

A SAMPLING OF  
+150 PROGRAMS

KRIPALU KITCHEN'S  
TURKEY MOUSSAKA

LIVING THE WHY  
IN YOGA

# Kripalu<sup>®</sup>

## WINTER PREVIEW

December 2023–February 2024



**SONYA  
RENEE TAYLOR**  
Activist & author of  
*The Body Is Not An Apology*  
and Kripalu community  
changemaker

STOCKBRIDGE, MA | [KIPALU.ORG](https://www.kripalu.org)



# IT'S ALL YOGA

Yoga is so much more than poses on a mat. It's an ancient philosophy that guides us through life, with wisdom that brings transformation, both personal and societal. The practice of yoga with Kripalu helps to remind each of us that we are a unique expression of an undivided whole. Let these pages act as an introduction to our upcoming programs, our mission, and the many ways that yoga can enlighten your path.

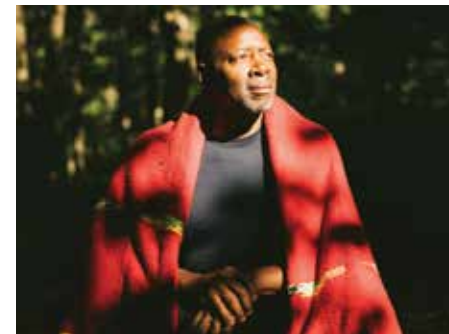
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## Dear Kripalu Community,

There is so much to be grateful for as I reflect back on the year our community has lived. By the end of 2023, we will have served 50,000+ people online and on campus through our unique blend of Sacred Education and Sacred Hospitality. What an incredible honor it is for us to hold and guide people as they heal, transform, and realize their full potential. This work we do through our mission is all about community, it is all about our collective liberation and well-being. We do not heal alone, we do not transform alone. It is our togetherness, our inseparability, that holds the magic of this dance on Earth. We are grateful to the entire community, and the more-than-human world for being in this web of destiny together.

Kripalu is continuously on a path of becoming. In the year ahead, we will balance the need to transform with the need to root down. In 2024, we will continue to create greater accessibility, strive for more inclusion and diversity in our community, and uphold the best of what Kripalu has been since it began. We will allow the times we live in to shape what we must also become. May our work be for the benefit of all beings, everywhere.

In service,

Robert Mulhall, CEO

*From the ancestral and unceded homelands of the Mohican people, the Indigenous people of this land.*

# WINTER TIME AT KRIPALU

In the peaceful beauty of the winter season on our stunning campus, time stands still. Tune in to the quiet calling of transformation as you rediscover yourself through reflection, connection, wonder, and joy.



**ON KRIPALU'S CAMPUS**, experience a fullness of time that has nothing to do with being busy and everything to do with compassion, care, and insight. Round out your days with nutritious meals and daily yoga practice. As time seems to pause around you, allow yourself to breathe deeply and move towards healing.

Whether you're visiting for a presenter-led program, a quiet retreat, or an immersive educational training, winter at Kripalu is transformative. Reclaim your schedule as you experience nature in its silent season, one of hibernation, rest, and preparation for new growth.

## NEW ON CAMPUS

New programs and retreats are added to the schedule daily. For a full list of upcoming offerings, visit [kripalu.org/campus](https://www.kripalu.org/campus)



## 9:30 AM

### DIVE DEEP INTO SELF-CARE,

learn something new, or enjoy the outdoors during a morning experience or R&R program. Take time to reflect on what you've experienced. Immerse yourself and dive deep into your session or workshop.



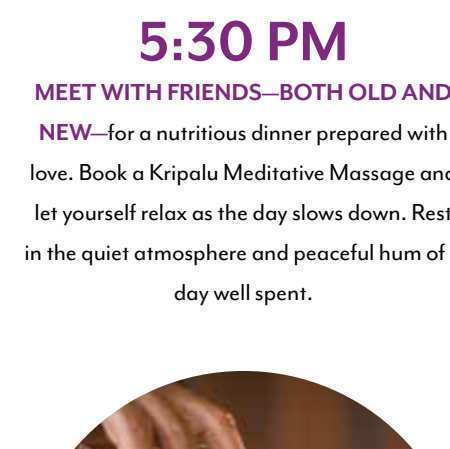
## 12:00 PM

**FIND PLAYFUL AND SPONTANEOUS MOVEMENT** in a vibrant and uplifting Kripalu YogaDance® class. Gather in a Share Circle to experience the beauty of Kripalu community. Then nourish yourself with a menu filled with nutritious, Ayurvedic-inspired, and local ingredients.



## 3:30 PM

**EXPLORE THE STATE OF YOUR MIND AND BODY** with a Healing Arts treatment—including bodywork, energy work, and more. Join a meditative guided hike along the fields and forests and breathe in the crisp air, or deepen your practice with a Kripalu Yoga class.



## 5:30 PM

**MEET WITH FRIENDS—BOTH OLD AND NEW**—for a nutritious dinner prepared with love. Book a Kripalu Meditative Massage and let yourself relax as the day slows down. Rest in the quiet atmosphere and peaceful hum of a day well spent.



