

Kripalu[®]

Ayurvedic Health Menu

Consultations

Work with our Ayurvedic Health Counselor to help you explore how to live in a way that best supports your mind, body, and spirit.

Complementary Ayurvedic Insight Session ♦ ○

A 25-minute conversation to explore your current health, lifestyle, and aspirations, and discover how Ayurvedic wisdom can support greater balance, vitality, and purpose in your life.

- 25 minutes: complementary

Ayurvedic Healthy Living ♦ ○

This holistic and individualized consultation begins with your dosha (constitution), health history and goals, culture, values and daily life. The focus of this session is on understanding why you might be experiencing certain patterns and then creating a personalized plan.

- 50 minutes: \$140 | 80 minutes: \$200

Topics may include:

- Constitution and current imbalances
- Digestion and elimination
- Sleep, energy, and vitality
- Stress and nervous system
- Movement and exercise
- Dinacharya (daily routine)
- Food recommendations

Rhythms & Rituals ♦ ○

Discover how to create a life that feels nourishing, intentional and connected. Work with our Ayurvedic Health Counselor to cultivate and embody meaningful lifestyle rhythms that support your well-being over time. Through the lens of Ayurveda, you'll explore meaningful daily rituals, seasonal practices, and lifestyle shifts that foster resilience, presence, and deeper connection. Recommended as a follow-up to the Ayurvedic Living Consultation.

- 50 minutes: \$140 | 80 minutes: \$200

Topics may include:

- Morning and evening rituals
- Seasonal living and aligning with natural cycles
- Create rhythm & balance at home
- Rest and renewal
- Creating intentional transitions throughout the day
- Digital boundaries
- Mindfulness practices and sacred pauses

Food as Medicine ♦ ○

Explore how the principles of Ayurveda can help you make food choices that support digestion, energy, and overall wellbeing. Receive practical guidance tailored to your constitution, current imbalances, and daily life, and work with our Ayurvedic Health Counselor on custom meal planning.

- 25 minutes: \$75

Ayurvedic Bodywork

Marma Balancing ♦

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

Abhyanga ♦

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

Vishesh ♦

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).

Garshana is a dry silk glove exfoliation which can be incorporated into the 80-minute Abhyanga (Light-to-moderate pressure).

- 50 minutes: \$145
w/ Garshana 80 minutes: \$220

Shirodhara ♦

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

Shiroabhyanga ♦

Experience the deeply nourishing union of Shirodhara and Abhyanga. Warm herbal oil flows rhythmically over the forehead while a full-body massage invites deep relaxation, grounding, and restoration. This meditative Ayurvedic treatment soothes the senses, settles the mind, and leaves you feeling warm, balanced, and renewed.

- 90 minutes: \$250

Vedic Astrology

Rising, Moon, Sun Sign & Nakshatra Analysis ♦ ○

Explore the celestial map of your birth through your Rising, Moon, and Sun signs and their corresponding nakshatras (your special star). Discover how these placements illuminate your innate gifts, life path, karmic patterns, and current journey. Your reading integrates birth chart wisdom and planetary transits to offer meaningful insight and practical guidance for moving forward with greater clarity and purpose.

Advance knowledge of your birth date, time and location is required.

- 50 minute: \$140 | 80 minutes: \$200

Astrology & Ayurveda ♦ ○

Discover the connection between your Vedic birth chart and Ayurvedic wisdom. Explore your strengths, challenges, karmic patterns, and the three gunas—sattva, rajas, and tamas—to deepen self-awareness and cultivate greater balance. Leave with practical insights to support your well-being, resilience, and sense of purpose.

Advance knowledge of your birth date, time and location is required.

- 50 minutes: \$140 | 80 minutes: \$200

More Options →

Book your appointment today.

On Campus and Virtual services are offered:

Monday—Sunday, 9:30am—8:30pm.

Services are by appointment only. Book now by calling **413.448.3514** or by visiting **kripalu.org**. Prices subject to change.

A \$10 weekend upcharge applies on Fridays, Saturdays, and Sundays.

- ♦ **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:** *Experience personalized, private virtual sessions from the comfort of home.*

Vedic Astrology Follow Up & Life Guidance

Return to your birth chart for additional personalized guidance as you navigate new challenges and opportunities during a specific dasha (planetary period). Deepen your understanding of the energies shaping the current chapter of your life and move forward with greater clarity and confidence.

- 25 minutes: \$60 | 50 minutes: \$135

Ayurvedic Packages

Ground & Reset Experience: A Bundles \$350

For those feeling depleted, overwhelmed, fatigued, or in need of reconnection. A restorative experience designed to help you slow down, replenish your energy, and reconnect with what nourishes you most. Through personalized Ayurvedic guidance and healing arts treatments, you'll receive practical tools and embodied experiences to support greater balance, resilience, and wellbeing.

