

# R&R DAILY SCHEDULE

**Wednesday** September 1

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none"> <li>• <b>Gentle Yoga and Meditation</b></li> <li>• <b>Moderate Yoga and Meditation</b></li> </ul>	<p>To Be Determined</p> <p>To Be Determined</p>
7:30–9:00 am	<b>Breakfast</b>	
9:30–11:00 am	<ul style="list-style-type: none"> <li>• <b>Ayurveda Workshop: Practices for Fall</b></li> <li>• <b>Guided Hiking</b> <i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></li> <li>• <b>Self-Led Kayaking and Paddleboarding</b></li> </ul>	<p>To Be Determined</p> <p>Terrace*</p> <p>Lakefront*</p>
11:30 am–1:30 pm	<b>Lunch</b>	
12:00–1:00 pm	• <b>Integration Practice: Share Circle</b>	To Be Determined
2:30–3:30 pm	<b>YogaDance®</b> <i>Open to all, no dance experience necessary.</i>	To Be Determined
2:30–4:00 pm	<ul style="list-style-type: none"> <li>• <b>Healing Arts Workshop: Positional Therapy</b></li> <li>• <b>Guided Hike</b> <i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></li> <li>• <b>Guided Stand-Up Paddleboard</b> <i>Space is limited and requires advance sign-up at the Front Desk.</i></li> </ul>	<p>To Be Determined</p> <p>Terrace*</p> <p>Lakefront*</p>
4:45–5:45 pm	<ul style="list-style-type: none"> <li>• <b>Gentle Yoga</b></li> <li>• <b>Moderate Yoga</b></li> </ul>	<p>To Be Determined</p> <p>To Be Determined</p>
5:30–7:30 pm	<b>Dinner</b>	

\*Please note that times, class, workshop, experiences, and room locations are subject to change.

# R&R DAILY SCHEDULE

**Thursday** September 2

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none"><li>• <b>Gentle Yoga and Meditation</b></li><li>• <b>Moderate Yoga and Meditation</b></li></ul>	To Be Determined To Be Determined
7:30–9:00 am	<b>Breakfast</b>	
9:30–11:00 am	<ul style="list-style-type: none"><li>• <b>Posture Class: Standing Poses</b></li><li>• <b>Guided Hike</b> <i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></li><li>• <b>Self-Led Kayaking and Paddleboarding</b></li></ul>	To Be Determined Terrace*  Lakefront*
11:30 am–1:30 pm	<b>Lunch</b>	
12:00–1:00 pm	<ul style="list-style-type: none"><li>• <b>Integration Practice: Share Circle</b></li></ul>	To Be Determined
2:30–3:30 pm	<b>YogaDance®</b> <i>Open to all, no dance experience necessary.</i>	To Be Determined
2:30–4:00 pm	<ul style="list-style-type: none"><li>• <b>Meditation Workshop: Body Scan Meditation</b></li><li>• <b>Guided Hike</b> <i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></li></ul>	To Be Determined Terrace*
4:45–5:45 pm	<ul style="list-style-type: none"><li>• <b>Gentle Yoga</b></li><li>• <b>Moderate Yoga</b></li></ul>	To Be Determined To Be Determined
5:30–7:30 pm	<b>Dinner</b>	

\*Please note that times, class, workshop, experiences, and room locations are subject to change.

# R&R DAILY SCHEDULE

**Friday** September 3

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none"> <li>• <b>Gentle Yoga and Meditation</b></li> <li>• <b>Moderate Yoga and Meditation</b></li> </ul>	<p>To Be Determined</p> <p>To Be Determined</p>
7:30–9:00 am	<b>Breakfast</b>	
9:30–11:00 am	<ul style="list-style-type: none"> <li>• <b>Life Skill Workshop: Creating our Emerging World</b></li> <li>• <b>Guided Hike</b></li> </ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p>	<p>To Be Determined</p> <p>Terrace*</p>
11:30 am–1:30 pm	<b>Lunch</b>	
12:00–1:00 pm	<ul style="list-style-type: none"> <li>• <b>Integration Practice: Share Circle</b></li> </ul>	To Be Determined
2:30–3:30 pm	<p><b>YogaDance®</b></p> <p><i>Open to all, no dance experience necessary.</i></p>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none"> <li>• <b>Ayurveda Workshop: Practices for Fall</b></li> <li>• <b>Guided Hike</b></li> </ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p>	<p>To Be Determined</p> <p>Terrace*</p>
4:45–5:45 pm	<ul style="list-style-type: none"> <li>• <b>Gentle Yoga</b></li> <li>• <b>Moderate Yoga</b></li> </ul>	<p>To Be Determined</p> <p>To Be Determined</p>
5:30–7:30 pm	<b>Dinner</b>	
7:30–8:30 pm	<ul style="list-style-type: none"> <li>• <b>Intention Setting: Navigating Your Kripalu Experience</b></li> <li>• <b>Yoga Nidra</b></li> </ul>	<p>To Be Determined</p> <p>To Be Determined</p>

