



THE REVOLUTION WITHIN  
Women's Week at Kripalu  
November 10–15

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## **SUNDAY, NOVEMBER 10**

- 3:00 pm Arrival and Check-in
- 4:15–5:45 pm Kripalu Yoga classes (optional)
- 5:30–7:30 pm **Group Dinner** (optional)
- 7:30–8:15 pm **Welcome and Sound Activation of Sacred Dream Circles**
- 8:15–9:30 pm **KEYNOTE | Breathe and Push: The Labor of Revolutionary Love**  
*Valarie Kaur*  
"The future is dark. But what if? What if this darkness is not the darkness of the tomb, but the darkness of the womb?" Hailed as one of the female prophets of our time, Valarie Kaur reframes the present moment in history as one of transition and calls on us to show up in the labor of birthing a new future. Her message has inspired millions of people around the globe. Tonight, she equips us with tools for how to practice Revolutionary Love in our lives and in our movements for social justice. Come for inspiration, transformation, and solidarity.

## **MONDAY, NOVEMBER 11**

- 6:30–7:30 am Kripalu Yoga classes or Personal Meditation time (optional)
- 7:00–8:30 am Breakfast
- 8:30–11:30 am **MORNING IMMERSION PROGRAM** (preselected)
- 11:30 am–1:30 pm Lunch
- 12:00–1:00 pm **OPTIONAL NOON CLASSES**  
**Kripalu YogaDance®**  
**VISIONARY VOICES: Rising from the Waves** *Angela Farmer*  
Some of the brave and amazing refugees who survived wars, dangerous journeys, and appalling camp situations are now building new lives on Angela's home island of Lesbos, Greece. In this noontime VISIONARY VOICES session, Angela offers a glimpse into the rescue efforts and humanitarian projects offering a wide range of integrative opportunities, and shares stories of some remarkable refugees. Come explore ways we can give hope and help to these refugees, our sisters and brothers in humanity.

1:45–3:45 pm

### AFTERNOON SESSION

**Claiming Our Voices, *Carol Gilligan and Tina Packer (live-streamed) with special guest Ariel Bock***

Claiming our voices is a key to the revolution within. Master teachers Carol and Tina speak practically, not metaphorically, in this experiential session about what it means to claim your voice, meaning a physical voice that is expressive, nuanced, knowing, and grounded in experience. Learn to listen for when a woman is speaking her passion, for when a woman's voice goes underground and is held in silence, and for what it takes to call forth a voice that has been silenced, not heard, made fun of, or shamed.

4:15–5:45 pm

### OPTIONAL CLASSES

**Kripalu Yoga Classes (optional)**

**Divine Sleep® Yoga Nidra, *Jennifer Reis* (optional)**

Experience deeper levels of inner relaxation than you ever imagined possible. Give yourself permission to rest, balance and restore, tapping into new sources of energy. This feminine and intuitive inspired meditation practice will awaken your whole being to connect with your whole self. You deserve to feel this good.

5:30–7:00 pm

Dinner

7:30–10:00 pm

### KEYNOTES

**Unpacking Unconscious White Privilege, *Peggy McIntosh***

Peggy McIntosh, widely known for her 1980's papers on white and male privilege, shares how she came to understand within herself that she has white privilege. By sharing how beliefs she had about the wider society were actually beliefs that had been planted in her, Peggy explores the need to develop the paradoxical practice of seeing matters of power both individually and systemically.

**Everyone's Liberation is YOUR Liberation, *Rev. angel Kyodo williams***

When we are divided—from mind, from self, from each other—we fall into an endless cycle of self-inflicted pain. Rev. angel Kyodo williams is igniting and uniting yoga, dharma, mindfulness and activist communities to fiercely confront the disconnect between the wisdom teachings we've inherited and the profound social disparities we've allowed. Racism has harmed us all in various ways. Rev. angel, with her unflinching ability to speak the truth with love, shares why we must each fully commit to our own path to liberation for the benefit of all.

