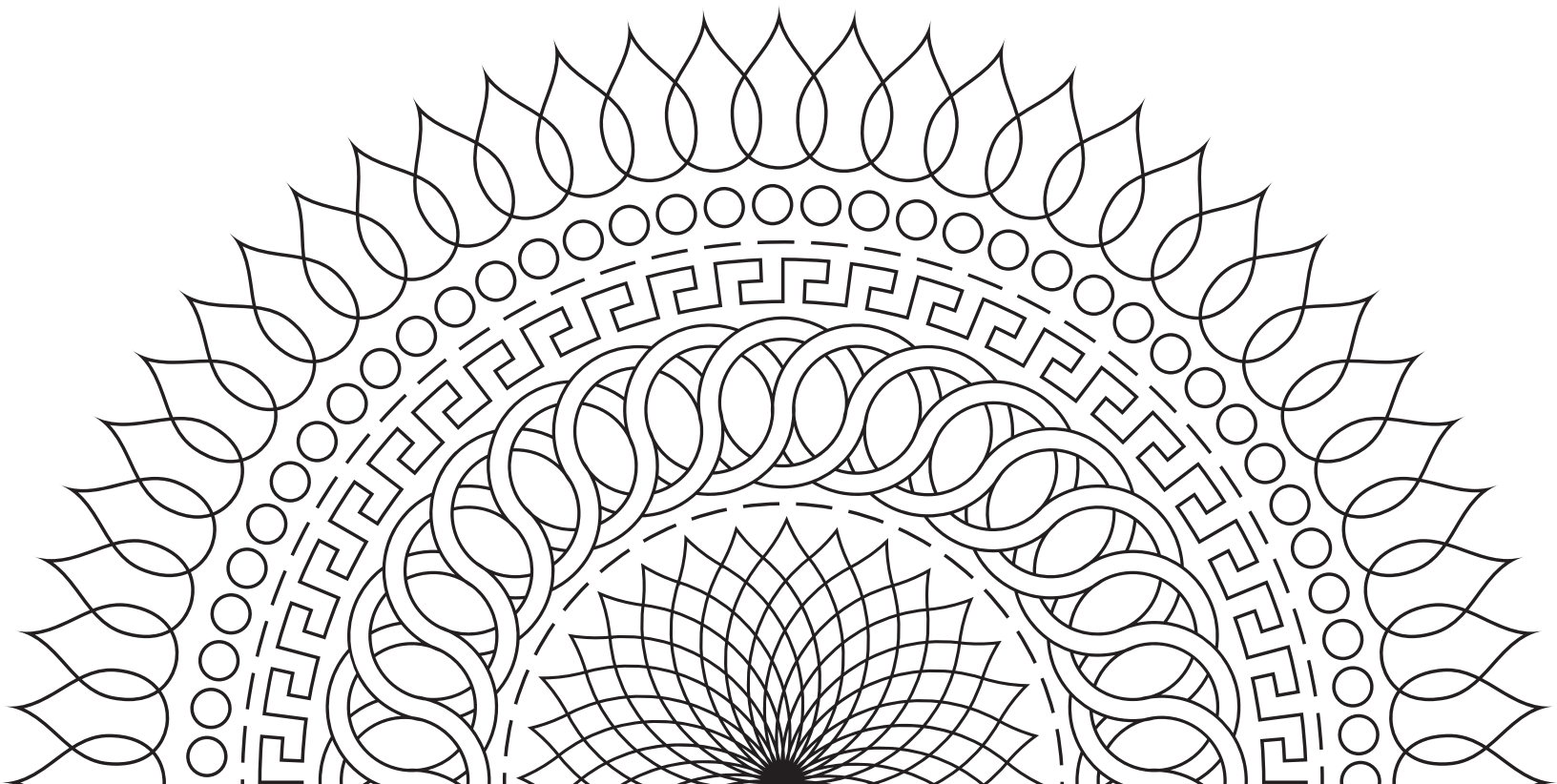
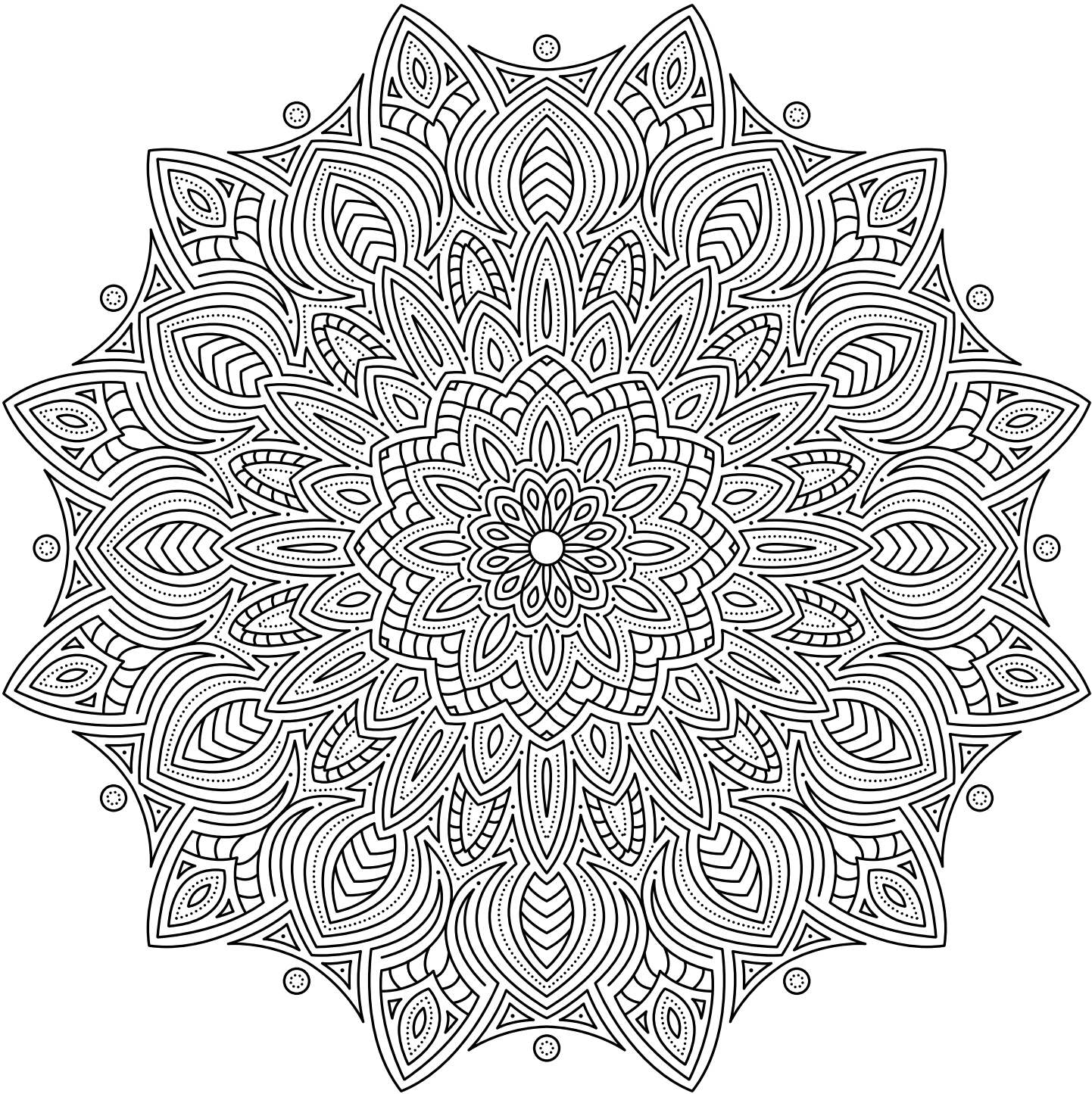