\*Please note that times, class, workshop, experiences, and room locations are subject to change.

# R&R DAILY SCHEDULE

**Saturday** September 4

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none"> <li>• <b>Gentle Yoga and Meditation</b></li> <li>• <b>Moderate Yoga and Meditation</b></li> </ul>	<p>To Be Determined</p> <p>To Be Determined</p>
7:30–9:00 am	<b>Breakfast</b>	
9:30–11:00 am	<ul style="list-style-type: none"> <li>• <b>Life Skill Workshop: Reconnecting in a Pandemic World</b></li> <li>• <b>Guided Hike</b></li> </ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p> <ul style="list-style-type: none"> <li>• <b>Self-Led Kayaking and Paddleboarding</b></li> </ul>	<p>To Be Determined</p> <p>Terrace*</p> <p>Lakefront*</p>
11:30 am–1:30 pm	<b>Lunch</b>	
12:00–1:00 pm	<ul style="list-style-type: none"> <li>• <b>Meditative Labyrinth Walk</b></li> <li>• <b>Integration Practice: Share Circle</b></li> </ul>	<p>To Be Determined</p> <p>To Be Determined</p>
2:30–3:30 pm	<p><b>YogaDance®</b></p> <p><i>Open to all, no dance experience necessary.</i></p>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none"> <li>• <b>Meditation Workshop: Sound Meditation</b></li> <li>• <b>Guided Hike</b></li> </ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p> <ul style="list-style-type: none"> <li>• <b>Guided Kayaking</b></li> </ul> <p><i>Space is limited and requires advance sign-up at the Front Desk.</i></p>	<p>To Be Determined</p> <p>Terrace*</p> <p>Lakefront*</p>
4:45–5:45 pm	<ul style="list-style-type: none"> <li>• <b>Gentle Yoga</b></li> <li>• <b>Moderate Yoga</b></li> </ul>	<p>To Be Determined</p> <p>To Be Determined</p>
5:30–7:30 pm	<b>Dinner</b>	

\*Please note that times, class, workshop, experiences, and room locations are subject to change.

# R&R DAILY SCHEDULE

**Sunday** September 5

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none"><li>• <b>Gentle Yoga and Meditation</b></li><li>• <b>Moderate Yoga and Meditation</b></li></ul>	To Be Determined To Be Determined
7:30–9:00 am	<b>Breakfast</b>	
9:30–11:00 am	<ul style="list-style-type: none"><li>• <b>Lineage Workshop: Walking History of Kripalu's Grounds</b></li><li>• <b>Guided Hike</b></li></ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p>	To Be Determined Terrace*
11:30 am–1:30 pm	<b>Lunch</b>	
12:00–1:00 pm	<ul style="list-style-type: none"><li>• <b>Integration Practice: Share Circle</b></li></ul>	To Be Determined
2:30–3:30 pm	<b>YogaDance®</b> <i>Open to all, no dance experience necessary.</i>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none"><li>• <b>Life Skill Workshop: Navigating Stress with Breath and Awareness</b></li><li>• <b>Guided Kayaking</b></li></ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p>	To Be Determined Lakefront*
4:45–5:45 pm	<ul style="list-style-type: none"><li>• <b>Gentle Yoga</b></li><li>• <b>Moderate Yoga</b></li></ul>	To Be Determined To Be Determined

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# R&R DAILY SCHEDULE

**Monday** September 6

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none"><li>• <b>Gentle Yoga and Meditation</b></li><li>• <b>Moderate Yoga and Meditation</b></li></ul>	To Be Determined To Be Determined
7:30–9:00 am	<b>Breakfast</b>	
9:30–11:00 am	<ul style="list-style-type: none"><li>• <b>Yoga Workshop: Ayurvedic Yoga for the Fall</b></li><li>• <b>Guided Hike</b></li></ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p>	To Be Determined Terrace*

