



## YOGA PHILOSOPHY AND PRACTICES TO THRIVE IN YOUR RECOVERY Tommy Rosen with special guests Jaya Lakshmi and Ananda

### 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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#### FRIDAY

2:15 pm	Check-in begins
4:15–5:30	Kripalu Yoga classes (start times vary)
5:30–7:00	Dinner
6:45–7:15	Guest Welcome Session
7:30–9:00	<b>Program Session</b>

#### SATURDAY

6:00–7:00 am	<b>Program Session</b>
7:00–8:00 am	<b>Program Session</b>
7:00–8:30	Breakfast
9:30–12:00	<b>Program Session</b>
11:30 am–1:30 pm	Lunch
12:00–1:00	Kripalu YogaDance® or yoga class
3:30–5:30	<b>Program Session</b>
5:30–7:00	Dinner
7:30–9:00	<b>Program Session</b>

#### SUNDAY

6:00–7:00 am	<b>Program Session</b>
7:00–8:00 am	<b>Program Session</b>
7:00–8:30	Breakfast
9:30–12:00	<b>Program Session</b>
11:30 am–1:30 pm	Lunch
12:00–1:00	Kripalu YogaDance® or yoga class
3:30–5:30	<b>Program Session</b>
5:30–7:00	Dinner
7:30–9:00	<b>Program Session</b>

#### MONDAY

6:30–7:45 am	Kripalu Yoga classes
7:00–8:30	Breakfast
8:30–11:30	<b>Program Session</b>
11:30 am–1:30 pm	Lunch and Departure

**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.