11, 2026
- **Trauma-Sensitive Yoga: A Foundational Training**
On Campus | October 25–30, 2026
**Part of 300-Hour Advanced Teacher of Yoga Therapeutics
+Part of 800-Hour Professional Yoga Therapist program*

Everything You Need For Meaningful Change, All In One Place

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

CHOOSE YOUR PATH TO TRANSFORMATION

1 EXPERIENCES

Kripalu offers a wide range of experiences to meet you where you are—from flexible day and overnight Retreat & Renewal stays to immersive guided programs and professional trainings. For those unable to join us onsite, Kripalu Online extends our teachings beyond the Berkshires, offering live and on-demand classes and programs you can access from anywhere.



2 ACCOMMODATIONS

Kripalu offers a variety of accommodations designed to support rest and renewal, with options to fit different budgets and comfort preferences. From simple dormitory rooms to conveniently located main-building rooms and modern Annex accommodations with private baths, each space is thoughtfully designed to support your retreat experience.

Note: Book early to ensure the room availability of your choice.

3 BOOK

START YOUR TRANSFORMATION TODAY.
RESERVE YOUR STAY ANYTIME
AT KRIPALU.ORG.



WHAT'S INCLUDED IN YOUR KRIPALU STAY



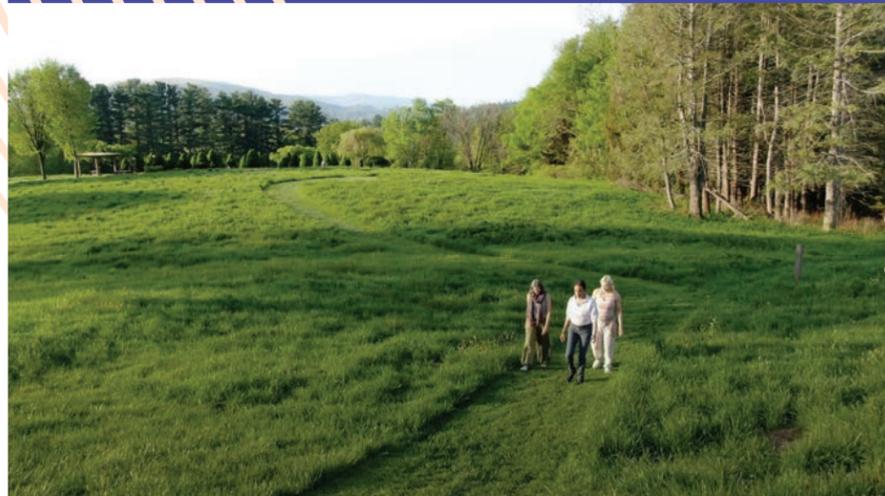
Three delicious, chef-crafted, nourishing meals daily from the Kripalu Kitchen



Access to 10+ daily yoga, meditation, and movement classes for all levels led by expert teachers



Private lakefront for swimming and reflection



Unlimited use of restorative grounds and amenities: 100+ acres of trails, forests, and hilltop vistas



Meditation rooms, café and workspaces, all with beautiful Berkshire views

Sauna and fitness center



ALL-INCLUSIVE TRANSFORMATION WITH DAILY VALUE BUILT IN



One Day, One Guest

The Summer Solstice Retreat with Johan Gace

“What surprised me was how much I brought home. The beautiful memories and simple practices, ways to walk and pay attention that I still use in my daily life.”



JOHAN GACE

I signed up for the Summer Solstice retreat last June because I needed a reset from screens and sedentary days. Summer is a time for being outside. I'd never been to Kripalu before, but I'd heard it was a sanctuary, and when I heard about the outdoor retreat, it felt immediately like a “yes.” That's what I needed—a reset and renewal outdoors.

The Kripalu grounds in summer are beautiful. The lush greenery, the pond, birds flying around, and the days stretching long. In fact, this was the longest day of the year, which gave the whole weekend a feeling of celebration.

Ami Jean Aubin and Katie Hagel led the program. We spent three days outside together, walking trails mindfully, sitting

in a circle, sharing with people I'd just met and quickly grew close to. It felt like a return to a simpler time.

We made flower crowns, which I'd never done before, and felt like I'd been missing out. We created earth mandalas from stones and leaves, these temporary little offerings that we would scatter back into the forest after we left. And most memorable, we birthed fire with flint and steel. I still remember the moment; it was a unique experience.