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# R&R DAILY SCHEDULE

**Tuesday** September 7

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
3:00–4:00 pm	<b>YogaDance®</b> <i>Open to all, no dance experience necessary.</i>	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none"><li>• <b>Gentle Yoga</b></li><li>• <b>Moderate Yoga</b></li></ul>	To Be Determined To Be Determined
5:30–7:30 pm	<b>Dinner</b>	
7:30–8:30 pm	<ul style="list-style-type: none"><li>• <b>Intention Setting Practice</b></li><li>• <b>Yoga Nidra</b></li></ul>	To Be Determined To Be Determined

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# R&R DAILY SCHEDULE

**Wednesday** September 8

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none"> <li>• <b>Gentle Yoga and Meditation</b></li> <li>• <b>Moderate Yoga and Meditation</b></li> </ul>	<p>To Be Determined</p> <p>To Be Determined</p>
7:30–9:00 am	<b>Breakfast</b>	
9:30–11:00 am	<ul style="list-style-type: none"> <li>• <b>Life Skill Workshop: Creating Our Emerging World</b></li> <li>• <b>Guided Hike</b></li> </ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p>	<p>To Be Determined</p> <p>Terrace*</p>
11:30 am–1:30 pm	<b>Lunch</b>	
12:00–1:00 pm	<ul style="list-style-type: none"> <li>• <b>Integration Practice: Share Circle</b></li> </ul>	To Be Determined
2:30–3:30 pm	<p><b>YogaDance®</b></p> <p><i>Open to all, no dance experience necessary.</i></p>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none"> <li>• <b>Healing Arts Workshop: Positional Therapy</b></li> <li>• <b>Guided Hike</b></li> </ul> <p><i>Please note that portions of our hikes are led in silence, to support deeper connection with the natural world. Space is limited and requires advance sign-up at the Front Desk.</i></p> <ul style="list-style-type: none"> <li>• <b>Guided Kayaking</b></li> </ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p>	<p>To Be Determined</p> <p>Terrace*</p> <p>Lakefront*</p>
4:45–5:45 pm	<ul style="list-style-type: none"> <li>• <b>Gentle Yoga</b></li> <li>• <b>Moderate Yoga</b></li> </ul>	<p>To Be Determined</p> <p>To Be Determined</p>
5:30–7:30 pm	<b>Dinner</b>	

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# R&R DAILY SCHEDULE

**Thursday** September 9

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none"><li>• <b>Gentle Yoga and Meditation</b></li><li>• <b>Moderate Yoga and Meditation</b></li></ul>	To Be Determined To Be Determined
7:30–9:00 am	<b>Breakfast</b>	
9:30–11:00 am	<ul style="list-style-type: none"><li>• <b>Guided Hike</b></li></ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p>	Terrace*
11:30 am–1:30 pm	<b>Lunch</b>	
12:00–1:00 pm	<ul style="list-style-type: none"><li>• <b>Integration Practice: Share Circle</b></li></ul>	To Be Determined
2:30–3:30 pm	<b>YogaDance®</b> <i>Open to all, no dance experience necessary.</i>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none"><li>• <b>Meditation Workshop: Metta Meditation</b></li><li>• <b>Guided Hike</b></li></ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p> <ul style="list-style-type: none"><li>• <b>Guided Kayaking</b></li></ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p>	To Be Determined Terrace*  Lakefront*
4:45–5:45 pm	<ul style="list-style-type: none"><li>• <b>Gentle Yoga</b></li><li>• <b>Moderate Yoga</b></li></ul>	To Be Determined To Be Determined
5:30–7:30 pm	<b>Dinner</b>	

