

DETAILED SCHEDULE

Monday *Essence Preview: Beauty as a Spiritual Principle*

7:30pm-9:00pm Each participant receives a personal "essence card" selected in advance by Jennifer Butler based on pre-work submitted by students. Workshop intentions will be set. Prepare to detach oneself from image, and embrace Authenticity.

Tuesday *Know Thyself!*

8:30-11:30 am Theory - Students will learn to recognize Essence in themselves and others. Activities include the Season Walk, Essence Discussion and Group Exercises, to include music, movement, dance, multimedia experience and review. Students who do not know their Archetype will experience a Quick Color™ assessment to confirm the Season. Knowing the Archetype informs the rest of the week.

1:45-3:45 pm Practice 1 - Participants will begin Workbook Exercises and study the design principles of Contrast, Texture and Complexity. Clothing demonstrations will reinforce the concepts. The Workbook creates each participant's personalized style blueprint. Experience the yogic practice of *Vairagya* - giving away that which no longer serves. Giveaways will go to classmates or the Kripalu service staff community.

3:45-4:45 Practice 2 - Students will visit the Kripalu Shop with Jennifer and Donna to see what is aligned with each participant. Purchases are optional.

Wednesday *Recognize What Works*

8:30-11:30 am Theory - Images of Before and After Models will be projected on a large screen, demonstrating the Power of Color and Design as they wear outfits that are first "off-key" and then "in Harmony" with their individual archetypes.

Practice 1 - Dress with Intention, the Power of YOUR Presence

Participants will identify an important upcoming situation (i.e. job interview, first date, court appearance, etc.) and we will demonstrate the power of color for each circumstance. Clothing samples will be available.

1:45-2:30 Practice 2 - Learn to Discern what works for You

Continue Workbook Exercises to learn Principles of Geometry, Scale and Proportion. You'll learn the different requirements of the 4 distinct archetypes by reviewing handbags and eyewear brought to class to demonstrate what works for whom.

2:45-5:45pm Practice 3 continues in a Conscious Shopping excursion to nearby Lenox. Jennifer will lead the group in a tour of local boutiques where you will learn to "see" the Geometry, Scale and Proportion that work for you. A shuttle bus will be provided for the short trip to and from Lenox. We estimate 2 hours of actual "shopping." Purchases are optional.

Thursday *Celebrate Your Sacred Geometry!*

8:30-11:30 am Theory - The Sacred Geometry of the Universe is also present in the shapes of our faces, features, shoulders and hips. Each individual is a true work of art, authored by Mother Nature. By repeating the existing geometry in the body we call forward our own innate beauty. Participants will learn to recognize and appreciate their own Sacred Geometry.

1:45-3:45 Practice - Learn principle of Visual Weight through fabrics, handbags, eyeglasses examples, complete Personal Style Silhouettes (the designs that work on your body), practice movement individually or in groups.

7:30-9:00 pm - Students are invited to share their experiences and model "before and after" at an Evening Sampler event for the broader Kripalu community.

Friday *Designing Your Outer Life to Match your Inner Life!*

9am -11am - Each student will receive a continuing learning path (things to work on) to empower full, authentic self-expression for the various aspects of personality.