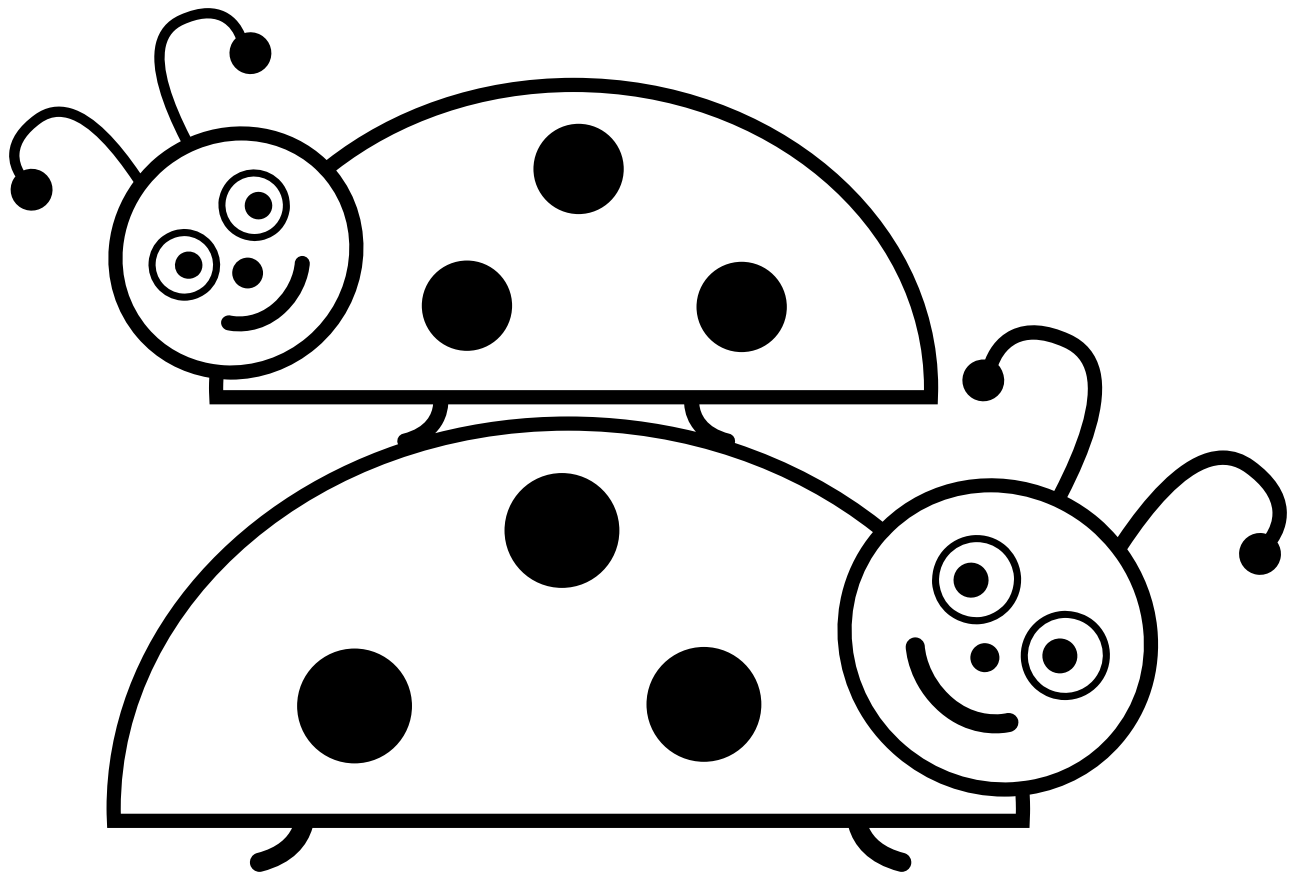
Kripalu[®]