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# R&R DAILY SCHEDULE

**Friday** September 10

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none"> <li>• <b>Gentle Yoga and Meditation</b></li> <li>• <b>Moderate Yoga and Meditation</b></li> </ul>	<p>To Be Determined</p> <p>To Be Determined</p>
7:30–9:00 am	<b>Breakfast</b>	
9:30–11:00 am	<ul style="list-style-type: none"> <li>• <b>Mindfulness Workshop: Transformation at the Core</b></li> <li>• <b>Guided Hike</b></li> </ul> <p><i>Please note that portions of our hikes are led in silence, to support deeper connection with the natural world. Space is limited and requires advance sign-up at the Front Desk.</i></p>	<p>To Be Determined</p> <p>Terrace*</p>
11:30 am–1:30 pm	<b>Lunch</b>	
12:00–1:00 pm	<ul style="list-style-type: none"> <li>• <b>Integration Practice: Share Circle</b></li> </ul>	To Be Determined
2:30–3:30 pm	<p><b>YogaDance®</b></p> <p><i>Open to all, no dance experience necessary.</i></p>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none"> <li>• <b>Meditation Workshop: Meditation in Motion</b></li> <li>• <b>Guided Hike</b></li> </ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p> <ul style="list-style-type: none"> <li>• <b>Guided Kayaking</b></li> </ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p>	<p>To Be Determined</p> <p>Terrace*</p> <p>Lakefront*</p>
4:45–5:45 pm	<ul style="list-style-type: none"> <li>• <b>Gentle Yoga</b></li> <li>• <b>Moderate Yoga</b></li> <li>• <b>Vinyasa Yoga</b></li> </ul>	<p>To Be Determined</p> <p>To Be Determined</p> <p>To Be Determined</p>
5:30–7:30 pm	<b>Dinner</b>	
7:30–8:30 pm	<ul style="list-style-type: none"> <li>• <b>Yoga Nidra</b></li> <li>• <b>Sound Healing</b></li> </ul>	<p>To Be Determined</p> <p>To Be Determined</p>

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# R&R DAILY SCHEDULE

**Saturday** September 11

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none"><li>• <b>Gentle Yoga and Meditation</b></li><li>• <b>Moderate Yoga and Meditation</b></li></ul>	To Be Determined To Be Determined
7:30–9:00 am	<b>Breakfast</b>	
9:30–11:00 am	<ul style="list-style-type: none"><li>• <b>Ayurveda Workshop: Ayurveda and the Mind Connection</b></li><li>• <b>Guided Hike</b></li></ul> <p><i>Please note that portions of our hikes are led in silence, to support deeper connection with the natural world. Space is limited and requires advance sign-up at the Front Desk.</i></p>	To Be Determined Terrace*
11:30 am–1:30 pm	<b>Lunch</b>	
12:00 –1:00 pm	<ul style="list-style-type: none"><li>• <b>Integration Practice: Share Circle</b></li></ul>	To Be Determined
2:30–3:30 pm	<b>YogaDance®</b> <i>Open to all, no dance experience necessary.</i>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none"><li>• <b>Meditation Workshop: Dharana, Awakening and Awareness</b></li><li>• <b>Guided Hike</b></li></ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p> <ul style="list-style-type: none"><li>• <b>Guided Kayaking</b></li></ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p>	To Be Determined Terrace*  Lakefront*
4:45–5:45 pm	<ul style="list-style-type: none"><li>• <b>Gentle Yoga</b></li><li>• <b>Moderate Yoga</b></li></ul>	To Be Determined To Be Determined
5:30–7:30 pm	<b>Dinner</b>	

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# R&R DAILY SCHEDULE

**Sunday** September 12

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none"><li>• <b>Gentle Yoga and Meditation</b></li><li>• <b>Moderate Yoga and Meditation</b></li></ul>	To Be Determined To Be Determined
7:30–9:00 am	<b>Breakfast</b>	
9:30–11:00 am	<ul style="list-style-type: none"><li>• <b>Taking Kripalu Home Workshop</b></li><li>• <b>Guided Hike</b></li></ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p>	To Be Determined Terrace*
12:00–1:00 pm	<ul style="list-style-type: none"><li>• <b>Community Circle: Group Integration</b></li></ul>	To Be Determined

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# R&R DAILY SCHEDULE

**Tuesday** September 14

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
3:00–4:00 pm	<b>YogaDance®</b> <i>Open to all, no dance experience necessary.</i>	To Be Determined
4:45–5:45 pm	<ul style="list-style-type: none"><li>• <b>Gentle Yoga</b></li><li>• <b>Moderate Yoga</b></li></ul>	To Be Determined To Be Determined
5:30–7:30 pm	<b>Dinner</b>	
7:30–8:30 pm	<ul style="list-style-type: none"><li>• <b>Intention Setting Workshop</b></li><li>• <b>Yoga Nidra</b></li></ul>	To Be Determined To Be Determined

\*Please note that times, class, workshop, experiences, and room locations are subject to change.

