

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 17

11:00 am–1:00 pm	Pre-conference check-in begins
11:30–1:00	Lunch (not included)*
1:00–4:30	Pre-conference: Issues in Yoga Research Methodology
4:00 pm	Conference registration
5:00 pm	Dinner
6:30–7:00	Program Session
	Welcome
	Representatives: Kripalu Center for Yoga & Health
	Representatives: International Association of Yoga Therapists
	Logistics, Conference Format, Abstracts/Posters
	Award Announcements
7:00–9:00	Poster Session

TUESDAY, OCTOBER 18

7:30–9:00	Silent Breakfast
9:00–10:00 am	Keynote, B. N. Gangadhar, MD, National Medical Commission, India
10:00–10:30	Presenter: Shilpa Babbar, MD, University of Missouri-Kansas City School of Medicine
10:30–11:00	Break
11:00–11:30	Presenter: Karen Mustian, PhD, University of Rochester Medical Center
11:30–12:00 pm	Presenter: Neha Gothe, PhD, University of Illinois at Urbana-Champaign
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
7:00–7:15	Awards, Addresses, Business
7:15 - 7:30	Presenter: Young Investigator (TBA)
7:30 - 8:30	Keynote: Tracy Gaudet, MD, Bravewell Leadership Awardee



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

WEDNESDAY, OCTOBER 19

7:30–9:00	Silent Breakfast
9:00–10:00 am	Presenter: TBA
10:00–10:30	Presenter: Suzanne Danhauer, PhD, Wake Forest University School of Medicine
10:30–11:00	Break
11:00–12:00 pm	Keynote: Bessel van der Kolk, MD, The Trauma Research Foundation
12:00–1:00 pm	Lunch (included) 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. 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.