Ideal for:

- Fatigue and low energy
- Stress recovery
- Returning to healthy routines
- Seasonal transitions

Includes:

- Ayurvedic Healthy Living Consultation (50m)
- Choice of 2 Healing Arts Services
 - Abhyanga or Vishesh (50m)
 - Marma Balancing (50m)
 - Shirodhara (60m)
 - Solavedi Facial (60m)
 - Vedic Astrology (50m)
- 1 email follow up from the Ayurvedic Health Counselor

The Kripalu Living Experience \$725

For those seeking deeper, lasting change and a more intentional way of living. This immersive Ayurvedic experience offers personalized guidance, reflection, and healing support over multiple sessions. Together, you'll explore your unique constitution, daily habits, seasonal rhythms, nourishment, and life priorities while receiving healing arts treatments that help integrate these insights into the body.

Ideal for:

- Major life transitions
- Menopause and midlife transformation
- Rebuilding vitality after stress or burnout
- Deepening spiritual practice
- Aligning daily life with personal values
- Cultivating sustainable wellbeing

Includes:

- Ayurvedic Living Consultation (80 min)
- Rhythms & Rituals Consultation (50 min)
- Choice of 2 Healing Arts Bodywork Sessions
 - Abhyanga or Vishesh (50m)
 - Marma Balancing (50m)
 - Shirodhara (60m)
 - Solavedi Facial (60m)
- Vedic Astrology (50m)
- 1 25 min follow up; 2 email check-ins with your Ayurvedic Health Counselor

Ayurvedic Consultants

Asif Ullah, Ayurvedic Health Counselor & Bodyworker

Hailing from Astoria, New York, yogi medicineman Asif Ullah is a creative writer and healer. He wrote himself into existence over two decades ago, after a B.A. in creative writing, through his first novel about a 300-year-old yogi healer who attempts to stop the corporatization of yoga. He has been teaching creative writing and fiction for years in schools, with writing groups, and to his clients. He practices ancient healing in the Ayurvedic-Alchemical-Yogic tradition of his grandfather and great-grandfathers from India and Bangladesh.

Kaveri Barros, Ayurvedic Health Counselor

Kaveri is an Ayurvedic Health Counselor and certified Kripalu yoga instructor whose work bridges the wisdom of her Indian roots with practical, holistic approaches to well-being. Drawing from Ayurveda, yoga, and meditation, she helps individuals reconnect with their innate wisdom and cultivate greater balance, vitality, and self-awareness.

Kaveri's compassionate and intuitive approach honors the interconnectedness of mind, body, spirit, and nature. Through personalized guidance, she creates a supportive space for healing, transformation, and a deeper connection to one's authentic self.

Sharon Pollock, Ayurvedic Health Counselor

Sharon discovered Ayurveda more than 15 years ago while studying yoga at Kripalu. Inspired by her own healing journey, she completed Kripalu's Ayurvedic Health Counselor training before traveling extensively throughout India to deepen her understanding of Ayurvedic bodywork, herbal medicine, and Vedic philosophy at the Jiva Institute in Faridabad and Vrindavan. Her studies have included exploring medicinal plants firsthand with Dr. Shrinivas Patil in Belgaum, Marma therapy with Dr. Vasant Lad at the Ayurvedic Institute, advanced Ayurvedic Practitioner training through Boston Ayurveda, and an immersive stay at Vaidyagrama Ayurvedic Healing Village in Tamil Nadu.

Sharon believes Ayurveda transformed her own health and is passionate about helping others discover greater balance, vitality, and wellbeing through its timeless wisdom.

Lisa Sommer, Vedic Astrology Consultant, Ayurvedic Health Counselor

Lisa Berkman Sommer is an E-RYT 500 yoga teacher, Ayurvedic Health Counselor, and Vedic Astrology Consultant with more than 25 years of experience helping others cultivate greater health, clarity, and purpose. Drawing on the wisdom of Yoga, Ayurveda, and Vedic Astrology—the Three Sister Sciences of India—she offers consultations that illuminate life's patterns and provide practical guidance for navigating relationships, career, health, and personal growth. Her compassionate approach empowers guests to reconnect with their inner wisdom and move forward with greater confidence and alignment.

A longtime member of the Kripalu community, Lisa has served as Seva Faculty Assistant for the Kripalu School of Yoga & Ayurveda since 2017, supporting faculty and students in advanced teacher training and Ayurveda programs. She has taught yoga, workshops, and retreats throughout the United States and internationally, making these ancient teachings accessible, relevant, and deeply supportive of modern life.

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. *3% 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.)

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

Pregnancy: If you are pregnant at any stage of pregnancy, you must book a prenatal/pregnancy-specific massage or treatment.

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.