



KRIPALU SCHOOL OF AYURVEDA
Uniting Yoga and Ayurveda
Erin Casperson and Kate O'Donnell

ONLINE
(JUNE 5-26)

WEDNESDAY, JUNE 5

4:00-6:00 pm

FRIDAY, JUNE 7

4:00-6:00 pm

SATURDAY, JUNE 8

6:30-8:30 am

9:00-11:50

2:00-4:00 pm

4:30-6:00

SUNDAY, JUNE 9

6:30-8:30 am

9:00-11:50

2:00-4:00 pm

4:30-6:00

WEDNESDAY, JUNE 12

4:00-6:00 pm

WEDNESDAY, JUNE 19

4:00-6:00 pm

WEDNESDAY, JUNE 26

4:00-6:00 pm

ON CAMPUS
(JULY 7-14)

OPENING DAY

2:00 pm

4:45-6:00

5:30-7:30

7:00-9:00

Check-in begins
Kripalu Yoga class
Dinner

Program Session

DAILY

6:30-8:30

8:30-9:00 am

9:00-11:45

11:45-1:30 pm

2:00-4:00

4:30-6:00

5:30-7:30

Program Session

Silent Breakfast

Program Session

Lunch

Program Session

Program Session

Dinner

CLOSING DAY

6:30-8:30

8:30-9:00 am

9:00-11:45

11:30 am-1:30 pm

Program Session

Silent Breakfast

Program Session

Lunch and Departure