

SPRING PREVIEW: APRIL–MAY 2024

# Kripalu®

A SAMPLING OF  
SPRING PROGRAMS  
AND TRAININGS

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FINDING YOUR  
*Why* IN YOGA

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THE POWER OF  
ENERGY HEALING

AKI HIRATA  
BAKER

Kripalu Regenerative  
Community Partner  
and Founder of  
MINKA Brooklyn

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





# IT'S ALL YOGA

Yoga is so much more than a physical endeavor. At Kripalu, it's everything we do. It's going outside to find peace. It's going inside to find peace. It's creating peace in the world. It's healing for body, mind, and spirit. And it's 50 years of leadership, learning, and love.



Dear Kripalu Community,

The season of renewal is upon us, and never has that meant more to Kripalu than it does this Spring. In late January, when a pipe burst caused us to close Shadowbrook and do extensive repairs, we took a moment to breathe and ask ourselves what the experience could teach us. We saw it as a gift, an initiation from the spirit of water—not as something that happened to us, but rather as something that happened *for* us.

Thanks to our incredible team and contractors and all the love and support from our community, not only were we able to repair damage, we took care of many capital projects and found ways to infuse more beauty into the campus. Shadowbrook is looking and running better than it has in years. As of the March 29th reopening, our focus will shift to welcoming you back to share the fruits of this initiation, and to bloom into your own healing and renewal.

In service,

Robert Mulhall, CEO

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

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# HOPE SPRINGS ETERNAL AT KRIPALU

Allow yourself to imagine what can be.

As the seasons turn and new life blossoms throughout nature, let yourself breathe in the hopeful air of spring. Open your heart and mind to embrace fresh ways of thinking and living with compassion.



At Kripalu, time is yours to be filled with whatever you need: nutritious meals, daily yoga practice, a restorative Healing Arts session, presenter-led programs, a quiet retreat, even an immersive educational training. Spend your days breathing in the possibilities among blooming flowers and soft rays of sunlight. Trust our renowned and compassionate faculty to guide you through our distinctive methodology, developed during our 50 years as leaders in the yoga and wellness community. Learn, rest, heal, restore. Just be.

## FIND SOMETHING 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)



## 6:30 AM

### NOURISH YOUR BODY AND SPIRIT

Welcome the day by setting your intention in a Kripalu Yoga class. Then head to our Silent Breakfast, where you can choose from a hot cup of organic tea or coffee, and a variety of delicious, healthy treats like these sweet potato pancakes with blueberry compote.



## 9:30 AM

### EXPAND YOURSELF

Dive deep into your program session or R&R workshop, then soak in the beauty of the changing seasons as you reflect on what you've experienced.



## 12:00 PM

### STRETCH TO FIND JOY

Gather with community in a share circle or join an energizing YogaDance® class to practice spontaneous and playful movement. Nurture your body with a menu filled with Ayurvedic-inspired and local ingredients.



## 3:30 PM

### CONNECT AND GROW

Connect with nature on a guided hike or meditative kayak ride and breathe in the fresh spring air. Watch nature unfurl as your spirit expands. Explore the state of your mind and body with a Healing Arts treatment—including bodywork, energy work, and more.



## 5:30 PM

### FILL YOUR HEART AND BODY

Enjoy friends—both old and new—during a nutritious dinner created from local, fresh ingredients and prepared with love by our Executive Chef and Dining team. Embrace this time to connect with others in your program or retreat.



## 7:30 PM

### REST AND UNWIND

Let your body decompress as the day slows down with a Kripalu Meditative Massage, relaxing yoga class, or guided meditation workshop. Soak in the quiet atmosphere and peaceful hum of a day well spent. Reflect, remember, and rest well.



FEATURED April Programs



ON CAMPUS

April 5-7 | Friday-Sunday

**BUILDING YOUR INTUITION AND  
CREATING SACRED SPACE**

Zelda Hotaling

Join an expert spirit-guided healer and creator of sacred spaces to deepen your intuition and strengthen your discernment.



