



Kripalu Center for Yoga & Health Welcomes Three New Board Members

Stockbridge, MA. February 3, 2026— Kripalu Center for Yoga & Health, a nonprofit educational organization dedicated to fostering personal and societal transformation through the wisdom and practice of yoga, is pleased to announce the appointment of three new members to its Board of Trustees: **Paul Belsito, Saima Siddiqi, and Josh Young**. Collectively, the new trustees bring decades of leadership experience across education, healthcare, finance, and nonprofit sectors.

“On behalf of the Board, I am delighted to welcome Paul, Saima, and Josh to Kripalu,” said **Karen DeTemple, Chair of the Board of Trustees**. “Their connection and commitment to Kripalu, along with diverse skill sets and leadership qualities will be instrumental as we continue to broaden our reach and deepen our impact.”

Paul Belsito, Chief Communications and Engagement Officer at the Harvard Graduate School of Education, brings extensive expertise in communications and nonprofit leadership. His connection to Kripalu through his participation in the Non-Profit Leadership Retreat strengthened his understanding of mindful leadership and community-centered practice.

Saima Siddiqi is a senior healthcare and nonprofit leader with more than 15 years of experience guiding strategy, operations, and organizational transformation, and has deep experience partnering with executive teams and boards to strengthen governance, operational performance, and long-term sustainability. Saima’s personal practice of yoga, meditation, and mindfulness shapes her leadership philosophy and aligns deeply with Kripalu’s mission.

Josh Young, Senior Vice President of Global Payments Partnerships at Citigroup, brings deep experience in global partnerships, product development, and growth strategy. Josh has been visiting Kripalu for more than 20 years and considers it to be an integral part of his life. He looks forward to building awareness for Kripalu’s mission.

For full bios of all board members, visit Kripalu.org.

About Kripalu Center for Yoga & Health

Kripalu Center for Yoga & Health is a nonprofit educational organization dedicated to serving people and communities in realizing their full potential through the transformative wisdom and practice of yoga. Located in Stockbridge, MA, Kripalu is the largest yoga retreat center in North America. Kripalu supports thousands of people each year on their journey to become physically, mentally, and emotionally well through a diverse array



of on campus and online programs and experiences that ignite personal and societal transformation. For more information, visit www.kripalu.org