# R&R DAILY SCHEDULE

**Wednesday** September 15

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none"><li>• <b>Gentle Yoga and Meditation</b></li><li>• <b>Moderate Yoga and Meditation</b></li></ul>	To Be Determined To Be Determined
7:30–9:00 am	<b>Breakfast</b>	
9:30–11:00 am	<ul style="list-style-type: none"><li>• <b>Living the Kripalu Values Workshop</b></li><li>• <b>Guided Hike</b></li></ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p>	To Be Determined Terrace*
11:30 am–1:30 pm	<b>Lunch</b>	
12:00–1:00 pm	<ul style="list-style-type: none"><li>• <b>Integration Practice: Share Circle</b></li></ul>	To Be Determined
2:30–3:30 pm	<b>YogaDance®</b> <i>Open to all, no dance experience necessary.</i>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none"><li>• <b>Healing Arts Workshop: Positional Therapy</b></li><li>• <b>Guided Hike</b></li></ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p> <ul style="list-style-type: none"><li>• <b>Guided Kayaking</b></li></ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p>	To Be Determined Terrace*  Lakefront*
4:45–5:45 pm	<ul style="list-style-type: none"><li>• <b>Gentle Yoga</b></li><li>• <b>Moderate Yoga</b></li></ul>	To Be Determined To Be Determined
5:30–7:30 pm	<b>Dinner</b>	

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# R&R DAILY SCHEDULE

**Thursday** September 16

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none"><li>• <b>Gentle Yoga and Meditation</b></li><li>• <b>Moderate Yoga and Meditation</b></li></ul>	To Be Determined To Be Determined
7:30–9:00 am	<b>Breakfast</b>	
9:30–11:00 am	<ul style="list-style-type: none"><li>• <b>Guided Hike</b></li></ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p>	Terrace*
11:30 am–1:30 pm	<b>Lunch</b>	
12:00–1:00 pm	<ul style="list-style-type: none"><li>• <b>Integration Practice: Share Circle</b></li></ul>	To Be Determined
2:30–3:30 pm	<b>YogaDance®</b> <i>Open to all, no dance experience necessary.</i>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none"><li>• <b>Meditation Workshop: Mantra Meditation</b></li><li>• <b>Guided Hike</b></li></ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p> <ul style="list-style-type: none"><li>• <b>Guided Kayaking</b></li></ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p>	To Be Determined Terrace*  Lakefront*
4:45–5:45 pm	<ul style="list-style-type: none"><li>• <b>Gentle Yoga</b></li><li>• <b>Moderate Yoga</b></li></ul>	To Be Determined To Be Determined
5:30–7:30 pm	<b>Dinner</b>	

\*Please note that times, class, workshop, experiences, and room locations are subject to change.

# R&R DAILY SCHEDULE

**Friday** September 16

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none"> <li>• <b>Gentle Yoga and Meditation</b></li> <li>• <b>Moderate Yoga and Meditation</b></li> </ul>	To Be Determined To Be Determined
7:30–9:00 am	<b>Breakfast</b>	
9:30–11:00 am	<ul style="list-style-type: none"> <li>• <b>The Gift of Self-Compassion Workshop</b></li> <li>• <b>Guided Hike</b></li> </ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p>	To Be Determined Terrace*
11:30 am–1:30 pm	<b>Lunch</b>	
12:00–1:00 pm	<ul style="list-style-type: none"> <li>• <b>Integration Practice: Share Circle</b></li> </ul>	To Be Determined
2:30–3:30 pm	<p><b>YogaDance®</b></p> <p><i>Open to all, no dance experience necessary.</i></p>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none"> <li>• <b>Off the Mat Workshop: Me to We</b></li> <li>• <b>Guided Hike</b></li> </ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p> <ul style="list-style-type: none"> <li>• <b>Guided Kayaking</b></li> </ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p>	To Be Determined Terrace*  Lakefront*
4:45–5:45 pm	<ul style="list-style-type: none"> <li>• <b>Gentle Yoga</b></li> <li>• <b>Moderate Yoga</b></li> <li>• <b>Vinyasa Yoga</b></li> </ul>	To Be Determined To Be Determined To Be Determined
5:30–7:30 pm	<b>Dinner</b>	
7:30–8:30 pm	<ul style="list-style-type: none"> <li>• <b>Yoga Nidra</b></li> <li>• <b>Sound Healing</b></li> </ul>	To Be Determined To Be Determined

\*Please note that times, class, workshop, experiences, and room locations are subject to change.



