WINTER PREVIEW

Kripalu®

JANUARY–MARCH 2027



Go Inward. Grow Forward.

A WARMING **YOGA PRACTICE** | SAVE ON **WINTER R&R** | **300+ NEW** PROGRAMS & TRAININGS

KRIPALU.ORG

Letter from Our CEO

Dear Friends,

I am delighted to connect with you for the first time as Kripalu's CEO and President. Kripalu has been part of my life for more than two decades. I still remember my first visit, and the joy, community, and deep renewal I found here that has brought me back ever since. In the years since, I've been honored to serve on the Board, as Trustee Emerita, and now as CEO. Each role has deepened my belief in what this special place offers.



For more than 50 years, Kripalu, an educational non-profit, has drawn on ancient wisdom that fits modern life. What may be a popular wellness trend today is, for us, part of a proven lineage: how to move, rest, meditate, eat, breathe, and connect with one another. These fundamentals have never been more essential. My hope is to make this wisdom easier to reach, with pathways that support you however and whenever you need it.

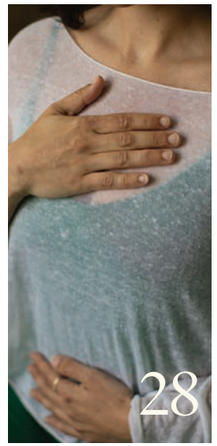
The season ahead is a natural time to begin. Kripalu offers a place to pause during the busy holiday season and a sanctuary for winter's quiet invitation to turn inward. If you've been here before, come home to yourself again. If you've never visited, we would love to meet you.

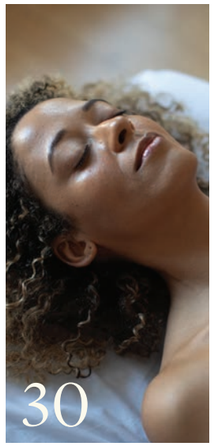
With gratitude,
Erin R. Tunnicliffe
CEO & President

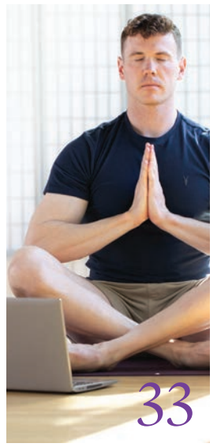
Content











6–7 | RETREAT & RENEWAL
Winter is an invitation to slow down, pause, and reflect. Learn about how our seasonal offerings can enhance your visit and bring warmth to your stay.

8–25 | JANUARY–MARCH PROGRAMS
Learn more about all of the programs coming to Kripalu this winter season. **kripalu.org/calendar**

26–27 | KRIPALU SCHOOLS
Preview our 2027 trainings and discover the many ways you can take your practice, knowledge, and experience to the next level.

28–29 | ANNUAL FRIENDS MEMBERSHIP
We created the **Kripalu Friends Annual Membership** to help you come back more often and save each time. It's more than a discount—it's permission to return as often as your well-being calls you.

30–31 | HEALING ARTS
Discover how integrated energy work is one of the many ways that make a Kripalu Healing Arts treatment a tailored experience—exactly what you need at exactly the moment you need it.

32 | MISSION SPOTLIGHT
Read about our partnership with Mass Mentoring and the Yawkey Foundation, and how your support drives our mission.

33 | KRIPALU ONLINE STUDIO
Don't miss your chance to join the Kripalu Online Studio for the lowest price of the year.

34 | PROGRAM APPENDIX
Find a list of more January–March programs. Learn more and book at **kripalu.org/calendar**.

35 | PLAN YOUR STAY
A stay at Kripalu is more than just room and board. Discover all that is included when you decide to make the trip.

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.

Learn more poses like these at our **Restorative Yoga Teacher Training**, on campus February 21–26. Register online at **kripalu.org/schools**.







Pause. Soften. Nourish.

A Winter Warming Practice



BY JESS FREY
Kripalu Lead Faculty

Restorative yoga aligns with winter's natural rhythm—a season to slow down and turn inward. Create a cozy space with warmth, soft light, and extra blankets. Let your body, mind, and heart soften into rest. We welcome you to try this gentle winter warming flow from Lead Faculty Jess Frey.

1 Surfboard
Place a blanket lengthwise on your mat with a rolled portion beneath your ankles. Lower your torso over the bolster, bending elbows into a gentle cactus shape. Rest one cheek down and allow your whole body to soften into the support beneath you. Stay for several minutes with slow belly breaths. To come out, gently press back to a seat and notice the nourishing echo of pause.

2 Supported Fish
Place a bolster lengthwise on your mat with a folded blanket supporting your head and a rolled blanket beneath your knees. Open your arms into a gentle cactus shape. If desired, place a blanket over your belly for warmth. Receive gentle breaths, softening with each exhale. To come out, roll gently to one side before sitting up. Pause with a hand on your heart to notice the quiet within.

3 Supported Legs on a Chair
Place a sturdy chair on your mat and lie on your back with your legs resting on the chair, knees bent at 90 degrees. Support your head with a folded blanket and rest a folded blanket over your belly for gentle grounding. Relax your arms to the side and allow your breath to lengthen. After several minutes, hug your knees to your chest, roll to one side, and slowly come to a seat.

Winter Begins Within
with Kripalu Retreat & Renewal





Save and Restore This Winter

Savor the stillness of winter and give yourself permission to slow down.

Save 30% on R&R mid-week (Sunday–Thursday) stays of 3 nights or more from December 1, 2026 to March 26, 2027.

Learn more and enter promo code **WINTER30** at checkout to book your stay.
KRIPALU.ORG/RETREAT

As snow blankets the Berkshires, a different kind of journey begins. Forest trails grow quiet. Morning light stretches across frozen fields, and the world seems to breathe a little slower. It's a season that reminds us to pause—to rest, reflect, and return to ourselves.

At Kripalu, winter becomes an invitation to step away from the demands of everyday life and embrace practices that restore body, mind, and spirit. Whether you come for a day or stay for a longer retreat, our Retreat & Renewal experience gives you the freedom to shape your day with yoga, meditation, nourishing meals, inspiring workshops, time in nature, and space to simply be.

Begin your morning with yoga as snow falls outside the windows. Embrace the peaceful beauty of nature through a guided meditative hike across our grounds. Then, restore your body with seasonal meals, quiet reflection, or a Healing Arts treatment. However you choose to spend your time here, you'll leave feeling rested, grounded, and renewed by the simple rhythms of the season.

SEASONAL OFFERINGS

Throughout the winter, Retreat & Renewal features rotating workshops led by Kripalu faculty and guest teachers, offering fresh, seasonal perspectives on yoga, meditation, Ayurveda, creativity, mindful living, and personal growth.

