

FALL & WINTER PREVIEW

Kripalu®

SEPTEMBER–DECEMBER 2026



Reset.
Renew.
Return.

A GROUNDING
YOGA PRACTICE

EAT WELL,
FEEL WELL

TOP HEALING ARTS
TREATMENTS

KRIPALU.ORG

Come Home to Yourself with Retreat & Renewal

As the days begin to shift and the air turns crisp, fall invites you to come home to yourself. It is a time to reset your rhythm, deepen your practice, and gather with community in ways that sustain you.

Our popular Retreat & Renewal experience offers a place to reconnect and recalibrate through yoga, nature, learning, rest, and connection. Come for a day or stay for a while and move through your time here in the way that feels right to you.



RESET YOUR RHYTHM

For more than 50 years, Kripalu has offered ancient wisdom for modern life. Here's what we know:

After the openness of summer, life begins to fill in again. Schedules return, energy shifts, and the pace picks up. Fall is an opportunity to find your rhythm, reconnect with what matters, and move forward with greater clarity and care. At Kripalu, that rhythm takes shape through simple, supportive practices: movement that meets you where you are, nourishing meals, time in nature, and moments of connection—alongside space to simply be.

A PLACE TO GATHER

Here, community is simple and unforced: conversations over seasonal meals, shared experiences in classes and workshops, and the quiet comfort of being among people who are also taking time to pause. However you choose to engage, you'll find a sense of belonging that supports and deepens your experience.

GUIDED BY EXPERIENCE

Our faculty brings decades of practice, study, and lived experience to everything we offer. Grounded in the Kripalu tradition, we guide with knowledge, care, and deep respect. Our approach is rooted in self-observation without judgment, compassion, and the belief that each person holds their own inner wisdom. Here, learning is not about getting it right. It's about exploring what feels true and allowing your experience to unfold in its own time.

R&R Schedule

Please note: This is a sample schedule for a full R&R day. All activities are included in your stay but are always optional.

6:30–8:30 am

Kripalu Yoga or Guided Meditation classes
(Gentle and Moderate levels)

7:30–9:00

Silent Breakfast

9:30–11:00

Guided workshop, outdoor experience,
or time to rest, read, journal, or spend
time in nature

11:30–1:30

Lunch

12:00–1:00 pm

YogaDance®, Kripalu Yoga Class,
or Guided Meditation

2:30–4:00

Guided workshop, outdoor experience,
or time to rest, read, journal, or spend
time in nature

4:45–6:00

Kripalu Yoga Class
(Gentle, Intermediate, and Vinyasa levels)

5:30–7:00

Dinner

7:30–8:30

Evening guided experience



BOOK YOUR
ALL-INCLUSIVE STAY:
[KRIPALU.ORG/RR](https://Kripalu.org/RR)

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6-7 | EAT WELL, FEEL WELL

Learn how our intentional, nutritious meals made with love enhance your stay.

8-25 | PROGRAM HIGHLIGHTS: SEPTEMBER-DECEMBER

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

26-27 | KRIPALU SCHOOLS

Preview trainings from all four Kripalu schools, and hear from Karin Paras about her 200-Hour Yoga Teacher Training experience.

28 | HEALING ARTS

Discover our most popular treatments and how these offerings enhance your experience.

29 | PLAN YOUR STAY

At Kripalu, your transformation takes place where meals, daily classes, and amenities are all included. Learn more and book your stay today.

30 | KRIPALU ONLINE

Stay connected to Kripalu from anywhere. Explore all of Kripalu Online, including our new On Demand classes, and choose the path that supports you right now.

31 | MISSION SPOTLIGHT

Discover the inspiring story of Project Common Bond's experience at Kripalu.

32 | THE REWILDING SUMMIT

Return to nature with our third annual summit, with an inspiring lineup of experts and workshops designed to foster your relationship with the living world.

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.

Grounding & Settling

A Practice to Return to Yourself

1 Half Moon

From standing, inhale the arms overhead and interlace the fingers, extending through the index fingers. Exhale, shift your hips slightly to the right as the upper body arcs to the left, opening the side body. Inhale back to center and repeat on the other side.

2 Side Warrior

Face the long side of the mat and step your feet wide. Inhale, turn the right foot out. Exhale, bend the right knee, aligning it over the ankle. Inhale, extend both arms parallel to the floor. Exhale, gaze over your front hand. Release and repeat on the other side.

3 Head-to-Knee Pose

From a seated position, extend the right leg forward and draw the sole of the left foot to the inner thigh. Inhale to lengthen the spine. Exhale, hinge forward from the hips, resting your hands on your leg or the floor. Allow the back body to gently round. Release and repeat on the other side.

4 Seated Spinal Twist

From seated, extend the left leg forward. Bend the right knee and cross the foot over the left leg, to stand on the floor. Place your right hand behind you and hold the right shin with the left hand. Inhale to lengthen; exhale to twist from the navel up through the spine. Release and repeat on the other side.

5 Supported Bridge Pose

Lie on your back with knees bent and feet hip-width apart. Press into your feet to lift your hips and place a block or cushion under your sacrum. Allow your weight to be fully supported by the prop.



Nourishment, The Kripalu Way

Eat Well. Feel Whole. Return Renewed.

At Kripalu, food is more than a meal—it’s a core part of how you feel during your stay. From your first bite, you feel cared for, grounded, and at ease. Meals become a chance to pause, breathe, and reconnect—leaving you nourished not just physically, but emotionally and mentally, as well.

Rooted in the principles of yoga and Ayurveda, our approach to food is intentional and balanced. Meals are thoughtfully prepared using fresh, local, and organic ingredients whenever possible designed to energize your body, support your practice, and help you feel your best.

Because everything is thoughtfully prepared for you and included in your stay, you can let go of the daily decisions and demands around food. No planning, no cooking, no cleanup—just the ease of knowing every meal will be ready when you are. That freedom allows you to fully immerse yourself in your experience, moving effortlessly from practice to table and back again.

Enjoy abundant, buffet-style meals centered on whole grains, seasonal vegetables, and plant-forward proteins, with thoughtfully sourced poultry, fish, and dairy available. A vibrant salad bar, house-made dressings, and our renowned freshly baked breads offer simple, satisfying choices so you can eat in a way that feels good and truly savor every moment. Come to the table and leave deeply restored.



