



## THE NUMINOUS PRESENTS: NEW YEAR, NU YOU

January 1–5  
Program Sessions

### MONDAY

7:30–9:00 pm | **Opening Session: A Ritual for the Cancer Full Moon** | All Presenters

New year, new moon. Our opening ceremony welcomes the energies of the Cancer new moon on January 1, setting a theme of deep self-nurturing and emotional witnessing for the days to come. Meet each of our presenters and begin to work on your intentions for manifestation, planting a powerful seed for your becoming in 2018 and beyond.

### TUESDAY

8:30–11:30 am | **Astrology as a Basic Life Skill** | Ruby Warrington

Our individual birth chart is like a blueprint for our soul journey. Learning how to read your chart is an invaluable tool for self-awareness and self-discovery. In this fun and informative workshop, Ruby introduces the basics of birth chart interpretation, including an overview of each sign, planet, and house of the zodiac, and how to examine the unique interplay of these elements in an individual chart. A must for everyone who regularly reads daily, weekly, and monthly horoscopes, as a deeper understanding of your chart can help you interpret the current cosmic cycles as they relate specifically to you.

1:45–3:45 pm | **Trust Yourself: Intuition 101** | Betsy LeFae

Each and every one of us has the capacity to be deeply intuitive if only we can learn to recognize the messages constantly streaming from our intuition. Our body is the tool through which we can learn to hear these missives. As a facilitator of the mind-body connection, Betsy shares how regular practices are effective in keeping the channel clear. In this workshop, she demystifies the notion of what it might look, sound, feel, or even smell like to receive an intuitive message, and guides participants through practical exercises designed to expand awareness and build intuitive confidence.

7:30–9:00 pm | **Guided Intention-Setting Journey** | Alexandra Roxo

Set your intentions for the week as you are guided into your heart space with a ritual to hear what you really need. Using shamanic journey work, visualization, symbolism, and imagery, Alexandra awakens the colorful, invisible worlds that exist within and all around you. Journey below the surface where your own deep secrets lie to find what has called you here and what you want to focus on in the moment, in the week, and into 2018.

### WEDNESDAY

8:30–11:30 am | **Tarot for the Wild Soul** | Lindsay Mack

Take an immersive journey into soul-centered Tarot reading with Lindsay Mack, and learn how to read Tarot for growth, healing, and personal expansion. This workshop offers an overview of the whole structure of the Tarot, focusing specifically on the Major Arcana, through the lens of soul evolution. It also covers the basics of how to care for your deck, and much more. Please bring a 78-card Tarot deck, notebook, and pen.

1:45–3:45 pm | **The Happiness Method** | Sah D'Simone

Learn about the intersection of ancient wisdom, modern science, and holistic nutrition with a real-world application for practical self-transformation. Sah teaches simple tools you can rely on to help you find a sense of well-being, inviting you to open up to your inherent qualities, and training you to meet life with less anxiety, fear, and suffering. Leave this experience with the insight to create a more productive, sustainably balanced, and creative life; feel more connected to yourself and others; and express what is in your heart and mind. The workshop includes

- Mindfulness practices and basic neuroscience
- The autonomic nervous system and the importance of a healthy gut for total well-being
- The Buddhist and yogic contingency plan for a life free of suffering
- Buddhist meditation technology and yogic breathing to hack the nervous system.

7:30–9:00 pm | **Spirit Séance: Group Intuitive Circle** | Betsy LeFae

For years, Betsy LeFae held weekly séances in her Brooklyn apartment with the aim of teaching attendees how to receive their own messages from the “other side.” The word “séance” can be scary or intimidating for some, but it simply describes a group of people getting mini readings. At this event, you get the chance to receive your own psychic message from Betsy. You may even hear from a spirit or two! Betsy provides a safe and comfortable environment by starting the session with a prayer of protection and gratitude, followed by a relaxing guided meditation, before delivering messages as they come through for members of the group.

## THURSDAY

8:30–11:30 am | **Heart to Heart: Connection as Spiritual Practice and Sacred Path to Love** | Alexandra Roxo

This workshop explores a deep practice rooted in the power of connection for unlocking our most authentic self-expression, heartfelt truths, and intimate relationships. We begin in solo practice, rooting into ourselves and using the power of movement and voice to open our bodies and hearts. Then we move into partner work, relating to one another and going deep within to open and surrender—unlocking love as the most powerful medicine on the planet, and letting it heal and open us, individually and as a group.

1:45–3:45 pm | **The Sacred Wheel** | Lindsay Mack

Take a Tarot journey into 2018 and discover the Tarot medicine for the year to come. In this unique workshop, we examine the key themes for the year as they are expressed in the Tarot, what they mean in our lives, what they are inviting us into, and how they are asking us to evolve. We also discuss the astrology and planets ruled by each Tarot card; the numerology and corresponding Tarot card for both the year ahead and for individual participants' birthdays; and rituals, ceremonies, and spreads to conduct with our Tarot deck for the year to come.

Please bring a 78-card Tarot deck, notebook, and pen.

7:30–9:00 pm | **Meditation and Breathwork** | Sah D'Simone

Sah's approach to meditation combines ancient wisdom and science in a simple and powerful practice. Begin to rewire your brain with new habits, heal trauma, settle the mind, become present and emotionally intelligent, and cultivate compassion. In this powerful session, Sah's signature meditation technique is combined with a guided breathwork practice, one of the most effective approaches available for addressing post-traumatic stress disorder, anxiety, and depression. Integrating ancient and modern trauma-sensitive techniques to rapidly balance stress-response systems, this technique has been used with proven benefits for military veterans and survivors of mass disasters, including the Asian tsunami, 9/11, the Gulf oil spill, the Rwandan genocide, and slavery in Sudan. The workshop includes an introductory dialogue and time for questions.

## FRIDAY

9:00–11:00 am | **Story Medicine** | Ruby Warrington

When we come together, we create community. And when communities share stories with each other, we weave unity. In every experience we share, there is a valuable lesson for someone—and deep, compassionate listening is a gift in and of itself. It is when our stories are heard that we are healed. In this simple yet profound exchange, we find ourselves uplifted, connected, and more inspired by our own lives than ever before. Expect to leave this ritualized, open-sharing circle feeling seen, valued, and inspired to continue on your journey.

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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.

### 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

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.](#)