FALL 2026
IMPACT NEWSLETTER



Honoring Our Legacy. Building for the Future.

KRIPALU.ORG



Letter From Our CEO

Dear Friends,

As autumn settles over the Berkshires, I am deeply honored to write to you for the first time as Kripalu's CEO and President. For more than 24 years, I have known Kripalu as a guest, Board member, Trustee Emerita, and most recently Interim CEO. It is a part of who I am, and I am delighted to help guide it into its next chapter.

I am grateful to our Board of Directors for their trust, to our extraordinary staff for their commitment, and to you, our donors. Your generosity allows Kripalu to fulfill its mission of helping people and communities realize their full potential through the transformative power of yoga, and to keep that mission accessible to all.



This newsletter shows what your support makes possible. Kripalu is building on a 50-year lineage, while pioneering new ways to share our practices and mission. Inside, you'll read about our powerful Global Majority Yoga Teacher Training, preparing a more representative generation of teachers; a joyful reunion that welcomed home 120 former ashram residents, honoring the seva, sadhana, and sangha that shaped us; a meaningful story of giving that included the restoration of our orchard; and the plan to restore the historic East Gatehouse, a landmark of Berkshire history.

Together, these stories honor where Kripalu has been while investing in where it is going.

I look forward to connecting with you in the months ahead. And I hope you get the opportunity to visit Kripalu soon for whatever your heart and soul is seeking.

With gratitude,
Erin R. Tunnicliffe
CEO & President

Kripalu Board of Directors

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.

Shirronda Almeida
Monica Singh Avram
Paul Belsito
Karen DeTemple
Mary Egan
Matthew Lyons
Saima Siddiqi
Josh Young
Liana Sterling

GIFTS & GRATITUDE TEAM
Jennifer Joyce, Director of Gifts and Gratitude
Rebecca Kerr, Gift Officer
Kendra Lacroix, Gift Officer
Anna Linscott-Zask, Donor Relations & Grants Coordinator

YOUR SUPPORT HELPS SUSTAIN KRIPALU'S MISSION. PLEASE CONSIDER A DONATION TODAY!

Email: giving@kripalu.org
Donate: give.kripalu.org
Mail: PO Box 309, Stockbridge, MA 01262

Donate Once, Make Twice the Impact

Joan and Ira Berkowitz, longtime members of the Kripalu community, are matching every donation made up to $50,000. Your gift will be matched dollar for dollar, doubling the good it can do.

"Joan and I give to Kripalu because we want others to feel connected and to experience Kripalu for themselves. Kripalu has meant so much to us, and we want to share that."

Double your impact, today.



Passing the Baton: Honoring Kripalu's Past, Sustaining Its Future

"Kripalu's ashram residents were the first members of this community to embody the values of service (seva), daily practice (sadhana), and community (sangha), helping lay the foundation for the Kripalu we know today. It was a joy to welcome past residents back to their former home, to share how Kripalu continues its mission through transformational yogic education, and to honor their pioneering spirit that still inspires us today." — Holly McCormack, Chief Learning Officer

This June, Kripalu welcomed home more than 120 former ashram residents for an overnight reunion rooted in remembrance, reconnection, and a meaningful "baton pass" between those who helped shape Kripalu's earliest community and the faculty and leaders carrying its teachings forward today.

What began as a small idea with a goal of welcoming 30 attendees quickly grew to 120, with past residents traveling from across the country to return to a place they once called home. Together, they walked the labyrinth, shared meals and memories, and participated in a powerful Kripalu Lineage Reflections Conversation: Past and Present, led by Kripalu faculty and senior leadership.

"The reunion carried both remembrance and heartfelt hope for Kripalu's future: that the people who care for the building and welcome its guests will be supported; that elders and newer generations will continue learning from one another; and that the essential spirit of community, equality, service, and love will remain alive." — Ken Nelson

Your support allowed Kripalu to offer complimentary housing, meals, and programming to 120 past residents—removing financial barriers to participation and creating the space for generations of the Kripalu community to come together and ensure that the values of seva, sadhana, and sangha remain vibrant for generations to come.

Leading the Future of Yoga Teacher Training

Kripalu means compassion. For more than 50 years, that principle has shaped how we practice, teach, and respond to the needs of our community and the world. Today, Kripalu's Global Majority 200-Hour Yoga Teacher Training (GMYTT) demonstrates what happens when that legacy of compassion meets innovation.

Kripalu School of Yoga is among a small number of yoga schools that offer 200-Hour yoga teacher trainings created specifically for BIPOC practitioners and led by BIPOC faculty. Global Majority refers to Black, Indigenous, and People of Color who, despite representing approximately 80–85% of the world's population, are significantly underrepresented in yoga spaces.