EXPLORE DAILY MENUS, RECIPES, AND MUCH MORE. [KRIPALU.ORG/FOOD](https://www.kripalu.org/food)



MEET OUR CHEF

Kripalu's Executive Chef, Steve Sherman, draws on over three decades of culinary experience to create food that is both deeply nourishing and delicious. His thoughtful, ingredient-driven approach transforms each meal into a meaningful part of every guest's stay.

“The food at Kripalu truly feels like an extension of the care and intention that lives throughout the space.”

—KRIPALU GUEST



A TASTE OF KRIPALU

BREAKFAST

Begin your day in quiet reflection with endless options. From yogurt and oatmeal, to eggs and fruit, plus coffee, tea, and juices, morning is the time to fuel for what the day holds.

LUNCH

Recharge with our vibrant salad bar, hearty soups, sandwiches, or warm entree—whatever your body is craving after yoga, workshops, or outdoor activity.

DINNER

End your day with healthy entrees or lighter fare like soup and salad, paired with a cup of tea or a delicious homemade cookie. Leave the table feeling satisfied and restored.

Food Made With Care, Included in Your Stay

A SAMPLING
OF ON CAMPUS
PROGRAMS

Fall Program Highlights



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

“Brave is not something you
should wait to feel. Brave is a decision.
It is a decision that compassion
is more important than fear.”
—GLENNON DOYLE

FEATURED PROGRAMS

SEPT. 18–20 | FRIDAY–SUNDAY

Kripalu Presents: Untamed Featuring Glennon Doyle

With Pilin Anice, Jess Frey, and Eset Rose

Glennon's powerful honesty meets Kripalu's healing wisdom. Ignite your transformation with a Saturday talk from Glennon and learn tools to ride the waves of life using Kripalu methodology.

This program is also available to stream online.



OCT. 2–4 | FRIDAY–SUNDAY

Navigating and Healing from Toxic Workplaces

Ramani Durvasula

Toxic workplaces don't just wound careers, they wound people. This rare retreat confronts narcissism and manipulation at work head-on, so you can stop surviving it and start recovering from it.

OCT. 18–21 | SUNDAY–WEDNESDAY

Sacred Pages

Writing as a Path to Knowing

Brianna Wiest

The life you keep imagining is waiting, and writing is the key. Spend a weekend uncovering what you truly want and building a blueprint to finally go get it.



DEC. 11–13 | FRIDAY–SUNDAY

The Stories We Carry

Meditation and Writing

Dani Shapiro

The stories buried deepest are often the ones most worth telling. In her only in-person retreat, Dani Shapiro returns to Kripalu to guide you through the resistance and into the writing that changes you.

This program is also available to stream online.

ON CAMPUS FALL PROGRAM HIGHLIGHTS



SEPT. 4-7 | FRIDAY-MONDAY

The Heart of Forgiveness

Your Freedom in Letting Go

Jacoby Ballard and Oneika Mays

Explore forgiveness as a path back to your personal and collective heart. Release the grip of suffering that past hurts hold on your heart with tools designed to transform and restore.



SEPT. 4-7 | FRIDAY-MONDAY

The Joy of Support

Chair Yoga, Dance, and Contemplative Wisdom

Cassandra Cureton and Candace Jennings

Who knew a chair could change everything? This inclusive, laughter-filled retreat blends chair yoga, dance, and meditation to help every body move with ease, delight, and a little surprise.



SEPT. 4-7 | FRIDAY-MONDAY

Slow Yoga and Qigong

Relax and Restore

Ken Nelson, John Haggerty, and Lesli Lang

Still like a mountain, fluid like a river. Discover how qigong, restorative yoga, and outdoor meditation gently rehabilitates the body and nervous system, leaving you grounded, replenished, and quietly transformed.



SEPT. 4-7 | FRIDAY-MONDAY

Yoga and the Path of Discovery

Come Home to Your Self

Tommy Rosen and Sadhvi Bhagawati Saraswati

Born from a decade of friendship and practice in Rishikesh, Tommy and Sadhvi offer a transformative journey through yoga's Eight Limbs. *This program is also available to stream online.*



SEPT. 4-7 | FRIDAY-MONDAY

Shining Inside

The Heart and Soul of Swami Kripalu's Yoga

Richard Faulds (Shobhan) and Danna Faulds

Swami Kripalu's yoga was never just movement; it was a map to awakening. Richard Faulds unpacks the biological, energetic, and spiritual mechanics of Swami Kripalu's path in a weekend of deep practice and discovery.



SEPT. 11-13 | FRIDAY-SUNDAY

Transformation Through Transition

Edi Pasalis

Whether you're in the middle of change or standing at its edge, this retreat meets you where you are. Find tools, ritual, and community to help you move through life's thresholds with presence and trust.

ON CAMPUS FALL PROGRAM HIGHLIGHTS



SEPT. 4-7 | FRIDAY-MONDAY

The Kripalu Silent Retreat

Jess Frey

This retreat is an invitation to lay down the noise of your daily life and return fully and tenderly to yourself. Through embodied meditation, mindful movement, journal exploration, and time spent in the healing embrace of nature, rediscover the quiet intelligence that has always lived within you. Silence, here, is not an absence but a presence: vast, welcoming, and alive.

As you move through each session, learn to observe your experience without judgment, open your heart with compassion, and attune to the subtle rhythms of existence that so often go unheard underneath the noise of everyday life. This is not a retreat from life. It is a retreat into it—into the fullness, the stillness, and the extraordinary wisdom of your own inner world.

ADDITIONAL DATES

September 25-27 with Jess Frey

October 2-4 with Erin Casperson

October 18-23 with Jess Frey

November 1-6 with Jess Frey and Katie Thornton

November 20-22 with Erin Casperson



SEPT. 15-18 | TUESDAY-FRIDAY

Kripalu Outdoors

Birding and Mindfulness

Katie Hagel and Nicaela Haig

A heron landing. A woodpecker's knock. A bald eagle overhead. Join Katie Hagel and Mass Audubon Naturalist, Nicaela Haig, on Kripalu's trails for a joyful, grounding weekend where focused wonder is the whole point.



SEPT. 24-27 THURSDAY-SUNDAY

Inner Quest Intensive

Aruni Nan Futuronsky

Kripalu's beloved signature program is part yoga, part self-inquiry, part joyful awakening. Come ready to get honest, go deep, and leave with real strategies for living more fully in the only moment that matters: this one.



