

PLAN YOUR  
SPRING RETREAT NOW

50+ ON CAMPUS  
AND ONLINE PROGRAMS

WHY AYURVEDA  
MATTERS

# Kripalu®



SPRING PREVIEW  
March–May 2023

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



# IT'S ALL YOGA

At Kripalu, we celebrate all that yoga is in its physical, spiritual, life-altering wonder. Whether it's a journey into nature or a journey within, a plate of delicious food eaten mindfully, or seeing the world through an enlightening new lens, it truly is all yoga.



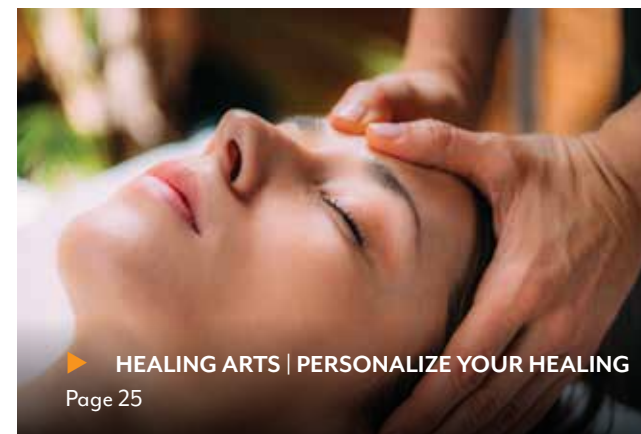
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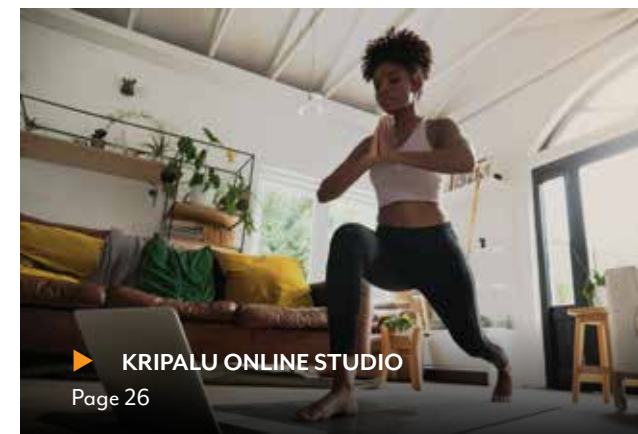
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# TO BE AT KRIPALU

Root down to rise; spring at Kripalu is calling your name.

Spring at Kripalu means more than blooming flowers and soft rays of sunlight. It's a time for you to take a spacious breath in and a smooth breath out. It's an opportunity for you to deepen your practice. It's your time to embrace new ways of thinking and living.

Our renowned and compassionate faculty are ready to guide you through our distinctive methodology, developed during our 50 years as leaders in the yoga and wellness community.

Whether you are visiting our campus for a presenter-led program, self-guided retreat, or an immersive training, a stay at Kripalu is filled with nourishment, community, and time for reflection and renewal.

## 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://kripalu.org/campus)



## Imagine Your Day

### MORNING

- Cultivate quiet and welcome the rising sun with a morning Kripalu Yoga class.
- Enjoy whole grain bread, a cup of organic tea, and other treats while at Silent Breakfast.
- Immerse yourself and dive deep into your program session or workshop.



### AFTERNOON

- Find playful and spontaneous movement in a vibrant and uplifting Kripalu YogaDance® class.
- Nourish yourself with a menu filled with nutritious, Ayurvedic-inspired, and local ingredients.
- Join a guided hike along the fields and forests and breathe in the crisp air.



### EVENING

- Book a Kripalu Meditative Massage and let yourself relax as the day slows down.
- Feed your body with an early dinner and enjoy time to connect with others in your program or retreat.
- Rest and unwind in a relaxing yoga class or a guided meditation workshop.



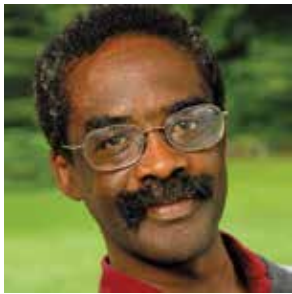
# MARCH HIGHLIGHTS

## On Campus Programs

Welcome the season of growth with programming designed to meet you where you are.

