

TOUCH THERAPY

Kripalu Meditative Massage (On Campus) ◆ ✨ 🌙 ■

Our signature massage practice incorporates energy centering and breathwork to bring the entire being into greater harmony.

- **Light-to-moderate pressure**
50 minutes: \$130 | 80 minutes: \$180
Friday, Saturday, and Sunday: +\$10
- **Moderate-to-deep pressure**
50 minutes: \$145 | 80 minutes: \$200
Friday, Saturday, and Sunday: +\$10
- **Pregnancy Massage**
50 minutes: \$130 | 80 minutes: \$180
Friday, Saturday, and Sunday: +\$10

Therapeutic Massage (On Campus) ✨ 🌙 ■

A firm-pressure massage that focuses on specific areas of discomfort rather than the whole body.

- 50 minutes: \$145 | 80 minutes: \$200
Friday, Saturday, and Sunday: +\$10

Kripalu Footwork (On Campus) ◆ 🌙

This reflexology-inspired treatment begins with a scalp massage and warm foot compress, followed by a focused massage for your feet to bring greater relaxation and balance to your whole body.

- 50 minutes: \$135
Friday, Saturday, and Sunday: +\$10

Kripalu Master-Level Massage (On Campus) ◆ ✨ 🌙 ■

The Master-Level Massage incorporates all the signature elements of our Meditative Massage into a customizable session with one of our highly skilled practitioners.

- 105 minutes: \$240
Friday, Saturday, and Sunday: +\$10

Kripalu Acupressure (On Campus) ◆ ✨ ■

This clothed bodywork session incorporates rhythmic compressions, gentle stretching and skillful pressure applied to acupoints along the meridians of Traditional Chinese Medicine. These techniques unblock and improve the flow of energy, blood, and fluids in the body. Kripalu Acupressure will leave you feeling revitalized and refreshed.

- 50 minutes: \$135 | 80 minutes: \$190
Friday, Saturday, and Sunday: +\$10

Positional Therapy (On Campus) ◆ ✨

A gentle technique for increasing range of motion and relieving muscular discomfort. Positional Therapy is effective in the treatment of pain due to injury, stress, repetitive strain, postural distortion, and chronic neuromuscular conditions.

- 50 minutes: \$135 | 80 minutes: \$190
Friday, Saturday, and Sunday: +\$10

Positional Therapy Specialist (On Campus) ◆

Sessions with one of our Positional Therapy Specialists.

- 50 minutes: \$150 | 80 minutes: \$205
Friday, Saturday, and Sunday: +\$10

Integrative Massage & Energy Work (On Campus)

This 80-minute session is a unique fusion of nourishing massage and energy healing, designed to promote balance and well-being on both the physical and energetic levels. Skilled hands work to release tension, ease stress, and promote relaxation while nurturing your body's natural healing process. Simultaneously, energy work techniques, such as Reiki or chakra balancing, help clear blockages and realign your energy flow, enhancing emotional clarity and spiritual harmony. The combination of bodywork and energy healing creates a deeply renewing and revitalizing experience, leaving you feeling refreshed, centered, and in tune with yourself.

- 80 minutes: \$190
Friday, Saturday, and Sunday: +\$10

Seasonal Healing Ritual (On Campus) ◆ ✨ ■

A multi-sensory sacred ceremony attuned to the natural rhythms of the year. This experience weaves together mindful bodywork, energy healing, aromatherapy, and guided intention-setting to help you "meet the moment" with clarity and presence. Rooted in a deep connection to place and season, the ritual offers a nourishing pause to realign, release, and welcome the renewal and regeneration each cycle brings.

- 80 minutes: \$205

More Options →

Kripalu®

HEALING ARTS MENU

ACUPUNCTURE

Acupuncture (On Campus)

Acupuncture provides stress relief and promotes an overall feeling of vitality. Fine needles are inserted into specific points on the body to balance your energy, promote relief, and support your whole being.

- 50 minutes: \$140 | 80 minutes: \$205

ENERGY WORK

Kripalu Energy Balancing (On Campus) ◆ ✕ ■

Promote deep relaxation through this Kripalu-created, polarity-inspired flow, which supports overall well-being by enabling your body to function more efficiently.

- 50 minutes: \$125 | 80 minutes: \$175
Friday, Saturday, and Sunday: +\$10

Reiki (On Campus) ✕ ■

Through a series of gentle hand placements, major systems of the body are given concentrated life-force energy, melting away tension, stress, and pain and enhancing the body's inherent power to heal.

- 50 minutes: \$125 | 80 minutes: \$175
Friday, Saturday, and Sunday: +\$10

Integrated Energy Therapy (On Campus) ✕ ■

Integrated Energy Therapy (IET) is an attunement-based energy healing modality, which helps to clear physical, mental, emotional, and spiritual blockages safely and gently. Practitioners create a "heart link" to connect to the angelic realm and channel Integrated Energy to their client. This process helps to release emotions from their client's cellular memory map and imprint those areas with positive emotions.