## 9:00 PM

**TAKE A BREAK FROM YOUR DEVICES** with our digital free environment. Reflect on your experience, connect with people in the community, or bask in the silence as you prepare for a restful sleep.



## 6:30 AM

**SET YOUR INTENTION FOR A NEW DAY** with a Kripalu Yoga class. Then head to our Silent Breakfast to nourish your body and spirit with a hot cup of organic tea or coffee, our famous oatmeal, and an array of delicious, healthy treats.

## DECEMBER HIGHLIGHTS: On Campus Programs

Move into transformation with a life-affirming retreat during our most peaceful season.

### Kripalu Signature

Explore programs offered exclusively on the Kripalu campus.



December 1-3 | Friday-Sunday  
**FAMILY AND SYSTEMIC  
CONSTELLATIONS WORKSHOP**  
Luisa Muhr



December 1-3 | Friday-Sunday  
**THE STORIES WE CARRY**  
Meditation and Writing  
Dani Shapiro  
*Livestream option*



December 1-3 | Friday-Sunday  
**GRIEF, LOSS, AND RENEWAL**  
Savoring Life's Lessons  
Aruni Nan Futuronsky



December 1-3 | Friday-Sunday  
**YOGA4SOBRIETY**  
A 12-Step Recovery Retreat  
Gwen Rebbeck



December 7-10 | Thursday-Sunday  
**STILLNESS AND LIBERATION**  
A Silent Retreat Commemorating  
Buddha's Enlightenment  
Hawah Kasat



December 8-10 | Friday-Sunday  
**THE UNAFRAID STORYTELLER**  
John Roedel

**DECEMBER HIGHLIGHTS:** On Campus Programs



December 8-10 | Friday-Sunday

**AYURVEDA FOR INSOMNIA**

Larissa Hall Carlson and Kari Harendorf



December 8-10 | Friday-Sunday

**GETTING THE LOVE YOU WANT**

**A Couples Retreat**

Harville Hendrix and Helen LaKelly Hunt



December 15-17 | Friday-Sunday

**REFLECT AND RENEW**

**A Deep Meditation Retreat**

Susan Piver



December 15-17 | Friday-Sunday

**YOGA FORMA**

**Facts, Awareness, and Practice for the Spine**

and Lower Back  
Romy Phillips



For **MORE** programs, full descriptions, prices, and to book online, visit [kripalu.org/calendar](https://kripalu.org/calendar)



December 15-17 | Friday-Sunday

**MOVING INTO THE HEART OF WINTER WISDOM**

**A Continuum Workshop**

Robin Becker



December 15-17 | Friday-Sunday

**WINTER WELLNESS**

**Self-Care Tools for Holiday Health**

Pilin Anice



December 20-22 | Wednesday-Friday

**WINTER SOLSTICE RETREAT**

**Nature, Peace, and Connection**

Micah Mortali

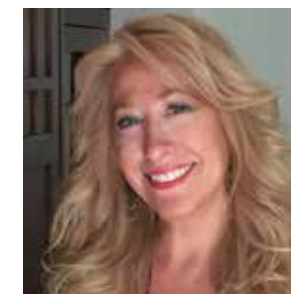


December 21-24 | Thursday-Sunday

**ILLUMINATE YOUR HEART WITH**

**KABBALAH AND MYSTICISM**

Sigal Brier



December 26-29 | Tuesday-Friday

**REFILLING YOUR WELL**

**Tools to Calm your Nervous System**

and Restore Balance

Priti Robyn Ross



December 26-29 | Tuesday-Friday

**NEW YEAR'S SPIRITUAL**

**RENEWAL RETREAT**

Shivananda Thomas Amelio



December 29, 2023-January 1, 2024

Friday-Monday

**LOVING TOUCH COUPLES**

**THAI MASSAGE**

**Healing from Isolation**

Shai Plonski



December 29, 2023-January 1, 2024

Friday-Monday

**DANCE INTO JOY**

**A New Year's Celebration**

Jurian Hughes and Jovinna Chan



December 29, 2023-January 1, 2024

Friday-Monday

**TRUSTING THE MOMENT**

**A New Year's Yoga Retreat**

Rolf Gates



December 29, 2023-January 1, 2024

Friday-Monday

**SLOW YOGA AND QIGONG**

**Relax and Restore**

Ken Nelson, John Haggerty, and Lesli Lang



December 29, 2023-January 1, 2024

Friday-Monday

**NEW YEAR'S YOGA RETREAT FOR**

**INNER PEACE**

**Rejuvenate Body, Mind, and Heart**

Todd Norian



December 29, 2023-January 1, 2024

Friday-Monday

**RECLAIM YOUR CREATIVITY**

Steven Hosking and

Laura Dickstein Thompson

# KRIPALU R&R

Renew and reconnect with our self-guided retreat. Choose to do more with a full list of activities, or do less by giving yourself space and time to relax and play.

**JANUARY 1-5 IS  
CONTEMPLATIVE WEEK.**  
Center yourself for the coming year in a quiet, reflective, and meditative retreat. All meals will be silent.