"It's hard to stand for people whose voices are not traditionally heard in the mainstream," says Kripalu School of Yoga Director Rolf Gates. **"It defines Kripalu as a thought leader and an organization of compassion and courage."**



The GMYTT recognizes inequity in the yoga industry and actively works to address it by creating a space where BIPOC teachers and students are the majority. In this environment, participants are empowered to lead from their unique lived experience, becoming strong, confident teachers equipped to impact their communities.

The GMYTT pairs more than five decades of excellence in yoga education with the courage to evolve and meet the needs of our time. The high-caliber teaching team is led by Kripalu Lead Faculty Rolf Gates and Pilin Anice, Kripalu Visionary Hawah Kasat and Kripalu Presenter Nikki Myers. Participants learn Kripalu's technical, empathetic, and intuitive teaching approach within an affinity space. To date, Kripalu has offered three GMYTTs, graduating more than 54 new BIPOC yoga teachers.

Donors help make this vision possible. In 2026, donors funded five scholarships out of a total of twenty trainees, helping to empower a new generation of BIPOC teachers to bring the transformative practice of Kripalu Yoga back to their communities ensuring Kripalu remains at the forefront of creating a more accessible, representative, and inclusive yoga field.

The next GMYTT begins in February. **Help Kripalu lead the way.**

Restoring a Landmark, Preserving a Legacy

There are two iconic landmarks that greet you as you travel along Route 183 toward Kripalu, just past Tanglewood: the legendary Kripalu sign and the historic East Gatehouse.

For generations of guests, the Kripalu sign has marked the beginning of something meaningful: a journey toward reflection, connection, joy, and transformation. Just down the road, the East Gatehouse tells another story, one that reaches further back into the remarkable history of the land Kripalu calls home.

The East Gatehouse was once the grand entrance to Shadowbrook, the second-largest private residence in America. Andrew Carnegie lived and died at Shadowbrook. Margaret Vanderbilt was received here. Frederick Law Olmsted designed the grounds. The East Gatehouse is one of the last remaining structures of an estate that helped define the Gilded Age in the Berkshires.

Over time, the Berkshires grew from a destination known for grand estates into a world-renowned center for art, culture, nature, wellness, and contemplation. Since taking stewardship of the property where Shadowbrook once stood in 1983, Kripalu has played a vital role in the development of the Berkshires, welcoming generations of people to these historic grounds.

Today, the beautiful but crumbling East Gatehouse sits behind a makeshift fence and a "No Trespassing" sign and we believe it is time to restore this important piece of Berkshire history.

Through the **East Gatehouse Restoration Campaign**, we will restore its stonework, roof, windows, and surrounding landscape, while interpretive signage will share the story of Shadowbrook and this land for generations to come.

For those who love Kripalu and the Berkshires, this is an opportunity to honor the history that came before us while caring for what we will leave behind. Imagine arriving at the legendary Kripalu sign and seeing the East Gatehouse fully restored—a beautiful landmark once again welcoming all who pass through as they journey onwards toward transformation. **Two iconic landmarks. Two extraordinary legacies. One enduring Berkshire story. Help us preserve it.**



EAST GATEHOUSE BUILDING IN ITS CURRENT STATE.

Let Your Giving Light You Up

Kat Cafiero is many things to Kripalu: a Kripalu-certified yoga teacher, a member of our Legacy Society and Neighbors Circle, a beloved donor, and an integral part of our community for more than 30 years.

She is also passionate about gardening—which made a recent conversation at Kripalu feel particularly serendipitous.

When Anna Linscott-Zask from Gifts & Gratitude and Tony Sgueglia, Kripalu's Director of Facilities, shared plans to restore our orchard, Kat lit up.



KAT CAFIERO

"I will absolutely support that," she said. "I can feel their pain."

The orchard brought together Kat's love of trees, her commitment to Kripalu, and her own history here. Years ago, while volunteering in the Veggie Prep shop, she remembers making apple juice from those very trees using Kripalu's original apple press. Now, she has the opportunity to help bring them back to life.

This is the kind of philanthropy we hope to cultivate at Kripalu: giving that lights you up.

Whether you care deeply about our land, expanding access to Kripalu's teachings, scholarships, our campus, or the people and programs carrying Kripalu into the future, our hope is to connect you with opportunities that reflect what matters most to you.

Kat found that connection in the orchard. Her gift will help provide "fruit, shade, beauty, and ecological health for generations of Kripalu staff, guests, and the 'more than human world,'" shares Micah Mortali, Director of the Kripalu School of Mindful Outdoor Leadership.

After more than 30 years of giving, Kat has also included Kripalu in her estate plans as a member of our Legacy Society.

Kat's story is a beautiful reminder that there is no single way to give to Kripalu. **Give to what moves you. Give to what matters to you. Give your way.** Our hope is simply to help you discover something at Kripalu that lights you up.