Kripalu  
*Signature*

Explore programs  
offered exclusively on  
the Kripalu campus.



March 3–5 | Friday–Sunday

**THE ETERNAL SEASON  
OF ASANA**

**An Exploration of Iyengar Yoga**

Kofi Busia



March 3–5 | Friday–Sunday

**THE ACHE IN YOUR  
HEART IS HOLY**

Coby Kozlowski



March 3–5 | Friday–Sunday

**BECOMING YOUR OWN  
BEST FRIEND**

Ruthie Lindsey and Mari Andrew



March 5–10 | Sunday–Friday

**BECOMING WHOLE THROUGH  
RADICAL SELF-ACCEPTANCE**

**There is Nothing to Fix**

Suzanne Jones



March 9–12 | Thursday–Sunday

**AN INTRODUCTION TO SPIRITUAL  
HEALING CONSTELLATIONS**

**Movements of the Spirit Mind**

Ron Young



March 10–12 | Friday–Sunday

**SHAKTI**  
**Awakening the Divine Feminine**

**Power Within**

Acharya Shunya





March 12–17 | Sunday–Friday  
**EMOTIONAL FREEDOM  
 TECHNIQUES WORKSHOP**  
 Jan Watkins



March 12–17 | Sunday–Friday  
**THE KRIPALU APPROACH  
 TO AYURVEDA**  
**Spring Lifestyle Immersion**  
 Erin Casperson



March 14–19 | Tuesday–Sunday  
**YOGA NIDRA  
 IMMERSION RETREAT**  
**The Art of Transformational Sleep**  
 John Vosler



March 19–24 | Sunday–Friday  
**THE KRIPALU  
 SILENT RETREAT**  
 Jess Frey and Edi Pasalis



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



March 16–19 | Thursday–Sunday  
**RISE: THE KRIPALU APPROACH  
 TO RESILIENCE**  
**Tools for Work-Life Balance**  
 Sam Chase



March 17–19 | Friday–Sunday  
**YOUR INNER ENERGY HEALER**  
**The Joyful Language of Intuition**  
 Hilary Crowley



March 17–19 | Friday–Sunday  
**EMBODYING EQUITY**  
 Michelle Cassandra Johnson and Kerri Kelly



March 24–26 | Friday–Sunday  
**AWAKEN YOUR SPIRIT**  
**A Shamanism Retreat**  
 Brant Secunda



March 24–26 | Friday–Sunday  
**WALK WITH EASE AND GRACE**  
**An Anusara Yoga Retreat**  
 Jacalyn Prete, Lisa Long, and more



March 26–30 | Sunday–Thursday  
**THE DEEP HEART**  
**Exploring the Portal to Presence**  
 John and Christiane Prendergast



March 17–19 | Friday–Sunday  
**QOYA**  
**Embodying Reverence**  
 Rochelle Schieck



March 17–19 | Friday–Sunday  
**KRIPALU OUTDOORS**  
**Mindful Hiking Retreat**  
 Evelyn Gonzalez and Jon Orsini



March 19–24 | Sunday–Friday  
**TRAUMA-SENSITIVE YOGA  
 FOUNDATIONAL TRAINING**  
 David Emerson and Jenn Turner



March 31–April 2 | Friday–Sunday  
**ABANDONMENT TO HEALING**  
**Overcome Your Patterns of Self-Sabotage**  
 Susan Anderson



March 31–April 2 | Friday–Sunday  
**GRIEF, LOSS, AND RENEWAL**  
 Aruni Nan Futuronsky



