



THE KRIPALU APPROACH TO DIET

An Integrative Weight-Loss Program

Lisa B. Nelson, Aruni Nan Futuronsky, and Annie B. Kay

The Kripalu Experience

A stay at Kripalu immerses you in an experiential curriculum designed to bring vitality to your life from the inside out. You'll have time between program sessions to enjoy optional daily yoga classes, world-class natural-foods cuisine, Healing Arts, hiking and walking trails, a lakefront area, sauna, labyrinth, and extraordinary views.

Kripalu Yoga Classes

Our yoga classes are offered at a variety of levels: gentle, beginner, intermediate, or vinyasa. Every day at noon, you can choose Kripalu YogaDance® or a vinyasa or beginner class, and some evenings include a restorative yoga or yoga nidra class. Additional class times are added on check-in days and during the summer months.

Healing Arts

In between program sessions and other activities, integrate your Kripalu experience with one of more than 35 spa services. Book your [Healing Arts](#) appointments before your arrival to ensure availability: 888.738.1822.

SUNDAY

2:15 pm	Check-in begins
4:15–5:30	Kripalu Yoga classes
5:30–7:00	Dinner
6:45–7:15	Guest Welcome Session
7:30–9:00	Opening Session

MONDAY

6:30–7:45 am	Kripalu Yoga classes
7:00–8:30	Breakfast
9:00–11:00	The Biology of Hunger and Satisfaction
11:15–12:00	Integrative Weight Loss Dance
11:30 am–1:30 pm	Lunch
12:00–1:00	Kripalu YogaDance® or Kripalu Yoga classes
1:30–3:00	Nutrition and Natural Weight Loss
3:10–3:45	Share Circle
4:15–5:30	Kripalu Yoga classes
5:30–7:00	Dinner
7:30–9:00	Evening Activities

TUESDAY

6:30–7:45 am	Kripalu Yoga classes
7:00–8:30	Breakfast
9:00–10:00	Outliving Cravings
10:15–11:30	Walk and Fitness Class
11:30 am–1:30 pm	Lunch
12:00–1:00	Kripalu YogaDance® or Kripalu Yoga classes
1:30–3:00	Nutrition and Natural Weight Loss
3:10–3:45	Share Circle
4:15–5:30	Kripalu Yoga classes
5:30–7:00	Dinner
7:30–9:00	Evening Activities

Please note Rooms are ready by 4:00 pm. You may store your bags in the Luggage Room until your room is available. Actual times and schedules may vary; please see the Guest Boards or the schedule provided upon check-in for details and room locations.



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WEDNESDAY

6:30–7:45 am	Kripalu Yoga classes
7:00–8:30	Breakfast
9:30–11:00	Menu Planning and Label Reading
11:10–11:30	Mantra Walk
11:30 am–1:30 pm	Lunch
12:00–1:00	Kripalu YogaDance® or Kripalu Yoga classes
1:30–3:00	Body Image: Developing Self-Compassion
3:10–3:45	Share Circle
4:15–5:30	Kripalu Yoga classes
5:30–7:00	Dinner
7:00–8:30	Whole Foods Cooking Demonstration

THURSDAY

6:30–7:45 am	Kripalu Yoga classes
7:00–8:30	Breakfast
9:00–10:15	Meditation for Mindful Living
10:30–11:45	Metabolic Health
11:30 am–1:30 pm	Lunch
12:00–1:00	Kripalu YogaDance® or Kripalu Yoga classes
1:30–3:00	Obstacles: Realities and Strategies
3:10–3:45	Share Circle
4:15–5:30	Kripalu Yoga classes
5:30–7:00	Dinner
7:30–9:00	Evening Activities

FRIDAY

6:30–7:45 am	Kripalu Yoga classes
7:00–8:30	Breakfast
9:00–11:00	Closing Session
11:30 am–1:30 pm	Lunch and Departure

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