## TUESDAY, NOVEMBER 12

6:30–7:30 am Kripalu Yoga classes or Personal Meditation time (optional)

7:00–8:30 am Breakfast

8:30–11:30 am **Attend Your MORNING PROGRAM**

11:30 am–1:30 pm Lunch

12:00–1:00 pm **OPTIONAL NOON CLASSES**  
**Kripalu YogaDance®**

### **VISIONARY VOICES: Channeling Sacred Dream Circles, *Zelda Hotaling***

Experience the magnificent creation and energy of the Sacred Dream Circles that will be present all week in the Main Hall. Visionary artist Zelda Hotaling shares information about each of the circles, inspired by Creator as part of a larger project consisting of thousands of crystals and other sacred elements, and configured as sacred geometry. They each represent portals that transition us through the possibility of life changes via divine frequencies that emanate harmonizing and balancing energies.

1:45–3:45 pm **AFTERNOON SESSIONS** (you'll choose one)

#### **Our Matriarchal Lineage, *Vicki Noble***

For the first 200,000 years, human cultural evolution was matriarchal (female-centered) and egalitarian in structure and values. Only with invasions, the rise of the State, and urbanization did patriarchy take shape and become entrenched. Matriarchal cultures around the world today are remnants of the earlier peaceful civilizations and remind us what is possible. Join Vicki Noble, author of *Motherpeace Tarot*, for this fascinating exploration of who we were as we consider the women we want to be.

#### **Women at Work: A Kripalu RISE Experience, *Janna Delgado***

Stress is as inevitable as change itself. It comes with real risks, but is also a vital part of a vibrant life. This session introduces tools from RISE, Kripalu's evidence-based resilience program. Learn to navigate stress with skill so that you can make choices that elevate your highest potential—at home and at work.

#### **The Balance of Power: Uniting the Feminine and Masculine in Yoga, *Scarlet Johnson***

This class balances two powerful energy centers in the body: the pelvis and the head, or in yogic anatomy, the feminine and masculine. Following a discussion about ancient practices of yoga that aimed to balance these energies, learn to leverage the power of your breath to gain freedom from the stress of daily life with a captivating pranayama practice. Leave feeling balanced and alive in a whole new way, harmonizing a higher vibration of equanimity. Please eat early and light before this session.

- 4:15–5:45 pm      **OPTIONAL CLASSES**  
**Kripalu Yoga Classes** (optional)
- Divine Sleep® Yoga Nidra, *Jennifer Reis*** (optional)  
 Experience deeper levels of inner relaxation than you ever imagined possible. Give yourself permission to rest, balance and restore, tapping into new sources of energy. This feminine and intuitive inspired meditation practice will awaken your whole being to connect with your whole self. You deserve to feel this good.
- 5:30–7:00 pm      Dinner
- 7:30–8:45 pm      **KEYNOTE**  
**Freedom Is an Inside Job: Owning Our Darkness and Our Light to Heal Ourselves and the World, *Zainab Salbi***  
 Zainab Salbi explores her journey to wholeness—and how embarking on such a journey enables each of us to create the world we want to live in. After years of working as a successful CEO and change-maker, she realized that to confront and heal the shadows of the world, she needed to face her own shadows first—and this could only be done by looking within. Through personal anecdotes, real-life stories, and insightful guidance, she takes us through a process of self-discovery, guiding us to uncover our hidden motives and desires so we can live in alignment with our authentic values.
- 8:45 pm            **Full Moon Fire Ceremony: Healing Our Maternal Ancestry**  
*Mary Hammerstein* (outdoors, weather permitting)  
 In the yogic Vedic wisdom tradition, the full moon is the most auspicious time to heal our maternal ancestry of mothers, grandmothers, great-grandmothers, and beyond, as well as our daughters and granddaughters yet to be born. Come gather under Grandmother Moon for this elemental fire ritual to chant mantra, offer sacred herbs, and visualize the healed outcome we wish for our families as we offer our prayers to the fire of transformation. Mary leads this beautiful ritual with blessings from her teacher, Yogrishi Vishvketu of Rishikesh, India.