March 31–April 2 | Friday–Sunday  
**HOW TO LOVE YOURSELF**  
 Matt Kahn

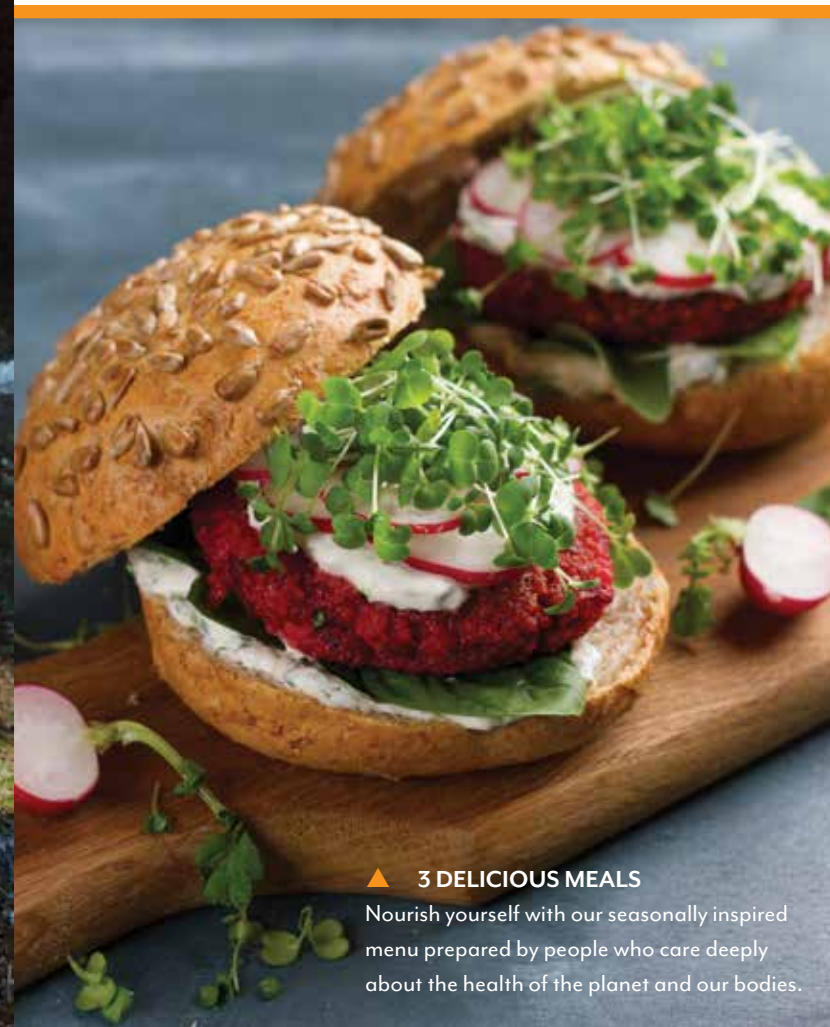




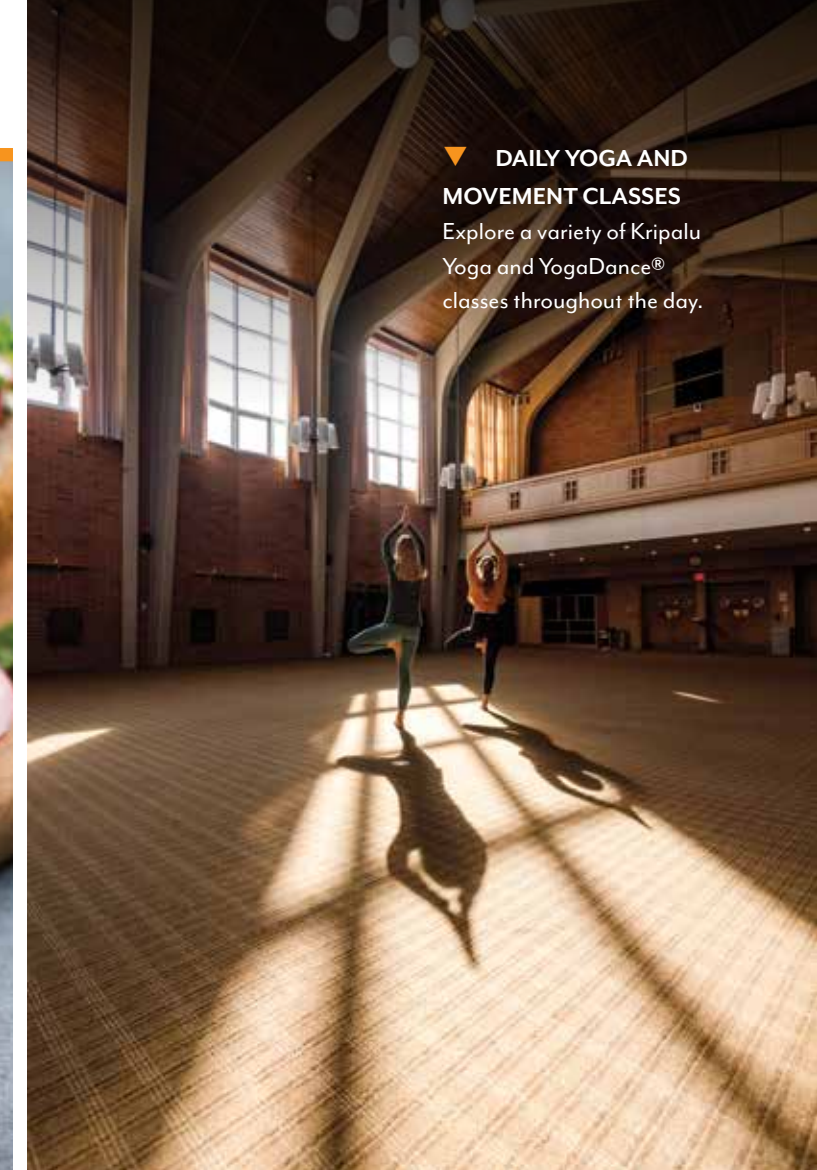
**WHAT'S INCLUDED**  
For a full list of what's included in your R&R stay and to book, visit [kripalu.org/retreat](https://kripalu.org/retreat)