SEPT. 25-27 | FRIDAY-SUNDAY

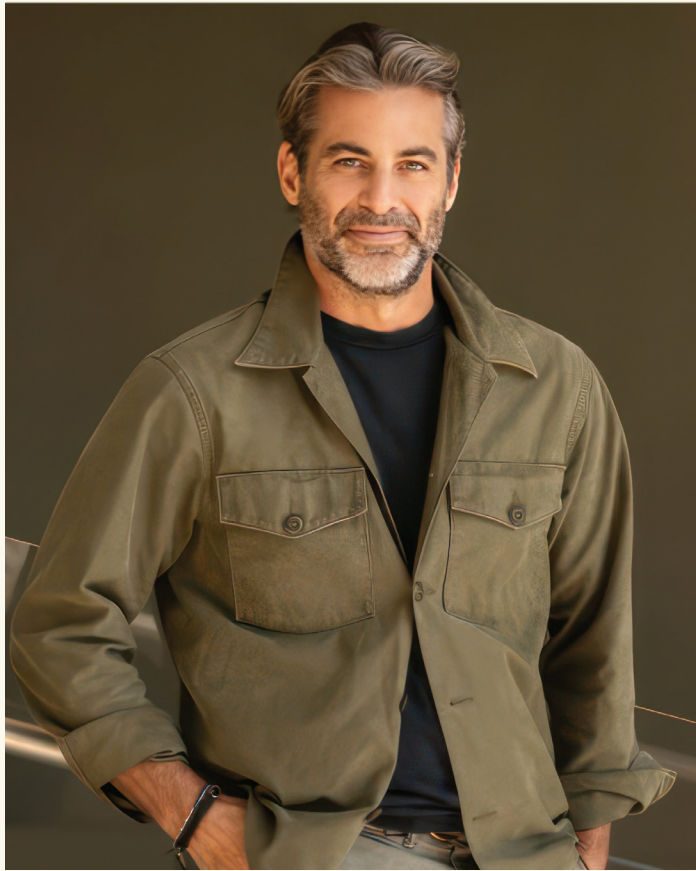
Strength, Connection, and Embodiment

From Floor to Core

Lauren Ohayon

A blend of mobility, somatics, embodied movement, nourishing flows, and strength. Deepen your relationship with your body through intentional movement, breathwork, and mindful exploration without the "shred" mentality.

ON CAMPUS FALL PROGRAM HIGHLIGHTS



SEPT. 11-13 | FRIDAY-SUNDAY

The Energy of Transformation

Hypnosis to Awaken and Align the Self

Jim Curtis

Rewrite your belief systems with master hypnotherapist and transformational coach Jim Curtis. Discover quantum hypnosis, energetic trance work, and the power of group connection. The I AM framework at the heart of this program is simple: you are the co-creator of your reality, right now, starting here. Drop the old story.

Connect with a room full of people doing the same. Then walk out differently, not because something was done to you, but because you chose it.

This program is also available to stream online.



SEPT. 25-27 | FRIDAY-SUNDAY

Finding the Sacred at the Heart of the Ordinary

Mirabai Starr

The sacred was never hiding. Mirabai Starr guides you through mystical poetry, meditation, and wonder to find the divine hiding in plain sight.



SEPT. 25-27 | FRIDAY-SUNDAY

Channeling the Psychic Within

Bill Philipps

Intuition isn't a gift reserved for a chosen few—it's a practice anyone can cultivate. Psychic medium Bill Philipps guides you through chakra work, meditation, and clair sense exploration to quiet the noise and finally hear the deeper wisdom that's been there all along.



SEPT. 27-OCT. 2 SUNDAY-FRIDAY

Wisdom Healing Qigong Retreat

Come Home to Your Body

Mingtong Gu

Join Qigong Master Mingtong Gu and learn to work directly with chi (life force energy) to restore what the body has always been capable of: natural healing, authentic presence, and deep coherence.

ON CAMPUS FALL PROGRAM HIGHLIGHTS



SEPT. 28-OCT. 2 MONDAY-FRIDAY

Restorative Yoga and Sound Healing

Yuval Samburski

Vibration lives in all of us—sometimes we just need help remembering. Yuval Samburski guides you through restorative yoga and the healing magic of sound to quiet the noise and liberate what's been waiting within.



SEPT. 29-OCT. 2 TUESDAY-FRIDAY

Kripalu Outdoors

Mindful Archery Retreat

Micah Mortali

Learn the meditative practice of intuitive archery with lead Kripalu faculty Micah Mortali. Explore instinctive shooting, mindful awareness, and breath as you deepen your connection to nature and your own inner stillness.



OCT. 2-4 | FRIDAY-SUNDAY

Fundamentals of Longevity

The Art and Science of Breathwork, Cold Water Immersion, and Wellbeing

Samuel Whiting and Rachel Lee

Explore cold water, breath, and the science to explain why they work. Learn how to harness breathwork, cold immersion, and the power of intentional stress to optimize your body and build a life that lasts.



OCT. 4-9 | SUNDAY-FRIDAY

The Power to Heal

Yoga Therapeutics for Body, Mind, and Heart

Todd Norian

Every cell is pre-programmed for healing. Through Ashaya Yoga, sacred chanting, live music, and more, Todd Norian guides you out of your own way and into the freedom your body has been waiting to offer.



OCT. 5-9 | MONDAY-FRIDAY

Fall Ayurveda Yoga Retreat

Erin Casperson and Susan Wrba

When the seasons shift, so does the body. Discover yoga, meditation, and elemental self-care practices imbued with Ayurvedic wisdom to help you find stability, nourishment, and ease as autumn arrives.



OCT. 9-12 | FRIDAY-MONDAY

Gentle Yoga Retreat

Cultivate Presence, Resilience, and Renewal

Rudy Peirce

Turn every pose into a living meditation. Explore Kripalu Gentle Yoga as a meditation-deepening practice and embrace what is available in your body right now.

ON CAMPUS FALL PROGRAM HIGHLIGHTS



OCT. 9-12 | FRIDAY-MONDAY

The Art of Loving Kindness

A Heart-Centered Meditation Retreat

Missy Brown and Stephen Cope

You are invited to join us for this intentional pause. Awaken compassion and presence through seated, walking, and loving-kindness meditation practices with two beloved facilitators.