- 50 minutes: \$125 | 80 minutes: \$175
Friday, Saturday, and Sunday: +\$10

Craniosacral Therapy (On Campus) ✕

Your therapist's sensitive touch locates blocks in the craniosacral system and gently eases restrictions, allowing all systems to flow more freely and encouraging the body's natural healing processes.

- 50 minutes: \$125 | 80 minutes: \$175
Friday, Saturday, and Sunday: +\$10

Kripalu Master-level Energy Work (On Campus) ◆ ✕ ■

Experience what each master-level energy therapist has to offer from their individual toolboxes. Our therapists are skilled in an extensive range of Eastern and Western modalities that help clear, strengthen your energy field, and aid you in accessing your inner wisdom.

- 110 minutes: \$240

Vibrational Healing (On Campus) ✕

Immerse yourself in a deeply restorative experience as the soothing tones of Tibetan metal bowls guide you into a state of profound relaxation. This session harnesses the power of vibrational frequencies to balance your energy, calm the nervous system, and promote deep healing on a cellular level. Let the harmonic resonance wash over you, dissolving tension, restoring inner harmony, and enhancing overall well-being. Perfect for stress relief, emotional release, and energetic alignment.

- 50 minutes: \$125 | 80 minutes: \$170
Friday, Saturday, and Sunday: +\$10

Crystal Energy Work Add-On (On Campus) ◆

Enhance your energy work session with chakra crystals to balance and align the energy centers of the body and move congested emotional energy to help the body feel more expanded and aligned. Take home the Chakra Crystal giftbox following the service. Crystal Energy work services include Energy Balancing, Reiki, Integrated Energy Therapy, and Master-level Energy Work.

- \$20

CONSULTATIONS

Ayurvedic Health Consultations (On Campus & Virtual) ◆ ○

Receive a one-on-one Ayurvedic consultation to address your overall health and well-being, including personalized diet and daily routine recommendations. *Please note that this service does not include diagnosis or treatment of specific conditions.*

- 50 minutes: \$125 | 80 minutes: \$175

More Options →

Services are by appointment only. Book now by calling 413.448.3214 or by visiting kripalu.org. Prices subject to change.

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AYURVEDIC BODYWORK

Marma Balancing (On Campus) ◆ ■

In this calming and nourishing session Ayurvedic oil blends are applied and gentle to moderate pressure is given to specific energy points on the body. The stillness and presence held with each marma point brings balance to the flow of vital life force in body and mind. Kripalu Marma Balancing is quieting and grounding.

- 50 minutes: \$145 | 80 minutes: \$205
Friday, Saturday, and Sunday: +\$10

Abhyanga (On Campus) ◆

Long, flowing rhythmic strokes help restore balance and vitality, nourishing the body, relaxing the nervous system, and enhancing circulation using herbally infused oil to help balance your dosha. Garshana is a dry silk glove exfoliation which can be incorporated into the 80-minute Abhyanga (Light-to-moderate pressure).

- 50 minutes: \$145 | 80 minutes: \$205 |
w/ Garshana 80 minutes: \$220
Friday, Saturday, and Sunday: +\$10

Vishesh (On Campus) ◆

A firm and flowing Ayurvedic massage treatment which supports the relief of muscular tension and fatigue, balances the nervous system, and enhances circulation while using herbally infused oil to help balance your dosha. (Moderate-to-firm pressure).

- 50 minutes: \$145
Friday, Saturday, and Sunday: +\$10

Shirodhara (On Campus) ◆

Discover the ultimate journey to inner peace and rejuvenation with Shirodhara, a signature Ayurvedic therapy designed to harmonize your body, mind, and spirit. This ancient treatment involves a gentle, rhythmic stream of warm herbal oil poured over your forehead (the "third eye"), creating a deeply meditative state.

- 60 minutes: \$145
Friday, Saturday, and Sunday: +\$10

Shiroabhyanga (On Campus) ◆

Immerse yourself in the luxurious fusion of two transformative Ayurvedic therapies—Shirodhara and Abhyanga. Shiroabhyanga combines the soothing, rhythmic flow of warm herbal oil over the forehead with a deeply restorative full-body massage, creating a harmonious experience that nurtures your body, mind, and spirit. The treatment begins with Abhyanga, a full-body massage using warm, therapeutic oils to detoxify, improve circulation, and release tension. This is followed by the calming ritual of Shirodhara, where a gentle stream of warm oil is poured onto your forehead, promoting mental clarity, deep relaxation, and balance.