# KRIPALU R&R

## A Self-Guided Retreat



**3 DELICIOUS MEALS**  
Nourish yourself with our seasonally inspired menu prepared by people who care deeply about the health of the planet and our bodies.



**DAILY YOGA AND MOVEMENT CLASSES**  
Explore a variety of Kripalu Yoga and YogaDance® classes throughout the day.

**Whether you come for a full week,** drop in for a single day, or add space to the start or end of a program, Kripalu R&R is offered every day, all year long.

Choose from a variety of workshops, yoga and movement classes, and community building experiences, or spend your time connecting with yourself on quiet walks and restful afternoons in our library. The Kripalu Retreat & Renewal experience allows you the freedom to choose what you need while you're here with plenty of time to wander, rest, and reflect.



**AMPLE SPACE FOR ADVENTURE**  
Explore open fields, quiet woods, and a private lakefront while the world awakens to spring.

*“I left Kripalu revitalized, reflective, and grounded energetically and physically. Time spent in nature and the spaciousness of the grounds allowed me to prioritize self-care while being supported by yoga, meditation, and healthy food. I am more present and less reactive, making space for true connection with myself and others.”*  
– R&R Guest



# APRIL HIGHLIGHTS

## On Campus Programs

Spring arrives to melt the snow, soften the earth, and invite in a sense of renewal.  
Explore programs steeped in the knowledge of ancient wisdom as you open to the season.

**Kripalu**  
*Signature*

Our exclusive  
programming is offered  
multiple times throughout  
the year—find the dates  
that work for you.



April 7–9 | Friday–Sunday

### **MINDFUL SELF-COMPASSION**

#### **Core Skills Training**

Christopher Germer and Susan Fairchild



April 7–9 | Friday–Sunday

### **THREADS OF LIFE**

#### **Movement and Mindset**

**for Radiant Health**

Finlay Wilson



April 14–16 | Friday–Sunday

### **AWAKENING YOUR WILD SOUL**

#### **A Women's Self-Renewal Retreat**

Renée Peterson Trudeau



April 14–16 | Friday–Sunday

### **THE DANCE BETWEEN THE MYSTIC**

#### **AND THE EMPATH**

Wendy De Rosa



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April 14–16 | Friday–Sunday

### **KRIPALU OUTDOORS**

#### **Mindful Hiking Retreat**

Katie Hagel and Evelyn Gonzalez



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April 14–16 | Friday–Sunday

### **RESTORATIVE YOGA**

#### **AND SOUND HEALING**

Yuval Samburski





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



April 16–21 | Sunday–Friday  
**DEEP PLAY FOR KIDS**  
Missy Brown



April 23–28 | Sunday–Friday  
**DESIGNING AND LEADING  
TRANSFORMATIONAL WORKSHOPS**  
**The Craft of Mind-Body Teaching**  
Ken Nelson, Lesli Lang, and more