OCT. 12-15
MONDAY-THURSDAY

Grief as a Sacred Invitation

A Poetry Experience

Rosemerry Trommer

Grief doesn't need to be healed, it needs to be met. Join Rosemerry Trommer in a sacred circle where turning heartbreak into courage opens you to the fullness of being alive.



OCT. 12-15
MONDAY-THURSDAY

The Great Untangling

A Contemplative Writing Immersion

Sarah Selecky

The words are in there; they're just tangled. Sarah Selecky's contemplative immersion works like a massage for your creative muscles, untangling the loops, stuck scenes, and quiet fears blocking you and the book you're meant to write.



OCT. 12-16 | MONDAY-FRIDAY

Autumn Retreat

Yoga and Mindfulness for Self-Compassion

Larissa Hall Carlson

Crisp air, turning leaves, a campfire under autumn stars, and Larissa Hall Carlson guiding you inward through yoga, meditation, mindful journaling, and more. This retreat makes the most beautiful season of the year your greatest teacher.



OCT. 12-16 | MONDAY-FRIDAY

Unleash Your Calling

Creating the Work and Life You Love

Tama Kieves

If a different life is calling you, this is where you answer. Harvard-trained attorney turned visionary catalyst Tama Kieves brings her electrifying presence to help you move beyond fear and into the work you were born to do.



OCT. 16-18 | FRIDAY-SUNDAY

A Yin Yoga and Meditation Retreat

Coming Home to Love

Brahmani Liebman and Jashoda Edmunds

With six decades of combined teaching, Brahmani Liebman and Jashoda Edmunds offer Yin Yoga, meditation, and heart-centered dharma as a gentle antidote to busy lives and a path back to your own innate peace.

ON CAMPUS FALL PROGRAM HIGHLIGHTS



OCT. 9-12 | FRIDAY-MONDAY

Light Your Spark

Meditation, Music, and Somatics for Renewal

Justin Michael Williams

The Fall Equinox is nature's own invitation to shed, to shift, and to begin again. Accept the invitation with a full-body, full-heart weekend immersion that uses science-based meditation, somatic movement, and live music to cut through the noise and reconnect you with the truest, most alive version of yourself. Join best-selling author and Grammy-nominated artist Justin Michael Williams for a dynamic, soul-level reset that moves through your body as much as your mind. Your spark isn't gone. It's waiting.

OCT. 23-25 | FRIDAY-SUNDAY

Connecting with Spirit

Awakening Intuition and Inner Guidance

MaryAnn DiMarco

You have access to guidance far greater than what your thinking mind can offer; you just have to listen. Join internationally recognized psychic medium and spiritual teacher MaryAnn DiMarco and forge a living, breathing relationship with your own inner guidance. Through hands-on exercises, powerful group connection, and teachings drawn from MaryAnn's acclaimed books, you will leave not just inspired, but equipped with real tools and the unshakable knowledge that you are never navigating this life alone.

This program is also available to stream online.



OCT. 30-NOV. 1 | FRIDAY-SUNDAY

Yoga Retreat for Women of Color

Each Other's Harvest

Maya Breuer, Kiesha Battles, Tamara Cress, and Kimberly Richardson

You have been feeding everyone else. This weekend, let someone feed you. Come and experience a joyful, unapologetic celebration of everything you carry. Through yoga, dance, sound, nature, poetry, and the irreplaceable magic of sister circles, remember the abundance that has lived in you all along. You are not here to perform or produce. You are here to receive. You are the harvest. Come fill your basket.

ON CAMPUS FALL PROGRAM HIGHLIGHTS



OCT. 16-18 | FRIDAY-SUNDAY

Essential Practices for Everyday Life

Practical Tools from the Kripalu Path

Cristie Newhart and Ilana Beigel

Press pause, reconnect, and build the skills that matter most. Rooted in the Kripalu lineage, this retreat blends yoga, meditation, and nature immersion to meet life with greater ease and purpose.



OCT. 16-18 | FRIDAY-SUNDAY

Awaken Your Wild Soul

Reclaim Your Purpose, Power, and Inner Wisdom

Renee Trudeau

For women at every life stage, this is your permission slip. Join Renée Trudeau for a nurturing weekend of creative writing, yoga nidra, ritual, and like-hearted community in this women's self-renewal retreat.



**OCT. 18-23
SUNDAY-FRIDAY**

Coping with Grief

A Healing Journey

AmarAtma Singh Khalsa

Grief carried too long becomes something heavier. This judgment-free grief container offers somatic release, guided meditation, art, and compassionate community for anyone carrying loss, no matter how long or how quietly.



OCT. 23-25 | FRIDAY-SUNDAY

Living from the Source

Letting Spirit Guide Your Life

Christine Warren

Become a lightworker. Dynamic teachings, outdoor ceremonies, and soul vision quests help you release old templates, transform wounds into wisdom, and begin living in alignment with source and your deepest purpose.



OCT. 23-25 | FRIDAY-SUNDAY

Find Your Life Path and Purpose

Dan Millman

Dan Millman has spent decades distilling one question: what are you here to do? Dan's Life Purpose System reveals who you are, and plants seeds of self-knowledge that keep bearing fruit for years to come.



OCT. 23-25 | FRIDAY-SUNDAY

Embody: Feel, Heal, and Transform Through Movement

A JourneyDance Experience

Toni Bergins

Reclaim passion and integrate body, mind, emotions, and spirit into a unified whole through movement with JourneyDance founder Toni Bergins.



OCT. 18-22 | SUNDAY-THURSDAY

Restore Trust in Your Self

A Retreat for Internal Family Systems (IFS) Therapists and Practitioners

Laura Schmidt

This restorative Kripalu retreat with Senior IFS Therapist Laura Schmidt strengthens the relationship between your Helper parts and Self, so you can show up for clients without disappearing yourself.



**OCT. 22-25
THURSDAY-SUNDAY**

Reclaim Your Creativity

Laura Thompson

Comparison is creativity's quietest killer. Through yoga, meditation, and expressive arts activities, liberate yourself from measuring your spark against others' and start nurturing the infinite creative possibility you've carried inside all along.