- 90 minutes \$250
Friday, Saturday, and Sunday: +\$10

FACIALS

Dr. Hauschka Facial or Body Treatment (On Campus)

Facial: Caring for the skin holistically with rhythmic lymphatic stimulation, décolleté, hand and arm massage.

Body treatment: Begins with an aromatherapy foot soak, a body oil of your choosing is applied gently and rhythmically. The skin and body are pampered and nurtured.

- Facial 60 minutes: \$145 | Body 60 minutes: \$145
Friday, Saturday, and Sunday: +\$10

Solavadi Ayurvedic Facial or Body Treatment (On Campus) ◆

Facial: Relax deeply with this Kripalu signature facial treatment which includes massage oleation with Kansa wands.

Body treatment: Warm oils applied gently. Kansa wands, hot towels and treatment mask is applied to the back and décolleté.

- Facial 60 minutes: \$145 | Body 60 minutes: \$145
Friday, Saturday, and Sunday: +\$10

Green Envee Facial or Back Treatment (On Campus)

Facial: Our most exfoliating facial, with the use of enzymes and granular exfoliants. Post facial sun care is recommended.

Back treatment: It's a facial for your back, with deep cleansing, steam, pore cleaning, massage, and masking.

- Facial 60 minutes: \$145 | Back 60 minutes: \$145
Friday, Saturday, and Sunday: +\$10

More Options →

METAPHYSICAL

Akashic Record Reading (On Campus & Virtual) ○

Gain deep insight, guidance, and direction into the nature of your soul. The Akashic Records contain all human events, thoughts, words, emotions, and possibilities existing in the past, present, or future—a database encoded on the etheric plane. By accessing the Akashic Records, you confirm that you have the power to make your own choices and create your own experience.

- 50 minutes: \$135 | 80 minutes: \$200

Intuitive Divination (On Campus) ◆

This session combines divinatory tools from a variety of traditions including the Chinese systems of I Ching, Qi Men Dun Jia, and 60 Pillars, as well as Western systems of Tarot, Oracle cards, and dowsing to provide insight and life guidance on matters of importance to the querent.

- 50 minutes: \$140

Psychic Medium (On Campus & Virtual) ○

Reach your fullest potential by manifesting your desires and releasing old patterns. Begin with a short meditation connecting you to spirit guides, angels, and/or loved ones on the other side. A psychic reading can help you with family and relationship issues, personal and professional goal setting, and more.

- 25 minutes: \$75 | 50 minutes: \$140

Spiritual Chinese Astrology (On Campus)

This reading reveals your spiritual gifts and talents, how to grow them, and most importantly how to incorporate them into your life. It will also give you insight into your karmic life lessons to transcend them. You will also discover your personal best directions to align with spiritual energies for spiritual cultivation and personal empowerment. Knowledge of your date, time, and place of birth is required for this session.

- 50 minutes: \$140

Tarot Readings (On Campus & Virtual) ○

Tarot readings use a system of archetypal cards to help you delve into the collective subconscious, reflect on possibilities and perspectives, and access your intuitive wisdom. This process can unlock deeper levels of self-awareness, creating a more holistic approach to navigating your personal journey and help in deciphering the questions you pose.

- 25 minutes: \$70 | 50 minutes: \$110

Payment and Cancellation Policy Payment is taken at the time of booking and is fully refundable for rescheduling and cancellations up to 24 hours before your service. Rescheduling, modifying your appointment time, or canceling treatments within 24 hours will result in a 50% forfeiture fee. The remaining balance of the treatment price will be issued as a nonrefundable credit to your Kripalu account, which will be held for one year from the date of issue. If you fail to show up for your treatment, the full charge will apply. *2.5% service fee added to all Healing Arts services.

Note Treatment time is not extended for late arrivals. (Includes late arrivals due to programs running over their scheduled time.)

Gratuities can be handled directly with your practitioner or anytime by visiting the 4th floor Reception Desk or Front Desk. Gratuities not included.

Under 18 In order to offer services to a person between 12 – 17 years of age on campus at Kripalu, a parent or legal guardian must be present for the duration of the treatment as minors must be accompanied by a parent or legal guardian at all times while at Kripalu.

◆ Our Kripalu Signature Services:

Rooted in our methodology and developed by our own faculty. Through compassionate self-exploration and a mindful one-on-one approach, you can soften, relax, and tune in to your body's inner wisdom.

- **Virtual Services Available:** *Our most popular metaphysical services and one-on-one consultations are now available online. Experience personalized, private virtual sessions from the comfort of home.*

- ✂ *Please wear loose-fitting yoga clothes for these sessions.*

- ☀ **Essential Oil Blends:** *Add one of these therapeutic oil blends to enrich your massage experience: \$10*

- ▶ **Full-Spectrum CBD:** *Add CBD oil to enrich your massage experience: \$20*

- **Tuning Forks:** *Add biosonic tuning forks to enrich your massage experience: \$10*

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