April 23–28 | Sunday–Friday  
**YOGA NIDRA, HYPNOTHERAPY,  
AND MEDITATION FOR  
MENTAL HEALTH**  
Cynthia Beers



April 28–30 | Friday–Sunday  
**HOW TO HEAL BY WALKING THE  
MEDICINE WHEEL**  
Zelda Hotaling



April 16–21 | Sunday–Friday  
**YOGA TO REDEFINE OURSELVES  
AFTER LOSS**  
Antonio Sausys



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April 16–21 | Sunday–Friday  
**THE KRIPALU  
SILENT RETREAT**  
Jess Frey



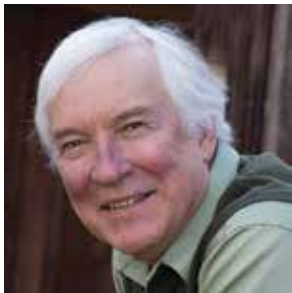
April 21–23 | Friday–Sunday  
**ANXIETY MANAGEMENT THROUGH  
YOGA AND WRITING**  
**Learning to Embrace Your Weird**  
Lisa Jakub



April 28–30 | Friday–Sunday  
**NOW WHAT?**  
**Finding Career Clarity and Life Direction  
from the Inside Out**  
Laura Berman Fortgang



April 28–30 | Friday–Sunday  
**THE MIDLIFE REVOLUTION**  
Sadie Nardini



April 28–30 | Friday–Sunday  
**DEEPENING YOUR RELATIONSHIP**  
**A Workshop for Couples**  
Michael Lee



April 21–23 | Friday–Sunday  
**ALIGN WITH THE DIVINE**  
**Yoga for Body, Mind, and Heart**  
Todd Norian



April 21–23 | Friday–Sunday  
**MEDIUM MENTOR**  
**Powerful Techniques to Awaken  
Divine Guidance**  
MaryAnn DiMarco



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April 21–23 | Friday–Sunday  
**THE ESSENTIAL  
KRIPALU RETREAT**  
Pilin Anice



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April 28–30 | Friday–Sunday  
**LIVING THE YAMAS  
AND NIYAMAS**  
Monique Schubert



April 30–May 5 | Sunday–Friday  
**ALIVE**  
**Accessing Divinity Through Your  
Astrological Map**  
Adriana Rizzolo and Heidi Rose Robbins



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April 30–May 5 | Sunday–Friday  
**LOVE IN ACTION**  
**The Kripalu Approach to Personal  
and Collective Leadership**  
Edi Pasalis and Allie Middleton





GIVE NOW [donate.kripalu.org](https://donate.kripalu.org)

# LET'S WORK **TOGETHER** FOR A **UNIFIED** WORLD

Imagine a world where everyone who wants to come to Kripalu can do so ... that when they arrive, they feel they belong, and are seen and supported in their fullness ... that Kripalu is a model of equity and service for all in the field of health and wellness.

## YOUR DONATION TO KRIPALU WILL:

- Make Kripalu more equitable by supporting ongoing diversity, equity, and inclusion initiatives for faculty, staff, trustees, and our community.
- Steward Kripalu's educational legacy as one generation of faculty passes the torch to the next.
- Serve thousands of people, on campus and online, who might not be able to experience Kripalu otherwise.
- Care for the Kripalu "container"—the facilities, service, and teaching that promote rest, growth, and transformation.

GIVE NOW [Kripalu.org/Donate](https://Kripalu.org/Donate)



## WHY **AYURVEDA** MATTERS TODAY



**ERIN CASPERSON**

Lead Kripalu Faculty

Erin Casperson is a member of the Lead Faculty at Kripalu, an Ayurvedic Health Counselor, yoga teacher, and the former director of the Kripalu School of Ayurveda. Erin leads retreats and programs at Kripalu open to all levels.

**Yoga and Ayurveda are sister sciences**, with roots in ancient India and rich applications in modern life. Ayurveda, the "science of life," emphasizes diet and lifestyle choices to maintain health and bring balance to the body and mind, while living in harmony with the rhythms of nature. With its roots in India more than 5,000 years ago, Ayurveda is the oldest continuously practiced healthcare system in the world.