## Save 30% With Our Winter Midweek R&R Offer

Plan a 3-night midweek R&R stay between December 4, 2023, and February 29, 2024, and save 30% on your visit. It's another great reason to discover why so many of our guests prefer the calm and quiet of our winter season. Just use the discount code **WINTER30** at checkout. Blackout dates apply, and this offer cannot be used for dorms, economy rooms, or existing reservations.

With more than 100 possible classes and workshops, you can design your very own one-of-a-kind retreat. Programs vary and are offered at different times; please check the online schedule for the dates of your visit.

Here is a sampling of what you will find:



### YOGA & YOGIC PHILOSOPHY

Yoga classes are plentiful at Kripalu, and they include immersions in fascinating topics like Sankya, a yogic philosophy that enlightens how we wake up to our true nature as we journey back to the source of all things.



### CONNECT WITH COMMUNITY

There are many ways to connect here, whether it's sharing at our Community Opening or Closing Circles, or gathering with friends at our new Community Table (dinner only) while eating delicious Ayurvedic seasonal fare.



### SOUND BATH IMMERSION

Raise your vibration and consciousness as the healing energies of the Tibetan Singing Bowls open new doors for consciousness/awareness. The intense, immense healing potential may help you rise above old wounds.



### MINDFUL OUTDOOR EXPERIENCES

Connect deeply with nature by discovering the proven health benefits of Forest Bathing, or by taking a hike through the peaceful wooded hills of a Berkshires winter wonderland with Kripalu's seasoned guides.



### FULL MOON AND NEW MOON RITUALS

Connect to your inner knowing, the Earth, and the elements through these deeply moving rituals. Create an intention and receive a divination message to support your path towards manifestation.



### RADICAL REST AND YOGA NIDRA

Rest deeply through workshops like Radical Rest—which uses the tools of restorative yoga to pause and reflect—and yoga nidra—designed specifically to heal, soothe, and prepare you for sleep.

# JANUARY HIGHLIGHTS: On Campus Programs

It's a whole new year! As the path of 2024 unfolds before you, let yoga, Ayurveda, world-renowned presenters and our remarkable faculty lead the way.



## Kripalu Signature

Each of these programs is guided by our beloved and experienced faculty.



January 1-5 | Monday-Friday

### JOURNEY INWARD

A Yoga Winter Retreat for the New Year

Jovinna Chan

Contemplative Week Program

## Kripalu Signature



January 1-7 | Monday-Sunday

### THE KRIPALU SILENT RETREAT

Jess Frey and Edi Pasalis

Contemplative Week Program



January 5-7 | Friday-Sunday

### CHANGE YOUR MIND

Tools for Creating the Results You Desire

Carole Murko



January 5-7 | Friday-Sunday

### TRANSFORMATIONAL VINYASA

A Retreat for the New Year

Lesley Desaulniers



January 5-7 | Friday-Sunday

### TRAUMA, MEMORY, AND THE RESTORATION OF ONE'S SELF

Bessel van der Kolk and Licia Sky



January 5-7 | Friday-Sunday

### AYURVEDA COOKING IMMERSION

New Year's Digestive Reset

Kate O'Donnell

**JANUARY HIGHLIGHTS:** On Campus Programs



January 7-12 | Sunday-Friday  
**ACCEPTANCE AND COMMITMENT THERAPY**  
**A Skills-Based Training Retreat**  
 John and Jamie Forsyth



January 12-15 | Friday-Monday  
**QIGONG TO INCREASE YOUR HEALING POWER**  
 Robert Peng  
*Livestream option*



January 12-15 | Friday-Monday  
**BUDDHIST HEALING FOR MODERN LIFE**  
**Learn the Practices of the Medicine Buddha**  
 Ji Hyang Padma and Tsering Ngodup  
 Yodsampa



January 12-15 | Friday-Monday  
**YOU ARE NOT STUCK**  
**The Power of Soul-Guided Choices**  
 Becky Vollmer



For **MORE** programs, full descriptions, prices, and to book online, visit [kripalu.org/calendar](https://www.kripalu.org/calendar)



January 12-15 | Friday-Monday  
**MINDFULNESS RETREAT FOR THE NEW YEAR**  
 Larissa Hall Carlson



January 12-14 | Friday-Sunday  
**TEACHING TRAUMA-INFORMED YOGA AND MEDITATION**  
**How to Support Sexual Assault Survivors**  
 Halli Faulkner and Catherine Miller



January 12-15 | Friday-Monday  
**INNER QUEST INTENSIVE**  
 Aruni Nan Futuronsky



January 19-21 | Friday-Sunday  
**SING, DANCE, PRAY: ROMANCING THE BELOVED**  
**A Woman's Self-Renewal Retreat**  
 Renée Peterson Trudeau



January 19-21 | Friday-Sunday  
**THE HEART OF SELF-COMPASSION**  
**Meditation and Internal Family Systems**  
 Ralph De La Rosa



January 19-21 | Friday-Sunday  
**BUILDING A BETTER IMMUNE SYSTEM FOR LIFELONG HEALTH AND VITALITY**  
 Sudha Carolyn Lundeen and Elizabeth Boham



