



**The Kripalu Approach to  
Diet**  
**AN INTEGRATIVE WEIGHT-LOSS PROGRAM**

2016 Course Design

The Kripalu Approach to Diet offers a comprehensive curriculum based on Kripalu's compassionate framework for change. Proven long-term approaches to lifestyle for a healthy weight are blended with the wisdom of Kripalu Yoga off-the-mat. This program enables participants to deepen their understanding of the contributing factors to weight loss, including lifestyle choices, their own psychology, and relationships with food, movement, and themselves. This provides a balanced and safe approach to improving their health and addressing weight in a meaningful long term way. It highlights stress reduction and mindfulness techniques as the primary basis for reducing weight and health issues, increasing participant's self-confidence and self-connection. While this program targets the issue of weight loss, the techniques and suggestions are applicable to various health issues as well as general health maintenance.

This blended learning program combines the convenience of online learning with the connection and inspiration of the in-house retreat. Prior to the immersion, self-inquiry, reflection, and introductory mind/body materials are made available via the online system. These prepare the student to take full advantage of the experiential teachings and faculty support provided during the immersion retreat. After the immersion, five weeks of videos, self-inquiry tools, reflection, journaling, small support groups, forums, and nutrition and menu planning tools support integration of the core concepts.

After the program, participants are able to

- Continue practicing the Kripalu approach to behavior change, based in “self-observation without judgment”
- Explain the importance of self-appreciation and compassionate self-observation in promoting change
- Understand the general problems of the standard American diet, and the benefits of a whole foods lifestyle
- Explain why how you eat is as important as what you eat
- Identify lifestyle shifts, mindfully experiment, self-assess, and realign (notice, relax, and realign)
- Discuss the components of a healthy lifestyle
- Discuss how stress levels impact weight and health
- Discuss the health benefits of healthy weight, including risk reduction for chronic diseases
- Explain the role of nutrition in health and weight management
- Identify foods and eating behaviors that promote weight gain or loss and explain why
- Explain the importance of yoga-specific stress management techniques as they apply to health and weight loss
- Discuss the health risks and additional stressors of overweight individuals from physical and emotional perspectives
- Practice mindful eating and other techniques that benefit health, weight loss, and reduce stress levels
- Recognize self-sabotaging thoughts and emotional eating patterns and compassionately realign
- Discuss strategies to shift limiting patterns that cause imbalance and disease

- Explain the benefits of physical movement in terms of health and weight loss including specific fitness programs and yoga.

### **Who Should Take This Course**

This program is designed for anyone who wants to learn about the benefits of a whole-body approach to weight loss, including the role of nutrition, stress, exercise, and positive body image as they relate to an individual's ability to lose weight and maintain a healthy weight naturally.

If you've struggled in the past with maintaining the lifestyle changes needed to make long-term success a reality, this course is for you.

### **What to Expect**

The program begins online one week prior to the immersion at Kripalu. The first online module prepares participants with recommended reading and self-assessment, totaling about two hours of study.

The immersion features lectures in lifestyle change, nutrition and cooking demonstrations, and a variety of movement classes, totaling 26 hours.

After the immersion, learning continues with five weeks of online content that take about 3–4 hours per week. Post-immersion online content includes pre-recorded lectures, practices, journal assignments, fitness classes, and cooking demonstrations.

Each week also includes a live group call. These calls serve as a backbone of the program, allowing participants to connect, authentically express themselves, and witness one another's progress. These calls are at the heart of the program, and follow Kripalu's Share Circle methodology.

**Program Dates**

**May 2–June 17, 2016**

Module 1 <i>Online</i>	One week	May 2–7
Module 2 <i>On-site Residential Immersion</i>	Five days	May 8–13
Module 3 <i>Online</i>	Five weeks	May 16–June 17
Module 3 Group Share Calls	Weekly	May 18, 25, and June 1, 8, 15

**August 1–September 30, 2016**

Module 1 <i>Online</i>	One week	August 1–5
Module 2 <i>On-site Residential Immersion</i>	Five days	August 7–12
Module 3 <i>Online</i>	Five weeks	August 15–September 16
Module 3 Group Share Calls	Weekly	August 17, 24, 31, and September 7, 14

**October 31–December 16, 2016**

Module 1 <i>Online</i>	One week	October 31–November 4
Module 2 <i>On-site Residential Immersion</i>	Five days	November 6–11
Module 3 <i>Online</i>	Five weeks	November 14–December 17
Module 3 Group Share Calls	Weekly	November 16, 22, 30, and December 7, 14