OCT. 23-25 | FRIDAY-SUNDAY

The Chakra Cleanse

Jacqui Bonwell

Not every feeling deserves your attention, and knowing the difference is an art. Through chakra work, breathwork, restorative yoga, and more, Jacqui Bonwell guides you toward the life-changing practice of widening the space between feelings and reactions.



OCT. 23-25 | FRIDAY-SUNDAY

Land, Ancestors, and the World Beyond

Practicing Spiritual Abolition

Lama Rod Owens

The land remembers. So do your ancestors. Join Lama Rod Owens, Black Buddhist Southern Queen, and explore ancestor practice, land connection, and love-centered care as pathways to personal freedom and collective healing.



**OCT. 30-NOV. 1
FRIDAY-SUNDAY**

Building a Better Immune System

For Lifelong Health and Vitality

Sudha Carolyn Lundeen and Elizabeth Boham

Good health isn't luck, it's built. Learn the biochemistry of stress and natural techniques drawn from yoga and functional medicine to improve your immune system.



**OCT. 30-NOV. 1
FRIDAY-SUNDAY**

A Better Back

Moves to Help Your Spine Last a Lifetime

Katy Bowman

This workshop is like a user's manual for your back that you've always needed. Receive the anatomical knowledge, daily exercises, and spinal care toolkit to stay mobile, strong, and pain-free for many years to come.

ON CAMPUS FALL PROGRAM HIGHLIGHTS

ON CAMPUS FALL PROGRAM HIGHLIGHTS



OCT. 30–NOV. 1
FRIDAY–SUNDAY

Fall Magic

Exploring Intuition, Elements, & Energy
Beth Grace and Cynthia Papa-Lentini

Samhain is the season when inner knowing speaks loudest. Explore dowsing, tarot, nature divination, and ceremony and dive into the liminal space where intuition sharpens and the spiritual world feels suddenly, beautifully close.



OCT. 30–NOV. 1
FRIDAY–SUNDAY

Intergenerational Women’s Program

Pilin Anice

There is something that happens when women slow down together. Restorative yoga, pranayama, and heart-centered community create a weekend of belonging, clarity, restoration, and radiance.



NOV. 1–4
SUNDAY–WEDNESDAY

Yoga and Qigong

The Dance of Heaven and Earth
Daniel Orlansky

Yoga and Qigong are two paths up the same mountain. Daniel Orlansky guides you through both in a graceful, beginner-friendly weekend that leaves you stronger, more supple, and genuinely at peace.



NOV. 1–6 | SUNDAY–FRIDAY

How to Heal Emotional Pain and Love Yourself Again

Brett Cotter and Stefanie Cotter

Old wounds don’t need to be forced out; they need to be met with love. Embrace movement, meditation, and guided emotional release for a nervous system reset and reopening of the heart.



NOV. 1–6 | SUNDAY–FRIDAY

The Self-Led Woman

An Internal Family Systems and Spiritual Leadership Retreat
Sara Avant Stover

You were taught to be good, helpful, and hold it together. Find the thread back to your own knowing and stop outsourcing the authority that was always yours with Level 3 IFS Practitioner Sara Avant Stover.



NOV. 6–8 | FRIDAY–SUNDAY

Narratives

Let Go of the Stories That Keep You Stuck
Nancy Colier

Everyone is absorbed in their own inner movie, convinced it’s real. Nancy Colier gently shows you the exit with curiosity, compassion, and a welcome touch of humor.

ON CAMPUS FALL PROGRAM HIGHLIGHTS



NOV. 8–13 | SUNDAY–FRIDAY

Holotropic Breathwork and Naturopathic Medicine

A Healing Journey
Laurane McGlynn, Tom Francescotti, and Jay Dufrechou

Explore expanded consciousness in a rare and potent week-long immersion that pairs the ancient technology of breath with the grounded science of naturopathic medicine, creating a healing journey that works on every level at once. Through four Holotropic Breathwork sessions, you will use your own breath to drop below the thinking mind and access the unconscious material that drives your patterns, your pain, and your potential. This is not a guided visualization. This is your own inner healer, activated and leading the way. Alongside the breathwork, naturopathic physician Dr. Tom Francescotti brings practical, transformative teachings on the microbiome, brain health, inflammation, adrenal stress, and the body’s extraordinary capacity to repair itself when treated at the root. Add shamanic journeys, sound meditations, movement, and mindful time in nature, and what emerges is not just a week of healing but a completely new relationship with your own body and its wisdom. Come ready to breathe, listen, and be changed.



NOV. 6–8 | FRIDAY–SUNDAY

Write Now

Writing and Yoga Workshop
Asif Ullah

Yoga slows you down. Writing opens you up. Together they create a mirror. Spark self-discovery, unlock creativity, and discover what only your story can say.



NOV. 8–13 | SUNDAY–FRIDAY

The Sacred Column

Integrating Asana and Anatomy of the Spine
Judith Lasater

Your spine is the foundation of every pose. Explore the vertebral column through theory and asana, making complex anatomy immediately applicable to your teaching and practice.



NOV. 8–13 | SUNDAY–FRIDAY

Hands of Light

The Fundamentals of Brennan Healing Science
Joy Adler

An inner healer already exists within you. This introduction to Brennan Healing Science awakens your high sense perception, expands your energy field awareness, and connects you to your capacity to heal yourself and others.

ON CAMPUS FALL PROGRAM HIGHLIGHTS



NOV. 9-13 | MONDAY-FRIDAY

The Kripalu Yoga Retreat

Return to Practice

Michelle Dalbec and Christine Bissonnette

Reconnect with the heart of yoga. Through movement, meditation, and reflection, cultivate a practice that feels authentic, sustainable, and deeply nourishing.



NOV. 13-15 | FRIDAY-SUNDAY

Deep Renewal in the Heart of Autumn

A Yoga, Meditation, and Nature Retreat

Jillian Pransky

As the leaves fall, something in us softens too. Jillian Pransky guides you through restorative yoga, metta meditation, and nature's own rhythms into a weekend of renewal and compassionate release.



NOV. 13-15 | FRIDAY-SUNDAY

Unlock Vitality

Turtle Qigong and Daoist Longevity Secrets

Lorelei Chang

The turtle moves slowly and lives long. Lorelei Chang brings this rare Daoist lineage practice forward with gratitude and care, offering a meditative weekend of Turtle Qigong and profound restoration.