January 21-16 | Sunday-Friday  
**EARTH-BASED PSYCHOTHERAPY TRAINING**  
 Monique Lang and Leslie Baker



January 26-28 | Friday-Sunday  
**YOGA AND DEEP RELAXATION RETREAT**  
**The Gift of Divine Sleep® Yoga Nidra**  
 Jennifer Reis  
*Livestream option*



January 26-28 | Friday-Sunday  
**THE POWER OF "AND"**  
**Bringing the Teachings of Swami Kripalu to Life**  
 Anandamai Charlyn Reihman



January 26-28 | Friday-Sunday  
**AWAKEN YOUR INNER MAGIC**  
**A Yoga and Tarot Weekend**  
 Alison DeNicola and Sasha Graham



January 26-28 | Friday-Sunday  
**THE FULL SCOPE OF YOGA**  
 Rodney Yee and Colleen Saidman



January 26-28 | Friday-Sunday  
**THE ESSENTIAL KRIPALU RETREAT**  
 Monique Schubert



"I am here on this planet at this time to share the self-healing magic of yoga with those who—in the mercantile system of yoga most prominent in the west—might not otherwise find it."

**JEFFREY THOMAS**  
Founder of Mandela Yoga Project

*Scholarship Recipient for Nonprofit  
Leader Retreat*



"Everyone can be a healer, and all healers have the capacity to facilitate deep levels of change, change that can catalyze a revolution. Every person who can tap into the wholeness of themselves is a changemaker."

**AKI HIRATA BAKER**  
Healing practitioner and  
founder of MINKA Brooklyn

*Regenerative Community Partner*



## LIVING THE **WHY** IN YOGA

The space where personal transformation ignites societal change is where we find the 'why' in yoga. Here are a few of the hundreds of changemakers we have invited into community to help inspire the transformation that will create a more beautiful world. Visit [content.kripalu.org/whyinyoga](https://content.kripalu.org/whyinyoga) to learn more.



### Swami Kripalu, Sacred Service, and You.

"Serve with a full heart...the key to your heart lies hidden in the heart of another." –Swami Kripalu  
The act of giving is integral to yoga's path. It is the practice of dana, or 'sacred service'. As an educational nonprofit, our ability to give depends on gifts from community members like you. To learn more, visit [donate.kripalu.org](https://donate.kripalu.org)

"Who takes care of the caretakers? I am restored and unburdened when I come to Kripalu...this allows me to return to my work reconnected and available to the healing that pours forth from me."

