



## Evidence-Based Tai Chi and Qigong for Sleep and Anxiety

Friday, November 10–Sunday, November 12

### Your Program Session Schedule (Subject to change.)

Friday 7:30–9:00 pm  
Saturday 8:30–11:30 am and 1:45–3:45 pm  
Sunday 9:00–11:30 am

Friday, May 18–Sunday, May 20

### Your Program Session Schedule (Subject to change.)

Friday 7:30–9:00 pm  
Saturday 8:30–11:30 am, 1:45–3:45 pm, and 7:30–8:30 pm  
Sunday 9:00–11:30 am

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### General Guest Information

A stay at Kripalu immerses you in an experiential curriculum designed to bring vitality to your life from the inside out. While you are here, we invite you to enjoy daily yoga classes, our world-class natural-foods cuisine, massage and Healing Arts, hiking and walking trails, a lakefront beach area, sauna, a labyrinth, and extraordinary views—all in the natural beauty of the Berkshires of western Massachusetts.

### Arrival Day

2:15 pm Check-in begins  
Rooms are ready by 4:00 pm. You may store your bags in the Luggage Room until your room is available.  
5:30–7:00 pm Dinner  
6:45–7:15 pm Guest Welcome Session

### Daily Yoga

6:30–7:45 am Kripalu Yoga classes: gentle and intermediate (optional)  
12:00–1:00 pm Kripalu YogaDance® (optional)  
4:15–5:45 pm Kripalu Yoga classes: beginner, gentle, intermediate, and vigorous (optional)

### Mealtimes

7:00–8:30 am Breakfast  
11:30 am–1:30 pm Lunch (including your day of departure)  
5:30–7:00 pm Dinner

### Evenings

7:30–9:00 pm Evening events and activities or solo time—another great time to schedule a Healing Arts session.

Actual times and schedules may vary; please see the Guest Boards or the schedule provided upon check-in.

**Please note** Book your Healing Arts appointments before your arrival to ensure availability 888.738.1822.

[View the Kripalu Guest Guide.](#)