GATHER IN WARMTH

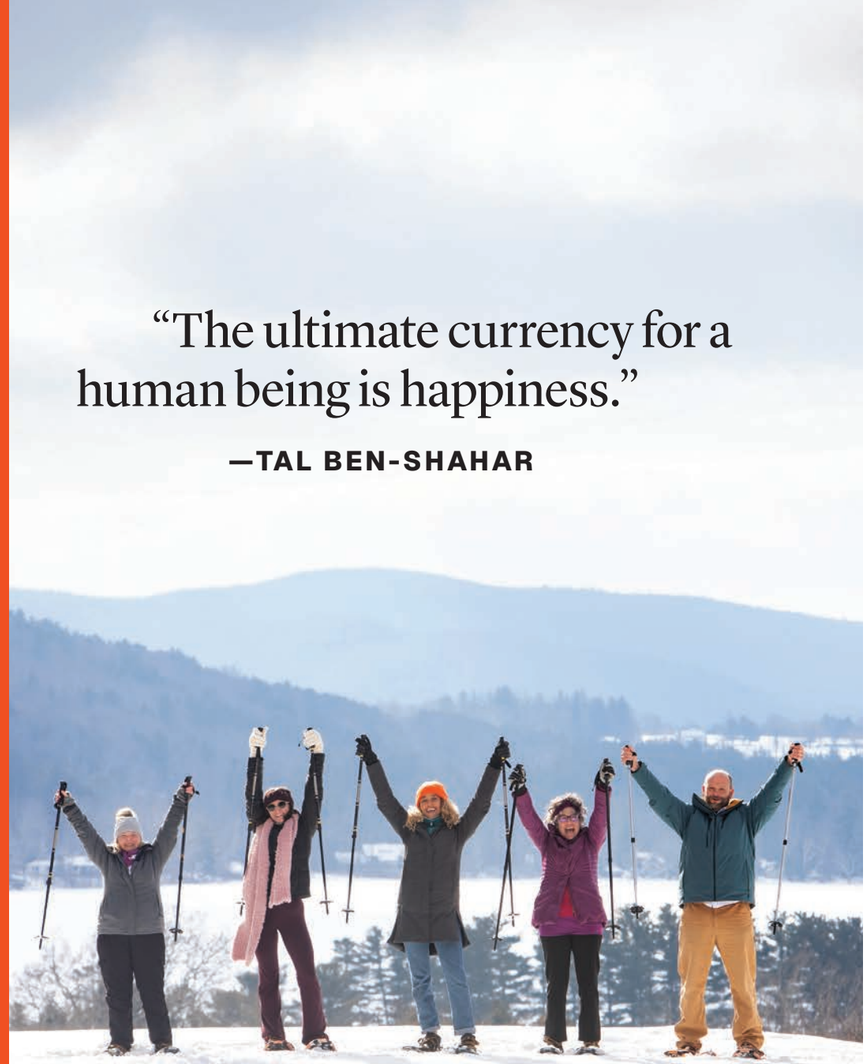
Winter naturally draws us closer. Around shared tables, in reading rooms, during evening programs, and in quiet conversations between yoga classes, you'll find a welcoming community of people who have come seeking many of the same things: rest, perspective, connection, and space to begin again.

Contemplative Week

January 4–8 | Monday–Friday

Experience one of Kripalu's most cherished winter traditions. During Contemplative Week, the campus embraces a shared rhythm of quiet through guided yoga, meditation, reflective workshops, and three daily silent meals.

A SAMPLING OF ON CAMPUS PROGRAMS



"The ultimate currency for a human being is happiness."

—TAL BEN-SHAHAR

Winter Program Highlights

FOR A FULL LIST OF ALL UPCOMING PROGRAMS, SCAN THE QR CODE OR VISIT KRIPALU.ORG/CALENDAR

JAN. 15–18 | FRIDAY–MONDAY

Qigong to Increase Your Healing Power

Robert Peng

Strengthen your willpower and unlock vitality. Learn the fundamentals of qigong and how to work with the energy centers of your body with world-renowned healing master Robert Peng.

This program is also available to stream online.





JAN. 29–31 | FRIDAY–SUNDAY

The Full Scope of Yoga

Rodney Yee and Colleen Saidman Yee

Release tension, align with your body's natural rhythms, and reveal the joy already within you with two acclaimed teachers.

This program is also available to stream online.

FEB. 19–21 | FRIDAY–SUNDAY

Happy Habits

Change Your Life, Change the World, One Habit at a Time

Tal Ben-Shahar

Change starts small. Discover simple daily tools and the SPIRE model of well-being from a Harvard educator that can generate a big impact.

This program is also available to stream online.







MAR. 19–21 | FRIDAY–SUNDAY

Shedding a New Light on Yoga for Osteoporosis

Loren Fishman and Liz Larson

Dr. Loren Fishman's landmark research meets your practice. Discover the tools to protect your bones through lecture, movement, and hands-on access.



JAN. 1–3 | FRIDAY–SUNDAY

Creating Mandalas for an Inspired New Year

Kathryn Costa

Explore a soulful creative practice and get inspired for the year ahead. Designed for beginners and experienced artists alike.



JAN. 1–3 | FRIDAY–SUNDAY

The First Dance

A New Year Weekend of Movement and Joy

Jurian Hughes

A retreat built around the simple, radical act of moving freely. Your body already knows the way. All you have to do is show up and let it move.



JAN. 1–3 | FRIDAY–SUNDAY

Essential Practices for Everyday Life

Practical Tools from the Kripalu Path

Cristie Newhart and Ilana Beigel

Rooted in Swami Kripalu's teachings, discover compassionate self-care for everyday life. Connect to your inner path during the peak of the winter season.



JAN. 1–4 | FRIDAY–MONDAY

Slow Yoga & Qigong

Relax & Restore in the New Year

Ken Nelson, John Haggerty, and Lesli Lang

Begin the new year refreshed and renewed through the flowing movements of qigong, the meditative pace of slow yoga, and the deep rest of yoga nidra.



JAN. 1–4 | FRIDAY–MONDAY

Alchemy of Balance

Science and Soulful Strategies to Calm Stress

Priti Robyn Ross

Blending modern neuroscience with ancient contemplative practices, learn to create the inner conditions for deep relaxation, emotional regulation, and renewed aliveness.



JAN. 1–4 | FRIDAY–MONDAY

Doorways of the Heart

A Tibetan Yoga New Year Retreat

James Bae

Learn and practice Tibetan Buddhist yoga and meditation and gather to honor the experiences of grief, loss, and transition that serve as powerful thresholds in our lives.