ACTIVITY BOOK

For all ages 😊



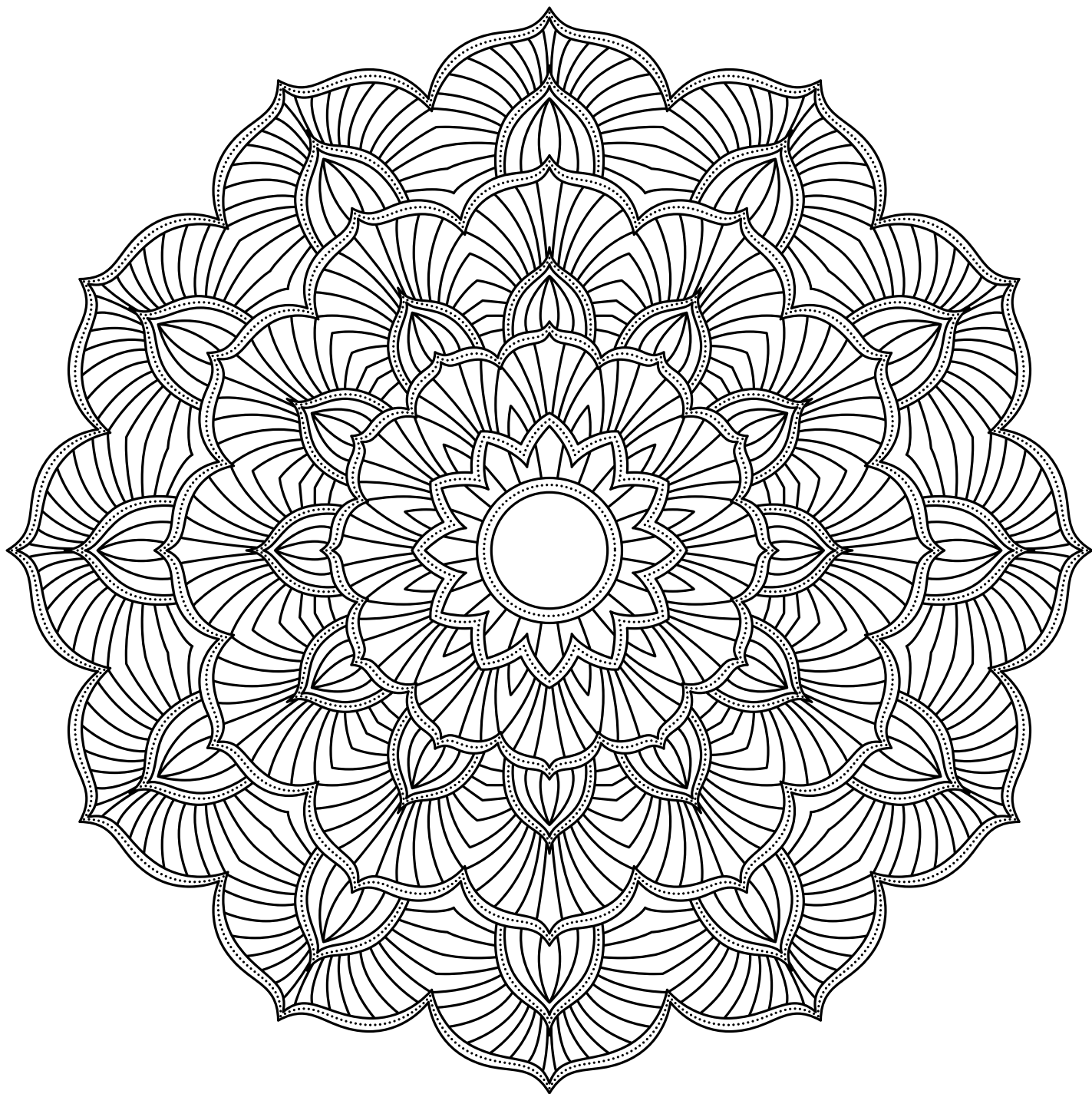




Classic Kripalu

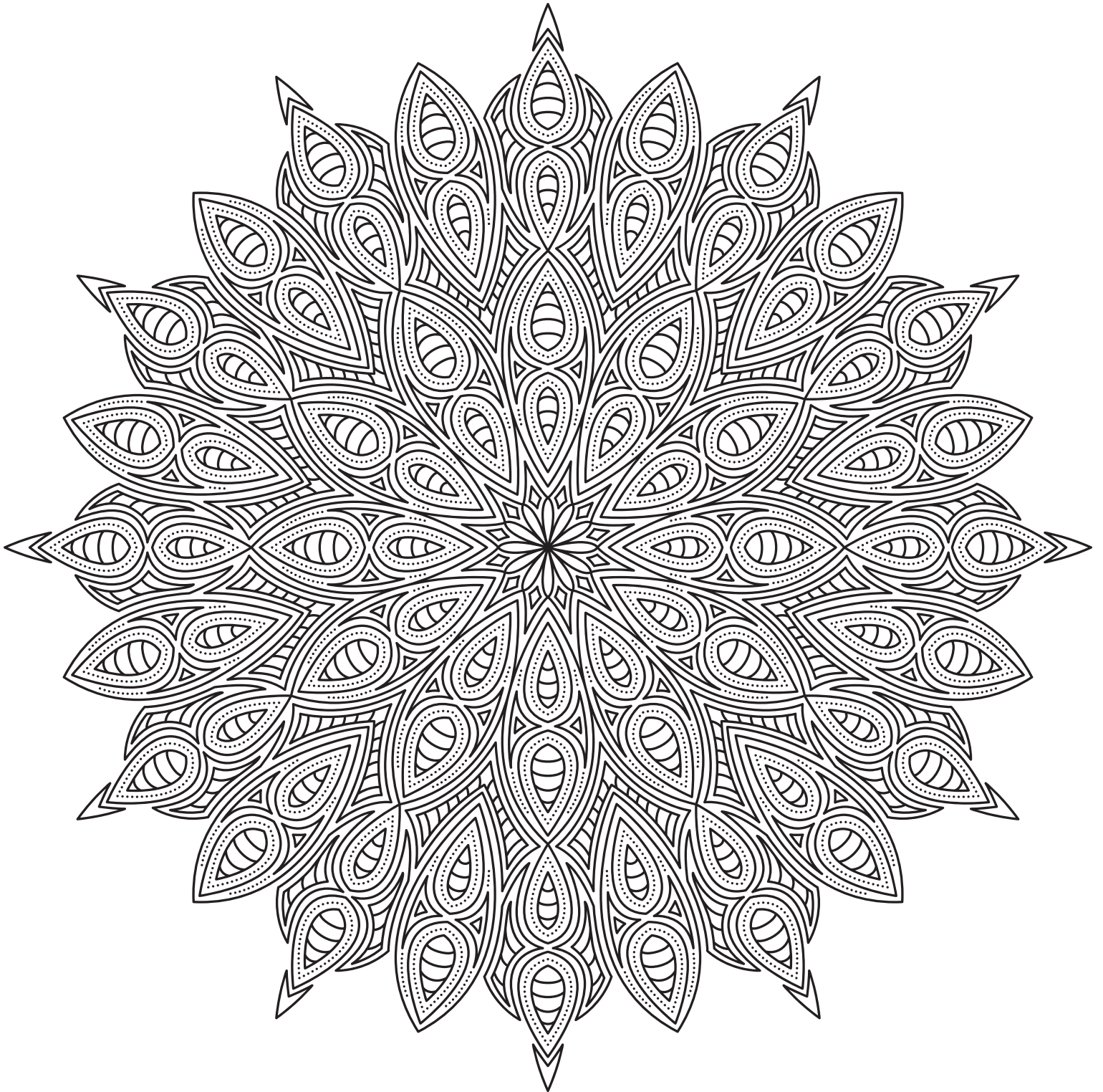
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N	L	M	C	O	N	N	E	C	T	I	O	N	N
D	A	E	R	N	N	M	Y	M	L	S	O	G	U
F	D	U	R	Y	T	T	C	E	N	T	E	R	T
U	N	O	N	E	O	L	A	E	E	E	N	T	R
L	A	U	N	Y	T	I	N	U	M	M	O	C	I
N	M	L	H	A	N	R	M	Y	N	T	G	R	T
E	M	A	C	E	T	C	E	E	A	S	U	E	I
S	U	P	U	R	A	U	T	A	T	T	E	O	O
S	F	I	T	O	E	L	R	M	T	T	I	A	N
N	A	R	O	I	E	N	T	E	A	T	A	O	E
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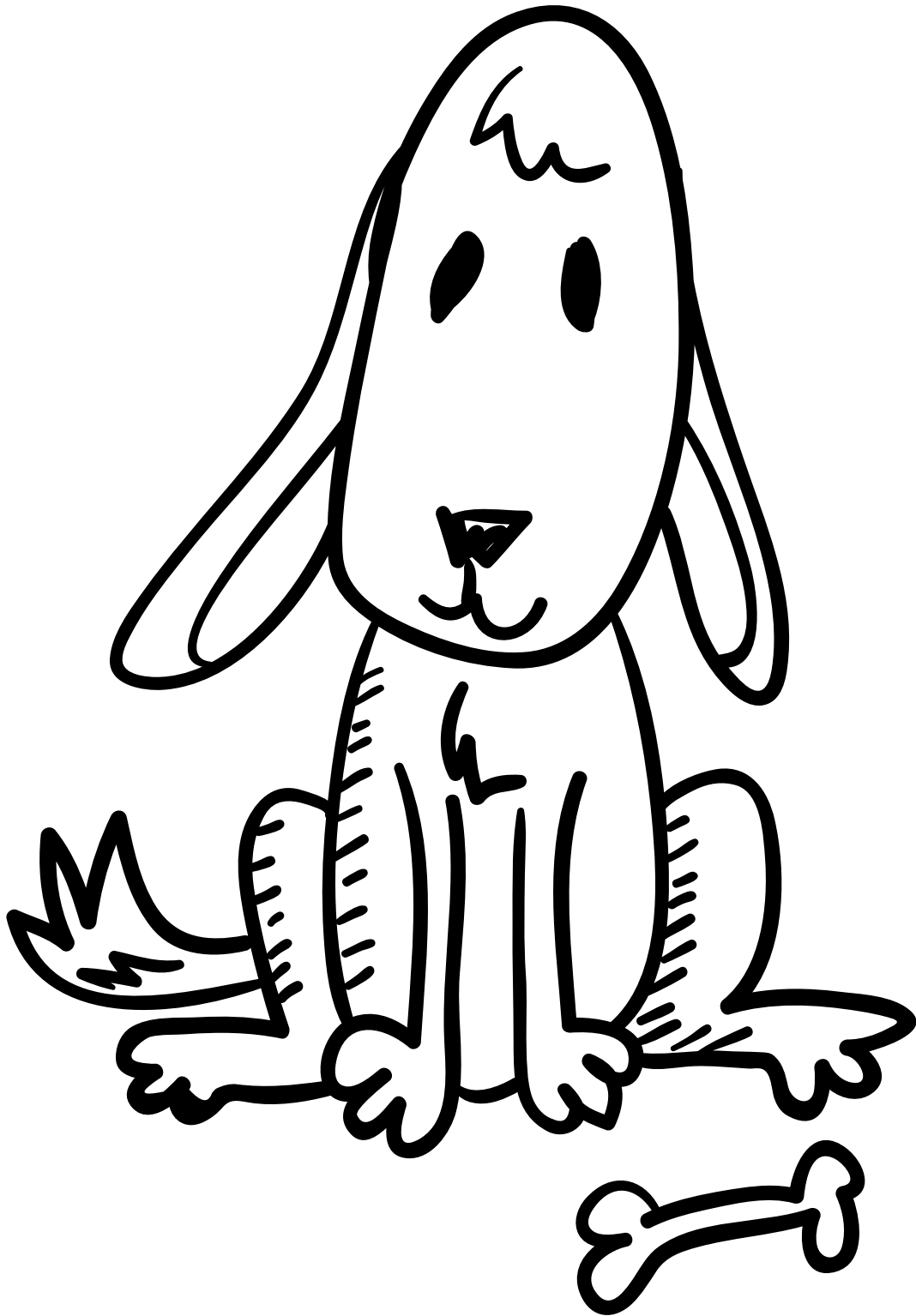
KRIPALU
 COMMUNITY
 MANDALA
 YOGA
 YOGADANCE
 RETREAT
 CENTER
 MINDFULNESS
 HEALTH
 METTA
 NATURE
 CONNECTION
 NUTRITION