Kripalu  
Signature

ON CAMPUS

April 5-7 | Friday-Sunday

**THE ESSENTIAL KRIPALU RETREAT**

Yuval Samburski

Immerse yourself in this signature program that offers a caring environment to support your personal transformation. Learn why compassion is at the core of everything we do.



ONLINE

April 18 | Thursday

**WOMEN FOOD AND GOD**

Geneen Roth

Explore your beliefs around scarcity, food, and weight—and move into joy and freedom with a *New York Times* best-selling author and wellness expert.



ON CAMPUS

April 25-28 | Thursday-Sunday

**THE VIBRATION OF GRACE**

**Sound Healing Rituals for Liberation**

Gina Breedlove

Release grief from your body and embrace the opportunity for personal sovereignty through the power of sound, vibration, and grace.



# APRIL HIGHLIGHTS

On Campus & Online Programs

As flowers begin to bloom so does the calling to make our health and well-being a priority this spring. Kripalu's expert faculty and luminary presenters show you the way.

Kripalu  
Signature

Explore programs offered exclusively on the Kripalu campus.



APRIL HIGHLIGHTS: On Campus and Online Programs



ONLINE

April 2 & 4 | Tuesday & Thursday  
**THE MYSTERIOUS SHOULDER JOINT**  
Anatomy, Asana, and Therapeutics  
Judith Hanson Lasater



ONLINE

April 3–24 | Wednesdays  
**AYURVEDA FOR BALANCING WEIGHT, ENERGY, AND EMOTIONS**  
John Douillard



ON CAMPUS

April 5–7 | Friday–Sunday  
**ABANDONMENT TO HEALING**  
Overcome Your Patterns of  
Self-Sabotage  
Susan Anderson



ON CAMPUS

April 5–7 | Friday–Sunday  
**CHAKRA IMMERSION**  
Learn to Recharge and Balance Your Vital  
Energy Centers  
Jurian Hughes



ON CAMPUS & LIVESTREAM

April 5–7 | Friday–Sunday  
**MEDIUM MENTOR RETREAT**  
MaryAnn DiMarco



ON CAMPUS

April 7–12 | Sunday–Friday  
**40-HOUR BRYAN KEST POWERYOGA TRAINING AND IMMERSION**  
Bryan Kest

Kripalu  
Signature



ON CAMPUS

April 11–14 | Thursday–Sunday  
**RISE: THE KRIPALU APPROACH TO RESILIENCE**  
Tools for Work-Life Balance  
Sam Chase and Michelle Dalbec



ON CAMPUS

April 12–14 | Friday–Sunday  
**IGNITE YOUR VITALITY**  
An Anusara Yoga Retreat  
Jacalyn Prete, Julia Pearing,  
and Jaye Martin



ON CAMPUS

April 12–14 | Friday–Sunday | On Campus  
**SOUL EMBODIMENT**  
Discovering Your Path Home  
Suzanne Scurlock



ON CAMPUS

April 14–16 | Sunday–Tuesday | On Campus  
**DEEP PLAY FOR KIDS**  
Missy Brown



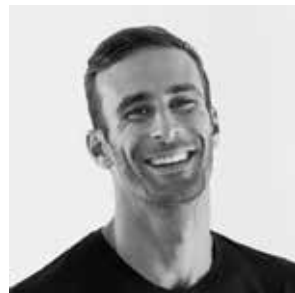
ON CAMPUS

April 19–21 | Friday–Sunday  
**SOUL SHIFT**  
How to Change Your Habits  
and Love Your Life  
Rachel Macy Stafford



ON CAMPUS

April 19–21 | Friday–Sunday  
**YOGA AND DEEP RELAXATION**  
The Gift of Divine Sleep® Yoga Nidra  
Jennifer Reis



ON CAMPUS

April 19–21 | Friday–Sunday  
**THE FUNDAMENTALS OF NATURE**  
A Wim Hof Method Experience  
Sam Whiting