# R&R DAILY SCHEDULE

**Saturday** September 18

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none"><li>• <b>Gentle Yoga and Meditation</b></li><li>• <b>Moderate Yoga and Meditation</b></li></ul>	To Be Determined To Be Determined
7:30–9:00 am	<b>Breakfast</b>	
9:30–11:00 am	<ul style="list-style-type: none"><li>• <b>Ayurveda Workshop: Understanding the Doshas</b></li><li>• <b>Guided Hike</b></li></ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p>	To Be Determined Terrace*
11:30 am–1:30 pm	<b>Lunch</b>	
12:00 –1:00 pm	<ul style="list-style-type: none"><li>• <b>Integration Practice: Share Circle</b></li></ul>	To Be Determined
2:30–3:30 pm	<b>YogaDance®</b> <i>Open to all, no dance experience necessary.</i>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none"><li>• <b>Mindfulness Workshop: A Path to Freedom</b></li><li>• <b>Guided Hike</b></li></ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p> <ul style="list-style-type: none"><li>• <b>Guided Kayaking</b></li></ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p>	To Be Determined Terrace*  Lakefront*
4:45–5:45 pm	<ul style="list-style-type: none"><li>• <b>Gentle Yoga</b></li><li>• <b>Moderate Yoga</b></li></ul>	To Be Determined To Be Determined
5:30–7:30 pm	<b>Dinner</b>	

\*Please note that times, class, workshop, experiences, and room locations are subject to change.

# R&R DAILY SCHEDULE

**Tuesday** September 21

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
4:45–5:45 pm	<ul style="list-style-type: none"><li>• <b>Gentle Yoga</b></li><li>• <b>Moderate Yoga</b></li></ul>	To Be Determined To Be Determined
5:30–7:30 pm	<b>Dinner</b>	
7:30–8:30 pm	<ul style="list-style-type: none"><li>• <b>Intention Setting Practice</b></li><li>• <b>Yoga Nidra</b></li></ul>	To Be Determined To Be Determined

\*Please note that times, class, workshop, experiences, and room locations are subject to change.

# R&R DAILY SCHEDULE

**Wednesday** September 22

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none"> <li>• <b>Gentle Yoga and Meditation</b></li> <li>• <b>Moderate Yoga and Meditation</b></li> </ul>	<p>To Be Determined</p> <p>To Be Determined</p>
7:30–9:00 am	<b>Breakfast</b>	
9:30–11:00 am	<ul style="list-style-type: none"> <li>• <b>Meditation Workshop: Riding the Wave</b></li> <li>• <b>Guided Hike</b></li> </ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p>	<p>To Be Determined</p> <p>Terrace*</p>
11:30 am–1:30 pm	<b>Lunch</b>	
12:00–1:00 pm	<ul style="list-style-type: none"> <li>• <b>Integration Practice: Share Circle</b></li> </ul>	To Be Determined
2:30–3:30 pm	<p><b>YogaDance®</b></p> <p><i>Open to all, no dance experience necessary.</i></p>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none"> <li>• <b>Healing Arts Workshop: Positional Therapy</b></li> <li>• <b>Guided Hike</b></li> </ul> <p><i>Please note that portions of our hikes are led in silence, to support deeper connection with the natural world. Space is limited and requires advance sign-up at the Front Desk.</i></p> <ul style="list-style-type: none"> <li>• <b>Guided Kayaking</b></li> </ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p>	<p>To Be Determined</p> <p>Terrace*</p> <p>Lakefront*</p>
4:45–5:45 pm	<ul style="list-style-type: none"> <li>• <b>Gentle Yoga</b></li> <li>• <b>Moderate Yoga</b></li> </ul>	<p>To Be Determined</p> <p>To Be Determined</p>
5:30–7:30 pm	<b>Dinner</b>	

\*Please note that times, class, workshop, experiences, and room locations are subject to change.

# R&R DAILY SCHEDULE

**Thursday** September 23

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none"><li>• <b>Gentle Yoga and Meditation</b></li><li>• <b>Moderate Yoga and Meditation</b></li></ul>	To Be Determined To Be Determined
7:30–9:00 am	<b>Breakfast</b>	
9:30–11:00 am	<ul style="list-style-type: none"><li>• <b>Guided Hike</b></li></ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p>	Terrace*
11:30 am–1:30 pm	<b>Lunch</b>	
12:00–1:00 pm	<ul style="list-style-type: none"><li>• <b>Integration Practice: Share Circle</b></li></ul>	To Be Determined
2:30–3:30 pm	<b>YogaDance®</b> <i>Open to all, no dance experience necessary.</i>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none"><li>• <b>Meditation Workshop: Metta Meditation</b></li><li>• <b>Guided Hike</b></li></ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p> <ul style="list-style-type: none"><li>• <b>Guided Kayaking</b></li></ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p>	To Be Determined Terrace*  Lakefront*
4:45–5:45 pm	<ul style="list-style-type: none"><li>• <b>Gentle Yoga</b></li><li>• <b>Moderate Yoga</b></li></ul>	To Be Determined To Be Determined
5:30–7:30 pm	<b>Dinner</b>	

\*Please note that times, class, workshop, experiences, and room locations are subject to change.