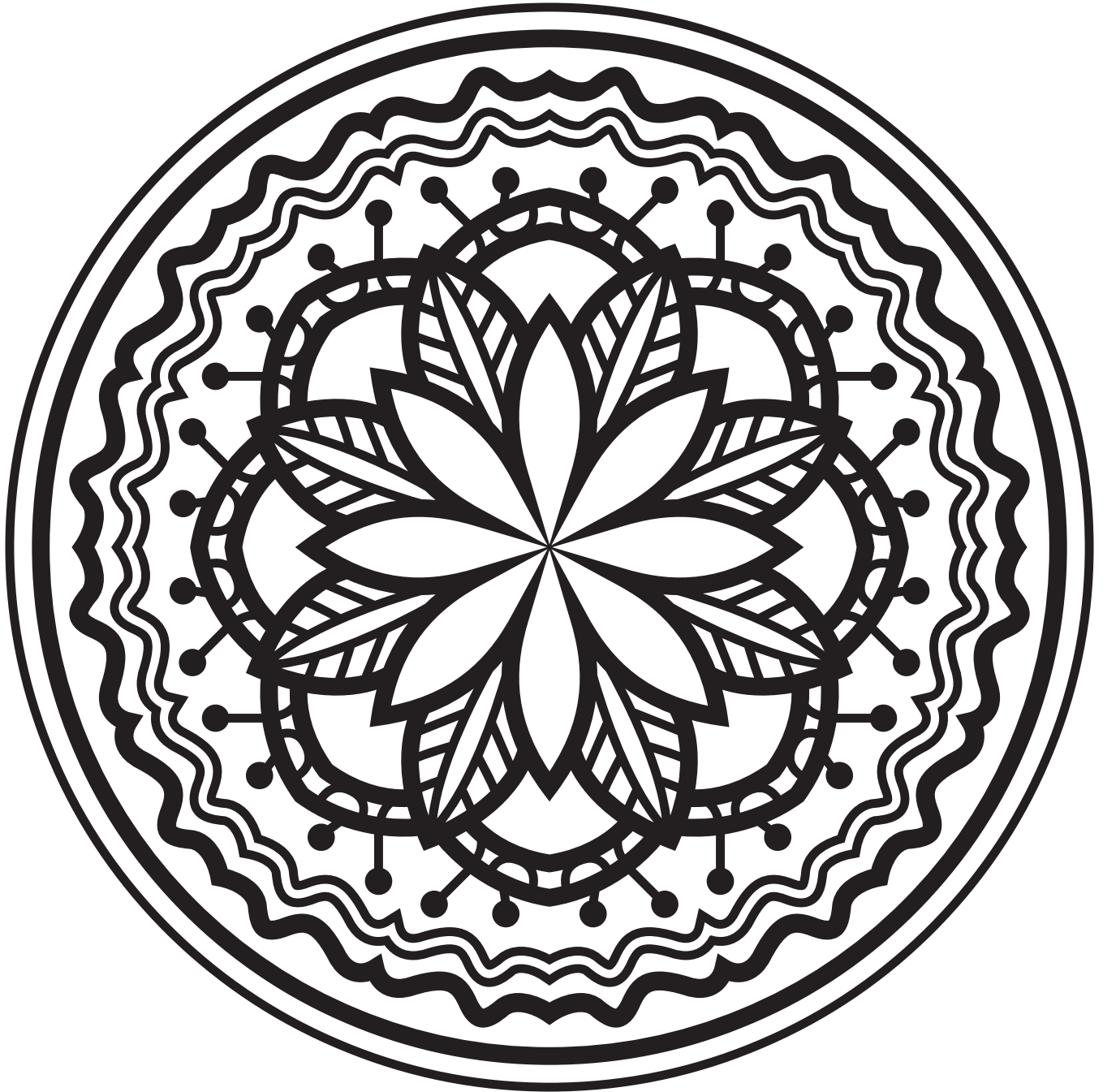


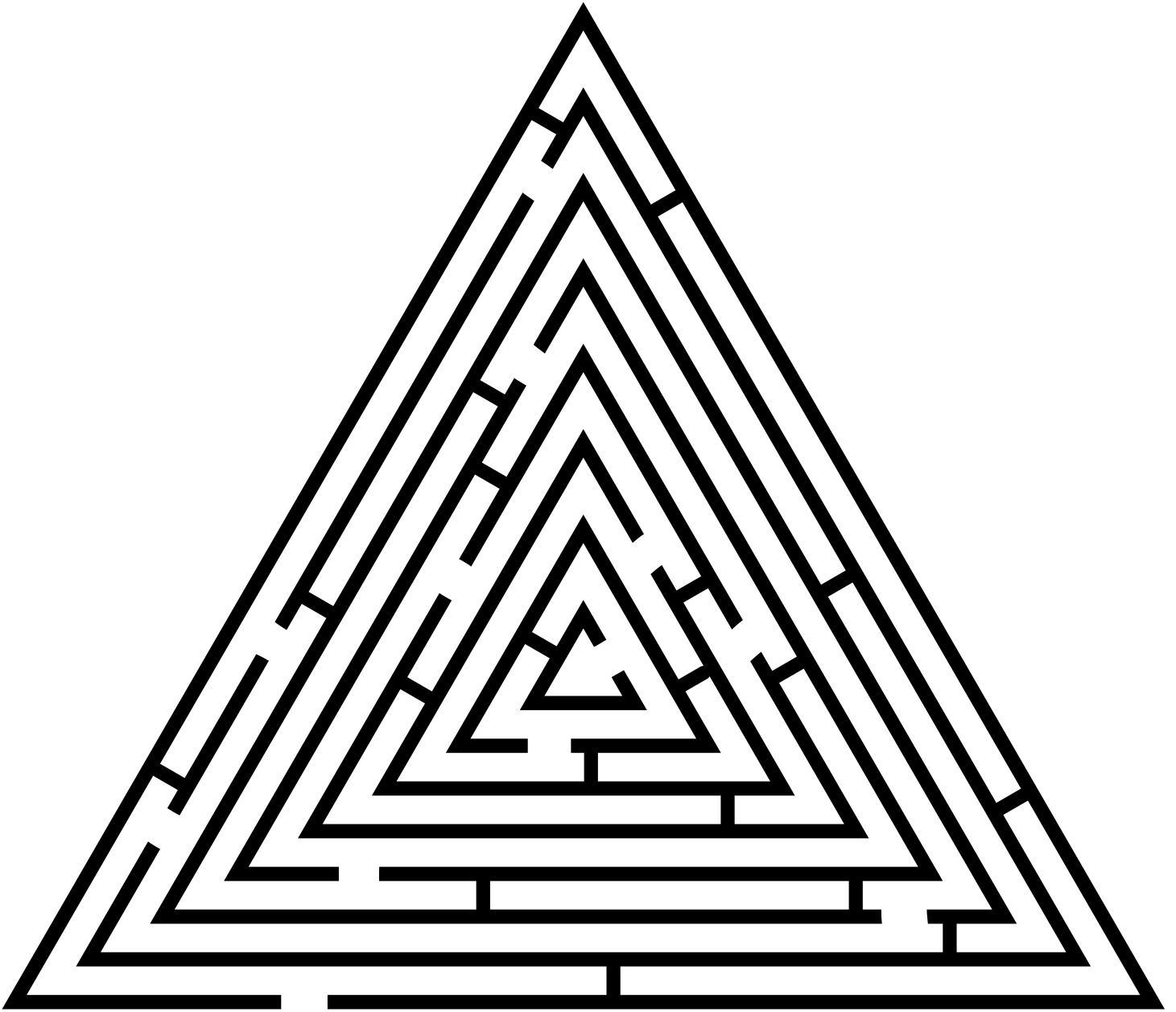












Kripalu's Vision and Values

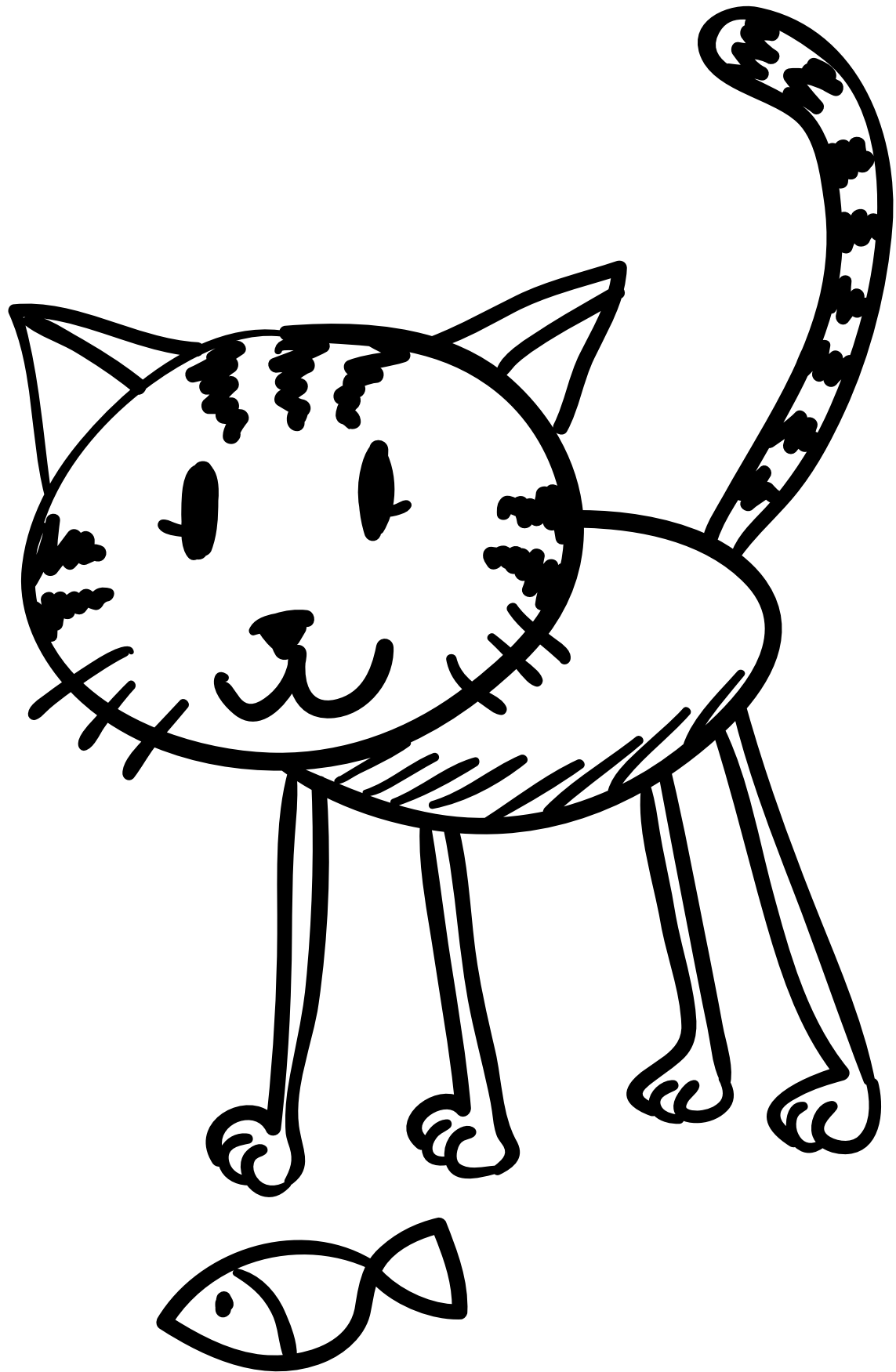
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K	R	I	P	A	L	U	S	Y	U	N	E	S	M
L	P	O	N	Q	E	E	E	T	P	V	S	E	V
I	E	N	E	C	P	R	E	I	C	G	E	C	Y
E	T	C	O	M	O	P	P	R	O	C	R	O	R