ON CAMPUS

April 21–24 | Sunday–Wednesday  
**EXPANDED AWARENESS AS AN INTEGRATED PRACTICE**  
Exploring Growth Edges in the Healing Process  
Licia Sky and guest Bessel van der Kolk



ON CAMPUS

April 21–24 | Sunday–Wednesday  
**VIBRANT WOMEN OF COLOR**  
A Creative Wellness Retreat for Artists  
and Entrepreneurs  
Paris Alexandra



ON CAMPUS

April 26–28 | Friday–Sunday  
**AWAKENING YOUR WILD SOUL**  
A Women's Self-Renewal Retreat  
Renée Peterson Trudeau



ON CAMPUS

April 26–28 | Friday–Sunday  
**LIVING THE YAMAS AND NIYAMAS**  
An Energizing and Embodied  
Approach to Ethics  
Monique Schubert



ON CAMPUS

April 30–May 3 | Tuesday–Friday  
**KRIPALU OUTDOORS**  
Birding and Mindfulness  
Katie Hagel and Dale Abrams



# Top 6 REASONS TO DO R&R

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 Retreat & Renewal is offered all year long.

These six reasons are just the beginning. Choose from a variety of workshops, classes, and community building experiences, or spend your time connecting with yourself on quiet walks and restful afternoons in our library. Explore the opportunity to fully engage your body, mind, and spirit by doing yoga more than once a day. You'll revel in the freedom to choose what you need while you're here, with plenty of time to wander, rest, and reflect.



“Kripalu is a special place, a heaven on earth. It’s place where you can feel safe to come home to yourself and nourish your soul. Go for R&R, do the yoga, do the workshops, let the grounds heal and restore you.” —Kripalu guest

Experience our retreat and renewal programs your way and at your pace.



**1 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.



**2 MINKA BROOKLYN PARTNERSHIP**  
Kripalu R&R hosts practitioners monthly from this partnership, which was created to elevate wellness practices through new perspectives and embodied equity.



**3 FIRE CEREMONIES AND MOON RITUALS**  
Connect to your inner knowing, the earth, and the elements through deeply moving rituals that connect past to present. Join others to mark the turning of the wheel throughout the year, and honor the changing seasons.



**4 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 our beautiful Berkshire campus with Kripalu’s seasoned guides.



**5 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.



**6 AYURVEDA INSPIRED PRACTICES**  
From what to eat to how to adjust your yoga practice to the season, our Ayurveda workshops will help you customize your routines for optimal living based on the classical wisdom of Ayurveda, the science of life.



Kripalu  
Signature

Explore programs  
offered exclusively on  
the Kripalu campus.

# MAY HIGHLIGHTS

## On Campus & Online Programs

Warmer days and sunshine beckon us to move our bodies and embrace healing, transformation, and a deeper connection to our divine nature.

## FEATURED May Programs



ON CAMPUS & LIVESTREAM

May 3–5 | Friday–Sunday

### THE STORY YOU HAVE TO TELL

Cheryl Strayed

Ignite your creativity, learn how to express the stories you ache to tell, and write with courage and compassion under the loving guidance of a *#1 New York Times* best-selling author.



ONLINE

May 6–10 | Monday–Friday

### AMPLIFY VOICES OF THE GLOBAL MAJORITY

Roots of Yoga

Acharya Shunya, Dr. Anusha Sehgal, Kaveri Barros, and more

Celebrate the transformative power and evolution of yoga as we honor its roots and foster a deep understanding of its heritage.



ON CAMPUS

May 12–17 | Sunday–Friday

### EMBODYING TARA

A Meditation, Mantra, and Yoga Retreat  
Lopön Chandra Easton and guest Nina Rao

Explore the enlightened activities and energy of Tara—the female buddha of compassion—through storytelling, meditation, yoga, mantras, and chanting.



