



CONNECT TO YOUR CREATIVITY

A Yoga and Creative Expression Retreat

Faith Hunter, Laura Dickstein Thompson, Pilin Anice, and Jai Sugrim

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, labyrinth, and extraordinary views.

Kripalu Yoga Classes

Our yoga classes are offered at a variety of levels. Additional class times are added on check-in days.

Healing Arts

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

FRIDAY

2:00 pm	Check-in begins
4:45–6:00	Kripalu Yoga class
5:30–7:30	Dinner
7:00–8:45	Program Session*

SATURDAY

7:00–8:00 am	Program Session*
7:30–9:00	Silent Breakfast
10:00 am–12:00 pm	Program Session*
12:00–1:30	Lunch
2:00–4:00	Program Session*
4:45–6:00	Kripalu Yoga class
5:30–7:30	Dinner
7:00–8:30	Program Session*

SUNDAY

7:00–8:30 am	Program Session*
7:30–9:00	Silent Breakfast
10:00–11:00	Program Session*
11:30 am–1:30 pm	Lunch and Departure

*For descriptions of Program Sessions, please see next page.

Please note Rooms are ready by 4:00 pm. You may store your bags in the Luggage Room until your room is available. On the day of departure, room check-out time is 10:00 am—you may remain on campus and take part in workshops until 2:00 pm. Actual times and schedules may vary; please see the Guest Boards or the schedule provided upon check-in for details and room locations.

FRIDAY

7:00–8:45 pm

Open the Channel: Restorative Yoga and Meditation with Faith Hunter

To begin the journey of exploring your inner artistry, Faith Hunter will guide you through a chakra-inspired restorative yoga and meditation practice. Designed to awaken and activate, this gentle and intentional experience will open your body and mind while releasing stagnant energy.

SATURDAY

7:00–8:00 am

Chakra Tuning Vinyasa: Sacral Chakra Flow for Creativity with Jai Sugrim

This class will focus on engaging the bandhas, or internal locks, at the base of the spine. Intended to pierce the granthis, or blocked spaces, along the front of the spine, this flow will help you unlock the creativity of the second chakra and direct it upwards for manifestation. The practice includes balancing asanas, twists, and forward folds for liberating the force of nature inside of the second chakra—one that can positively influence your work, art, and relationships.

10:00 am–12:00 pm

Collective Reset: Finding Inspiration through Contemporary Art and Forest Bathing Meditation with Laura Dickstein Thompson

Learn to collectively press the reset button after this dark period in recent human history. Through art activities integrated with various contemplative practices, calm your spirit, form community, and envision possibilities for a brighter future. This workshop includes conversations based on MASS MoCA's contemporary art to practice slowing down and becoming more alert to their embedded messages, a forest bathing meditation on the grounds of Kripalu to bring awareness to the beauty always accessible to you, and a guided painting activity to reconnect with your innate creativity.

2:00–4:00

Words of Life with Faith Hunter

Journaling is a way to record where you've been, but it can also serve as a tool of divine creative expression. Faith will guide you through a series of writing exercises blended with meditation and breathwork. Allow yourself to be open, vulnerable, and even playful as you put pen to paper and write from the fullness of your heart.

7:00–8:30

Pure Potential: Flow into Creativity with Pilin Anice

Connect with the essence and power of creation flowing through you. Activate and nurture your innate creative abilities with a fluid movement practice that weaves yoga, dance, and mantra. End the session with a guided meditation to eliminate perceived limitations, open yourself to spirit, and realize the magnificence of your true potential.

SUNDAY

7:00–8:30 am

Chakra Tuning Vinyasa: Throat Chakra Flow for Pure Speech with Jai Sugrim

This chakra-tuning class is aimed at unlocking energy at the vishuddha, or throat center. Enjoy an asana practice that emphasizes backbends, breathwork, and mantras to purify the airways and make you impeccable with your speech. Finish with a few meditative and restorative postures.

10:00–11:00

Closing Circle with all presenters

End the weekend with a meditation and time to reflect together over the group's collective creativity.