

## Kripalu Program

# The Mindful Table: A Kripalu Nutrition and Cooking Immersion

sun	5:30–7:00 pm	Dinner
	6:45–7:15	Kripalu Orientation <i>Guest Services</i>
	<b>7:30–9:00</b>	<b>Kripalu’s Nutrition and Food Philosophy</b>
mon	6:30–8:00 am	Kripalu Yoga Classes
	7:00–8:30	Breakfast
	<b>9:00–11:30</b>	<b>Food and Nutrition Essentials</b>
	11:30–1:30 pm	Lunch
	<b>1:45–3:45</b>	<b>Culinary Techniques and Skills</b>
	4:15–6:15	Kripalu Yoga Classes
5:30–7:00	Dinner	
tue	6:30–8:00 am	Kripalu Yoga Classes
	7:00–8:30	Breakfast
	<b>9:00–11:30</b>	<b>Personal Plates: Eating Patterns</b>
	11:30–1:30 pm	Lunch
	<b>1:30–4:00</b>	<b>Build the Plate: Part 1</b>
	4:15–6:15	Kripalu Yoga Classes
5:30–7:00	Dinner	
wed	6:30–8:00 am	Kripalu Yoga Classes
	7:00–8:30	Breakfast
	<b>9:00–11:30</b>	<b>Meal and Menu Planning Framework</b>
	11:30–1:30 pm	Lunch
	<b>1:30–4:00</b>	<b>Build the Plate: Part 2</b>
	4:15–6:15	Kripalu Yoga Classes
5:30–7:00	Dinner	
thu	6:30–8:00 am	Kripalu Yoga Classes
	7:00–8:30	Breakfast
	<b>9:00–11:30</b>	<b>Tools for Transformation</b>
	11:30–1:30 pm	Lunch
	<b>1:30–4:00</b>	<b>Create a Meal</b>
	4:15–6:15	Kripalu Yoga Classes
5:30–7:00	Dinner	
fri	6:30–8:00 am	Kripalu Yoga Classes
	7:00–8:30	Breakfast
	<b>9:00–11:30</b>	<b>Simple Delicious and Nutritious: Taking it Home</b>
11:30–1:30 pm	Lunch	

The Kripalu logo is displayed in a large, orange, sans-serif font. The word "Kripalu" is followed by a registered trademark symbol (®).

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