JAN. 1–8 | FRIDAY–FRIDAY

The Kripalu Silent Retreat

Jess Frey and Edi Pasalis

Silence is not empty. It is full of everything you have been too busy to hear. Step away from the distractions and demands of everyday life and into our most popular offering. The Silent Retreat is an invitation to listen more deeply beneath layers of constant busyness and beyond mental chatter. Silence becomes a doorway into presence, compassionate awareness, and direct connection with the aliveness of each moment. Your inner life is calling. Answer it.

From January 1–8, join Jess Frey and Edi Pasalis in a special 7-day edition of this retreat. In this 7-day container, something deep begins to shift. Be held in this spacious container and start your year reflective, less reactive, and more appreciative of the little moments of joy that surround you every day.

ADDITIONAL DATES:

Jan. 29–31 with Jess Frey
Feb. 19–21 with Cristie Newhart
Mar. 12–14 with Pilin Anice
Mar. 21–26 with Jess Frey



JAN. 8–10 | FRIDAY–SUNDAY

Intention Obsession

Seasonal Self-Care Rituals for Burnt-Out Witches

Erica Feldmann and Paige Curtin

Spirituality doesn't have to be serious or hard. Connect with magical community in a weekend full of relaxed magic making and simple ceremony.



JAN. 8–10 | FRIDAY–SUNDAY

Steadiness and Joy

Yoga for Your Entire Life

Natasha Rizopoulos

Take your practice to the next level. Dive deep into the physical practice and philosophy of yoga and develop a strong foundation for a lifelong practice.



JAN. 8–10 | FRIDAY–SUNDAY

New Year, New Metabolism

Transform Your Body and Health

John Bagnulo

A new way of looking at what you eat. Nutrition scientist John Bagnulo explains the science behind what it takes to maintain a healthy metabolism.



JAN. 8–10 | FRIDAY–SUNDAY

Just Ask Spirit

How to Connect and Manifest with Your Guides

Sherianna Boyle

Awaken your spirit and align to the true power of manifestation through somatic movement, breathwork, chanting, journaling, and more.



JAN. 8–11 | FRIDAY–MONDAY

Your Body Never Meant You Any Harm

Ann Saffi Biasetti

You are invited into a safe space to explore healing, self-compassion, and a chance to reconnect to your body through reflection, somatic practices, and gentle movement.



JAN. 10–13
SUNDAY–WEDNESDAY

Post-Treatment Life

A Retreat for Cancer Survivors & Thrivers

Ilana Beigel and Dr. Amy Rothenberg

A supportive space to explore what comes next. Reconnect with a sense of purpose, meaning, and well-being through reflection, movement, and more.



JAN. 11–15 | MONDAY–FRIDAY

The Kripalu Yoga Retreat

Return to Practice

Michelle Dalbec and Christine Bissonnette

For anyone who wants to practice yoga honestly, steadily, and in good company. Explore foundational principles of Kripalu Yoga free from pressure or performance.



JAN. 15–18 | FRIDAY–MONDAY

The Secret Language of the Body

Nervous System Immersion

Karden Rabin

Join author and world-renowned nervous system medicine practitioner Karden Rabin for a practical training in nervous system regulation and healing.



JAN. 15–18 | FRIDAY–MONDAY

Awakening Through Truth

A Kundalini & Satyagraha Immersion

Jeannie O'Neill

Meet yourself with greater honesty. Pause, realign, and come home to yourself through Kundalini yoga, breathwork, and compassionate community.



JAN. 10–15 | SUNDAY–FRIDAY

Acceptance and Commitment Therapy

A Skills-Based Training Retreat

John Forsyth and Jamie Forsyth

Learn one of the most evidence-based and clinically versatile approaches in mental health today. Led by expert trainers and clinical psychologists John and Jamie Forsyth, this immersive training covers Acceptance and Commitment Therapy (ACT) as both a model and an intervention technology with direct application to the problems you see most in your practice. Through live demonstrations, hands-on skill-building exercises, clinical worksheets, and practical integration strategies, gain skills you can use to help your clients immediately. No prior ACT experience required; 22 CEs included.





JAN. 15–18 | FRIDAY–MONDAY

Inner Quest Intensive

Aruni Nan Futuronsky

Practice living with authenticity, joy, vitality, and the abundant grace that is your birthright in our signature self-discovery program.



JAN. 15–18 | FRIDAY–MONDAY

The Breath Within

Strengthen Your Respiratory Health

Kari Harendorf and Tiger Bye

Optimize the power of the breath to imbue your body with more oxygen, enhance your practice, and balance your mind and life.



JAN. 21–24 | THURSDAY–SUNDAY

Taking Refuge

A Winter Loving-Kindness Retreat

Rebecca Kronlage

This winter, explore the practice of gentling ourselves—slowing down and replenishing body, mind, and heart through loving-kindness meditation, gentle yoga, and more.



JAN. 22–24 | FRIDAY–SUNDAY

The Medicine of Sound Healing & Somatic Breathwork

Jess Frey and Jon Orsini

Breath and sound—two of the simplest, most effective ways to shift our nervous system. Experience both in this profound weekend of deep healing.



JAN. 22–24 | FRIDAY–SUNDAY

The Natural Singer

Find Your True Voice

Claude Stein

Sing your heart out. Through group songs, harmonies, and individual attention, learn how to break through blocks and express yourself from a deeply empowered place.



JAN. 22–24 | FRIDAY–SUNDAY

Building a Better Immune System for Lifelong Health and Vitality

Sudha Carolyn Lundeen and Elizabeth Boham

Protect yourself from illness, learn the biochemistry of stress, and up-level your health with natural techniques drawn from yoga and functional medicine.



JAN. 22–24 | FRIDAY–SUNDAY

Renew, Restore, Reconnect

Energy Healing Reimagined

Deborah King, Cathy Gabrielsen Vedran Vulicevic, and Christy Droog

Join Deborah King and the LifeForce Energy Healing® Team for a weekend of energy work designed to help you renew your body, restore your soul, and reconnect to guidance.



JAN. 22–24 | FRIDAY–SUNDAY

Crafting the Year Ahead

Music, Magic, and Vinyasa

Miles Borrero

Set the tone for a meaningful year and reconnect to the collective vibration through chanting, live music, intentional vinyasa yoga, and more.



JAN. 22–24 | FRIDAY–SUNDAY

Kripalu Outdoors

Snowshoeing and Yoga

Tracy Foster and Ami Jean Aubin

Find your place in nature as you explore miles of snow-covered trails with stunning views right outside of Kripalu's back door.