# R&R DAILY SCHEDULE

**Friday** September 24

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none"> <li>• <b>Gentle Yoga and Meditation</b></li> <li>• <b>Moderate Yoga and Meditation</b></li> </ul>	<p>To Be Determined</p> <p>To Be Determined</p>
7:30–9:00 am	<b>Breakfast</b>	
9:30–11:00 am	<ul style="list-style-type: none"> <li>• <b>Mindfulness Workshop: Transformation at the Core</b></li> <li>• <b>Guided Hike</b></li> </ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p>	<p>To Be Determined</p> <p>Terrace*</p>
11:30 am–1:30 pm	<b>Lunch</b>	
12:00–1:00 pm	<ul style="list-style-type: none"> <li>• <b>Integration Practice: Share Circle</b></li> </ul>	To Be Determined
2:30–3:30 pm	<p><b>YogaDance®</b></p> <p><i>Open to all, no dance experience necessary.</i></p>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none"> <li>• <b>Meditation Workshop: Meditation in Motion</b></li> <li>• <b>Guided Hike</b></li> </ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p> <ul style="list-style-type: none"> <li>• <b>Guided Kayaking</b></li> </ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p>	<p>To Be Determined</p> <p>Terrace*</p> <p>Lakefront*</p>
4:45–5:45 pm	<ul style="list-style-type: none"> <li>• <b>Gentle Yoga</b></li> <li>• <b>Moderate Yoga</b></li> <li>• <b>Vinyasa Yoga</b></li> </ul>	<p>To Be Determined</p> <p>To Be Determined</p> <p>To Be Determined</p>
5:30–7:30 pm	<b>Dinner</b>	
7:30–8:30 pm	<ul style="list-style-type: none"> <li>• <b>Yoga Nidra</b></li> <li>• <b>Sound Healing</b></li> </ul>	<p>To Be Determined</p> <p>To Be Determined</p>

\*Please note that times, class, workshop, experiences, and room locations are subject to change.

# R&R DAILY SCHEDULE

**Saturday** September 25

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none"><li>• <b>Gentle Yoga and Meditation</b></li><li>• <b>Moderate Yoga and Meditation</b></li></ul>	To Be Determined To Be Determined
7:30–9:00 am	<b>Breakfast</b>	
9:30–11:00 am	<ul style="list-style-type: none"><li>• <b>Mindfulness Workshop: Resilience, The Answer to the Question “Seriously, This is My Life?”</b></li><li>• <b>Guided Hiking</b> <i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></li></ul>	To Be Determined Terrace*
11:30 am–1:30 pm	<b>Lunch</b>	
12:00 –1:00 pm	<ul style="list-style-type: none"><li>• <b>Integration Practice: Share Circle</b></li></ul>	To Be Determined
2:30–3:30 pm	<b>YogaDance®</b> <i>Open to all, no dance experience necessary.</i>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none"><li>• <b>Meditation Workshop: Dharana, Awakening and Awareness</b></li><li>• <b>Guided Hiking</b> <i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></li><li>• <b>Guided Kayaking</b> <i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></li></ul>	To Be Determined Terrace*  Lakefront*
4:45–5:45 pm	<ul style="list-style-type: none"><li>• <b>Gentle Yoga</b></li><li>• <b>Moderate Yoga</b></li></ul>	To Be Determined To Be Determined
5:30–7:30 pm	<b>Dinner</b>	

\*Please note that times, class, workshop, experiences, and room locations are subject to change.