V	I	P	I	I	V	S	V	G	N	P	N	R	I
G	C	E	C	V	I	R	C	E	K	A	N	E	U
Y	I	N	R	O	R	Q	S	T	R	Y	A	T	Q
S	E	U	L	A	V	E	N	N	N	R	E	A	N
R	G	R	S	I	R	V	S	I	E	S	O	G	I
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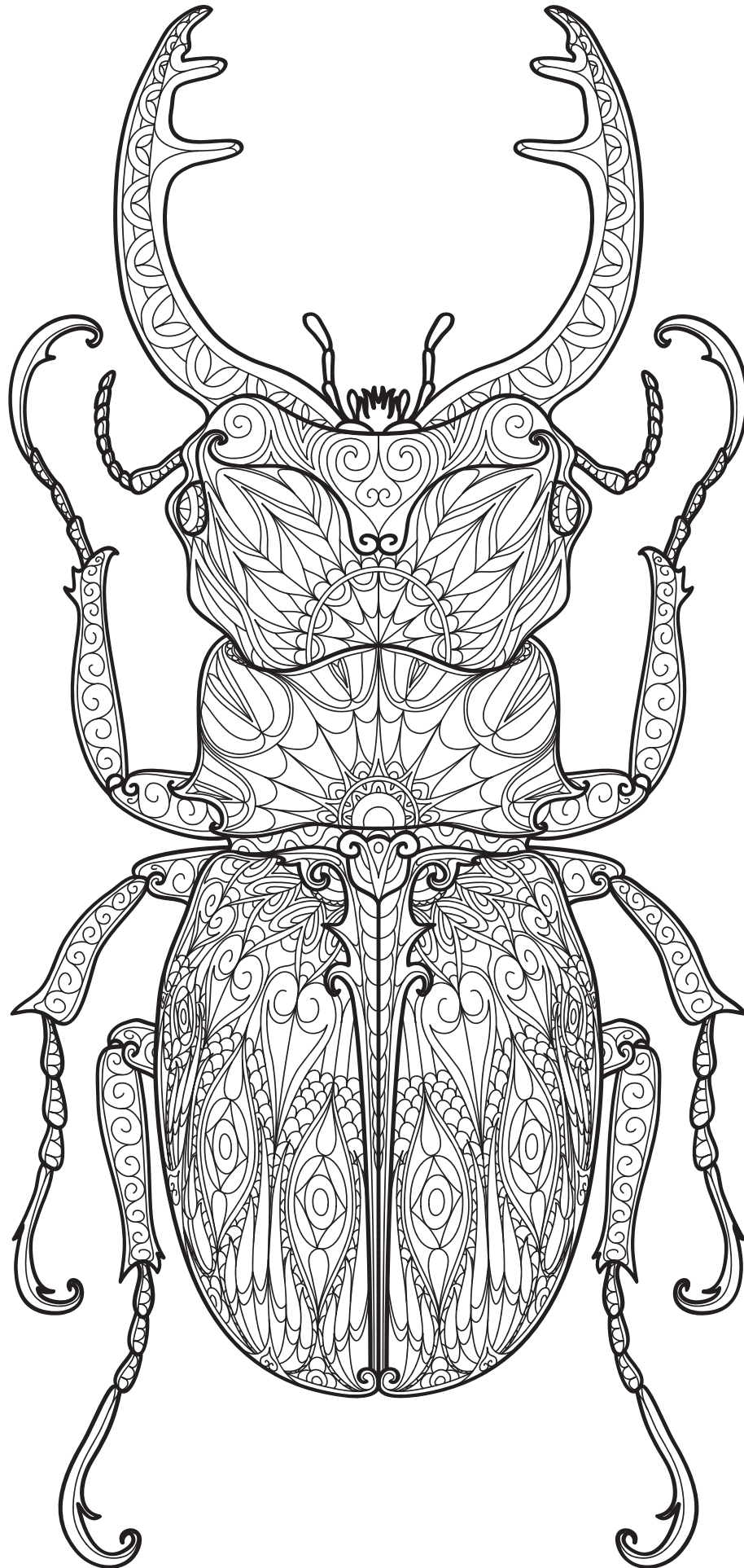
INTEGRITY
MISSION
PRESENCE
VISION
INQUIRY
CORE
SERVICE
VALUES
COMPASSION
KRIPALU
PRACTICE