JAN. 29–31 | FRIDAY–SUNDAY

Unearthing the Wisdom of Menopause

Rituals for Self-Care and Discovery

Edi Pasalis

Discover ritual, community, and self-care practices to meet this life stage with intention and navigate change with joy, freedom, and power.



JAN. 29–31 | FRIDAY–SUNDAY

Body Harmony

A Therapeutic Weekend of Profound Self-Care

Antoinette Simms

Weave self-care techniques using simple and powerful physical therapy tools, like yoga balls and foam rollers, to improve your physical, mental, and emotional health.



FEB. 4–7 | THURSDAY–SUNDAY

Personal Energy Clearing

A Path to Clarity and Calm

Melanie Mattson

It's time to trust your gut. Learn how to clear your own energy, the energy of others, and deepen your connection with your inner knowing.



FEB. 4–7 | THURSDAY–SUNDAY

The Kripalu Retreat for Men

Micah Mortali and Christopher Holmes

Grab your friends and gather with men of all ages to unplug, heal, and find strength and inspiration from each other and the outdoors.



FEB. 5–7 | FRIDAY–SUNDAY

Permission Granted

The Sacred Art of Self-Care

Renée Trudeau

Do less, feel more. A women's retreat rooted in rest, ritual, and radical self-permission with transformational teacher Renée Trudeau.



FEB. 5–7 | FRIDAY–SUNDAY

The Art of Hibernation Retreat

Jacqui Bonwell

'Tis the season of hibernation. Increase your bandwidth and gather energy from within through writing, breathwork, and restorative yoga.







FEB. 5–7 | FRIDAY–SUNDAY

Yoga Retreat for Women of Color

Rooted and Reaching

Maya Breuer, Kiesha Battles, and Angela Fears

Your roots run deeper than you know. Join in sisterhood for an empowering Black History Month celebration rooted in yoga, Ayurveda, meditation, mantra, storytelling, and dance. Move your body in sunrise yoga sessions. Quiet your mind through sacred sound and mudra. Speak your truth in circle. Celebrate each other through movement and music. The faith, strength, and wisdom you carry did not begin with you, but when you share it, it multiplies. Come reclaim your narrative, honor those who came before you, and remember exactly how powerful your legacy is.



FEB. 5–7 | FRIDAY–SUNDAY

The Celtic Wisdom of Connection

Mícheál Ó Súilleabháin and Owen Ó Súilleabháin

Ancient Irish wisdom for a modern soul. Find meaning in poetry, song, and story with the virtuosic Ó Súilleabháin brothers.



FEB. 12–14 | FRIDAY–SUNDAY

Deepening Your Relationship

A Workshop for Couples

Michael Lee and Sarah Greco

Build a more conscious, loving partnership in alignment with your values and inner truth through guided practices rooted in presence, empathy, and mutual discovery.



FEB. 12–14 | FRIDAY–SUNDAY

Dharma Yoga Immersion Weekend

Yogic Wisdom for Advanced Practitioners

Dharma Mittra

Nearly six decades of wisdom distilled into one weekend. Learn Dharma Yoga from its founder and dive into Vendantic yoga philosophy, asana, meditation, and more.



FEB. 12–14 | FRIDAY–SUNDAY

Loving Touch Couples Thai Massage

Shai Plonski

Learn the healing power of intentional touch. Come with someone you love and leave with skills that deepen connection, ease stress, and open your heart.



FEB. 12–15 | FRIDAY–MONDAY

Breathe, Feel, Flow

A Kripalu Vinyasa Immersion

Pilin Anice

Come home to yourself, one breath at a time. Explore pranayama, meditation, and practices that nourish all layers of your being.



FEB. 15–19 | MONDAY–FRIDAY

Write It from the Heart

Jump-Start Your Memoir

Nancy Slonim Aronie

Move from yearning to writing. Find your authentic voice and the courage to finally tell your story in a safe, brave space.



FEB. 15–19 | MONDAY–FRIDAY

Winter Ayurveda Retreat

Harmony, Rejuvenation, and Rest

Emilie Reid

Align to the rhythm of nature. Take time to slow down, warm your bones, and reset your nervous system with Ayurvedic wisdom for the winter season.



FEB. 18–21 THURSDAY–SUNDAY

How to Turn Grief into Grace

Edy Nathan

Reclaim what trauma reorganized through Edy Nathan's Liberation Protocol. This isn't a cure, but practical tools for building a living relationship with your grief.



FEB. 19–21 | FRIDAY–SUNDAY

Soften Into Your True Self

Rediscovering Who You Are Now

Missy Brown

A nourishing weekend designed to help you reconnect with yourself and embrace who you are in this stage of life as you uncover, discover, and rediscover your true self while savoring the sweetness of your heart.



FEB. 19–21 | FRIDAY–SUNDAY

Sacred Reparenting

Healing from Toxic Parents

Lisa Campion

What if the parent you have been waiting for is you? Practice becoming the steady, loving presence you've always needed through gentle energy healing, journaling, meditation, and more.



FEB. 19–21 | FRIDAY–SUNDAY

The Evolving Wisdom of the Body

A Somatic Yoga Retreat

Bobbie Ellis and Karin Weinstein

Listen closely. Your body has been communicating all along. Explore somatic yoga as a living practice of awareness, innate wisdom, and presence.



FEB. 19–21 | FRIDAY–SUNDAY

The Holy Wake-Up Call

A Midlife Awakening

Coby Kozlowski

What if a "mid-life crisis" is instead a profound invitation to awaken? Explore the wisdom that this next season of life has to offer.



FEB. 19–21 | FRIDAY–SUNDAY

Transformation Through Transition

Edi Pasalis

Celebrate the threshold. Join Edi Pasalis for a nourishing, clarifying retreat grounded in the Kripalu embodied approach to navigating transition.



FEB. 21–25
SUNDAY–THURSDAY

Reconnect, Restore, and Thrive

A Healing Retreat for Women

Kerrie Bodendorf

A five-day immersion infused with warmth, wisdom, and supportive energy. Unlock vitality and ease with MELT classes, meditative drawing, sharing circles, and more.



FEB. 26–28 | FRIDAY–SUNDAY

Opening to Life With a Boundless Heart

Meditation, Loving-Kindness, and Poetry

Hugh Byrne and Rebecca Hines

Deepen your love of life and cultivate loving awareness amidst life's joys and sorrows with Buddha's teaching of wisdom and compassion.

