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Kripalu Center for Yoga & Health Welcomes Five New Board Members

Stockbridge, MA. October 4, 2023 – Kripalu Center for Yoga & Health, a nonprofit educational organization dedicated to serving people and communities in realizing their full potential through the transformative wisdom and practice of yoga, announced the appointment of five new members to its Board of Trustees: Shirronda Almeida, Monica Singh Avram, Mary Egan, Matthew Lyons, and Sara McKenzie. The new members bring decades of experience across finance, legal, governance, operations, strategy, and innovation in addition to a strong commitment to Kripalu’s mission.

“We are thrilled to welcome Shirronda, Monica, Mary, Matthew, and Sara to Kripalu’s Board,” said Tom Gunning, Chair of the Board of Trustees. “Their deep connection to our mission, along with diverse skill sets and leadership qualities, will add tremendous value to Kripalu as the organization continues to thrive and live into our new strategic vision post-pandemic.”

Shirronda Almeida is the Director of the Mel King Institute for Community Building at the Massachusetts Association of Community Development Corporations. A Reiki Master and registered yoga instructor, Shirronda looks forward to supporting the efforts to bring Kripalu’s benefits to more vulnerable communities.

Monica Singh Avram is an accomplished legal expert with nearly two decades of progressive experience at top law firms and corporations. Monica values yoga and meditation as anchors in her life and has found Kripalu to be a sacred place for healing and reflection. She is passionate about Kripalu’s focus to increase the accessibility of its offerings.

Mary Egan is a seasoned strategist and entrepreneur, with nearly three decades of experience driving growth for consumer businesses. Mary considers yoga an essential element of her life’s journey. She visited Kripalu for the first time over 30 years ago and wholeheartedly supports its mission.

Matthew Lyons transitioned from a long career in political and government relations to yoga and mindfulness practices and is a dedicated yoga instructor with a diverse range of training. Matthew first discovered Kripalu in 2017, and he is enthusiastic about contributing to its mission and expanding its offerings to even more people.

Sara McKenzie brings decades of experience in project management and leadership in the biopharmaceutical industry working with small and medium sized businesses as well as start-ups. She has been visiting Kripalu for over 20 years and looks forward to supporting the organization in helping people and communities to realize their full potential through the practice of yoga.

For full bios of all board members, visit [Kripalu.org](https://www.kripalu.org).

“Our new members bring a diversity of experiences as well as a strong commitment to Kripalu’s focus to increase the accessibility of our offerings which are so needed in today’s world,” said Robert Mulhall, CEO. “We have served 80,000 people since re-opening the Center - including 8,000 through scholarships and free programming - and we look forward to increasing that in 2024 as part of our vision of a world united in service toward well-being, justice, and peace.”



About Kripalu Center for Yoga & Health

Kripalu Center for Yoga & Health is a nonprofit educational organization dedicated to serving people and communities in realizing their full potential through the transformative wisdom and practice of yoga. Located in Stockbridge, MA, Kripalu is the largest yoga retreat center in North America. Kripalu supports thousands of people each year on their journey to become physically, mentally, and emotionally well through a diverse array of on campus and online programs and experiences that ignite personal and societal transformation. For more information, visit www.kripalu.org