Kripalu  
Signature

ON CAMPUS

May 21–24 | Tuesday–Friday

### KRIPALU OUTDOORS

Mindful Archery Retreat

Micah Mortali

Discover how archery can become a regular personal practice to help you achieve mindful awareness and a greater connection with the natural world.



MAY HIGHLIGHTS: On Campus and Online Programs



ON CAMPUS

May 1-5 | Wednesday-Sunday

THE BETTER BONES SOLUTION

Strong Bones Naturally at Any Age

Susan Brown and Gina Galli



ON CAMPUS

May 5-10 | Sunday-Friday

MINDFUL SELF-COMPASSION

Five-Day Intensive

Susan Fairchild and Martin Thomson-Jones



ON CAMPUS

May 10-12 | Friday-Sunday

MOTHER-DAUGHTER

YOGA WEEKEND

Laura Ahrens



ON CAMPUS

May 10-12 | Friday-Sunday

BEGIN AGAIN

Expand Into Spring Through Yoga

and Meditation

Jillian Pransky



ON CAMPUS

May 10-12 | Friday-Sunday

MOTHER'S LEGACY

A Healing and Self-Discovery Retreat

Lauren Walker and Hilary Crowley



ON CAMPUS

May 10-12 | Friday-Sunday

AYURVEDA SELF-CARE RETREAT

Erin Casperson



ON CAMPUS

May 12-17 | Sunday-Friday

HOW TO HEAR YOUR INNER SELF

A Proprioceptive Writing Immersion

Linda Trichter Metcalf

and Ann Monroe Mullen



ON CAMPUS

May 12-17 | Sunday-Friday

THE KRIPALU SILENT RETREAT

Jess Frey and Edi Pasalis



ONLINE

May 12-26 | Sundays

ECHOES OF WISDOM

Yogrishi Vishvketu (Vishva-ji)

and Mary Hammerstein



ON CAMPUS

May 19-24 | Sunday-Friday

PERMISSION AND REFUGE

A Healing Retreat for Men of Color

Reggie Hubbard



ON CAMPUS

May 19-24 | Sunday-Friday

AYURVEDA FOR HEALTHY WEIGHT

AND WELLNESS

Larissa Hall Carlson and Kari Harendorf



ON CAMPUS

May 24-27 | Friday-Monday

CONNECT TO THE INFINITE WISDOM OF

THE HEART

Kundalini Yoga and Meditation

Kia Miller and guest Ananda Das



ON CAMPUS

May 24-26 | Friday-Sunday

RADIANT LOTUS WOMEN'S QIGONG

Daisy Lee



ON CAMPUS

May 24-26 | Friday-Sunday

AROUND THE FIRE

Foraging, Outdoor Cooking,

and the Power of Connection

Micah Mortali and Jeremy Rock Smith



ON CAMPUS

May 24-27 | Friday-Monday

AYURVEDA FOR WOMEN'S HEALTH

Kate O'Donnell



ON CAMPUS

May 24-27 | Friday-Monday

CONSCIOUS ENDINGS,

VISIONARY BEGINNINGS

A Spiritual Retreat in Navigating Change

Christine Warren



ON CAMPUS

May 27-31 | Monday-Friday

YOGA, MEDITATION, AND

RECOVERY CONFERENCE

Rolf Gates, Nikki Myers, and Kate Johnson



ON CAMPUS & LIVESTREAM

May 31-June 2 | Friday-Sunday

THE SHAMAN'S WAY OF HEALING,

LIVING, AND DYING

Alberto Villodo and Marcela Lobos



# LIVING THE **WHY** IN YOGA

## My “WHY”

I first experienced my “why” in rehab for alcohol addiction. At that time, I was on active duty in the military, and my rehab was staffed by active duty personnel. Each soldier had volunteered to deviate from their career path for three years to work at this rehab and assist other addicts in getting sober. They were ordinary people embodying the extraordinary through everyday acts of kindness. The healing community they created spoke to me on every level. It was a compelling idea: to heal one another through kindness. It was a deeply moving experience to be part of a group being brought back to life through kindness.