ON CAMPUS WINTER PROGRAM HIGHLIGHTS



FEB. 12–15 | FRIDAY–MONDAY

Chakra Activation to Awaken Your Energy Body

Anodea Judith

FEB. 15–19 | MONDAY–FRIDAY

Creating on Purpose

The Chakras as a Map for Bringing Your Dreams to Reality

Anodea Judith and Gabriel Giron

Best-selling author and world-renowned chakra expert Anodea Judith returns to campus with two expansive opportunities to work with your energy body, chakra field, and awaken your whole self through yoga, meditation, pranayama, and bioenergetics. In her weekend retreat, use the chakra system as both a map of the self and a technology for manifestation. Then, spend the week with her and Gabriel Giron and work to clear blocks, ignite willpower, open your heart, and build a practical process for bringing your deepest dreams into reality. Beginners and seasoned practitioners alike will leave recharged, realigned, and ready to create.



FEB. 26–28 | FRIDAY–SUNDAY

The Highly Functioning Codependent

When People Say You're Too Much

Terri Cole

For the helpers, caregivers, and over-achievers: break the pattern of chronic over-giving. Learn tools to create boundaries and begin shifting into authentic connection. ***This program is also available to stream online.***



FEB. 26–28 | FRIDAY–SUNDAY

Awaken Your Inner Magic

A Yoga and Tarot Weekend

Alison DeNicola and Sasha Graham

Ignite your intuition, meditate with the archetypal figures of the tarot, and empower your senses with yoga, tarot, journaling, and more.



FEB. 26–28 | FRIDAY–SUNDAY

Kripalu Outdoors

Winter Forest Bathing

Katie Hagel and Rachel Stine

The winter forest pulses with quiet wonder and restorative power. Walk among snow-dusted trees, gather by the warmth of the fire, and let the forest's deep stillness soothe your mind, awaken your senses, and renew your spirit.



FEB. 26–28 | FRIDAY–SUNDAY

Yoga and Qigong

The Dance of Heaven and Earth

Daniel Orlansky

Two paths up the same mountain. Explore the Taoist concept of "effortless flow" and embrace the powerful effects of both yoga and qigong.



FEB. 26–28 | FRIDAY–SUNDAY

Write Now

Writing and Yoga Workshop

asif ullah

Nourish your creative spirit through the powerful connection of writing and yoga. Explore movement, reflection, and guided writing practices designed to quiet inner critics, unlock inspiration, and deepen your relationship with the creative process.



MAR. 2–5 | TUESDAY–FRIDAY

Compassionate Dialogue

A Practical Framework for Better Relationships

Michelle Dalbec and Kacey Wilson

Transform the way you connect with others. Through compassionate dialogue practices, learn to speak with clarity, listen with an open heart, and cultivate deeper empathy, understanding, and care in every conversation.



MAR. 5–7 | FRIDAY–SUNDAY

Abandonment to Healing

Overcome Your Patterns of Self-Sabotage

Susan Anderson

Trade self-sabotage for self-trust. Learn powerful mind-body exercises that help you heal the fear surrounding abandonment wounds.



MAR. 5–7 | FRIDAY–SUNDAY

Grief, Loss, and Renewal

Savoring Life's Lessons

Aruni Futuronsky

Grief is a body-centered process. Let yoga guide you gently through it. Find solace, possibility, and hope amidst the darkness through powerful integration techniques.



MAR. 5–7 | FRIDAY–SUNDAY

Mind, Body, Spirit, Food

Awakening Your Inner Voice

Nicki Sizemore

Trade the meditation pillow for the kitchen. Learn to trust your inner voice in a program where food is the classroom, not the subject.

ON CAMPUS WINTER PROGRAM HIGHLIGHTS



MAR. 5–7 | FRIDAY–SUNDAY

Gentle, Yin & Restorative Yoga

Restore Comfort and Ease

Sage Rountree

MAR. 7–12 | SUNDAY–FRIDAY

Teaching Restful Yoga

Gentle, Yin, Restorative & Nidra for Teachers

Sage Rountree

The contemporary yoga scene can feel geared toward achievement. Explore two options to study and practice with Sage Rountree and survey the science of nervous system regulation and the physical, psychological, and spiritual necessity of rest. With a weekend program available for all levels of yogis, followed by a week-long training for teachers, this back-to-back immersion goes deep into the softer, slower, more restorative end of the yoga spectrum—where transformation happens quietly and gently. Students will move through gentle, yin, and restorative yoga and Yoga Nidra, rebuilding tolerance for stillness and permission to fully rest. Come depleted. Leave restored and ready to restore others.



MAR. 5–7 | FRIDAY–SUNDAY

Old Is Gold

Practical Yoga for Aging Bodies

Cristie Newhart

It is a privilege to be older and fun to be challenged at any age. Learn breathing techniques, safe transitions, and postures designed for aging bodies to thrive.



MAR. 5–7 | FRIDAY–SUNDAY

Unlock Your Superpower

A Retreat for Highly Sensitive People

Maryam Hasnaa

Reclaim sensitivity as your superpower. Explore practical tools for boundaries, overwhelm, and self-trust built specifically for sensitive nervous systems.



MAR. 10–12
WEDNESDAY–FRIDAY

Wise Woman's Compass

Navigating Life Transitions

Lisa Langer

Reflect, realign, and learn to trust your inner guidance. Mindfulness, meditation, and ancient tools like tarot and I Ching come together in this supportive and immersive retreat.



MAR. 10–14 | WEDNESDAY–SUNDAY
OR MAR. 12–14 | FRIDAY–SUNDAY

The Art of Chilling Out

MC Yogi

Join celebrated recording artist and internationally renowned yoga teacher MC Yogi for a soulful, laid-back immersion that blends mellow movement, meditation, music, and heart-opening storytelling. Drawn from the lineages of Ram Dass, Krishna Das, and Shri Neem Karoli Baba, experience music, movement, meditation, and permission to slow all the way down. No prior experience needed. No intensity required.

Choose two nights for the Weekend Edition or four nights for the full Immersive Workshop, which adds extended yoga sessions, journaling, walking meditation, and dedicated integration time. Both paths lead to the same place: back to yourself.



MAR. 12–14 | FRIDAY–SUNDAY

Come Back to You

Movement, Reflection, and Deep Rest

Yasmine Cheyenne

Set aside time for stillness, nature, and creative expression with wellness expert Yasmine Cheyenne in a weekend designed for those seeking a gentle path.



MAR. 12–14 | FRIDAY–SUNDAY

Knit, Pray, Love

Where Crafting Meets Mindfulness

Michelle Dalbec

Designed for fiber artists of all kinds and skill levels, experience the joy of crafting in community and enjoy all that Kripalu has to offer.