**WEDNESDAY, NOVEMBER 13**

- 6:30–7:30 am      Kripalu Yoga classes or Personal Meditation time (optional)
- 7:00–8:30 am      Breakfast
- 8:30–11:30 am    **Attend Your MORNING PROGRAM**
- 11:30 am–1:30 pm    Lunch
- 12:00–1:00 pm    **OPTIONAL NOON CLASSES**  
**Kripalu YogaDance®**
- VISIONARY VOICES: Visually Communicating Your Inner Power and Authenticity, *Jennifer Butler***

Studies have shown that 90 percent of communication is visual and nonverbal. Jennifer Butler, founder of the True Beauty movement, offers a groundbreaking philosophy of beauty as a spiritual principle that has guided tens of thousands of women to learn to dress in alignment with their unique true self. When our outer expression is also an inner expression of ourselves, we show up most powerfully—and beautifully—to authentically communicate our intention and purpose.

1:45–3:45 pm

#### **AFTERNOON SESSIONS** (you'll choose one)

##### **Embodied Revolution: Renewal Through Movement and Breath,** *Robin Becker*

The fires of activism require the waters of renewal to sustain our hope and commitment in the work of positive social change. As our world gains in speed, there is an urgent need to slow down, rest, and listen to the depths of our embodied planetary wisdom. In this workshop, discover the practices of Continuum, a field of movement education that explores the body as a fluid system. Using breath and sound to initiate personal movement explorations, Continuum offers great support to those called to respond with courageous and loving action in the world.

##### **Walking Our Talk Sharing Circles**

##### *Mary Campbell, Arti Roots Ross, and Sudha Carolyn Lundeen*

Women often gather in circle to support one another, but it is not always easy. [Walking Our Talk](#) is an organization that builds support, structure, and community for women to live more powerfully in the world. Come experience a Walking Our Talk circle led by founder Mary Campbell and longtime facilitators Arti Roots Ross and Sudha Carolyn Lundeen. Take home a visceral sense of how the power of sitting with others in circle creates greater confidence and safety.

4:15–5:45 pm

#### **OPTIONAL CLASSES**

##### **Kripalu Yoga Classes**

##### **Cool Your Jets: Yoga to Tame Pitta in Heated Times,** *Erin Casperson*

During times of uncertainty we are called to turn our attention to our inner world for discernment. If you notice that your passion and determination has fired too hot, igniting your pitta dosha and transforming into anger or frustration, allow yoga to become a refuge. Erin offers an Ayurvedic yoga practice to still your mind, soften your heart, and focus your inner fire.

##### **Divine Sleep® Yoga Nidra,** *Jennifer Reis* (optional)

Experience deeper levels of inner relaxation than you ever imagined possible. Give yourself permission to rest, balance and restore, tapping into new sources of energy. This feminine and intuitive inspired meditation practice will awaken your whole being to connect with your whole self. You deserve to feel this good.

5:30–7:00 pm

Dinner

7:30–9:30 pm

#### **KEYNOTE**

##### **Revolution of the Soul,** *Seane Corn*

If we want society to heal, to effect change, and ease this world toward justice and peace, then we have work to do—on ourselves! The revolution we seek begins the moment we take accountability for the choices we make that create separation from each other, the planet, and Spirit. Our liberation, the ultimate promise of yoga, is dependent upon all souls being free. The time is now. You have been called to show up, take a stand, find your voice, heal the separations that exist, and then put that love and compassion into conscious action.

***Note:** There will be a book signing afterwards; please purchase Seane's book in the Kripalu Shop beforehand.*

## THURSDAY, NOVEMBER 14

6:30–7:30 am Kripalu Yoga classes or Personal Meditation time (optional)

7:00–8:30 am Breakfast

8:30–11:30 am **Attend Your MORNING PROGRAM**

11:30 am–1:30 pm Lunch

12:00–1:00 pm **OPTIONAL NOON CLASSES**  
**Kripalu YogaDance®**

### **VISIONARY VOICES: The Magic of the Motherpeace Tarot, Vicki Noble**

Hear the story of the round feminist Motherpeace Tarot cards created by Vicki Noble and Karen Vogel during the late 1970s. Although Motherpeace retains the traditional structure of the Tarot, the deck broke past form with its round shape and inclusion of so many different cultures, as well as its unique folk-art style, which the Christian Dior fashion company licensed for a special cruise wear clothing line, taking the images even further into the mainstream global culture on exquisitely hand-sewn garments and accessories.

