



THE SCIENCE OF YOGA

Lisa B. Nelson, Annie B. Kay, Stephen Cope, Angela Wilson, Sat Bir S. Khalsa, and Christopher Holmes

### The Kripalu Experience

A stay at Kripalu immerses you in an experiential curriculum designed to bring vitality to your life from the inside out. You'll have time between program sessions to enjoy optional daily yoga classes, world-class natural-foods cuisine, Healing Arts, hiking and walking trails, a lakefront area, sauna, labyrinth, and extraordinary views.

### Kripalu Yoga Classes

Our yoga classes are offered at a variety of levels: gentle, beginner, intermediate, or vinyasa. Every day at noon, you can choose Kripalu YogaDance® or a vinyasa or beginner class, and some evenings include a restorative yoga or yoga nidra class. Additional class times are added on check-in days and during the summer months.

### Healing Arts

In between program sessions and other activities, integrate your Kripalu experience with one of more than 35 spa services. Book your [Healing Arts](#) appointments before your arrival to ensure availability: 888.738.1822.

#### SUNDAY

- 2:15 pm Check-in begins
- 4:15–5:30 Kripalu Yoga classes
- 5:30–7:00 Dinner
- 6:45–7:15 Guest Welcome Session
- 7:30–9:00 **What is Evidence-Based Practice?** *Lisa B. Nelson and Angela Wilson*

#### MONDAY

- 6:30–7:45 am Kripalu Yoga classes
- 7:00–8:30 Breakfast
- 8:45–11:45 **Balancing the Autonomic Nervous System: Focus on the Breath** *Lisa B. Nelson*
- 11:30 am–1:30 pm Lunch
- 12:00–1:00 Kripalu YogaDance® or Kripalu Yoga classes
- 1:45–3:45 **Neuroplasticity and Meditation** *Angela Wilson*
- 4:15–5:30 Kripalu Yoga classes
- 5:30–7:00 Dinner
- 7:30–9:00 Kripalu Evening Activities

#### TUESDAY

- 6:30–7:45 am Kripalu Yoga classes
- 7:00–8:30 Breakfast
- 8:45–11:45 **Clinical Applications of Yoga and Meditation: An Overview** *Sat Bir S. Khalsa*
- 11:30 am–1:30 pm Lunch
- 12:00–1:00 Kripalu YogaDance® or Kripalu Yoga classes
- 1:45–3:45 **The Heart of Yoga** *with special guest Stephen Cope*
- 4:15–5:30 Kripalu Yoga classes
- 5:30–7:00 Dinner
- 7:30–9:00 Kripalu Evening Activities

**Please note** Rooms are ready by 4:00 pm. You may store your bags in the Luggage Room until your room is available. Actual times and schedules may vary; please see the Guest Boards or the schedule provided upon check-in for details and room locations.



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**WEDNESDAY**

6:30–7:45 am Kripalu Yoga classes  
7:00–8:30 Breakfast  
**8:45–11:45 Neuromyofascial Effects: Focus on Asana** *Christopher Holmes*  
11:30 am–1:30 pm Lunch  
12:00–1:00 Kripalu YogaDance® or Kripalu Yoga classes  
**1:45–3:45 Yoga as a Tool for Behavior Change: Eating Meditation** *Annie B. Kay*  
4:15–5:30 Kripalu Yoga classes  
5:30–7:00 Dinner  
7:30–9:00 Kripalu Evening Activities

**THURSDAY**

6:30–7:45 am Kripalu Yoga classes  
7:00–8:30 Breakfast  
**8:45–11:45 Epigenetic and Cellular Aging: Integrated Yoga Interventions** *Lisa B. Nelson*  
11:30 am–1:30 pm Lunch  
12:00–1:00 Kripalu YogaDance® or Kripalu Yoga classes  
**1:45–3:45 Bringing Yoga Into Clinical Practice** *Angela Wilson*  
4:15–5:30 Kripalu Yoga classes  
5:30–7:00 Dinner  
7:30–9:00 Kripalu Evening Activities

**FRIDAY**

6:30–7:45 am Kripalu Yoga classes  
7:00–8:30 Breakfast  
**8:45–10:45 Taking it Home** *Angela Wilson*  
11:30 am–1:30 pm Lunch and Departure

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