MAR. 12–14 | FRIDAY–SUNDAY

Sacred Mirrors

Honoring Powerful Stories for Ourselves, One Another, and Mother Earth

Kaitlin Curtice

Honor your wisdom and the power of kinship through the power of storytelling. Examine how we mirror stories to ourselves, one another, and Mother Earth.



MAR. 12–14 | FRIDAY–SUNDAY

The Heart of Being a Teen

A Transformational Workshop for Ages 13–17

Missy Brown

Give your teen the opportunity to learn foundational tools for building a strong sense of self and build community within a safe, sacred space.



MAR. 12–14 | FRIDAY–SUNDAY

Your Wisdom Within

A Journey of Intuition & Self-Trust

Hilary Crowley and Victoria Jean Randall

Expand into a field of intelligence and love, escape the everyday, and discover the keys to your soul's inner game.



MAR. 14–19 | SUNDAY–FRIDAY

Embodied Freedom

Reclaiming Wholeness

Robin Becker

Come learn to work with the simple yet profound process of Continuum and reclaim your birthright of living a consciously embodied life.



MAR. 15–19 | MONDAY–FRIDAY

The Kripalu Yoga Retreat

Return to Practice

Christine Bissonnette

For anyone who wants to practice yoga honestly, steadily, and in good company. Explore the foundational principles of Kripalu Yoga through a balance of practice and time for self-exploration.



MAR. 18–21
THURSDAY–FRIDAY

Mysteries of the Heart

A Journey into Love, Devotion, and the Deeper Self

Carrie Grossman

The heart is at the center of our human experience. Explore its many dimensions through teachings, guided practices, meditation, music, and more.



MAR. 19–21 | FRIDAY–SUNDAY

Ayurveda Self-Care Retreat

Emilie Reid

Go beyond self-care and into the truth of who you are with Ayurvedic wisdom designed to nourish your mind, body, senses, and soul.



MAR. 19–21 | FRIDAY–SUNDAY

The Forgiveness Experience

Healing the Heart, Freeing the Self

Jamil Sayegh

It's time to break through and release what you were never meant to carry. Join Dr. Jamil Sayegh, integrative naturopathic doctor and transformational coach, for a weekend of emotional release, energy healing, breathwork, and guided transformation. Through a powerful blend of modern science and ancient wisdom, dissolve the guilt, grief, and resentment that have quietly shaped your choices, your health, and your relationships. Walk away with profound emotional release, renewed energy, tools for ongoing self-alignment, and the unmistakable lightness that comes when you finally, fully let go.



MAR. 19–21 | FRIDAY–SUNDAY

Now What? Clarity for Your Career and Life

Laura Berman Fortgang

Find answers to your questions about meaning and fulfillment and get clear on what's next with practical tools and a honed intuition.



MAR. 19–21 | FRIDAY–SUNDAY

Permission

The New Memoirist and the Courage to Create

Elissa Altman

Learn how to marry writing to contemplation and create narrative art from your experience with award-winning author Elissa Altman.



MAR. 19–21 | FRIDAY–SUNDAY

Reimagining Life

Facing Challenge, Change, and Loss

Kate Doerge

Five actions, not five stages. Learn to actively move through change and loss with storytelling, movement, and science-backed practices.



MAR. 21–24
SUNDAY–WEDNESDAY

Grief Camp

Barri Leiner Grant and Kelsey Moro

Grief is a lifelong and life-changing experience. Learn to care for it with tenderness and agency with experiential practices in a caring community.



MAR. 21–26 | SUNDAY–FRIDAY

The Art of Grounded Optimism

Map a New Reality

Anne Gennari and Eli Walker

Transform fear into courage with yoga, play-based practices, and visionary journaling designed to map a new and hopeful reality.



MAR. 26–28 | FRIDAY–SUNDAY

CircusYoga

The Human Art of Play

Erin Maile O'Keefe and Kevin O'Keefe

Whether you are 7 or 107, learn how to live from a more playful, resilient, expressive place. Come and play!



MAR. 26–28 | FRIDAY–SUNDAY

Restorative Yoga and Sound Healing

Yuval Samburski

Experience healing magic from deep within. Relax your nervous system and gain practical tools on how to bring compassionate healing into your daily life.



MAR. 28–APR. 2
SUNDAY–FRIDAY

Self-Healing with Tibetan Medicine

Practices for Rejuvenation

Lee (Mirabai) Harrington

Clear your energy channels with Lee Harrington and learn Nejang, a centuries-old Tibetan path to healing and vitality.

Don't Miss Our Other Programs

Find more January–March programming on p. 34 or visit **KRIPALU.ORG/CALENDAR** to view the full list of upcoming programs.

Explore Our 2027 Trainings

Kripalu Schools offer certifications grounded in a lineage that has shaped yoga and wellness education for more than 50 years. Through immersive training in Yoga Teaching, Ayurveda, Yoga Therapy, and Mindful Outdoor Leadership, you'll gain respected credentials, practical expertise, and the embodied wisdom to lead with confidence and purpose.

Your path starts here.
KRIPALU.ORG/SCHOOLS



Kripalu School of Yoga

200-Hour Yoga Teacher Trainings

- **200-Hour Global Majority Training**
  Hybrid | February 26–June 11 (On Campus June 6–11)
- **200-Hour Two 12-Day Sessions**
  On Campus | April 4–16 and June 6–18 or
  December 5–17 and January 23–February 4, 2028
- **200-Hour 21-Day Session**
  On Campus | July 11–August 1

300-Hour Trainings*

- **Restorative Yoga Teacher Training**
  On Campus | February 21–26
- **Meditation in Motion: The Kripalu Approach to Vinyasa**
  On Campus | March 12–21
- **Teaching Pranayama: Essential Practices for Yoga Teachers**
  On Campus | May 14–23
- **Uniting Yoga and Ayurveda**
  Hybrid | June 3–25
  On Campus | June 18–June 25
- **Gentle Yoga Teacher Training**
  On Campus | June 27–July 2
- **Guiding Meditation for Transformational Yoga Teaching: Exploring the World Within**
  On Campus | July 23–August 1
- **Kripalu Yoga in Schools: Teaching Social-Emotional Learning (SEL) to Adolescents**
  On Campus | August 8–13
- **Yin Yoga Teacher Training**
  On Campus | September 19–24
- **Teaching Adaptive Yoga: Working with Diverse Needs**
  On Campus | October 15–24
- **Teaching Pranayama: Essential Practices for Yoga Teachers**
  Online | October 21–November 21
- **Yoga Nidra Teacher Training**
  On Campus | November 7–12
- **Trauma-Sensitive Yoga: A Foundational Training**
  On Campus | November 14–19

**300-Hour track modules vary in length from 40 hours to 75 hours. For more information, visit kripalu.org/school-of-yoga*

