



SYMPOSIUM ON YOGA RESEARCH Pre-Conference: Issues in Yoga Research Methodology

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

11:00 am–1:00 pm	Pre-conference check-in begins
11:30–1:00	Lunch (not included)*
1:00–4:30	Pre-conference
4:00 pm	Conference registration
5:00 pm	Dinner
6:30–7:00	Program Session
7:00–9:00	Poster Session

TUESDAY

7:30–9:00	Silent Breakfast
9:00–10:00 am	Keynote
11:00–12:00 pm	Program Session
12:00–1:00 pm	Lunch
1:00–3:00	Poster Session
3:30–5:30	Yoga & Special Interest Group Sessions
6:00–7:00	Dinner
7:00–8:30 pm	Program Session

WEDNESDAY

7:30–9:00	Silent Breakfast
9:00–10:30 am	Program Session
10:00 am	Room check-out ends
11:00–12:00 pm	Program Session
12:00–1:00 pm	Lunch and Departure

*Discounted meal tickets will be available at Registrations.

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.