

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, Healing Arts, hiking and walking trails, a lakefront area, labyrinth, and extraordinary views.

Kripalu Yoga Classes

Our yoga classes are offered at a variety of levels. Additional class times are added on check-in days.

Healing Arts

In between program sessions and other activities, integrate your Kripalu experience with one of more than 35 services. Book your [Healing Arts](#) appointments before your arrival to ensure availability: 413.448.3214.

MONDAY, OCTOBER 14

PRECONFERENCE: Issues in Yoga Research Methodology

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| 11:00 am–1:00 pm | Preconference check-in |
| 11:30am–1:00pm | Lunch (not included) |
| 1:00–1:20 | Sat Bir Khalsa: Introduction and The State of the Field of Yoga Therapy Research |
| 1:20 - 1:30 | Full panel Q&A |
| 1:30 - 1:50 | Catherine Justice, PhD, Hennepin Healthcare: The Power of Storytelling for Effective Grant Writing |
| 1:50 - 2:10 | Full panel Q&A |
| 2:10 - 2:30 | Neha Gothe, PhD, Northeastern University: Lifecycle of a yoga intervention |
| 2:30 - 2:50 | Full panel Q&A |
| 2:50 - 3:10 | Break |
| 3:10 - 3:30 | Sundar Balasubramaniam, PhD, Medical University of SC: Measuring the Short-Term/Acute effects of Yoga |
| 3:30 - 3:50 | Full panel Q&A |
| 3:50 - 4:10 | Herpreet Thind, PhD, UMASS Lowell: Reporting Yoga Research: Best practices to strengthen the evidence |
| 4:10 - 4:30 | Full panel Q&A |

MAIN CONFERENCE

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| 4:00 pm | Conference Registration |
| 5:00–6:30 | Dinner |
| 6:30–7:00 | Welcome |
| | Representatives: Kripalu Center for Yoga & Health |
| | Representatives: Yoga Alliance |
| | Representatives: International Association of Yoga Therapists |
| | Logistics, Conference Format, Abstracts/Posters |
| | Award Announcements |
| 7:00–9:00 | Poster Session |

TUESDAY, OCTOBER 15

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| 7:30–9:00 am | Silent Breakfast |
| Chairperson/Introductions | |
| 9:00–10:00 | Keynote: Jack Feldman, PhD, University of California Los Angeles |
| 10:00–10:30 | Oral: Alexandra Wimberly, PhD, Guiding Insight, LLC |
| 10:30–11:00 | Break |
| Chairperson/Introductions | |
| 11:00–11:30 am | Oral: Ursula Kelly, PhD, Emory University |
| 11:30–12:00 pm | Oral: Arlene Schmid, PhD, Colorado State University |
| 12:00–1:00 pm | Lunch |
| 1:00–3:00 | Poster Session |
| 3:30–5:30 | Yoga & Special Interest Group Sessions Evidence-Informed Yoga: Translating Research into Practice for Yoga Therapists and Teachers Catherine Justice, PhD, Hennepin Healthcare |
| 6:00–7:00 | Dinner |
| 7:00–7:15 | Awards, Addresses, Business |
| Chairperson/Introductions | |
| 7:15 - 7:30 | Young Investigator Oral: TBA |
| 7:30 - 8:30 | Keynote: Elissa Epel, PhD, University of California San Francisco |

WEDNESDAY, OCTOBER 16

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| 7:30–9:00 am | Silent Breakfast |
| Chairperson/Introductions | |
| 9:00–9:30 am | Oral: Romy Lauche, PhD, Southern Cross University |
| 9:30–10:00 | Oral: Ting Bao, MD, Harvard Medical School |
| 10:00–10:30 | Oral: Stephanie Sohl, PhD, Wake Forest University |
| 10:30–11:00 | Break |
| Chairperson/Introductions | |
| 11:00–12:00 pm | Keynote: Robert Saper, MD, MPH, Cleveland Clinic |
| 12:00–1:00 | Lunch (included) |

Please note Rooms are ready by 4:00 pm. You may store your bags in the Luggage Room until your room is available. On the day of departure, room check-out time is 10:00 am—you may remain on campus and take part in workshops until 2:00 pm. Actual times and schedules may vary; please see the Guest Boards or the schedule provided upon check-in for details and room locations.