RISE Facilitator Training

- On Campus | August 15–22

Kripalu School of Ayurveda

200-Hour Foundations of Ayurveda

- Online | January 20–June 13

300-Hour Ayurvedic Yoga Teacher Training*

- **Uniting Yoga and Ayurveda***
  Hybrid | June 3–25 (On Campus June 18–25)

Track also requires **200-Hour Foundations of Ayurveda and a specific **Kripalu School of Yoga 300-Hour** module*

650-Hour Ayurveda Health Counselor*

- **Clinical Training in Ayurveda**
  Hybrid | September 8–June 9, 2028 (On Campus
  December 3–10, February 4–11, 2028, and June 2–9, 2028)

Track also requires **200-Hour Foundations of Ayurveda*

Continuing Education

- **Land Is Medicine** | On Campus | August 12–15

Kripalu School of Mindful Outdoor Leadership

- **Level 1: Forest Community** | Online | March 12–May 2
- **Level 1: Forest Community** | On Campus | July 9–18 or September 17–26
- **Kripalu Silent Nature Retreat** | On Campus | September 3–6
- **Level 2: Aligning with Nature** | On Campus | October 15–24
- **The Rewilding Summit** | On Campus | November 18–21

Kripalu School of Integrative Yoga Therapy

300-Hour Therapeutic Yoga Teacher

- **Therapeutic Yoga for Individual Clients**
  On Campus | July 11–23
- **Therapeutic Yoga in Group Settings**
  Online | August 13–September 26
- **In-Depth Anatomy of Asana** | On Campus | November 5–14

800-Hour Yoga Therapist*

- **Practicum** | Online | March 16–December 14
- **Yoga Therapy Applied in Medical Settings**
  Online | April 7–May 23

Track also requires **300-Hour Therapeutic Yoga Teacher Training and additional **800-Hour modules***

Continuing Education

- **Trauma-Sensitive Yoga: A Foundational Training**
  On Campus | November 14–19

Invest in Your Well-Being All Year Long

Visit More. Save More.

If you've ever left Kripalu already dreaming about your next visit, you're not alone. There's a reason so many people keep coming back, drawn by something hard to find anywhere else: a place that holds space for a real recharge and deep renewal.

We created the **Kripalu Friends Annual Membership** to help you come back more often and save each time. It's more than a discount—it's permission to return as often as your well-being calls you.

Start 2027 already on the path to feeling like yourself again.

Spots are limited—commit to your well-being today.
KRIPALU.ORG/FRIENDS

Kripalu Friends Annual Membership Benefits:

25% Off Retreat and Renewal (R&R) Housing AND Tuition
Come as often as you need—every visit is discounted so you can build a consistent rhythm of retreat.

25% Off Housing for All Programs
Kripalu hosts the most respected teachers in the world, and this discount makes it easier to say yes to programs you've been yearning to experience.

Free R&R Roommate Housing
Bring a spouse or friend along for R&R—they stay for free. Wellness is personal, but it's also better shared.

15% Off Healing Arts Treatments & Shop Purchases
Enhance your stay with a massage, a bodywork session, or a meaningful item from our shop.

One-Year Kripalu Online Studio Subscription
With a full year of live classes, stay connected to your practice and Kripalu even when you return home.

Add One Free Midweek Night of R&R to Any Midweek R&R Stay of 2+ Nights
Extend your stays to bask in the magic of community.

NEW! Free Ayurvedic Healthy Living Consultation
Get personalized guidance from our expert Ayurvedic practitioners to help you thrive.



Healing Arts: A Season of Integration

Winter is a season of quiet restoration. Beneath the frozen ground, roots gather energy, exchanging nutrients through an unseen network that prepares the forest for spring. Nature reminds us that healing rarely happens in isolation—it unfolds through relationship. We are no different. In the midst of caring for others and meeting the demands of daily life, our bodies, minds, and spirits long to reconnect with the deeper sources of nourishment that sustain us.

At Kripalu Healing Arts, some of our most transformative experiences arise when healing traditions meet. Massage enriched by subtle energy work. Acupuncture paired with vibrational healing. Ayurvedic wisdom integrated with lifestyle coaching. Soul Guidance that brings intuitive insight into conversation with embodied practice. These experiences reflect our belief that healing is rarely confined to one modality—it unfolds through thoughtful integration, guided by practitioners with the discernment to know what is needed in the moment.

GO DEEPER

True transformation sometimes asks us to go deeper—to move beneath the surface into the mystery and wonder of our inner world and reconnect with the deeper essence of who we are. The quiet backdrop of winter offers a special opportunity to explore Kripalu's range of ancient wisdom and intuitive practices, from divination and mediumship to Vedic astrology and Tarot.

Our newest offerings weave together intuitive tools, spiritual practices, and wisdom traditions to meet you where you are—inviting you to look beneath the surface, explore deeper questions, and reconnect with the inner wisdom that makes you who you are. Whether you are seeking clarity, reconnecting with your values, or exploring your deeper purpose, these new experiences invite you to listen to the wisdom within and around you.

New Soul Guidance Services

SOUL INSIGHT SESSION
Illuminate patterns and support deeper self-understanding with a personalized session weaving Tarot, oracle cards, pendulums, and other intuitive tools.

MASTER LEVEL SOUL GUIDANCE
Go deeper drawing on intuitive guidance, energy healing, spiritual inquiry, and somatic practice to meet the questions and patterns arising in your life.

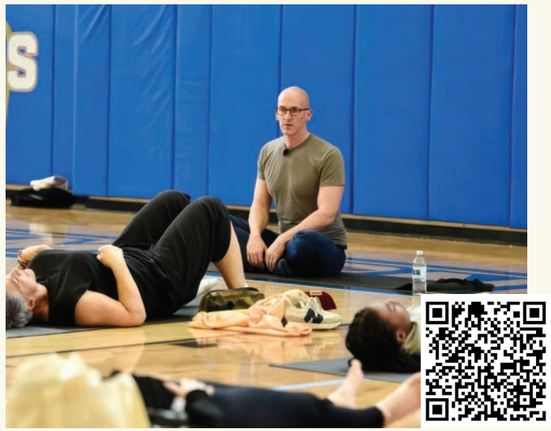
RISING, MOON, SUN SIGN & NAKSHATRA ANALYSIS
Explore the celestial map of your birth to discover how your Rising, Moon, and Sun signs illuminate your gifts, life path, and karmic patterns.

ASTROLOGY & AYURVEDA
Discover how your Vedic birth chart and Ayurvedic wisdom together deepen self-awareness and cultivate greater balance.

