

Yoga, Music, and Mindfulness

A Unique Kripalu-Tanglewood Experience

August 19–21, 2016

Friday	4:15–6:15 pm	Kripalu Yoga Classes
	5:30–7:00	Dinner
	6:45–7:15	Kripalu Orientation <i>Kripalu Guest Services</i>
	7:30–9:00	Program Opening Session <i>Larissa Carlson and Marc Mandel</i>
Saturday	6:30–8:00 am	Kripalu Yoga Classes
	7:00–8:30	Breakfast
	9:00–11:30	Program Session <i>Larissa Carlson and Marc Mandel</i>
	11:30 am–1:30 pm	Lunch
	12:00–1:00	Kripalu YogaDance
	12:00–1:00	Vinyasa Yoga
	12:45–1:30	Meditation
	1:45–3:45	Program Session <i>Larissa Carlson and Marc Mandel</i>
	4:15–6:15	Kripalu Yoga Classes
	5:30–7:00	Dinner
	8:00–10:00	Boston Symphony Orchestra Concert at Tanglewood
Sunday	6:30–8:00 am	Kripalu Yoga Classes
	7:00–8:30	Breakfast
	9:00–11:30	Program Closing Session <i>Larissa Carlson and Marc Mandel</i>
	11:30 am–1:30 pm	Lunch
	12:00–1:00	Kripalu YogaDance
	12:00–1:00	Vinyasa Yoga
	2:30–4:30	Boston Symphony Orchestra Concert at Tanglewood
	4:30–5:15	Optional Post-Concert Discussion at Tanglewood

Please note that this schedule is subject to change. See Guest Information Boards for room assignments and faculty not listed here.

Kripalu®