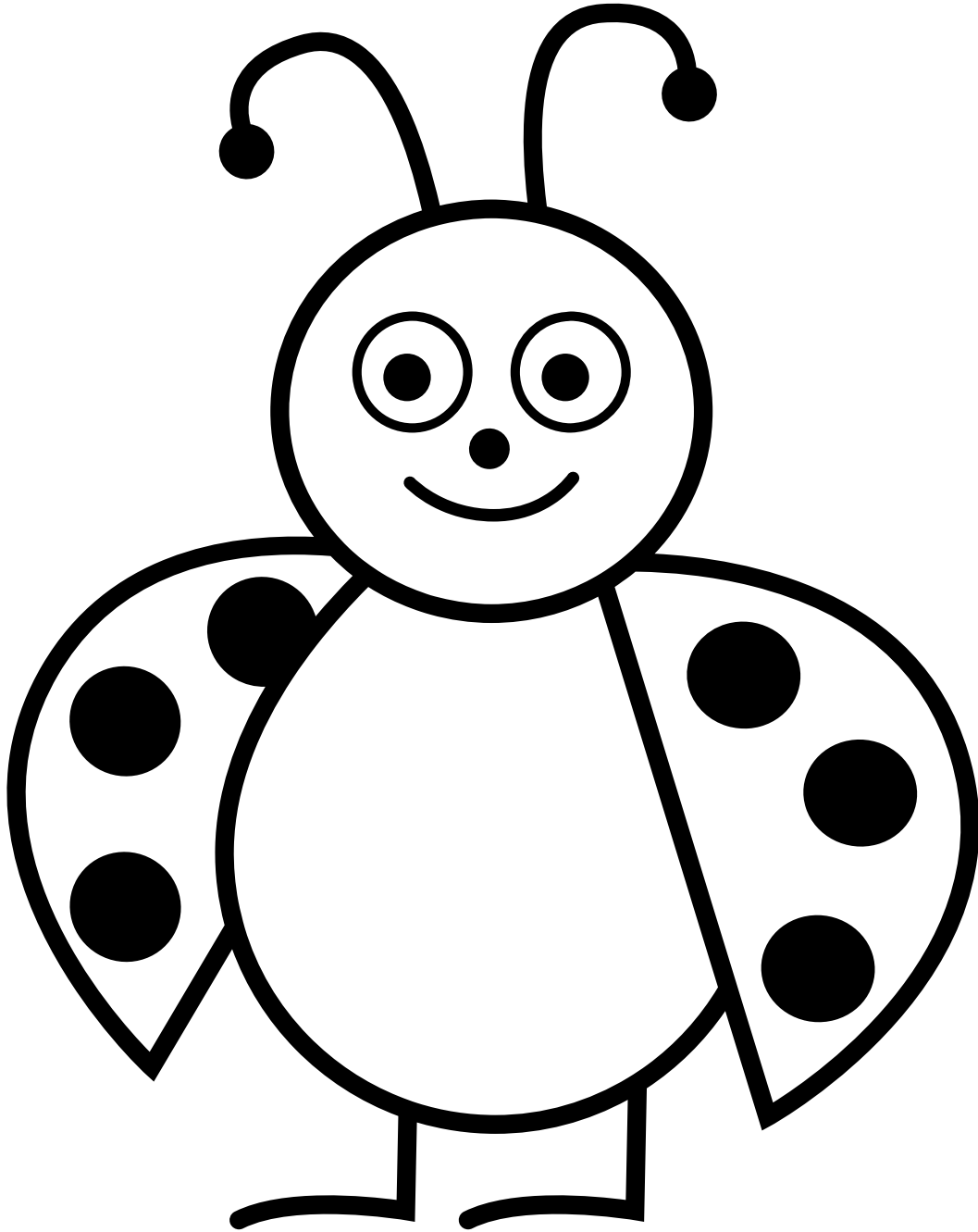
At its core, Kripalu is a community of people just like you, who strive to create a meaningful life. Our six values—Integrity, Presence, Inquiry, Service, Compassion, and Practice—have shaped who we are and continue to guide us forward. Through these values, we reflect upon the land on which we stand, the property where we sit, and the spirit of the various individuals who have called this place home throughout the centuries.

