



YOGA WORKSHOP DESIGN FOR TEACHERS
 Creating New Possibilities for Yourself and Your Students
Rolf Gates

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, more than 35 [Healing Arts](#) services, hiking and walking trails, a lakefront area, sauna, and labyrinth.

Kripalu Yoga Classes

Our yoga classes are offered at a variety of levels: gentle, beginner, intermediate, or vinyasa. Kripalu YogaDance® or a vinyasa or beginner class is offered every day at noon, and some evenings include a restorative yoga class. Additional class times are added on check-in days and during the summer months.

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| SUNDAY | | WEDNESDAY | |
| 2:15 pm | Check-in begins | 6:45–7:15 am | Program Session |
| 4:15–5:30 | Kripalu Yoga classes | 7:00–8:30 | Breakfast |
| 5:30–7:00 | Dinner | 8:30–11:30 | Program Session |
| 6:45–7:15 | Guest Welcome Session | 11:30 am–1:30 pm | Lunch |
| 7:30–9:00 | Program Session | 12:00–1:00 | Kripalu YogaDance® |
| MONDAY | | 1:45–4:45 | Program Session |
| 6:45–7:15 am | Program Session | 4:15–5:30 pm | Kripalu Yoga classes |
| 7:00–8:30 | Breakfast | 5:30–7:00 | Dinner |
| 8:30–11:30 | Program Session | 7:30–9:30 | Evening Activities |
| 11:30 am–1:30 pm | Lunch | THURSDAY | |
| 12:00–1:00 | Kripalu YogaDance® | 6:45–7:15 am | Program Session |
| 1:45–4:45 | Program Session | 7:00–8:30 | Breakfast |
| 4:15–5:30 pm | Kripalu Yoga classes | 8:30–11:30 | Program Session |
| 5:30–7:00 | Dinner | 11:30 am–1:30 pm | Lunch |
| 7:30–9:30 | Evening Activities | 12:00–1:00 | Kripalu YogaDance® |
| TUESDAY | | 1:45–4:45 | Program Session |
| 6:45–7:15 am | Program Session | 4:15–5:30 pm | Kripalu Yoga classes |
| 7:00–8:30 | Breakfast | 5:30–7:00 | Dinner |
| 8:30–11:30 | Program Session | 7:30–9:30 | Program Session |
| 11:30 am–1:30 pm | Lunch | FRIDAY | |
| 12:00–1:00 | Kripalu YogaDance® | 6:45–7:15 am | Program Session |
| 1:45–4:45 | Program Session | 7:00–8:30 | Breakfast |
| 4:15–5:30 pm | Kripalu Yoga classes | 8:30–11:30 | Program Session |
| 5:30–7:00 | Dinner | 11:30 am–1:30 pm | Lunch |
| 7:30–9:30 | Evening Activities | | |

Please note Rooms are ready by 4:00 pm. You may store your bags in the Luggage Room until your room is available. Actual times and schedules may vary; please see the Guest Boards or the schedule provided upon check-in for details and room locations.