# R&R DAILY SCHEDULE

**Sunday** September 26

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none"><li>• <b>Gentle Yoga and Meditation</b></li><li>• <b>Moderate Yoga and Meditation</b></li></ul>	To Be Determined To Be Determined
7:30–9:00 am	<b>Breakfast</b>	
9:30–11:00 am	<ul style="list-style-type: none"><li>• <b>Taking Kripalu Home Workshop</b></li><li>• <b>Guided Hike</b></li></ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p>	To Be Determined Terrace*
12:00–1:00 pm	<ul style="list-style-type: none"><li>• <b>Community Circle: Group Integration</b></li></ul>	To Be Determined

\*Please note that times, class, workshop, experiences, and room locations are subject to change.

# R&R DAILY SCHEDULE

**Tuesday** September 28

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
4:45–5:45 pm	<ul style="list-style-type: none"><li>• <b>Gentle Yoga</b></li><li>• <b>Moderate Yoga</b></li></ul>	To Be Determined To Be Determined
5:30–7:30 pm	<b>Dinner</b>	
7:30–8:30 pm	<ul style="list-style-type: none"><li>• <b>Intention Setting Workshop</b></li><li>• <b>Yoga Nidra</b></li></ul>	To Be Determined To Be Determined

\*Please note that times, class, workshop, experiences, and room locations are subject to change.



# R&R DAILY SCHEDULE

**Wednesday** September 29

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none"> <li>• <b>Gentle Yoga and Meditation</b></li> <li>• <b>Moderate Yoga and Meditation</b></li> </ul>	To Be Determined To Be Determined
7:30–9:00 am	<b>Breakfast</b>	
9:30–11:00 am	<ul style="list-style-type: none"> <li>• <b>Living the Kripalu Values Workshop</b></li> <li>• <b>Guided Hiking</b></li> </ul> <p><i>Please note that portions of our hikes are led in silence, to support deeper connection with the natural world. Space is limited and requires advance sign-up at the Front Desk.</i></p>	To Be Determined Terrace*
11:30 am–1:30 pm	<b>Lunch</b>	
12:00–1:00 pm	<ul style="list-style-type: none"> <li>• <b>Integration Practice: Share Circle</b></li> </ul>	To Be Determined
2:30–3:30 pm	<p><b>YogaDance®</b></p> <p><i>Open to all, no dance experience necessary.</i></p>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none"> <li>• <b>Healing Arts Workshop: Positional Therapy</b></li> <li>• <b>Guided Hiking</b></li> </ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p> <ul style="list-style-type: none"> <li>• <b>Guided Kayaking</b></li> </ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p>	To Be Determined Terrace*  Lakefront*
4:45–5:45 pm	<ul style="list-style-type: none"> <li>• <b>Gentle Yoga</b></li> <li>• <b>Moderate Yoga</b></li> </ul>	To Be Determined To Be Determined
5:30–7:30 pm	<b>Dinner</b>	

\*Please note that room locations are subject to change.

# R&R DAILY SCHEDULE

**Thursday** September 30

TIME	CLASS, WORKSHOP, AND EXPERIENCE	LOCATION
6:30–8:00 am	<ul style="list-style-type: none"><li>• <b>Gentle Yoga and Meditation</b></li><li>• <b>Moderate Yoga and Meditation</b></li></ul>	To Be Determined To Be Determined
7:30–9:00 am	<b>Breakfast</b>	
9:30–11:00 am	<ul style="list-style-type: none"><li>• <b>Guided Hike</b></li></ul> <p><i>Please note that portions of our hikes are led in silence, to support deeper connection with the natural world. Space is limited and requires advance sign-up at the Front Desk.</i></p>	Terrace*
11:30 am–1:30 pm	<b>Lunch</b>	
12:00–1:00 pm	<ul style="list-style-type: none"><li>• <b>Integration Practice: Share Circle</b></li></ul>	To Be Determined
2:30–3:30 pm	<b>YogaDance®</b> <i>Open to all, no dance experience necessary.</i>	To Be Determined
2:30–4:30 pm	<ul style="list-style-type: none"><li>• <b>Meditation Workshop: Mantra Meditation</b></li><li>• <b>Guided Hike</b></li></ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p> <ul style="list-style-type: none"><li>• <b>Guided Kayaking</b></li></ul> <p><i>Advanced registration for this experience is required. Please contact Registrations before arrival to sign up.</i></p>	To Be Determined Terrace*  Lakefront*
4:45–5:45 pm	<ul style="list-style-type: none"><li>• <b>Gentle Yoga</b></li><li>• <b>Moderate Yoga</b></li></ul>	To Be Determined To Be Determined
5:30–7:30 pm	<b>Dinner</b>	

\*Please note that room locations are subject to change.