I left that rehab with a spiritual practice described as “people helping people.” When I arrived at Kripalu five years later for my yoga teacher training, I found a way to integrate what I had learned into my relationship with my body, breath, and the present moment. I was grateful to my Kripalu teachers and to the donors who helped support their work. At Kripalu, I learned to infuse my values into how I stood, walked, and breathed. I discovered that the way I paid attention to life could be an art, an art capable of altering my perception. I have spent the last 27 years teaching others what my mentors here taught me. Today, my “why” combines the loving-kindness I first experienced in rehab with the wisdom in action that I learned in Kripalu Yoga. The way I live it is one day at a time, one moment at a time, one choice at a time, always learning.



### **ROLF GATES**

Director of Kripalu School of Yoga

Rolf Gates, author and leading voice in contemporary yoga, is a graduate, Lead Faculty, and Director of the Kripalu School of Yoga.

## Giving Transformation

The meaning of *Kripalu* is compassion, and the act of giving is integral to yoga’s path. Our “why” is to ignite personal and societal transformation. Your gift makes this work possible. To learn more, visit [kripalu.org/donate](https://kripalu.org/donate).

## Send Us Your Why

We’d love to hear from you on what motivates your practice, and how it has impacted the way you connect with others. Please email a short description of 100 words or less to [regenerativecommunity@kripalu.org](mailto:regenerativecommunity@kripalu.org) for a chance to have it shared with our wider community.





# BALANCE. ALIGN. AWAKEN.

## Energy Healing as a Path to Wholeness

Powerful change is within reach. Awaken your life force with Kripalu’s energy work healing arts programs.

### CRYSTAL ENERGY WORK

Experience a unique chakra crystal enhanced energy work session to help balance and align the energy centers of the body, and move congested emotional energy around the body to allow for greater expansion and alignment. Crystal Energy Work services include Reiki, Energy Balancing, IET, and Master Level Energy.

### KRIPALU ENERGY BALANCING

Promote deep relaxation through this Kripalu-created, polarity-inspired flow, which supports overall well-being by enabling your body to function more efficiently.

### INTEGRATED ENERGY THERAPY

IET is an attunement-based energy healing modality, which helps to clear physical, mental, emotional, and spiritual blockages safely and gently. Practitioners create a “heart link” to connect to the angelic realm and channel Integrated Energy to their client, helping you release emotions from your cellular memory map and imprint those areas with positive emotions.

### REIKI

Through a series of gentle hand placements, major systems of the body are given concentrated life-force energy, melting away tension, stress, and pain and enhancing the body’s inherent power to heal.

### CRANIOSACRAL THERAPY

Your therapist’s sensitive touch locates blocks in the craniosacral system and gently eases restrictions, allowing all systems to flow more freely and encouraging the body’s natural healing processes.

### KRIPALU MASTER-LEVEL ENERGY WORK

Experience what each master-level energy therapist has to offer from their individual toolboxes. Our therapists are skilled in an extensive range of Eastern and Western modalities that help clear, strengthen your energy field, and aid you in accessing your inner wisdom.

Book now at [kripalu.org/healingarts](https://kripalu.org/healingarts).



Now just \$39 monthly. Subscribe now at [kripalu.org/online](https://kripalu.org/online)

## KRIPALU ONLINE STUDIO

The magic of Kripalu, anywhere.

Now is the time to level up your at-home practice. With the Kripalu Online Studio, you can take the Kripalu experience with you wherever you go. Play, practice, and learn with our beloved faculty on the timeline that works for you.