**SONYA RENEE TAYLOR**  
Activist and author of  
*The Body Is Not An Apology*

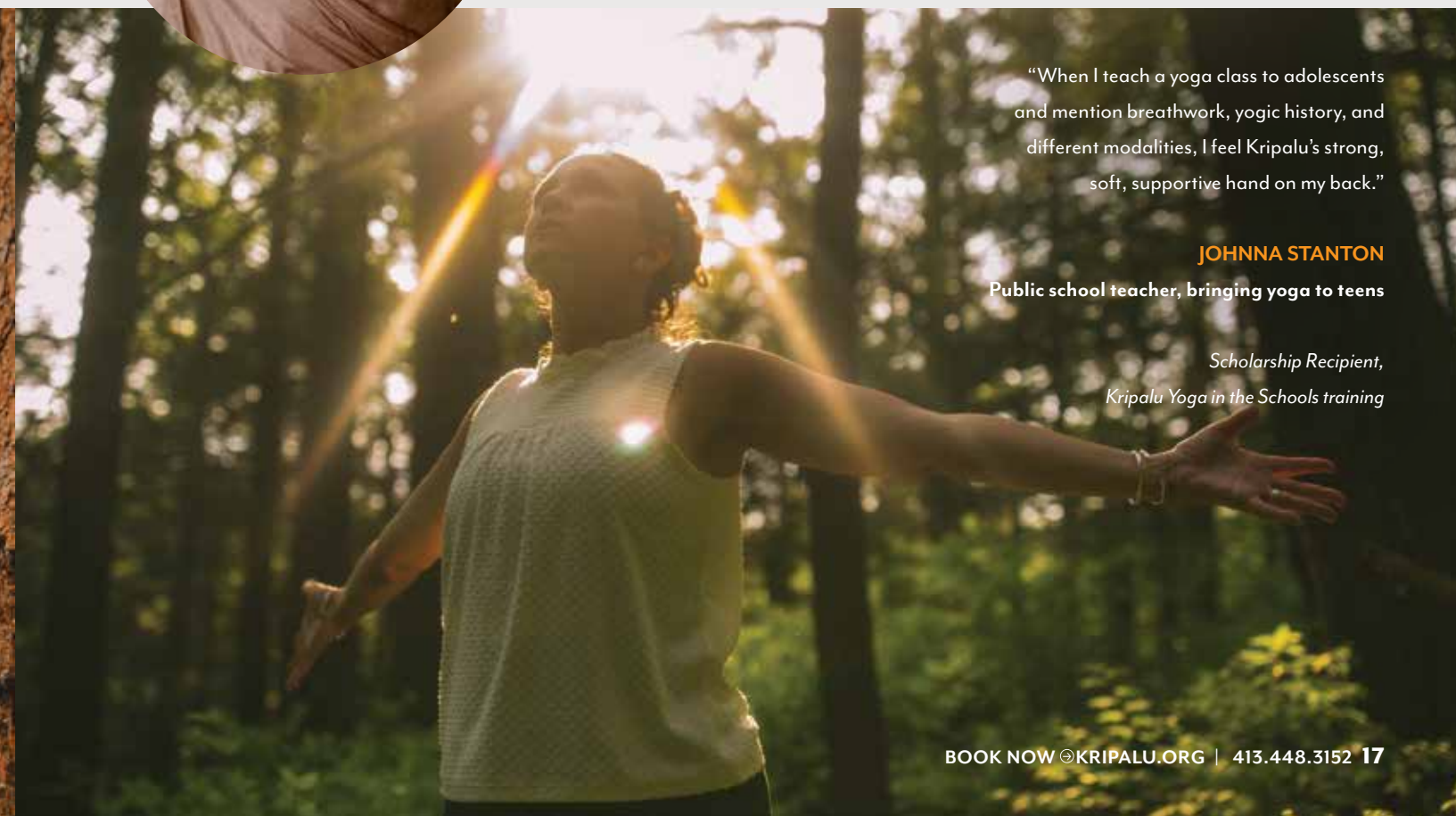
*Activist-in-Residence*



"When I teach a yoga class to adolescents and mention breathwork, yogic history, and different modalities, I feel Kripalu's strong, soft, supportive hand on my back."

**JOHNNA STANTON**  
Public school teacher, bringing yoga to teens

*Scholarship Recipient,  
Kripalu Yoga in the Schools training*



## FEBRUARY HIGHLIGHTS: On Campus Programs

Could there be a better setting for a journey within than the stunning backdrop of our winter wonderland? 100 acres of nature and peace await.



**Kripalu**  
*Signature*  
Experience faculty-led programs developed with the Kripalu methodology in mind.



February 2-4 | Friday-Sunday  
**FINDING HAPPINESS IN DIFFICULT TIMES**  
Maria Sirois



February 2-4 | Friday-Sunday  
**BEFRIENDING YOUR BODY**  
**Meeting Your Body as Your Teacher**  
Ann Saffi Biassetti



February 2-4 | Friday-Sunday  
**CHAKRA ENERGETICS**  
**Into the Subtle Realm**  
Melinda Matzell Grannan



February 4-8 | Sunday-Thursday  
**JUMP-START YOUR MEMOIR**  
**Write It from the Heart**  
Nancy Slonim Aronie



February 6-9 | Tuesday-Friday  
**RISE: THE KRIPALU APPROACH**  
**TO RESILIENCE**  
**Tools for Work-Life Balance**  
Sam Chase



February 8-11 | Thursday-Sunday  
**RADIANT HEALTH**  
**A Weekend Retreat for Women**  
Sudha Carolyn Lundeen

**FEBRUARY HIGHLIGHTS:** On Campus Programs



February 9-11 | Friday-Sunday

**SECRETS OF GREAT RELATIONSHIPS**

Linda and Charlie Bloom



February 9-11 | Friday-Sunday

**SOFTEN INTO YOUR TRUE SELF**

**A Divine Appointment**

Missy Brown



February 9-11 | Friday-Sunday

**KRIPALU SILENT RETREAT**

Jess Frey



February 9-11 | Friday-Sunday

**CAN'T STOP THINKING**

**Break Free From Obsessive Worry and**

**Rumination**

Nancy Colier



For **MORE** programs, full descriptions, prices, and to book online,

visit [kripalu.org/calendar](https://kripalu.org/calendar)