**Sample Immersion Schedule (subject to change)**

Sunday	5:30–7:00 pm	Dinner
	6:45–7:15	Kripalu Welcome Orientation
	7:30–9:00	Opening Session
Monday	7:00–8:30 am	Breakfast
	9:00–11:00	The Biology of Hunger and Satisfaction
	11:15 am–12:00 pm	Dance for Integrative Weight Loss
	11:30 am–1:30 pm	Lunch
	1:30–3:00	Mindful Eating
	3:10–4:00	Share Circle
	4:15–5:45	Integrative Weight Loss Yoga
	5:45–7:00	Dinner
Tuesday	7:00–8:30 am	Breakfast
	9:00–10:00	Journaling for Health
	10:30–11:30	Get Fit: Tone and Strengthen
	11:30 am–1:30 pm	Lunch
	1:30–3:00	Nutrition and Natural Weight Loss
	3:10–4:00	Share Circle
	4:15–5:45	Kripalu Yoga Classes
Wednesday	5:45–7:00	Dinner
	7:00–8:30 am	Breakfast
	9:00–11:30	Menu Planning and Label Reading
	11:30 am–1:30 pm	Lunch
	1:30–3:00	Body Image: Developing Self-Compassion
	3:10–4:00	Share Circle
	4:15–5:45	Kripalu Yoga Classes
	5:30–7:00	Dinner
Thursday	7:00–8:30	Whole Foods Cooking Demo
	7:00–8:30 am	Breakfast
	9:00–10:00	Meditation for Mindful Living
	10:30–11:30	Get Fit: Tone and Strengthen
	11:30 am–1:30 pm	Lunch
	1:30–3:00	Obstacles: Realities and Strategies <i>Aruni</i>
	3:10–4:00	Share Circle <i>Aruni and Annie</i>
	4:15–5:45	Kripalu Yoga Classes
Friday	5:30–7:00	Dinner
	6:30–7:45 am	Kripalu Yoga Classes
	7:00–8:30	Breakfast
	9:00–10:30	Closing Session
	11:30 am–2:00 pm	Lunch

A hallmark of the Kripalu Experience is that students live and learn in an internationally recognized retreat atmosphere. The immersion experience is supported by

- An award-winning meal plan, featuring vegetarian, non-vegetarian, Ayurvedic influenced, and vegan options
- Fitness room
- Lakefront beach access
- Kripalu lawns, gardens, and walking and hiking trails
- Comfortable relaxation and study areas
- Meditation room
- The Kripalu Cafe and Wireless lounge with 24-hour Wi-Fi access.

### **Costs**

Tuition for the Kripalu Approach to Diet program totals \$874 (which includes an additional technology fee of \$40); plus the cost of room and meals. Please call Kripalu for accommodation options and costs.

### **Continuing Education (CE)**

This program is currently eligible for CEC's for Nurses, Dietitians, Social Workers, and Athletic Trainers.

### **Resources**

Throughout the course, participants have access to a resource section of the classroom that includes the following tools, documents, and video:

- Printable Shopping List
- Recipe database
- Two weeks of suggested meal plans
- Menu-planning worksheet
- Balanced Plate graphic
- Fitness videos
- Links to online Kripalu Yoga classes
- Full resource list for further reading

### **Required Reading**

1. *Not Over Yet: Simple Strategies to Struggle Less and Savor More*, by Aruni Nan Futuronsky, available [here](#).
2. *Kripalu Yoga: A Guide to Practice On and Off the Mat*, by Richard Faulds, available [here](#).

## Module Syllabus

### **Module 1: Preparing Body, Mind, and Spirit (Online)**

This introductory module helps participants become familiar with the online classroom and encourages students and faculty to upload photographs and offer a brief hello. Participants are offered some assessment and reflection exercises to help them prepare for the immersion.

#### **Week 1: Introduction**

In this module the participants are introduced to the faculty and provided with an introduction to the course, preparation for the immersion, and some guidance in joining the forum.

Objectives for this module include

- Meet the faculty
- Learn what to expect in the course
- Receive preparatory materials for the immersion
- Receive homework to be completed for the immersion
- Assess where they are in their lives prior to the immersion.

