



SOBER CURIOUS

Choosing Sobriety for Focus, Presence, and Deep Connection

Ruby Warrington

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.

FRIDAY

- 2:15 pm Check-in begins
- 4:15–5:30 Kripalu Yoga classes (start times vary)
- 5:30–7:00 Dinner
- 6:45–7:15 Guest Welcome Session
- 7:30–9:00 **Program Session: Welcome Session and Opening Ritual**
Bring your burning sober curious questions to our opening Q&A, join in a group ritual to set our intentions for the weekend, and open a safe space to do our work together.

SATURDAY

- 6:30–7:45 am Kripalu Yoga classes
- 7:00–8:30 Breakfast
- 8:30–11:30 **Program Session: What's Your Boozestory?**
Be guided through various techniques to begin to tap into some of the big WHYs for the way you use (or have used) booze the way you do. We'll split into smaller groups to unpack some of our findings before coming together as a group for further Q&A.
- 11:30 am–1:30 pm Lunch
- 12:00–1:00 Kripalu YogaDance® or Kripalu Yoga class
- 1:45–3:45 **Program Session: The Astrology of Addiction**
Used intentionally, astrology is a fun and accessible tool for self-awareness. Learn how to decipher your own birth chart as another way to examine your drinking history—as well as uncover the innate tools you can lean on as you create a new story going forward.
- 4:15–5:30 pm Kripalu Yoga classes
- 5:30–7:00 Dinner
- 7:30–9:00 **Program Session (Optional): Kundalini Disco with Amy K.**
Get high on your own supply and shake any stale stories out of your body in our evening dance party. No substances required!

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.



SOBER CURIOUS

Choosing Sobriety for Focus, Presence, and Deep Connection

Ruby Warrington

SUNDAY

6:30–7:45 am

Kripalu Yoga classes

7:00–8:30

Breakfast

9:00–11:00

Program Session: Story Medicine Circle and Closing

Specially crafted to create a sense of deep belonging, we'll close with a chance to share your story with the group and be seen and heard in your fullness. Leave feeling fully empowered to embrace sobriety as a positive, life-enhancing choice.

11:30 am–1:30 pm

Lunch and Departure

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.