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.

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. Immense yourself and dive deep into your session or workshop.

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.

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.

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
DECEMBER HIGHLIGHTS: On Campus Programs

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

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 Rebeck

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

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

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John Roedel
DECEMBER HIGHLIGHTS: On Campus Programs

December 8-10 | Friday–Sunday
AYURVEDA FOR INSOMNIA
Larissa Hall Carlson and Kari Harendorf

December 15-17 | 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 Philips

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
TRUSTING THE MOMENT
A New Year’s Yoga Retreat
Rolf Gates

December 29–24 | 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 15–17 | Friday–Sunday
MOVING INTO THE HEART OF WINTER WISDOM
A Continuum Workshop
Robin Becker

December 20–22 | Wednesday–Friday
WINTER SOLSTICE RETREAT
Nature, Peace, and Connection
Micah Mortali

December 21–24 | Thursday–Sunday
WINTER WELLNESS
Self-Care Tools for Holiday Health
Pilin Anice

December 25–29 | Tuesday–Friday
REFLECT AND RENEW
A Deep Meditation Retreat
Susan Piver

December 8–10 | Friday–Sunday
AYURVEDA FOR INSOMNIA
Larissa Hall Carlson and Kari Harendorf

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December 29, 2023–January 1, 2024
Friday–Monday
RECLAIM YOUR CREATIVITY
Steven Hcock and Laura Dickstein Thompson

For MORE programs, full descriptions, prices, and to book online, visit kripalu.org/calendar
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.

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 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.
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.

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 1–5 | Monday–Friday
JOURNEY INWARD
A Yoga Winter Retreat for the New Year
Jovinna Chan

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

January 1–7 | Monday–Sunday
THE KRIPALU SILENT RETREAT
Jess Frey and Edi Pasalis

January 5–7 | Friday–Sunday
CHANGE YOUR MIND
Tools for Creating the Results You Desire
Carole Murko

January 5–7 | Friday–Sunday
AYURVEDA COOKING IMMERSION
New Year’s Digestive Reset
Kate O’Donnell

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
Live stream option

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

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

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

For MORE programs, full descriptions, prices, and to book online, visit 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 Futumorsk

January 19–21 | 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
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.

JEFFREY THOMAS
Founder of Mandela Yoga Project
Scholarship Recipient for Nonprofit Leader Retreat

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 to learn more.

"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

"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

"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, yoga history, and different modalities. Heed Kripalu’s strong, soft, supportive hand on my back."

JOHANNA STANTON
Public school teacher, bringing yoga to teens
Scholarship Recipient, Kripalu Yoga in the Schools training

Swami Kripalu, Sacred Service, and You.

"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."

AKHIRATA BAKER
Healing practitioner and founder of MINKA Brooklyn
Regenerative Community Partner

"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

Healing practitioner and founder of MINKA Brooklyn
Regenerative Community Partner
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.

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

February 8–11  |  Thursday–Sunday
RADIANT HEAL TH
A Weekend Retreat for Women
Sudha Carolyn Lundeen

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 Biasetti

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
Jenni Frey

February 9–11 | Friday–Sunday
CAN’T STOP THINKING
Break Free From Obsessive Worry and Rumination
Nancy Colier

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 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 23–25 | Friday–Sunday
KRIPALU OUTDOORS
Snowshoeing and Yoga
Katie Hagel and Michelle Dalbec

For MORE programs, full descriptions, prices, and to book online, visit kripalu.org/calendar
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

Find your center online. Explore schedules and book specific programs at kripalu.org/online

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.

December 5
THE MEDICINE CIRCLE
A Culinary Herbal Holiday Workshop
Tara Lanich-LaBrie

Kripalu Signature

December 6 and 15
HOLIDAY BAKING FROM THE KRIPALU KITCHEN
Jeremy Rock Smith

Kripalu Signature

December 7–21
ESSENTIAL AYURVEDA GUIDE FOR THE HOLIDAYS
Erin Casperson, Dr. Raey Mann, and more

Kripalu Signature

January 3–February 6
STORYTELLING, ACTIVISM, AND DEVELOPING YOUR VOICE
Abigail Hunt and Deese Ragland-Magos

Kripalu Signature

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).
Kripalu Schools

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

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 25, 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 5–12, 2024
Level 1: Forest Community

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
Turkey Moussaka

MOUSSAKA INGREDIENTS:
• 1 pound ground turkey
• 1 cup diced onions
• 1½ 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:
Sauté 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 cool, 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.

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.

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. Making List. To request that your address be removed from our mailing list, contact us at registration@kripalu.org. “Kripalu” is a registered trademark of Kripalu Centre for Yoga & Health.
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