Learning Objects and Tools

- Audio Lecture, Introduction to Integrative Weight Loss: Living A Transformed Life, with Aruni
- Pre-immersion Self-Observation exercise
- Journaling Questions to ponder before the immersion
- Journaling Questions to Share on the Forum
- Group Share Call

## Module 2: On-Site Residential Immersion

During the immersion, we

- Embark on our mindful experiment in a new way of living
- Meet one another and form support groups
- Discuss the components of a healthy lifestyle, with a focus on how lifestyle changes happen, nutrition, stress-reduction, and movement
- Learn about a holistic view of health and how it relates to weight loss
- Experience mindful eating, and begin to understand that how you eat is just as important as what you eat
- Learn about a whole-foods diet and why it is important, and experience a whole-foods diet firsthand
- Explore different kinds of movement and exercise to find which work best for you
- Lay the foundation for taking it home and into your life.

## Module 3: Taking It Home

### Week 1: Easing into Change

This module provides guidance for the participant returning to the stressors of everyday life. It includes live calls with a share group to discuss steps being made to create change at home.

Objectives for this module include

- Introduce Kripalu methodology of Riding the Waves, beginning with Breathe and Relax
- Practice a meditation and breathing activity
- Implement techniques at moments of craving
- Assess normal daily habits
- Assess pantry
- Create a menu plan for the week.

Learning Objects and Tools

- Audio Lecture, Riding the Waves, with Aruni
- Post-immersion self-observation exercise
- Love Your Kitchen Pantry assessment
- Audio Lecture, Love Your Kitchen, with Annie
- Cooking demo video with Jeremy
- Journaling questions to share on the forum
- Group Share Call



## **Week 2: Celebrating Challenges**

In this module, we continue the exploration of how to address sensations and situations in daily life. Additional support is provided to encourage new eating habits, menu planning, and cooking. It includes live calls with a share group exploring and embracing challenges.

Objectives for this module include

- Introduce Feel, Watch, and Allow, components of Kripalu’s Riding the Waves methodology
- Identify feelings that are associated with eating for reasons other than hunger
- Understand how to address shopping challenges, including “food deserts” and cost
- Learn to prepare a shopping list
- Understand how to embrace the sensations of challenge
- Understand the importance of progress over perfection.

Learning Objects and Tools

- Audio Lecture, Befriending Sensations, with Aruni
- Creating a Shopping List Exercise
- Audio Lecture, Let’s Go Shopping, with Annie
- Sample recipes, menus, and menu planning tools
- Cooking demo video with Jeremy
- Journaling questions to share on the forum
- Group Share Call

## **Week 3: Honoring Victories**

Participants have implemented change and embraced challenges, now it is time to honor their victories. An exploration of Kripalu Yoga off-the-mat is used to understand how challenges can become victories through the Riding the Waves methodology. It includes live calls with a share group focused on recognizing victories.

Objectives for this module include

- Associate the practice of yoga on the mat with yoga off the mat
- Recognize the importance of recognizing and honoring small changes
- Identify how to implement self-observation.

Learning Objects and Tools

- Audio Lecture, Yoga Off-the-Mat, with Aruni
- Gratitude exercise
- Cooking demo video with Jeremy
- Journaling questions to share on the forum
- Group Share Call

#### **Week 4: Deepening the Practice**

Participants have implemented change, embraced challenges, and honored their victories. Now they will observe what has shifted throughout the program, and identify where they can widen their practice. It will include with a share group focused on self-compassion, relaxation, and softening. Participants will be encouraged to 'share their bliss'.

Objectives for this module include

- Identify new areas of growth, in reference to the Four Pillars of Self-Care
- Identify the stress-reduction techniques learned that work best
- Identify moments where challenges help make practice more authentic
- Reinforce Progress over Perfection.

Learning Objects and Tools

- Audio Lecture, Pillars of Self-Care, with Aruni
- Second post-immersion self-observation exercise
- Cooking demo video with Jeremy
- Journaling questions to share on the forum
- Group Share Call

#### **Week 5: Living Your Transformed Life**

Through the program, participants have spent considerable time sharing, responding, and supporting one another. This week focuses on how to continue healthier lifestyle habits after the program is complete. It includes a closing share call and a ritual to send guests off into their transformed lives.

Objectives for this module include

- Identify how to continue honoring victories and identifying next right steps towards a healthier life
- Develop a personal vision for the future
- Integrate practical next steps to support habit development.

Learning Objects and Tools

- Audio Lecture, So Now What?, with Aruni
- Exercise, Identifying What Works, and Growth Opportunities
- Cooking demo video with Jeremy
- Journaling questions to share on the forum
- Group Share Call