NOV. 20-22 | FRIDAY-SUNDAY

Family and Systemic Constellations

A Workshop for Profound Healing

Luisa Muhr

The dynamics of your family system shape your life more than you know. Reveal what's hidden and discover profound healing that permeates every relationship you carry with Luisa Muhr.



NOV. 20-22 | FRIDAY-SUNDAY

Aging Gratefully

The Power of Appreciative Presence

Kristi Nelson

Getting older is a miracle. Weave meditation, poetry, and dialogue into a joyful, honest celebration of aging as the opportunity it truly is.



NOV. 20-22 | FRIDAY-SUNDAY

Tai Chi and Qigong for Back Pain

Empower Your Healing Journey

Yang Yang and Roger Hartl

Healing doesn't have to hurt. Intentional movement and meditation come together to cultivate lasting ease from the inside out, facilitated by a tai chi master and a world-renowned spine surgeon.



NOV. 13-15 | FRIDAY-SUNDAY

Essential Practices for Everyday Life

Practical Tools from the Kripalu Path

Pilin Anice

Press pause, reconnect, and build the skills that matter most. Rooted in the Kripalu lineage, this retreat blends yoga, meditation, and nature immersion to meet life with greater ease and purpose.



NOV. 13-15 | FRIDAY-SUNDAY

The Natural Voice

A Breakthrough in Speaking and Singing Fearlessly

Claude Stein

Your true voice has been there all along. Claude Stein's celebrated retreat uses breath, tone, and in-depth individual attention to unlock the music and message only you can deliver.



NOV. 15-18 SUNDAY-WEDNESDAY

Embodied Manifestation

The Roadmap to Creating the Life You Desire

Ani Anderson and Brian Trzaskos

Stop guessing and start manifesting. *Manifestation for Dummies* co-authors give you a science-based, grounded roadmap for creating the abundant life you've been circling toward.



NOV. 20-22 | FRIDAY-SUNDAY

Rewire Your Brain

Metabolic Secrets for Healthy Aging

John Bagnulo and Jan Buhrman

The choices you make now shape how your brain ages. This science-rich, kitchen-grounded weekend gives you the metabolic knowledge to keep your brain sharp for life.



NOV. 27-29 | FRIDAY-SUNDAY

Body as Home

A Feminine Nervous System Immersion

Faith Hunter

This somatic immersion with global wellness expert Faith Hunter restores the feminine nervous system and returns you to joy, creativity, and sovereignty.



NOV. 27-29 | FRIDAY-SUNDAY

Yoga and Deep Relaxation Retreat

The Gift of Divine Sleep® Yoga Nidra

Jennifer Reis

Nothing is required of you but to lie down and listen. Blending revitalizing yoga with Divine Sleep Yoga Nidra, give yourself the gift of rest and peaceful ease.

ON CAMPUS FALL PROGRAM HIGHLIGHTS



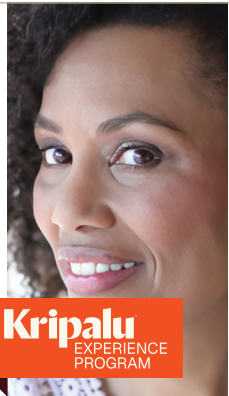
NOV. 27-29 | FRIDAY-SUNDAY

Knit, Pray, Love

Where Crafting Meets Mindfulness

Michelle Dalbec

Your craft is already a spiritual practice. Welcome, fiber artists of all levels, to where mindful crafting, gentle movement, and heartfelt community combine.



NOV. 27-29 | FRIDAY-SUNDAY

Therapeutic Yoga for Resilience

Cultivating Safety and Presence

Pamela Stokes Eggleston and Jennifer Stuart

Safety is not just a feeling. It's a practice. Build that safety and inner resilience through trauma-informed yoga, somatic practices, and breathwork.



NOV. 27-29 | FRIDAY-SUNDAY

CircusYoga

The Art of Play

Kevin O'Keefe and Erin Maile O'Keefe

Juggling, flying partner yoga, clowning, acrobatics, and more! This beloved multigenerational retreat has been bringing joyful, transformational play to Kripalu for over 20 years. Everyone ages 7 to 107 welcome.



NOV. 27-29 | FRIDAY-SUNDAY

MELT Method Self-Care Immersion

Dance and Restore

Kerrie Bodendorf

Kerrie Bodendorf weaves the MELT Method's soft roller techniques with expressive Groove Dance into a restorative, energizing weekend of self-care for every body and every age.



DEC. 4-6 | FRIDAY-SUNDAY

Healing the Emotional Body

A SomaSoul Somatic Therapy Workshop

Dan Leven

Emotions don't live in the mind, they live in the body. SomaSoul somatic explorations help you listen and move through what's been waiting to be felt.



DEC. 4-6 | FRIDAY-SUNDAY

Brain Boost

Integrative Ayurveda and Yoga for Cognitive Vitality

Scott Blossom

Scott Blossom blends Ayurvedic wisdom, yoga, and cutting-edge prevention science into practical, personalized tools for staying sharp, clear, and cognitively resilient at every age.



DEC. 4-6 | FRIDAY-SUNDAY

Getting the Love You Want

A Couples Retreat

Harville Hendrix and Helen LaKelly Hunt

Safety, passion, and real communication skills. Harville and Helen's world-renowned couples retreat gives you and your partner the tools to co-create the relationship you always hoped was possible.



DEC. 6-11 | SUNDAY-FRIDAY

Direct Experience

A Path to Clarity

Cirak

Chronic overthinking loosens its grip when understanding becomes lived experience. Build nervous system literacy, steadier attention, and the clarity to act from presence rather than mental noise.



DEC. 11-13 | FRIDAY-SUNDAY

The Medicine of Sound Healing and Somatic Breathwork

Jess Frey and Jon Orsini

Two of the simplest and effective pathways to awakening, possibility, and intimacy are sound and breath. Explore healing, radical self-care, and community in one of our most popular retreats.



DEC. 15-18 | TUESDAY-FRIDAY

RISE: The Kripalu Approach to Resilience

Tools for Work-Life Balance

Sam Chase

Real resilience is a skill, and it's time to build it. Our signature RISE curriculum delivers proven tools for navigating stress, reclaiming clarity, and showing up fully for the moments that matter most.



