

## Kripalu Programs

# Yoga Summer Camp

## An Outdoor Adventure for Adults

<b>Sun</b>	5:00–7:30 pm	Dinner
	6:45–7:15	Kripalu Orientation <i>Guest Services</i>
	<b>7:30–9:00</b>	<b>Opening Session</b> <i>Michelle Dalbec and Janna Delgado</i>
<b>Mon</b>	6:30–8:30 am	Kripalu Yoga Classes
	7:00–8:30	Breakfast
	<b>8:45–11:45</b>	<b>Hike to Shadowbrook Pond</b> <i>Michelle and Janna</i>
	11:30–1:45 pm	Lunch
	<b>1:45–3:45</b>	<b>Restorative Yoga</b> <i>Michelle</i>
	4:15–6:45	Kripalu Yoga Classes
5:00–7:30	Dinner	
<b>Tue</b>	6:30–8:30 am	Kripalu Yoga Classes
	7:00–8:30	Breakfast
	<b>8:45–10:30</b>	<b>On the Water: Kayaking or SUP</b> <i>Michelle and Janna</i>
	<b>11:15–11:45</b>	<b>Outdoor Yoga</b> <i>Michelle and Janna</i>
	11:30–1:45 pm	Lunch
	<b>1:45–3:45</b>	<b>Arts and Crafts: Sand Mandalas and Coloring</b> <i>Michelle and Janna</i>
4:15–6:45	Kripalu Yoga Classes	
5:00–7:30	Dinner	
<b>Wed</b>	6:30–8:30 am	Kripalu Yoga Classes
	7:00–9:00	Breakfast
	<b>8:45–10:30</b>	<b>On the Water: Kayaking or SUP</b> <i>Michelle and Janna</i>
	<b>11:15–11:45</b>	<b>Outdoor Yoga</b> <i>Michelle and Janna</i>
	11:30–1:45 pm	Lunch
	<b>1:45–3:45</b>	<b>Nature Class with Mass Audubon</b> <i>Becky Cushing</i>
5:00–7:30 pm	Dinner	
<b>Thu</b>	6:30–8:30 am	Kripalu Yoga Classes
	7:00–8:30	Breakfast
	<b>8:45–10:30</b>	<b>Introduction to Forest Bathing</b> <i>Mark Roule</i>
	<b>11:15–11:45</b>	<b>Outdoor Yoga</b> <i>Michelle and Janna</i>
	11:30–1:45 pm	Lunch
	<b>1:45–3:45</b>	<b>Free Time, Healing Arts, or R&amp;R Workshops</b>
4:15–6:45	Kripalu Yoga Classes	
5:00–7:30	Dinner	
<b>Fri</b>	6:30–8:30 am	Kripalu Yoga Classes
	7:00–9:00	Breakfast
	<b>9:00–11:00</b>	<b>Labyrinth Walk and Closing Session</b> <i>Michelle and Janna</i>
	11:30–2:00 pm	Lunch

The logo for Kripalu, featuring the word "Kripalu" in a stylized, orange, sans-serif font.

Please note that this schedule is subject to change. See the Optional Events board for detailed information.