LEARN MORE AND BOOK YOUR SESSION AT KRIPALU.ORG/ HEALINGARTS

Nurturing Connections Through Yoga and Mindfulness





Kripalu partnered with Mass Mentoring—supported by generous funding from the Yawkey Foundation—to host a transformative half-day yoga and mindfulness event in Boston. Designed to deepen bonds between youth and adult mentors, the event embraced trauma-informed wellness practices, bringing mentor-mentee pairs together for guided yoga, seated reflection, and shared meals.

The Jean Yawkey Center, home to the event, provided a supportive and inspiring setting that reflects the Yawkey Foundation's long-standing commitment to youth and community well-being.

"Practices like yoga and mindfulness help build resilience, emotional awareness, and healthy coping skills. These are tools especially valuable as young people navigate stress, uncertainty, and personal growth," said Alicia Verity, Chief Executive Officer of the Yawkey Foundation.

"Yoga isn't about performance or flexibility. It's about helping people feel more present, connected, and at ease in themselves," said Sam Chase, Kripalu Lead Faculty.

Participants left the event feeling relaxed and recharged. This event is a direct expression of Kripalu's mission: to help people and communities realize their full potential through the transformative wisdom and power of yoga—not just for those who can visit campus, but for communities across Massachusetts and beyond. Moments like this are made possible by donor support. When you give to Kripalu, you help create ripples of connection that reach far beyond a single afternoon.

Donate today to help us bring more experiences like this one to life. **KRIPALU.ORG/DONATE**

"Practices like yoga and mindfulness help build resilience, emotional awareness, and healthy coping skills.

These are tools especially valuable as young people navigate stress, uncertainty, and personal growth."

—ALICIA VERITY, CEO OF THE YAWKEY FOUNDATION

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Your subscription gives you unlimited access to hundreds of yoga and meditation classes, live workshops with popular presenters, beloved Kripalu teachers, and a compassionate community that welcomes you exactly as you are.

Come when you need to move. Come when you need to rest. Come when you need a kind voice to guide you back to your breath. Just keep coming back.

Gift a year of practice to someone you love or make it a promise to yourself.

LEARN MORE AT KRIPALU.ORG/KOS

January

JAN. 1–3 | FRIDAY–SUNDAY
Essential Practices for Everyday Life
Practical Tools from the Kripalu Path
Cristie Newhart and Ilana Beigel

JAN. 7–28 | ONLINE
Kripalu Approach to Healthy Eating
Aruni Nan Futuronsky

JAN. 8–10 | FRIDAY–SUNDAY
Begin Again
A New Year Mindfulness Retreat for a Fresh Start
Larissa Hall Carlson

JAN. 8–10 | FRIDAY–SUNDAY
Yoga and Deep Relaxation Retreat
The Gift of Divine Sleep Yoga Nidra
Jennifer Reis

JAN. 12–15 | TUESDAY–FRIDAY
Awaken Inner Clarity
A Guide to Proprioceptive Writing and Yoga
Kim Chandler

JAN. 26–29 | TUESDAY–FRIDAY
Reclaim Your Creativity
Laura Thompson

JAN. 29–31 | FRIDAY–SUNDAY
The Kripalu Silent Retreat
Jess Frey

JAN. 29–31 | FRIDAY–SUNDAY
Write for Happiness
Shift Your Perspective and Build Your Future
Maria Sirois

FOR A FULL LIST OF ALL UPCOMING PROGRAMS, VISIT **KRIPALU.ORG/CALENDAR**

February

FEB. 2–23 | ONLINE
Lakshmi Rising
Acharya Shunya

FEB. 2–5 | TUESDAY–FRIDAY
RISE: The Kripalu Approach to Resilience
Tools for Work-Life Balance
Sam Chase

FEB. 5–7 | FRIDAY–SUNDAY
Past Life Regression for Healing and Transformation
Mira Kelley

FEB. 5–7 | FRIDAY–SUNDAY
Permission and Refuge
A Healing Retreat for Men of Color
Reggie Hubbard

FEB. 12–15 | FRIDAY–MONDAY
Conscious Valentines
A Retreat for Spiritual Singles
Robyn Vogel

FEB. 12–15 | FRIDAY–MONDAY
Kripalu Outdoors
Snowshoeing and Yoga
Katie Hagel and Tracy Foster

FEB. 12–15 | FRIDAY–MONDAY
The Feels
Applying Somatics, Mindfulness, and Authentic Relating to Dating
Allie Hoffman

FEB. 19–21 | FRIDAY–SUNDAY
Healing Wisdom for Modern Times
You Are Your Greatest Healer
Erika Gagnon

FEB. 19–21 | FRIDAY–SUNDAY
The Kripalu Silent Retreat
Cristie Newhart

FEB. 21–26 | SUNDAY–FRIDAY
Healing the Sacred Womb
Reclaim Your Feminine Power
Adora Winquist

FEB. 26–28 | FRIDAY–SUNDAY
The Eternal Season of Asana
An Exploration of Iyengar Yoga
Kofi Busia

FEB. 26–28 | FRIDAY–SUNDAY
The Opening the Heart Workshop
Al DeGroot, Judy Kushner-DeGroot, Lee Perlman, and Toni Teixeria

FEB. 26–28 | FRIDAY–SUNDAY
The Wisdom of Your Dreams
Unlock the Language of the Unconscious
Lisa Marchiano

FEB. 28–MAR. 5 | SUNDAY–FRIDAY
The Silence of Asana
An Exploration of Iyengar Yoga
Kofi Busia

March

MAR. 5–7 | FRIDAY–SUNDAY
The Medicine of Sound Healing & Somatic Breathwork
Jess Frey and Jon Orsini

MAR. 12–14 | FRIDAY–SUNDAY
Reclaim Your Creativity
Laura Thompson

MAR. 12–14 | FRIDAY–SUNDAY
The Kripalu Silent Retreat
Pilin Anice

MAR. 14–19 | SUNDAY–FRIDAY
Embodied Freedom
Reclaiming Wholeness
Robin Becker

MAR. 21–26 | SUNDAY–FRIDAY
The Kripalu Silent Retreat
Jess Frey

MAR. 22–APR. 12 | ONLINE
Eye Yoga: Ancient Wisdom for Screen-Weary Eyes
Marc Grossman and Daniel Orlansky

MAR. 26–28 | FRIDAY–SUNDAY
Kripalu Outdoors
Nature Connection and Hiking
Katie Hagel and Ami Jean Aubin

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 reflection and exploration
- A peaceful and serene environment that invites rest, reflection, and renewal

1 EXPERIENCES

Kripalu offers a wide range of programs 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 OR BY PHONE AT 413.448.3500.

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