Between sessions, I wandered the grounds, took yoga classes, and let myself slow down. Kripalu makes that easy. The nervous system calms down when you're in a soulful place.

What surprised me was how much I brought home. The beautiful memories and simple practices, ways to walk and pay attention that I still use in my daily life.

That weekend planted something important for me. One month later, I was back to train with the Kripalu School of Mindful Outdoor Leadership. What started as a solstice retreat became a new direction for my life.



SCAN THE QR CODE OR VISIT [KRIPALU.ORG/OUTDOORS](https://www.kripalu.org/outdoors) TO ATTEND THIS YEAR'S SUMMER SOLSTICE RETREAT JUNE 19-21 OR TO BOOK ANOTHER OUTDOOR RETREAT OR EXPERIENCE.

The Impact

of a First Visit

Do you remember your first time at Kripalu?

For many, our first visit to Kripalu creates a profound memory that we recall time and again, familiar and comforting, that has kept us coming back for more.

A first visit where a question was answered or curiosity was provoked.

A visit where awareness or understanding was gained, where a stranger became a friend.

And now years later, we call Kripalu home.

Thanks to the generous support of our donors, Kripalu's mission to create a campus of radical belonging continues. Through the expansion of scholarships, we welcome many new individuals to Kripalu for their first visit.

What a gift to see Kripalu through their eyes.

SUPPORT OUR
SCHOLARSHIPS.
[Kripalu.org/
DONATE](https://Kripalu.org/Donate)



First Visit Memories from our Community

“I remember my first visit to Kripalu and the view we had of the lake just beneath the fresh Spring trees of April. It was unforgettable, and eventually the men of our group would go near the lake to relax, chat, and laugh. I felt at ease being surrounded by safety, nature, and the gentle silence.”

—ALEXANDER GUEVARA

“My first time at Kripalu felt like stepping into a world that finally let me breathe. I remember how quiet everything was, how the stillness wrapped around me like I had slipped into a time capsule. For the first time in a long time, I felt myself truly let go. As a Black woman, a college student, and the daughter of a single mother, life doesn't leave much room for rest or self-care. You get used to holding everything together. You get used to pushing through. Kripalu created a space where I didn't have to push. I could finally soften and listen to my own spirit.”

—LEILANNI WINFIELD

“Displaced. Away from the stars of the city, a lake of emotion once buried flows like an untapped reserve revealing light of a new day. The land calm and bountiful appears as its true self. Connections weaved like a spider creates its home in a forest. New perspectives appear like an old friend you haven't seen since youth. Showing who you were all along.”

—SAEED LINTON

“I remember checking in and having my own judgments and perceptions from over the years and then just saying that I was going to fully be there and say yes to whatever came. I didn't know I was in a safe space. Kripalu is now part of my being, part of my path, a central part of my healing and journey from the storm.”

—JENNIFER PICKERING



PO Box 309
 Stockbridge, MA
 01262-0309
 413-448-3500
KRIPALU.ORG

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

Join the community.     

Cover Model: Presenter Erica Garcia Abergel

Key Code

Account #

New Faces This Spring and Summer

This season, Kripalu welcomes a remarkable group of new voices whose work is reshaping how we think about nature, spirituality, justice, and personal transformation.



Merlin Sheldrake is a biologist and mycologist, and bestselling author of *Entangled Life*, whose work reveals the hidden intelligence of fungi and invites a deeper sense of wonder and ecological interconnection.

**KRIPALU PRESENTS:
THE ENTANGLED LIFE
APRIL 10-12**

Valarie Kaur is a renowned civil rights leader, author, and founder of the Revolutionary Love Project, whose work weaves activism, spirituality, and practices for courageous presence and collective healing.

**SAGE WARRIOR RETREAT
APRIL 17-19**



Meggan Watterson is a theologian and author whose work bridges spirituality, embodiment, and devotion to the Divine Feminine, offering a path to experiencing the sacred in everyday life.

**HOW WOMEN PRAY
WHEN THE WORLD IS
ON FIRE
JUNE 12-14**

Jedidiah Jenkins is a bestselling author and filmmaker whose reflective work explores travel, identity, and the inner transformations shaped by movement through the world.

**UNPLUG AND PLAY:
A TIME TO WRITE
AND COMMUNE WITH
NATURE
AUGUST 21-23**



FOR MORE ON THESE PRESENTERS
AND THEIR UPCOMING PROGRAMS,
SCAN THE QR CODE OR VISIT
KRIPALU.ORG/CALENDAR.