February 9-11 | Friday-Sunday

**FROM EMOTIONAL EATING TO INTUITIVE EATING**

**Reimagine a New Relationship with Food**

Jenna Hollenstein



February 16-19 | Friday-Monday

**QUEEN, GODDESS, AND WARRIOR**

**Becoming the Heroine of Your Story**

Erica Garcia Abergel



February 16-19 | Friday-Monday

**PERMISSION AND REFUGE**

**A Healing Retreat for Men of Color**

Reggie Hubbard



February 16-19 | Friday-Monday

**CLEARING THE PATH**

**Resources for the Sacred Self**

Lillian Lennox



February 16-19 | Friday-Monday

**CHRAKA ACTIVATION TO AWAKEN**

**YOUR ENERGY BODY**

Anodea Judith



February 16-19 | Friday-Monday

**YOGA RETREAT FOR WOMEN OF COLOR**

Maya Breuer, Keisha Battles, and more



February 23-25 | Friday-Sunday

**MINDFUL SELF-COMPASSION**

**Core Skills Training**

Christopher Germer and Susan Fairchild



February 23-25 | Friday-Sunday

**BURNOUT PREVENTION**

**How to Thrive in a Challenging World**

Lisa Jakub



February 23-25 | Friday-Sunday

**YOGA AND QIGONG**

**The Dance of Heaven and Earth**

Daniel Orlansky



February 23-25 | Friday-Sunday

**WINTER GLOW YOGA RETREAT**

Kristoffer Carter



February 23-25 | Friday-Sunday

**THE NATURAL SINGER**

**Find Your True Voice**

Claude Stein



February 16-19 | Friday-Monday

**KRIPALU OUTDOORS**

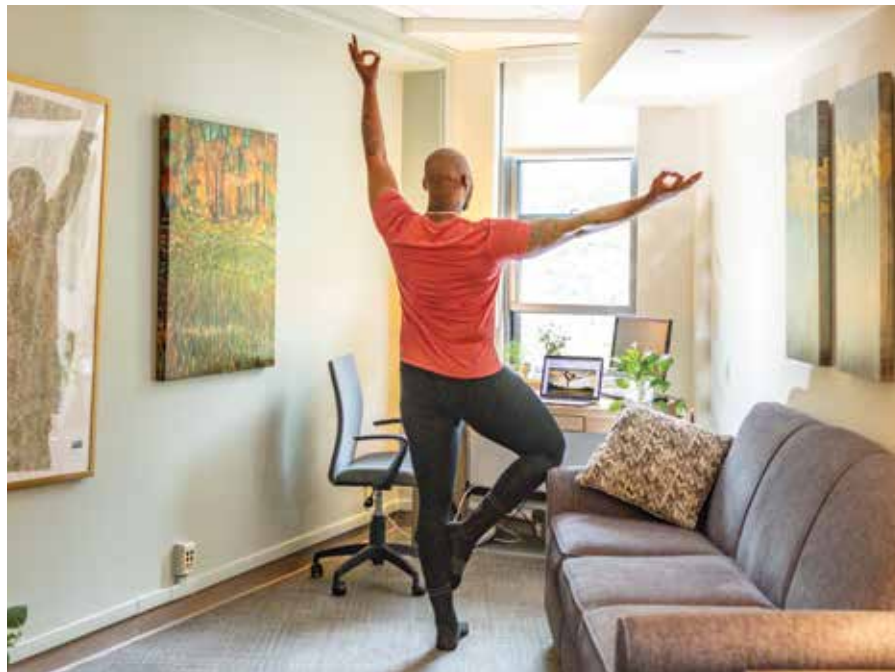
**Snowshoeing and Yoga**

Katie Hagel and Michelle Dalbec

# KRIPALU ONLINE STUDIO

Elevate your well-being.

With Kripalu's Online Studio, you have access to some of the nation's leading yoga teachers, no matter where you live. Expand your practice with yoga and meditation classes, attend workshops on self-discovery, build community-wide connections, and more. Tune in live or access our classes on demand all for **less than \$2 per class (\$59/month)**.



## Included in Your Monthly Subscription

- ✓ 14-day free trial
- ✓ A replay library of every class and workshop for you to explore at your own time.
- ✓ 25+ experienced Kripalu faculty leading gentle, all-levels, and vinyasa yoga; guided meditation and pranayama classes; and special self-discovery workshops.
- ✓ Weekly community emails with integration practices, community building, and more.
- ✓ Easeful platform with auto-renewal subscription, personalized schedule, and more.
- ✓ NEW! Our free, recurring affinity circles for Global Majority/BIPOC, Queer/LGBTQIA+, Kripalu Schools Alumni, and grief are now held in the studio.

Find your center online. Explore schedules and book specific programs at [kripalu.org/online](https://kripalu.org/online)

### Additional Online Programs



December 5

#### THE MEDICINE CIRCLE

A Culinary Herbal Holiday Workshop

Tara Lanich-LaBrie



Kripalu Signature

December 6 and 13

#### HOLIDAY BAKING FROM THE

KRIPALU KITCHEN

Jeremy Rock Smith



Kripalu Signature

December 7-21

#### ESSENTIAL AYURVEDA GUIDE

FOR THE HOLIDAYS

Erin Casperson, Dr. Rosy Mann, and more



January 9-February 6

#### STORYTELLING, ACTIVISM, AND

DEVELOPING YOUR VOICE

Abigail Hurst and Doreen Dodgen-Magee

## ACHIEVE BALANCE AND HARMONY WITH KRIPALU HEALING ARTS

Embrace a holistic approach to your Kripalu experience while deepening the relationship you have with your body, mind, and spirit. When you sign up for one of our signature Healing Arts treatments you benefit from a personalized approach to your healing and gain an incredible opportunity to expand upon your Kripalu experience. Spend time with one of our skilled practitioners in-person on the Kripalu campus or enjoy a virtual consultation from the comfort of your own home. From acupuncture and astrology readings to crystal integrated energy therapy and CBD-infused therapeutic massages, there is something for everyone.

*"My Healing Arts practitioner was very intuitive and found all the spots that needed help. He also spent time with me afterwards going over recommended stretches. My body felt spacious and relaxed."*—Rachel, Healing Arts client

# KRIPALU SCHOOLS

Become a certified yoga teacher, yoga therapist, Ayurvedic health counselor, or mindful outdoor guide today.