DEC. 18-20 | FRIDAY-SUNDAY

Winter Solstice Retreat

Nature, Peace, and Connection

Micah Mortali

Winter asks us to slow down and receive. Be guided into solstice stillness through outdoor meditation, fire ceremony, hygge, and Celtic seasonal wisdom for the longest night of the year.



DEC. 18-20 | FRIDAY-SUNDAY

Poetry Is (Not) Prayer

Pádraig Ó Tuama

Some poems reach toward something beyond words. Explore the borderland between poetry and prayer through well-known and surprising poems, reflective writing, and the yearnings only language can voice.

NEW YEAR’S ON CAMPUS PROGRAM HIGHLIGHTS



DEC. 28–JAN. 1, 2027
MONDAY–FRIDAY

Sanctuary

Spiritual Grounding for
Queer and Trans Folks

Jacoby Ballard and Ro Grace

Your identity, your practice, your full expression. Jacoby Ballard and Ro Grace offer yoga, lovingkindness, and creative movement in a sanctuary built entirely for the queer and trans community.



DEC. 29–JAN. 1, 2027
TUESDAY–FRIDAY

New Year’s Spiritual
Renewal Retreat

Shivananda Thomas Amelio

End the year in stillness and begin the next with purpose. Kripalu founding member Shivananda Thomas Amelio guides you through meditation, mantra, and self-inquiry into a living, rooted spiritual practice.



DEC. 29–JAN. 1, 2027
TUESDAY–FRIDAY

You Are Not Stuck

Soul-Guided Choices for the New Year

Becky Vollmer

Begin the new year moving toward the life you dream of. Uncover the choices that transform fear into freedom through yoga, deep self-inquiry, and courageous questioning.



DEC. 29–JAN. 1, 2027
TUESDAY–FRIDAY

New Year’s Yoga
Retreat

Awaken Your Heart, Align Your Life

Todd Norian

Release what no longer serves you. Welcome what wants to emerge. Heart-centered Ashaya Yoga uses alignment, pranayama, and deep rest to help you begin the year fully alive.



DEC. 29–JAN. 1, 2027
TUESDAY–FRIDAY

Astrology as a
Living Map

Discover Your Inner Design

Leslie McGuirk

What if your life came with an owner’s manual? Discover your birth chart as a living language that reveals how you think, feel, and move through the world.



DEC. 29–JAN. 1, 2027
TUESDAY–FRIDAY

Ayurveda
Self-Care Retreat

Emilie Reid

When self-care becomes ritual, life transforms. Befriend the elements, connect with food wisdom, and discover your unique dosha profile with ancient Ayurvedic wisdom.

NEW YEAR’S ON CAMPUS PROGRAM HIGHLIGHTS



DEC. 29–JAN. 1, 2027 | TUESDAY–FRIDAY

Kirtan Evolution New Year’s Retreat

Girish

Something in you is ready to sing. Singers, musicians, and complete beginners alike are all welcome in to a unified field of sacred sound and collective healing. Join us for a life-changing journey through music and mantra and step onto the path of your dharma. Find your voice and ring in the new year the way it deserves—alive, connected, and gloriously, fully sung.

DEC. 29–JAN. 1, 2027 | TUESDAY–FRIDAY

Open Your Heart Through Movement

A JourneyDance Retreat

Toni Bergins

Reflect, release, and reset. End the year by moving through what’s stuck, releasing what’s heavy, and letting rhythm and community hold you while joy finds its way back in. Join JourneyDance creator Toni Bergins for movement, music, and somatic ritual to shed old layers, unlock your heart, and step into the new year fully alive and gloriously embodied.



DEC. 29–JAN. 1, 2027 | TUESDAY–FRIDAY

Quiet Mind, Steady Heart

Yoga as a Way of Being

Rolf Gates

Move beyond surface acceptance and into direct experience of your true nature. Through heart-centered community, present-moment mindfulness practices, and more, discover something steady and fundamentally reliable waiting beneath the noise of everyday life. Join Director of the Kripalu School of Yoga Rolf Gates and be ready to emerge into the new year more mindful, more present, and more at peace with yourself.



Explore Our Upcoming Schools Trainings

Kripalu Schools offer certifications in Yoga, Ayurveda, Mindful Outdoor Leadership, and Yoga Therapy. For 50 years, Kripalu has offered an inclusive and nondogmatic yoga education all rooted in the teachings of Swami Kripalu. When you train here, you don't just graduate—you begin a lifelong journey of making wholeness embodied, real, and equitable.

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



Ranked #1 Yoga Teacher Training in the U.S.

—ALL YOGA TRAINING



Kripalu School of Yoga

200-Hour Yoga Teacher Trainings

- **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*

- **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

- **Foundations of Ayurveda*+**
Hybrid | September 11–December 13, 2026; On Campus Dates: September 11–18, 2026 and December 6–13, 2026
 - **Foundations of Ayurveda*+**
Online | January 20–June 13, 2027
 - **Clinical Training in Ayurveda +**
Hybrid | September 8, 2027–May 26, 2028
- *Part of 300-Hour Ayurvedic Yoga Teacher track*
+Part of the 650-Hour Ayurvedic Health Counselor program

Kripalu School of Mindful Outdoor Leadership

- **Level 2: Aligning with Nature** | On Campus | August 14–23, 2026
- **Kripalu Silent Nature Vigil: A Journey through the Stages of Threshold, Severance, and Return** | On Campus | September 20–23, 2026
- **Level 1: Forest Community** | On Campus | October 9–18, 2026
- **The Rewilding Summit** | On Campus | November 5–8, 2026

Kripalu School of Integrative Yoga Therapy

- **Therapeutic Yoga for Individual Clients*+**
Online | August 14–September 27, 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

One Student, One Training

Retiring at age 61, I was attempting to write a new chapter for the last quarter of my life. I tried this, that, and the other thing; all fun but not fulfilling in the way that my soul craved. Just about turning 74 had me on the ropes. What next? My soul spoke to me: do something way outside my comfort zone to ensure my brain was working and that I was nourishing and working on self-love. Enter Kripalu's online Yoga Teacher Training course.

This was my chance to do the big things, the hard things, the things that nourish and guide a person's soul. I had an old computer, had never "Zoomed," and hadn't been in a classroom for 30+ years. Two days after my 74th birthday, I began my Yoga Teacher Training.

