



SPRING 2026
IMPACT NEWSLETTER



Leading with Love

Gratitude Report

Dear Friends,

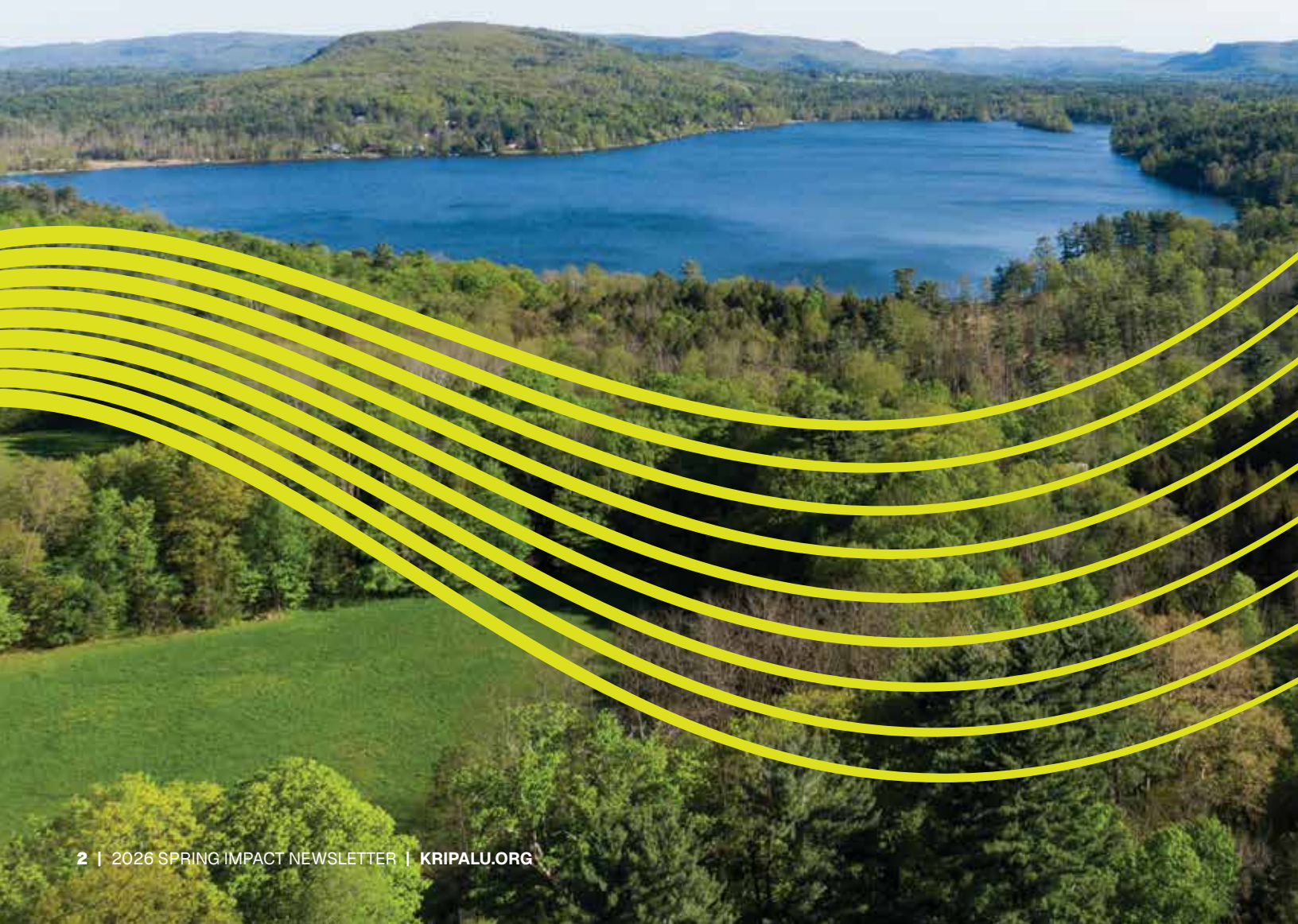
Spring is emerging here at Kripalu, and with it all of the enthusiasm for longer (and warmer!) days, renewed connection with our gorgeous landscape, and a welcoming spirit for all that is ahead.

