



Kripalu[®] Introduction to Kripalu R&R

MONDAY

4:00 pm	Arrival and Check-In
4:15–5:45	Daily Yoga Classes
5:30–7:00	Dinner
6:45–7:15	Kripalu Orientation Guest Services
7:30–9:00	Yoga Nidra

TUESDAY

6:30–7:45 am	Daily Yoga Classes
7:00–8:30	Breakfast
9:00–10:30	Hero's Journey: Answering the Call
11:00–11:45	Tone Up Yoga
11:30 am–1:30 pm	Lunch
12:00–1:00	Kripalu YogaDance[®] or Vinyasa Yoga Class
1:30–3:45	Guided Hike to Olivia's Overlook
4:15–5:45	Kripalu Yoga Classes
5:30–7:00	Dinner
7:30–8:45	Whole Foods Cooking Demonstration

WEDNESDAY

6:30–7:45 am	Daily Yoga Classes
7:00–8:30	Breakfast
9:00–10:30	A Life in Balance: Introduction to Ayurveda
11:00–11:45	Taking Kripalu Home
11:30 am–1:30 pm	Lunch
12:00–1:00	Kripalu YogaDance[®] or Vinyasa Yoga Class