



THE ART OF QI
Robert Peng, Daisy Lee, Lorelei Chang, and Mark Roule

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.

FRIDAY

2:15 pm Check-in begins
4:15–5:30 Kripalu Yoga classes
5:30–7:00 Dinner
6:45–7:15 Guest Welcome Session
7:30–9:00 **Meet the Presenters and Q&A (7:30–8:15)**
Qigong Teaching and Practice with Lorelei Chang (8:15–9:00)

SATURDAY

6:30–7:45 am Kripalu Yoga classes
7:00–8:30 Breakfast
8:30–11:30 **Qigong Teaching and Practice with Robert Peng**
11:30 am–1:30 pm Lunch
12:00–1:00 Kripalu YogaDance® or Kripalu Yoga class
1:45–3:45 **Qigong Teaching and Practice with Robert Peng**
4:15–5:30 pm Kripalu Yoga classes
5:30–7:00 Dinner
7:30–9:00 **Qigong Calligraphy, Dance Performance, and Qigong Teaching and Practice with Lorelei Chang**

SUNDAY

6:30–7:45 am Kripalu Yoga classes
7:00–8:30 Breakfast
8:30–11:00 **Qigong Teaching and Practice with Daisy Lee**
11:30 am–1:30 pm Lunch
12:00–1:00 Kripalu YogaDance® or Kripalu Yoga class
1:45–3:45 **Qigong Teaching and Practice with Daisy Lee**
4:15–5:30 pm Kripalu Yoga classes
5:30–7:00 Dinner

MONDAY

6:30–7:45 am Kripalu Yoga classes
7:00–8:30 Breakfast
9:00–11:00 **Outdoor Session (please dress accordingly)**
Qigong and Nature Connection with Mark Roule and Daisy Lee
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.