



DEDICATING OURSELVES TO LIBERATION

A Pre-Passover Shabbat Retreat

Cantor Lizzie Shammash and Rabbi Sheila Peltz Weinberg

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: 413.448.3214.

THURSDAY

2:00 pm
4:45–6:00
5:30–7:30
7:30–9:00

Check-in begins
Kripalu Yoga class
Dinner
Program Session

SUNDAY

6:30–7:45
7:30–9:00 am
9:00–11:00
11:30 am–1:30 pm

Kripalu Yoga class
Silent Breakfast
Program Session
Lunch and Departure

FRIDAY

6:30–7:45
7:30–8:45 am
8:45–11:45
12:00–1:30 pm
2:30–4:30
4:45–6:00
6:30–8:00

Kripalu Yoga class
Silent Breakfast
Program Session
Lunch
Program Session
Kripalu Yoga class
Program Session (Shabbat Dinner)

SATURDAY

6:30–7:45
7:30–8:45 am
8:45–11:45
12:00–1:30 pm
2:00–4:00
4:45–6:00
8:00 pm

Kripalu Yoga class
Silent Breakfast
Program Session
Lunch
Program Session
Kripalu Yoga class
Program Session (Havdalah, outdoors)

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.