## CALLING ALL ALUMNI!

Don't miss our online Alumni Affinity Circles each month and save the date for our upcoming Alumni Weekends in 2024. Learn more at [kripalu.org/schools](https://kripalu.org/schools)



## YOGA

**Embody compassion, embrace self-transformation, and access your body's wisdom.** Designed for all body types and fitness levels, Kripalu School of Yoga trainings are rooted in the teachings of Swami Kripalu and empower you to live your practice on and off the mat.

**ON CAMPUS** | February 25–March 1, 2024  
**Restorative Yoga Teacher Training (300-Hour)**

**ON CAMPUS** | March 1–10, 2024  
**Teaching Pranayama: Essential Practices for Yoga Teachers**

**HYBRID** | March 22–June 23, 2024  
**200-Hour Meditation Teacher Training**



## AYURVEDA

**Foster greater health and vitality through the nourishing practices of Ayurveda.** Learn from Kripalu School of Ayurveda long-time faculty as you explore the wisdom of India's traditional system of medicine for your own personal development or to share with your community.

**ON CAMPUS** | April 10–14, 2024  
**Embodied Yoga and Ayurveda for Mental Wellness**

**ON CAMPUS** | April 19–21, 2024  
**Alumni Weekend for Kripalu Schools of Ayurveda and Mindful Outdoor Leadership**



## INTEGRATIVE YOGA THERAPY

**Increase your understanding of the healing impact of yoga.** Advocate for individuals or groups looking for sustainable solutions and learn to tailor your sessions as a yoga therapist by using yoga, pranayama, meditation, mudras, and more.

**ONLINE** | January 5–February 11, 2024  
**Foundations of Yoga Therapy, Part 1**

**ONLINE** | February 16–March 24, 2024  
**Foundations of Yoga Therapy, Part 2**



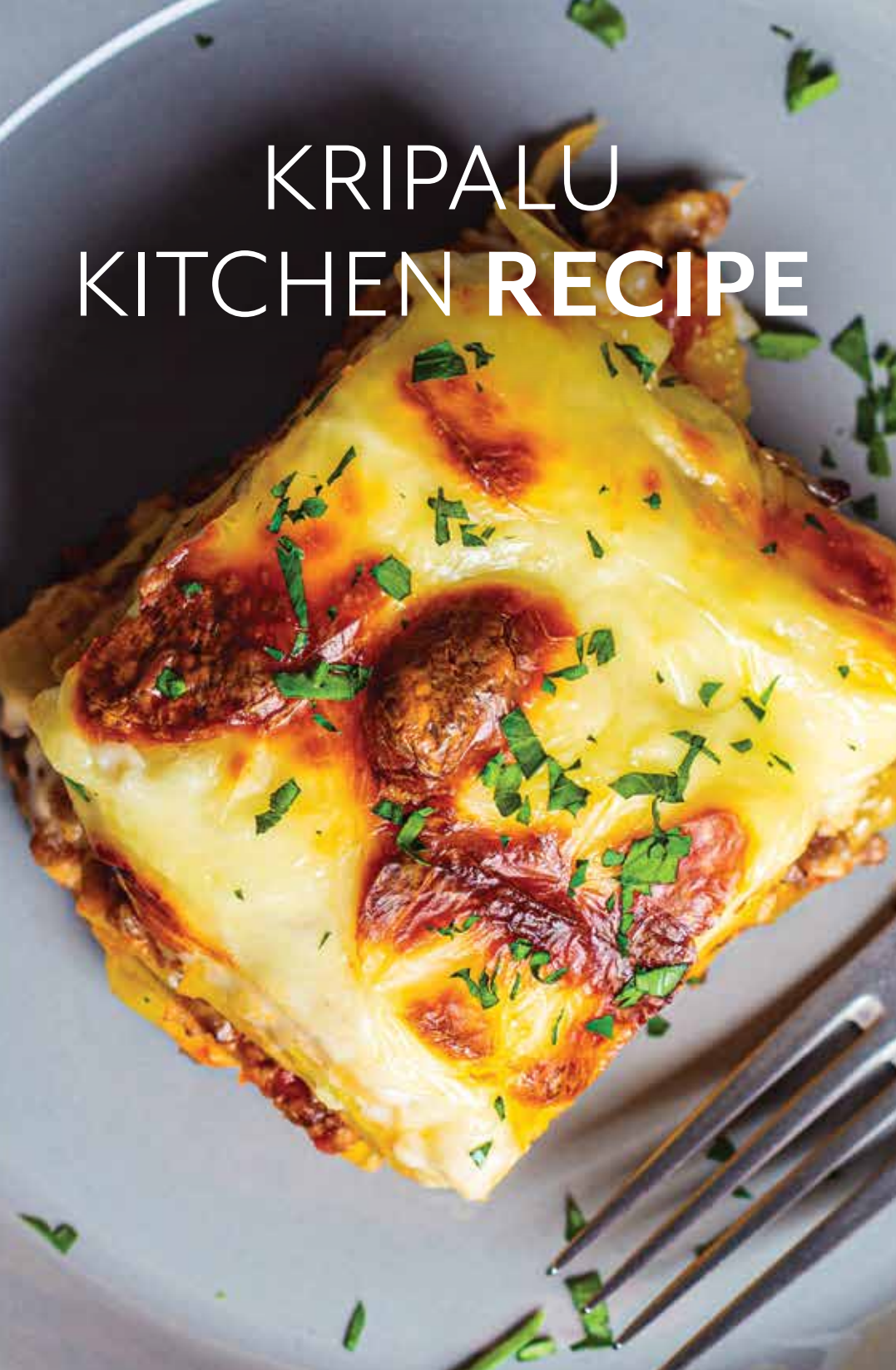
## MINDFUL OUTDOOR LEADERSHIP

**Share nature's gift with others by integrating a love of the outdoors with mindfulness.** Gain the knowledge, skills, and support necessary to guide others on life-changing journeys that deepen their relationship to the natural world and its healing power.