**In a world full of distractions, stress, and divisiveness**, Ayurveda offers a set of practices and principles to help navigate our daily lives. The opposite of a trendy fad, Ayurveda's ancient wisdom invites you to slow down, pay sacred attention, and take care of yourself and others.

**At its most basic principles**, Ayurveda defines nourishing food, sound sleep, and skillful energy management as the three pillars to maintain health and life. It offers balance in a world full of ups and downs. **Read more about Ayurveda at** [kripalu.org/resources](https://kripalu.org/resources)

### Journal Exercise to Build Ayurveda into Your Life

**Begin by reflecting on what is already happening in your days.** Are you a great sleeper or digester? Do you have a daily movement practice that you love? Then begin to outline a map of your days that aligns with the rhythm of nature. Simple daily practices include waking with the sun, going to sleep before ten, eating meals around the same time each day and taking time each day for movement and sense breaks. Although seemingly simple, these practices done over long periods of time have profound impact developing robust digestion, promoting restorative sleep, and supporting a balanced nervous system.



# MAY HIGHLIGHTS

## On Campus Programs

Find the courage to break out of the mud and muck and find your divine presense.

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Each of these programs is guided by our beloved and experienced Lead Faculty—let them lead the way.



May 5–7 | Friday–Sunday

### YOU ARE NOT STUCK

The Power of Soul-Guided Choices

Becky Vollmer



May 5–7 | Friday–Sunday

### WRITING ALCHEMY

Awaken Your Flow State  
Through Embodied Writing

Victoria Erickson

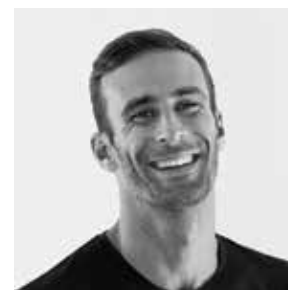


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May 5–7 | Friday–Sunday

### THE KRIPALU SILENT RETREAT

Jess Frey



May 5–7 | Friday–Sunday

### THE FUNDAMENTALS OF NATURE A Wim Hof Method Experience

Samuel Whiting



May 8–12 | Monday–Friday

### THE FOUR PERMISSIONS Meeting the Demands of a World in Transition

Kristoffer (“KC”) Carter



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May 8–12 | Monday–Friday

### KRIPALU OUTDOORS Birding and Mindfulness

Katie Hagel and Dale Abrams





May 12–14 | Friday–Sunday

**FINDING YOUR INHERENT VITALITY**

**A Retreat for the Emotionally  
Exhausted Woman**

Nancy Colier



May 12–14 | Friday–Sunday

**MOTHERS, DAUGHTERS, AND THE  
HEROIC JOURNEY**

Meg Agnew



May 12–14 | Friday–Sunday

**EFFORTLESS MINDFULNESS  
EMBODIED**

Loch Kelly



May 21–26 | Sunday–Friday

**PERMISSION AND REFUGE  
A Healing Retreat for Men of Color**

Reggie Hubbard



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



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May 12–14 | Friday–Sunday

**THE KRIPALU APPROACH  
TO AYURVEDA**

**A Self-Care Retreat**

Erin Casperson



May 17–21 | Wednesday–Sunday

**AYURVEDIC AND SATTVIC  
LIVING RETREAT**

Kate O'Donnell



May 18–21 | Thursday–Sunday

**THE BETTER BONES SOLUTION**

**Strong Bones Naturally at Any Age**

Susan Brown and Gina Galli



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May 26–28 | Friday–Sunday

**AROUND THE FIRE**

**Foraging, Outdoor Cooking,  
and the Power of Connection**

Micah Mortali and Jeremy Rock Smith



May 26–29 | Friday–Monday

**CONNECT TO THE INFINITE  
WISDOM OF THE HEART**

**Kundalini Yoga and Meditation**

Kia Miller



May 26–29 | Friday–Monday

**DANCE YOUR HEART OUT**

**A Shake Your Soul  
Movement Experience**

Dan Leven



May 19–21 | Friday–Sunday

**MEDICAL QIGONG CERTIFICATION**

**Healer Within Practice Leader Training**

Roger Jahnke



May 19–21 | Friday–Sunday

**YOGA AND MOVEMENT  
FOR EVERYONE**

Dianne Bondy



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May 23–26 | Tuesday–Friday

**RISE: THE KRIPALU APPROACH  
TO RESILIENCE**

**Tools for Work-Life Balance**

Sam Chase and Monique Schubert



May 26–29 | Friday–Monday

**STILLNESS AND LIBERATION**

**A Silent Retreat**

Hawah Kasat



May 29–June 2 | Monday–Friday

**YOGA, MEDITATION,  
AND RECOVERY CONFERENCE**

Rolf Gates and Nikki Myers



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May 30–June 2 | Tuesday–Friday