With this Gratitude Report, it is my great pleasure to thank each donor and guest, along with our incredible staff and faculty, for collectively making Kripalu the vibrant community and home-away-from-home it is for so many. Your donations support all that we do—from where we gather, to the programs and retreats we offer, to the ability to make Kripalu accessible to all. Philanthropic support makes all the difference; thank you!

The stories in this report speak to Kripalu's influence and impact on timely, real-world issues. From digital detox to conflict resolution, Kripalu is a refuge and bright light for both people and communities amid challenging times. It is also a place for celebrating, joy, and connection. However you are planning your summer months ahead, I hope you will consider joining us here at Kripalu. We look forward to welcoming you, and to sharing our breadth of experiences, beautiful grounds, and as always our nourishing and delicious food! I look forward to seeing you soon!

In service and gratitude,

Erin Tunnicliffe
Interim CEO & Trustee Emerita



Sacred Education in Action

How Silence Is Meeting a Cultural Moment



We were honored when our flagship Silent Retreat program was covered in a recent feature story in *The Washington Post*.

National columnist Dana Milbank made the decision to come to Kripalu after repeated recommendations—a testament to the depth of our word-of-mouth advocacy.

In his piece, “I went into phone-free silence. Something disturbing happened,” Dana recounted his personal experience with the retreat and the surprises and ultimate clarity it brought.

“The silent unplugging made me appreciate, in ways I hadn’t fully understood, how much my phone has hijacked my attention. In the notification-free quiet, I wondered: Have I forgotten how to just be?”

His honest reflection resonated widely, garnering more than 500 comments, with many citing the need to unplug from devices and steps they could take in their daily lives as a result of the article. The response underscores a growing societal need: experiences where individuals can disconnect from constant stimulation and reconnect with themselves.

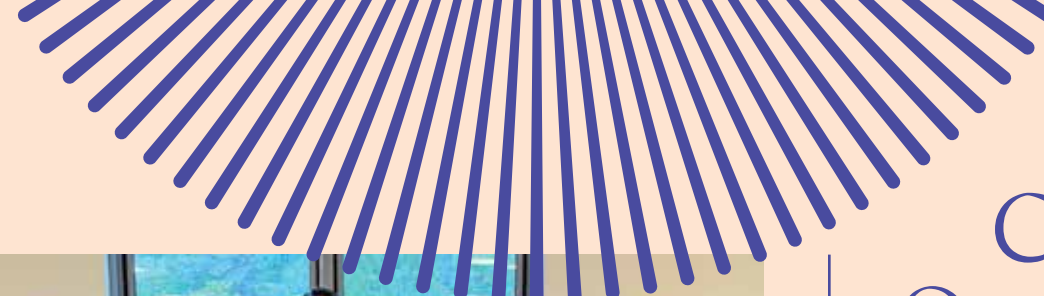
At the heart of this transformative program is Kripalu Lead Faculty Jess Frey. In the article, Jess described the essential inquiry at the core of the program:

“Silence naturally slows us down and gives us a moment to land back inside of ourselves, to reinhabit this body that we live in.”

This is just one example of Sacred Education in action. Our faculty are not only instructors; they are architects of transformative experiences that address some of the most urgent challenges of our time: distraction, burnout, isolation, and disconnection.

Your support helps sustain this vital leadership and the care with which these experiences are created. Through the strength of our faculty, thousands of individuals each year are able to step away from the noise of daily life and return home with practices that radiate outward into their families, workplaces, and communities.

“Silence naturally slows us down and gives us a moment to land back inside ourselves, to reinhabit this body that we live in.”



Creating Peace, One Connection at a Time

Monica McNamara has supported youth in conflict zones since 2001 and currently serves as Co-Founder and Co-Director at Dignity Beyond Borders: Project Common Bond, a mission-based organization that serves young people around the world who have been impacted by war, acts of terrorism, or mass violence.

