

Program Session Schedule (Subject to change.)

Friday	7:30–8:00 pm	Meditation, Opening Remarks, Introductions/Story
	8:00–8:30	Gut-Brain-Heart: Overview and Perspectives
	8:30–9:00	Intention and Expectations
Saturday	8:30–9:00 am	Meditation, Qigong for Gut-Brain-Heart
	9:00–10:00	Gut-Brain-Heart Communication
	10:00–11:00	Nutritional Medicine/Therapeutic Diets for Gut-Brain-Heart
	11:15–11:30	Q & A and Wrap Up
	11:30 am–1:30 pm	Lunch
	1:45–2:30	Nutritional Medicine Part 2
	2:30–2:45	Body, Mind, Microbes: Meditative Movement Therapy
2:45–3:45	Creating a Healing Terrain	
Sunday	9:00–9:15 am	Meditation, Qigong for Gut-Brain-Heart
	9:15–10:00	Harnessing the Natural Medicine Within
	10:00–10:30	Q & A and Wrap-Up
	10:30–11:00	Closing Ritual

While you are here, we invite you to enjoy daily yoga classes, our world-class natural-foods cuisine, Healing Arts, hiking and walking trails, a lakefront area, sauna, a labyrinth, and extraordinary views—all in the natural beauty of the Berkshires of western Massachusetts.

Arrival Day

2:15 pm	Check-in begins; rooms are ready by 4:00 pm. You may store your bags in the Luggage Room until your room is available.
6:45–7:15	Guest Welcome Session
7:30–9:00	Opening program session

Daily Yoga	6:30–7:45 am	Kripalu Yoga classes (optional)
	12:00–1:00 pm	Kripalu YogaDance®
	4:15–5:45 pm	Kripalu Yoga classes (optional)
Meals	7:00–8:30 am	Breakfast
	11:30 am–1:30 pm	Lunch (including your day of departure)
	5:30–7:00	Dinner
Evenings	7:30–9:00	Evening events and activities or solo time—another great time period to schedule Healing Arts sessions .

Actual times and schedules may vary; please see the Guest Boards or the schedule provided upon check-in. **Please note** Book your Healing Arts appointments before your arrival to ensure availability 888.738.1822.

[➔ View the Kripalu Guest Guide.](#)