TEACHING YOGA TO ATHLETES

Your Program Session Schedule (Subject to change.)

Sunday	7:30–9:00 pm
Daily	8:30–11:30 am and 1:45–3:45 pm
Sunday	9:00–11:00 am

A stay at Kripalu immerses you in an experiential curriculum designed to bring vitality to your life from the inside out. While you are here, we invite you to enjoy daily yoga classes, our world-class natural-foods cuisine, Healing Arts, hiking and walking trails, a lakefront area, sauna, a labyrinth, and extraordinary views—all in the natural beauty of the Berkshires of western Massachusetts.

Arrival Day

2:15 pm	Check-in begins; rooms are ready by 4:00 pm. You may store your bags in the Luggage Room until your room is available.
6:45–7:15	Guest Welcome Session
7:30–9:00	Opening program session

Daily Yoga

6:30–7:45 am	Kripalu Yoga classes (optional): gentle and intermediate
12:00–1:00 pm	Kripalu YogaDance®
4:15–5:45 pm	Kripalu Yoga classes (optional): beginner, gentle, intermediate, and vigorous

Meals

7:00–8:30 am	Breakfast
11:30 am–1:30 pm	Lunch (including your day of departure)
5:30–7:00	Dinner

Evenings

7:30–9:00	Evening events and activities or solo time—another great time period to schedule Healing Arts sessions.

Actual times and schedules may vary; please see the Guest Boards or the schedule provided upon check-in.

Please note Book your Healing Arts appointments before your arrival to ensure availability 888.738.1822.

View the Kripalu Guest Guide.