In 2025, Project Common Bond was invited to host a retreat at Kripalu through one of 12 donor-funded group scholarships, bringing together youth from Israel, Palestine, Ukraine, Russia, Lebanon, the U.S., Northern Ireland, France, Kosovo, and Belgium. In the neutral and peaceful setting of Kripalu, participants engaged in reflection, dialogue, and shared activities that helped transform conflict into connection—creating what organizers call small “pieces of peace” that participants carry back into the world.

“The invitation changed our world,” shared Monica. “We now have a home when conflict rages. Each exchange becomes a small piece of peace that can ultimately be disseminated into the world.”

Today, Project Common Bond hosts multiple retreats a year at Kripalu, supported in part by scholarships and also through paid group rentals.

“We are the world. Whatever is happening in other countries is impacting us here at home,” concluded Monica. Through donor-supported partnerships like Project Common Bond, Kripalu is helping create spaces for healing, connection, and understanding.



Supporting Changemakers Through Rest and Renewal

The Artists and Activists in Residence (AIR) program launched in 2021 as Kripalu reopened after the pandemic with a renewed vision to welcome new audiences. Supported by donor funding, this program offers midweek retreats for those in service—first responders, frontline workers, activists, artists, and nonprofit leaders. This residency is our way of giving back to those who give so much. Participants can step away from the demands of their work and into an environment of rest, reflection, and nourishment embodied in Kripalu’s lineage and wisdom. Today, Kripalu hosts 10 AIR participants each month and has welcomed more than 300 scholarship students since the program began. These changemakers carry the tools of yoga, Ayurveda, and nature connection from Kripalu back to their work and communities. The AIR program has also become an important pathway for Kripalu’s regenerative community. Many residents have become integral parts of the Kripalu community as visiting presenters including Reggie Hubbard, Lama Rod Owens, Leah Penniman, and Sonya Renee Taylor. Through the support of our donors, Kripalu’s AIR program successfully reaches new audiences and builds lasting community.

The Ripple Effect of Giving

While Kripalu’s donor-funded scholarships and grants help to extend our teachings to audiences who might not otherwise have access, these experiences often create meaningful connections and impact for Kripalu that continue long after a first visit.

One example of this is growth in group rental revenue from organizations whose leaders were first introduced to Kripalu through a scholarship-supported program.

“It’s not uncommon for folks who have a profound scholarship experience at Kripalu to

want to bring that same experience back to their teams and communities,” said Melissa Helm, Director, Membership and Group Sales. “They want others to feel what they felt, and they are willing to invest in it.”

Organizations such as the Boys & Girls Club of Boston, the Department of Education, Harvard MEDscience, LitNet, and New York State United Teachers have all hosted paid retreats at Kripalu after leaders first experienced the campus through scholarships.

Scholarships often invite individuals from sectors that are underrepresented in retreat settings, such as first responders, frontline workers, and educators—many of whom are experiencing Kripalu for the first time.

“In these sectors, grind and burnout culture are the norm,” Melissa explained. “Rest and self-care are almost unheard of. But once people experience the power of stepping away, it changes their perspective.”

Scholarships are a core expression of Kripalu’s mission to expand access—ensuring transformative experiences are available to all, regardless of financial means. They are offered wholeheartedly, with no expectation of return. Since 2023, nearly 30,000 people have participated in Kripalu programs through scholarships. Time and again, recipients are inspired to share their experiences with others, creating a ripple effect that strengthens Kripalu’s community, deepens its mission, and helps sustain its work in the world.

“Receiving a scholarship to attend Kripalu’s Transformative Leadership Retreat was truly life changing for me. The experience was so transformative that I knew I had to bring my entire Harvard HMS MEDscience non-profit team.”

—JULIE JOYAL

Founding Director, Harvard Medical School MEDscience Program

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We are deeply grateful to our board for their dedication and leadership. Thank you for your unwavering commitment to the mission and wisdom you bring to guide Kripalu forward every day.

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*We were thrilled to welcome three new trustees in January who bring deep experience in leadership across education, healthcare, finance, and the non-profit sector.

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