My life is so much better for having done this training. My self-confidence skyrocketed. Chris taught me anatomy, Sam provided a philosophy perspective, Monique taught her gentle, beautiful yoga flow. We sang, chanted, and became part of a family. It was one of the most amazing times of my life. If you're on the fence about enrolling, jump off, pull up, and start the most astounding thing you can do for yourself.



KARIN PARAS

Healing Arts: Where Your Retreat Comes to Life

A meaningful retreat doesn't end with inspiration—it becomes transformative through integration.

Healing Arts is where that integration happens. These experiences invite you to soften, receive, and allow your nervous system to settle so your body can fully absorb the work unfolding throughout your stay. Whether it's your first moment on campus, a pause in the middle of a full day, or a final exhale before heading home, Healing Arts acts as a threshold—guiding you to arrive more fully, recalibrate when needed, and leave feeling grounded, clear, and renewed.

At Kripalu, movement, learning, and reflection spark insight. Healing Arts is where that insight lands in the body—so it stays with you long after you leave.



**PLAN YOUR HEALING ARTS
EXPERIENCE AT
[KRIPALU.ORG/HEALING-ARTS](https://kripalu.org/healing-arts)**

Top Healing Arts Experiences

These guest-loved treatments rise to the top for a reason—offering deep restoration, insight, and clarity.

KRIPALU MEDITATIVE MASSAGE

Slow, attentive touch calms the nervous system, eases tension, and supports deep restoration. A perfect way to arrive, reset, or simply unwind.

AKASHIC RECORD READING

A reflective, insight-driven session that offers perspective on life patterns, purpose, and direction—especially supportive during times of transition.

DR. HAUSCHKA FACIAL

More than skincare, this is a full body reset. A deeply restorative treatment combining rhythmic touch and gentle lymphatic stimulation to promote balance, relaxation, and radiant well-being.



Planning Your Stay

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



EVERY KRIPALU EXPERIENCE INCLUDES:

- 10+ daily yoga, meditation, and movement classes for all levels led by expert teachers
- Three delicious meals plus coffee, tea, and juices every day of your stay
- Indoor saunas
- 24/7 fitness room with treadmills, Peloton bikes, and free weights
- Meditation rooms, cafe, and workspaces all with beautiful Berkshire views
- 100+ breathtaking acres of hiking trails, walking paths, and hilltop vistas
- Private lakefront for swimming, reading, and reflection
- A peaceful and serene environment that invites rest, reflection, and renewal

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.

2 ACCOMMODATIONS

Choose from a variety of accommodations designed to support rest and renewal, with options to fit different budgets and preferences. From simple dormitory rooms to conveniently located main-building rooms and modern Annex accommodations, 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.
REGISTER ONLINE AT [KRIPALU.ORG](https://kripalu.org)
OR BY PHONE AT 413.448.3500.**

Kripalu Online: Practice, Learn, and Connect From Wherever You Are

We created Kripalu Online to bring the depth and heart of the Kripalu experience to you whatever your schedule, location, or life circumstances. Because life doesn't always pause for retreat, our online offerings are designed to meet you where you are, making it easier to stay connected to your practice.

Accessible, affordable, and thoughtfully designed, Kripalu Online supports real lives, living fully. Explore all of Kripalu Online and choose the path that supports you right now.



NEW ON DEMAND PROGRAMS

Self-paced courses designed for curious, independent learners. Explore rich, bite-sized teachings you can return to anytime from Kripalu faculty that deepen your practice and enrich your life.

KRIPALU ONLINE STUDIO

Build a consistent yoga or meditation practice within a welcoming online community. Enjoy 20+ live yoga, meditation, and movement classes each week plus a full library of recordings all led by experienced Kripalu teachers.



LIVESTREAM PROGRAMS

Experience the energy of Kripalu from home. Join real-time programs livestreamed from the Kripalu campus with some of our most renowned presenters—no travel required.



ONE-TIME WORKSHOPS

Dive deeper with online programs that bring you into a live cohort learning experience with world-renowned teachers. From book clubs to skill-building series—learn, reflect, and practice together.

LEARN MORE AND START WHENEVER
YOU'RE READY. [KRIPALU.ORG/ONLINE](https://kripalu.org/online)



Project Common Bond is a mission-driven organization serving young people from around the world who have been impacted by war, terrorism, and mass violence. In 2025, the group 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.

Within Kripalu's peaceful, neutral setting, participants engaged in reflection, dialogue, and shared experiences that transformed conflict into connection—creating what organizers call small “pieces of peace” that ripple outward into the world. “The invitation changed our world,” shared Monica McNamara, Co-Founder and Executive Director of Dignity Beyond Borders: Project Common Bond. “We now have a home when conflict rages. Each exchange becomes a small piece of peace that can ultimately be shared far beyond this place.”

Project Common Bond now returns to Kripalu for multiple retreats each year, supported in part by scholarships, deepening its impact with every gathering.

**YOUR SUPPORT HELPS SUSTAIN
KRIPALU'S MISSION. PLEASE
CONSIDER A DONATION TODAY!
[KRIPALU.ORG/DONATE](https://kripalu.org/donate)**



Because Kripalu is a nonprofit dedicated to personal and societal transformation through the wisdom and power of yoga, this work is essential to the depth and meaning of the Kripalu experience. Your time here supports a place where personal and community well-being intersect—where the same environment that allows you to rest and restore also makes space for connection, compassion, and understanding on a broader scale.

Donations support partnerships like Project Common Bond—creating space for healing, connection, and understanding when it's needed most. Give today and be part of extending this impact into the world.



Creating Peace, One Connection at a Time

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Join the community.    

Key Code

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The Rewilding Summit 2026

A pathway back to humanity.

Join us for our third annual Rewilding Summit—a weekend designed to bring us back to a more natural way of living that has been lost in our digital world.

Gather with extraordinary leaders sharing their wisdom, skills, and stories, led by Director of the School of Mindful Outdoor Leadership, **Micah Mortali**. Featuring a keynote talk from **Jon Young** along with workshops from experts **Woniya Thibeault**, **Mark Coleman**, **Daniel Vitalis**, and **many more**. Don't miss this summit that has sold out every year. Learn more and register now.



FOR MORE INFORMATION AND
A FULL LIST OF PRESENTERS,
SCAN THE QR CODE OR VISIT
KRIPALU.ORG/REWILDING-SUMMIT.