**ON CAMPUS** | April 19–21, 2024  
**Alumni Weekend for Kripalu Schools of Ayurveda and Mindful Outdoor Leadership**

**ON CAMPUS** | May 3–12, 2024  
**Level 1: Forest Community**

# KRIPALU KITCHEN RECIPE



## Turkey Moussaka

### MOUSSAKA INGREDIENTS:

- 1 pound ground turkey
- 1 cup diced onions
- 1 ½ cup diced tomatoes
- 2 to 3 eggplants, sliced lengthwise about ¼ inch thick
- ½ teaspoon cinnamon
- ½ teaspoon allspice
- 1 bunch parsley, chopped fine
- 2 tablespoons tomato paste
- ½ to ¾ cups chicken stock

### METHOD:

Saute onions and ground turkey in a pan over medium heat until turkey is brown. Add in diced tomato, spices, parsley, and stock and cook until everything starts to reduce, then add tomato paste. Set the pan aside to rest. Arrange the eggplant on a baking sheet with olive oil, salt, and pepper. Roast at 375 degrees for 20 minutes.

### BECHAMEL INGREDIENTS:

- 4 tablespoons butter
- ¼ cup flour
- 4 cups whole milk
- 1 pinch nutmeg
- 1 dried bay leaf
- 2 eggs
- salt and pepper to taste

### METHOD:

Melt butter in a small pan over low heat. Add flour and cook for 2 minutes. Once combined, add milk, nutmeg, and bay leaf. Cook until thickened. Set the pan aside and allow it to cool. Once it's cooled, whisk eggs into the bechamel mixture.

Assemble in a 9"x13" rectangular pan by layering the eggplant and the turkey mixture for a total of four layers. Top with bechamel mixture and bake at 350 degrees for 30-45 minutes until the bechamel/custard is set. Serves 6-8 people.



**STEPHEN SHERMAN**  
Executive Chef

Steve brings his culinary creativity to Kripalu from some of the finest restaurant kitchens in the Northeast, and the results are as healthy as they are delicious.



## PLAN YOUR VISIT

### 1 CHOOSE YOUR EXPERIENCE.

#### RETREAT & RENEWAL

Designed for healing and renewal, our signature retreat—available as a day pass or overnight stay—features daily classes, activities, and meals.

#### PROGRAMS

Join world-renowned thought leaders and Kripalu faculty to immerse yourself in a variety of topics from yoga and mindfulness to social justice and holistic health.

#### SCHOOLS

Explore on campus, online, and hybrid programs led by our exceptional faculty and specifically designed to help you find your community, deepen your practice, and share your passion with the world.

### 2 CHOOSE YOUR ROOM TYPE.

#### SHADOWBROOK

Choose from standard, classic, or economy rooms—situated in the iconic main building—with or without a view.

#### ANNEX

Select a room in our newer, more recently renovated addition with or without a view.

### 3 REGISTER ONLINE @KRIPALU.ORG OR BY PHONE AT 413.448.3500

#### BOOK YOUR HEALING ARTS

We recommend making appointments in advance for a massage, facial, energy work, or any of our metaphysical offerings.

#### VIEW OUR COVID-19 SAFETY GUIDELINES @kripalu.org/safety

FOR ANSWERS TO OUR FAQs, visit @kripalu.org/FAQ

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@kripau.org. "Kripalu" is a registered trademark of Kripalu Center for Yoga & Health.

### Your Cost Per Night Includes:

- Three daily all-natural, delicious meals from the Kripalu Kitchen.
- Access to 100+ acres of hiking trails, walking paths, private lakefront, and indoor amenities—including the fitness center and the Kripalu Shop and Cafe.
- Daily movement classes (such as yoga and dance).
- The most breathtaking views in the Berkshires.
- Connection and community—with share circles and many other opportunities to gather with fellow guests.

Join the community.     

Key Code

Account #

DO LESS. **SAVE MORE.**

**30% Off Winter Midweek R&R Stays**

Is it time for a break from your busy life? There are several reasons why so many guests prefer our most peaceful season, and this may be one of the best ones yet. Plan a 3-night midweek stay between December 4, 2023 and February 29, 2024, and save 30% on your visit. Just use **WINTER30** code at checkout. Blackout dates apply, and this offer cannot be used for dorms, economy rooms, or existing reservations. Visit [kripalu.org/retreat](https://www.kripalu.org/retreat)