**LIBERATED EXPRESSION**

Yuval Samburski





**EXPLORE MORE**  
Check out a full list of  
program descriptions,  
prerequisites,  
and dates at  
[kripalu.org/schools](https://kripalu.org/schools)

# KRIPALU SCHOOLS

## Ready for the Next Step?

**The most transformative path leads here.** When you're ready to share what you've learned, to connect with others to work toward change, that's the moment to continue down the path of love that leads to our schools. Upon graduation, you join a community of thousands of professionals, yoga teachers, Ayurvedic health counselors, mindful outdoor leadership guides, yoga therapists, and others dedicated to living their practice. So, if you're feeling called to learn and then guide others on their journeys towards wholeness, take a look at what our schools have to offer.



## On Campus and Online

### YOGA

Our School of Yoga has been training yoga teachers for decades and offers a transformative approach. Kripalu Yoga embraces the power of compassionate practice on and off the mat. Join us for upcoming Yoga Alliance recognized 200-hour and 300-hour trainings. The 300-hour option includes modules that can be taken in any order.

[kripalu.org/schools/yoga](https://kripalu.org/schools/yoga)

### INTEGRATIVE YOGA THERAPY

Our intensive therapeutic-focused trainings combine yoga's most powerful tools with leading research across a variety of disciplines. Begin with the three-module 300-Hour Advanced Teacher of Therapeutic Yoga, recognized by Yoga Alliance. Then dive deeper and take an additional six modules to complete the 800-hour Professional Yoga Therapist training accredited by the International Association of Yoga Therapists.

[kripalu.org/schools/integrative-yoga-therapy](https://kripalu.org/schools/integrative-yoga-therapy)

### MINDFUL OUTDOOR LEADERSHIP

Meaningful connection with nature is an essential part of a healthy and balanced life. The Kripalu School for Mindful Outdoor Leadership, offered in two levels, is designed for those who are called to share nature's gifts by integrating their love of the outdoors with mindfulness.

[kripalu.org/schools/outdoor-leadership](https://kripalu.org/schools/outdoor-leadership)

### AYURVEDA

Ayurveda, India's traditional system of medicine, is considered the oldest continuously practiced healthcare system in the world. Start with the 200-hour training in Foundations of Ayurveda and complete the Kripalu School of Ayurveda NAMA-recognized 650-hour Ayurvedic Health Counselor certification.

[kripalu.org/schools/ayurveda](https://kripalu.org/schools/ayurveda)







**COOK WITH KRIPALU**  
Explore upcoming online and on campus cookalong classes and Ayurveda workshops at [kripalu.org/kripalukitchen](https://kripalu.org/kripalukitchen)

# KRIPALU KITCHEN **RECIPE**

## Kripalu House Dressing

Our House Dressing has been a guest favorite for years. Enjoy it over salads, steamed vegetables, or anything else freshly picked from the garden.

**Makes about 2 cups**

- 1 cup sunflower oil or grape seed oil
- 2 tablespoons toasted sesame oil
- ¼ cup tamari (natural soy sauce)
- ¼ cup lemon juice
- ⅓ cup sesame tahini

- 2 cloves garlic
- ½ tablespoon dry mustard powder
- ½ teaspoon salt
- ½ tablespoon chili powder
- pinch cayenne
- ½ cup water

Combine all ingredients and blend using a standard blender or immersion blender. The dressing keeps for about two weeks in your refrigerator.

# HEALING ARTS & YOU

## Coming to Campus? Pick a Healing Arts Service to Match Your Experience

Choose your experience and see our recommendation. Before you arrive on campus, explore our extensive Healing Arts services and pair your experience with a service recommended specifically for that retreat.