### YOUR SUBSCRIPTION INCLUDES:

- 10+ live classes a week spanning yoga, meditation, Ayurveda, astrology and more
- Classes and workshops for all levels and abilities
- A replay library of more than 1,000 classes and counting
- Access to teachers from the nation’s leading yoga retreat
- A community feel and weekly emails to help integrate your practice

“This is such a fantastic option! I don’t have to leave my home and I can participate in great classes and workshops with the amazing Kripalu faculty. This is how I stay connected with Kripalu between visits.”  
—Kripalu Online Studio participant



# KRIPALU SCHOOLS

Become a certified yoga teacher, yoga therapist, Ayurvedic health counselor, or mindful outdoor guide today. Check out a full list of program descriptions, prerequisites, and dates at [kripalu.org/schools](https://kripalu.org/schools)



## KRIPALU SCHOOL OF 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.

**AYURVEDA AND THE MIND (THREE-PART SERIES)** | Hybrid |  
April 10–September 13, 2024

**UNITING YOGA AND AYURVEDA** | Hybrid |  
June 5–July 14, 2024

## KRIPALU SCHOOL OF 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.

**LEVEL 1: FOREST COMMUNITY** | On Campus | May 3–12, 2024

**COUNCIL OF WATER AND TREES** | On Campus | June 6–9, 2024



## KRIPALU SCHOOL OF 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.

**MEDITATION TEACHER TRAINING** | Hybrid |  
March 22–June 23, 2024

**LEADING KRIPALU VINYASA** | On Campus |  
April 12–21, 2024

**200-HOUR YOGA TEACHER TRAINING** | On Campus |  
April 14–June 14, 2024 (Two 12-Day Sessions)

## KRIPALU SCHOOL OF 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.

**HOT TOPICS IN THE EVOLVING SCIENCE OF YOGA AND WELLNESS** | On Campus | May 16–19, 2024

**FOUNDATIONS OF YOGA THERAPY, PART 1** | On Campus |  
July 11–24, 2024

**FOUNDATIONS OF YOGA THERAPY, PART 2** | On Campus |  
July 25–August 7, 2024







Cranberry Pecan Scones



Shiitake Miso Broth and Lemongrass Fish Fillet



Eggplant Parmesan with Penne Pasta



“The best food I have ever had the privilege of eating.” —Kripalu guest



Pineapple Black Rice



Chocolate Brownies



Thai Turkey Burgers with Crunchy Asian Slaw

## QUALITY. INTENTION. NOURISHMENT. LOVE.

**AT KRIPALU**, we know that the food we eat is just as important as the yoga we practice. That’s why every meal at Kripalu is prepared by people who care deeply about the health of the planet and our bodies. As we sit down to our meals on or off campus this spring, let us practice gratitude for the abundance of whole grains and fresh fruit and vegetables as we savor the taste of freshly cooked meals. When we eat healthy food with mindful intention and appreciation, we are able to think more clearly about ourselves and the world around us.

Check out the current menu and find recipes and more at [kripalu.org/dining](https://kripalu.org/dining).

## 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](https://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](https://kripalu.org/safety)

**FOR ANSWERS TO OUR FAQs**, visit [kripalu.org/FAQ](https://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@kripalu.org](mailto:registration@kripalu.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 #

## KRIPALU KITCHEN RECIPE

### Cashew Banana Turmeric Muffins

- 2 cups organic, sprouted wheat flour or gluten-free flour
- 1 cup chopped cashews
- 3 mashed ripe bananas
- ¼ cup melted coconut oil
- 1 teaspoon baking powder
- 1 teaspoon each cinnamon, turmeric, nutmeg, cardamom, cloves, and salt

Mix dry ingredients and wet ingredients in separate bowls. Slowly mix wet ingredients into dry. Pour into lined muffin tins. Bake at 350 degrees for approximately 25 minutes, or until a toothpick comes out clean.

If your batter seems too dry, feel free to use your intuition—kind of like mindful baking from the soul. You can always add another banana or half of one, or a tablespoon or two of milk/milk alternative. Recipes are a great example of how “planning is priceless but plans are useless.” Always trust your gut and be at liberty to “play” with your food to get it just right.

Explore more at [kripalu.org/recipes](https://kripalu.org/recipes).