1:45–3:45 pm **PROGRAM SAMPLERS** (choose one)

This is your opportunity to attend a program sampler with one of our morning program presenters to get a taste of what they've been teaching this week.

4:15–5:45 pm **PROGRAM SAMPLER with Angela Farmer** (space is limited)

4:15–5:45 pm **OPTIONAL CLASSES**  
**Kripalu Yoga Classes** (optional)

### **Divine Sleep® Yoga Nidra, Jennifer Reis** (optional)

Experience deeper levels of inner relaxation than you ever imagined possible. Give yourself permission to rest, balance, and restore, tapping into new sources of energy. This feminine and intuitive inspired meditation practice will awaken your whole being to connect with your whole self. You deserve to feel this good.

5:30–7:00 pm Dinner

7:30 pm

**EVENING EVENTS** (you'll choose one; end times vary)

**JourneyDance: A Portal for Transformation and Celebration,**  
*Toni Bergins and KDZ drummers*

Music and movement are portals for your divine feminine joy. In this workshop, Toni Bergins, founder of JourneyDance™, guides you into a ritual dance of personal power. Feel the drums as we stoke the fire of vibration and move to a musical landscape of rhythms, beats, and sounds. Dance into your biggest, wildest, weirdest, wisest, most amazing self as you enlighten up and catalyze your life! Express what needs to be felt and free what is ready to be released. Come dance in our community of women.

**Empowering Women in the Workplace and Beyond, Lisette Cooper**

This intimate discussion merges financial knowledge with spiritual grounding to work toward both better business practices and social good. Lisette Cooper, founder and chief investment officer of Athena Capital Advisors and former Board Chair of Kripalu, introduces practices rooted in shareholder engagement and access to capital to help ground us in compassion and empowerment. You learn tools to benefit your workplace and company structure to shift employee engagement and generate a positive impact for women.

**Creating Deep Community: Taking *Walking Our Talk Home*, Mary Campbell**

Learn more about how to create and effectively nurture a new women's culture as you explore how the Walking Our Talk model structures vulnerable sharing and purposeful planning. Discover how this design creates a practical foundation for sisterhood and long-term success and happiness. You can also learn how to become involved with this organization and the next steps to bring this powerful model to your community.

***Into Sunlight* Film Screening and Discussion About Creativity as a Political Act, Robin Becker**

*Into Sunlight* is a documentary film about choreographer Robin Becker's dance inspired by the Vietnam-era book, *They Marched Into Sunlight*, a nonfiction account of two days in October 1967 when war was raging in Vietnam and the antiwar movement was raging in America. When the U. S. went to war in Iraq, Robin wanted to develop a project that would contribute to peace in the world. She found the broad range of events and scope of understanding in the book to be relevant to our current era. [View the film trailer.](#)

"Into Sunlight is ... a necessary experience in today's society, for it reflects with rare sincerity on the echoes of Vietnam as they reverberate in American life right now. At its best, art has the potential to heal. This is art at its best." —Colonel Scott T. Krawczyk, West Point Military Academy

8:45–9:30 pm

**Fire Gathering with Community, Nature, and Song**

*Toni Bergins and guests* (weather permitting)

Come together our final night as a community to circle and sing around the dancing flames and connect to the elements of earth, water, fire, and spirit. Stand in nature empowered and celebrated while honoring the gifts you have to offer this world.

**FRIDAY, NOVEMBER 15**

6:30–7:30 am            Kripalu Yoga classes or Personal Meditation time (optional)

7:00–8:30 am            Breakfast

9:00–11:30 am            **PANEL DISCUSSION | Taking It Home: Ripples, Waves, and Tsunamis**  
*Angela Farmer, Kate Johnson, Coby Kozlowski, Toni Bergins, Nancy Slonim Aronie, Maya Breuer, Jana Long, Claudia Welch, Alexandra Roxo; moderated by Denise Barack*

11:30 am–1:30 pm        Lunch and Departure