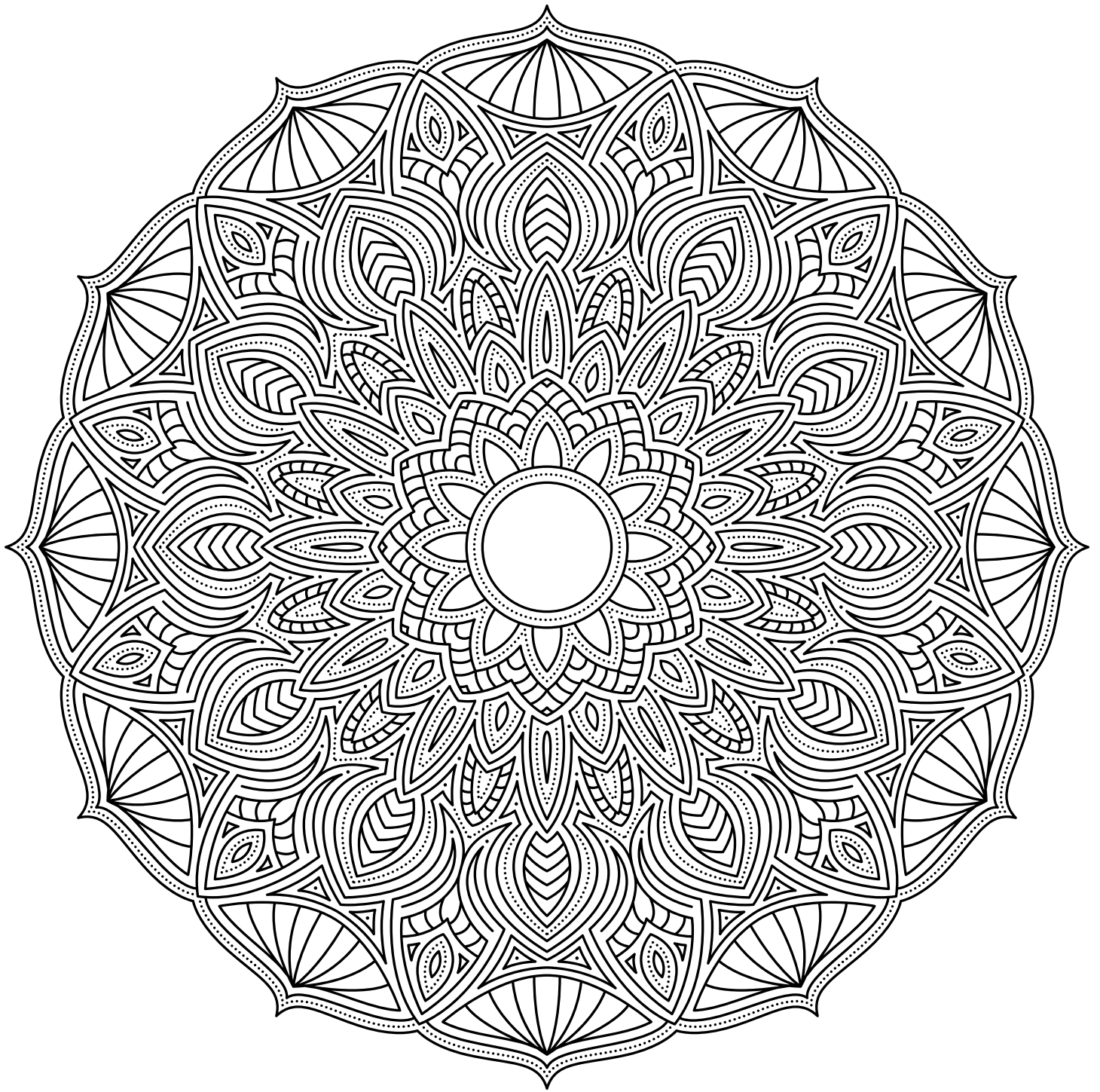








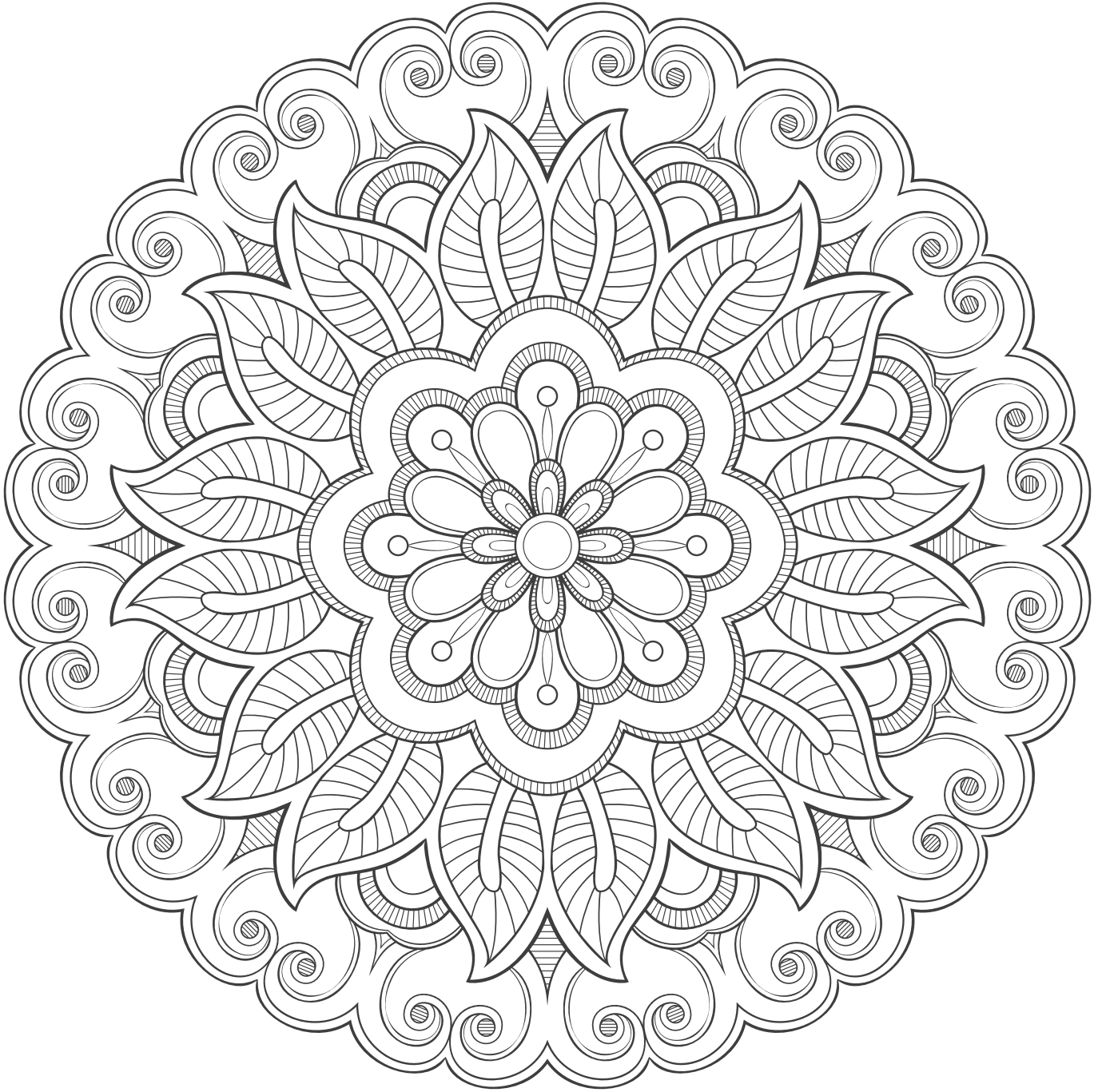


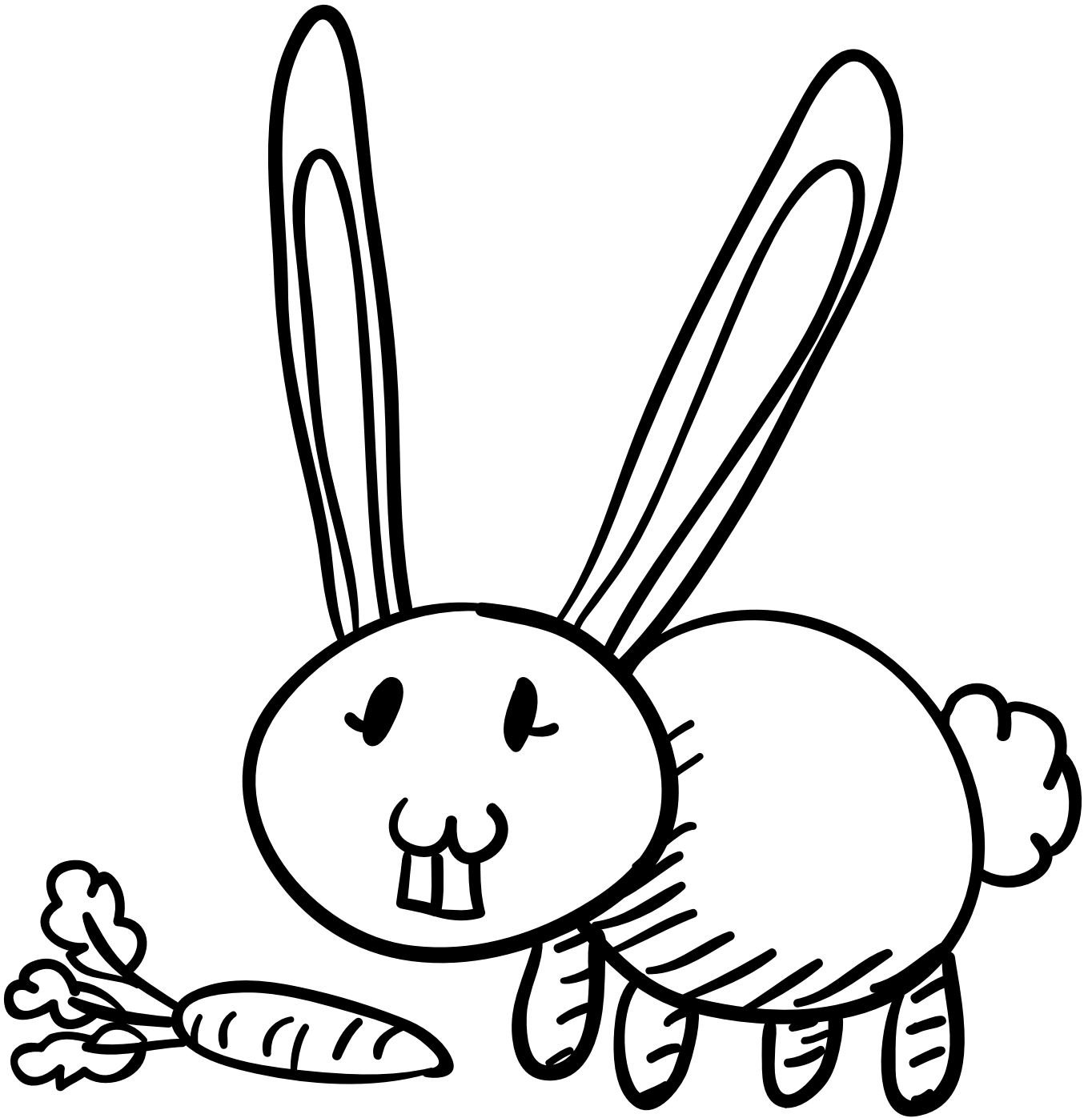


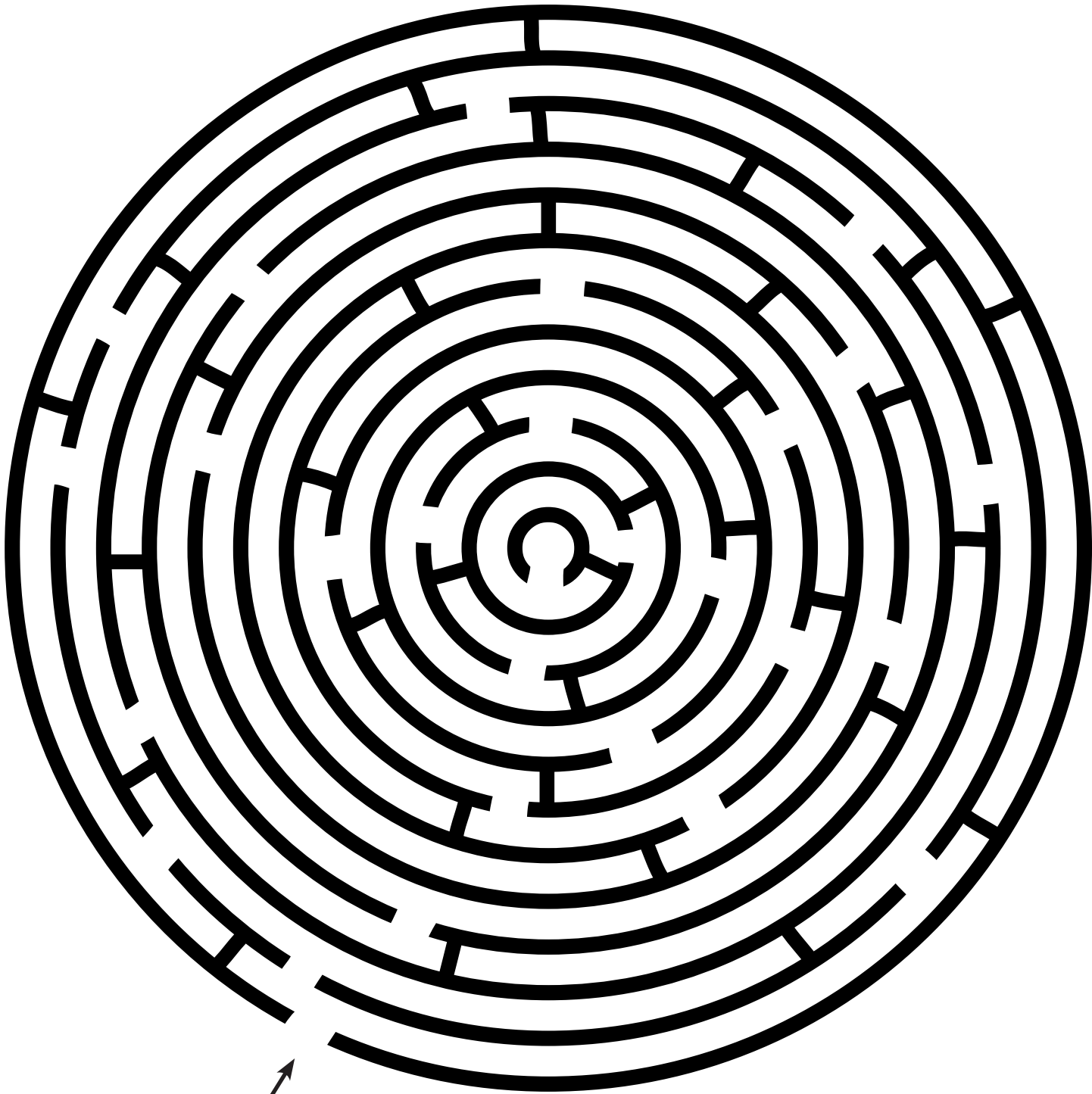
Ayurveda, Yoga's Sister Science

V	I	M	N	A	M	A	S	T	E	H	T	S	U
C	I	R	E	M	R	U	T	A	V	G	S	C	T
I	A	V	T	T	A	S	A	A	A	T	G	A	E
T	A	N	A	S	A	V	A	S	T	A	D	H	S
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D	R	I	R	V	K	R	A	T	D	T	S	A	I
D	I	A	A	K	U	S	Y	N	N	V	H	D	T
I	A	I	A	H	Y	G	U	C	R	S	K	N	C
K	E	P	A	A	C	I	R	J	O	S	S	T	H
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A	A	A	V	A	A	G	E	R	J	A	T	A	R
J	K	A	O	S	T	E	D	O	T	T	I	S	I
V	T	R	P	A	A	R	A	A	I	C	A	G	A
U	A	A	I	V	T	I	T	T	D	S	A	S	D

AYURVEDA
 NAMASTE
 CHAI
 VATA
 ASANA
 KITCHARI
 PITTA
 DOSHA
 KAPHA
 SAVASANA
 OJAS
 TURMERIC
 SATTVA
 GINGER







Find your center