Plan ahead and book your Healing Arts service at [kripalu.org/healing-arts](https://kripalu.org/healing-arts)

**PAIR YOGA WITH:**

- Positional Therapy
- Craniosacral Therapy
- Kripalu Meditative Massage



**PAIR AYURVEDA & KRIPALU OUTDOORS WITH:**

- Ayurvedic Health Consultation
- Abhyanga Ayurvedic Bodywork
- Solavadi Ayurvedic Facial or Body Treatment



**PAIR HEALTH & WELLNESS WITH:**

- Acupuncture
- Kripalu Energy Balancing
- Therapeutic Massage



**PAIR SELF-DISCOVERY & CREATIVE EXPRESSION WITH:**

- Tarot Reading
- Kripalu Energy Balancing
- Spiritual Chinese Astrology





# ONLINE PROGRAM HIGHLIGHTS

Whether you’ve never visited the Kripalu campus or you’re looking for a way to stay connected after your stay, Kripalu programming online has something designed for everyone.



March 9  
**END THE PARENTING STRUGGLE**  
Shefali Tsabary



March 23  
**OM TO BLISS**  
**An Evening Meditation Through the Chakras**  
Susanna Barkataki



April 6  
**CREATING SAFER SPACES**  
**Trans Inclusion in Yoga and Beyond**  
Tristan Katz



April 11–13  
**BASIN OF LIFE**  
**The Pelvis is Everything**  
Judith Hanson Lasater



May 3–24  
**CONSCIOUS GRIEVING**  
Claire Bidwell Smith



May 9–30  
**BUILDING YOUR INTUITION**  
Zelda Hotaling



## Your At Home Studio

It’s time to refresh and renew your at-home practice. Whether you are brand new to yoga or a seasoned practitioner, our online subscription offers an array of classes and workshops, both live and on-demand, centered on yoga, self-discovery, community, mediation, and more—all for less than \$2 a class.

Monthly Subscription  
**KRIPALU ONLINE STUDIO**  
**Live Yoga, Meditation, and More**  
Kripalu Faculty



# 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

- 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.



Key Code

Account #

# SAVE THE **DATE!**

Mark your calendars for these summer programs opening for registration soon.



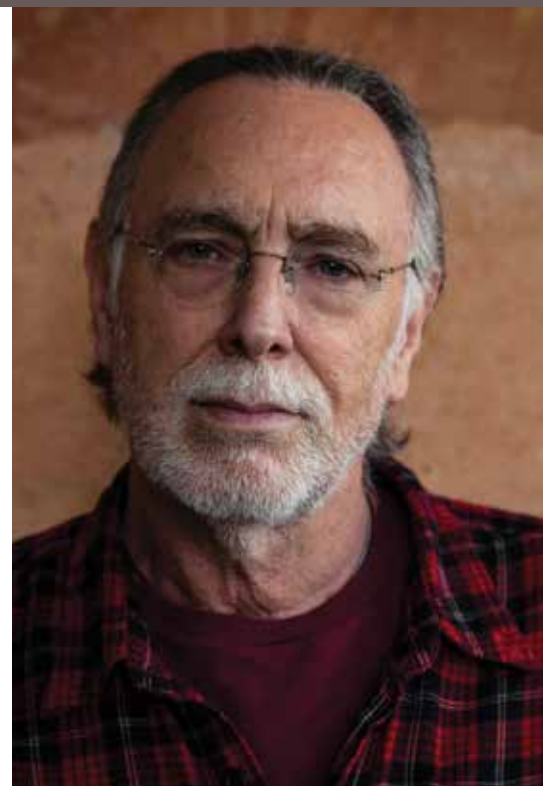
## Richard Miller

August 13–18 | Sunday–Friday  
**THE ART AND SCIENCE OF  
NONDUAL MEDITATION**  
Ancient Wisdom Teachings  
for Enlightened Living



## Robin Wall Kimmerer

August 18–20 | Friday–Sunday  
**BRAIDING SWEETGRASS**  
Indigenous Wisdom,  
Scientific Knowledge,  
and the Teachings of Plants



## Krishna Das

September 22–24 | Friday–Sunday  
**HEART OF DEVOTION**