



RISE for Human Resources Professionals

Your Program Session Schedule (Subject to change.)

Monday, August 20	12:00–2:00 pm	Arrival and Lunch
	2:00–5:00	Program Introduction: RISE Model of High Performance
	5:00–7:00	Dinner
	7:00–9:00	Embodying Calm: Creating the Foundation for Effective Leadership
Tuesday, August 21	6:30–8:00 am	Kripalu Yoga Classes (class times vary)
	7:00–8:30	Breakfast
	9:00–11:45	Cultivating Clarity: The Mindful Leader Advantage
	11:45 am–1:45 pm	Lunch
	1:45–4:45	Deepening Connection: Enhancing Social Emotional Intelligence
	5:30–7:00	Dinner
	7:00–9:00	Networking or Kripalu Evening Activities
Wednesday, August 23	6:30–8:00 am	Kripalu Yoga Classes (class times vary)
	7:00–8:30	Breakfast
	9:00–11:45	Action Planning: Building the Mindful Resilient Organization
	11:45 am–1:30 pm	Lunch

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.

Daily Yoga

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

Evenings

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