



## iRest Yoga Nidra Level 2: The Art and Science of Integrative Restoration (YNIT-161 YNIT-161A)

### Your Program Schedule (Subject to change.)

Sunday: 7:30–9:30 pm

Monday–Thursday: 8:00 am–12:00 pm and 2:00–6:00 pm

Friday: 9:00 am–12:00 pm

A stay at Kripalu immerses you in an experiential curriculum designed to bring vitality to your life from the inside out. While you are here, we invite you to enjoy daily yoga classes, our world-class natural-foods cuisine, massage and Healing Arts, hiking and walking trails, a lakefront beach area, sauna, a labyrinth, and extraordinary views—all in the natural beauty of the Berkshires of western Massachusetts.

### Arrival Day

2:15 pm

Check-in begins

Rooms are ready by 4:00 pm. You may store your bags in the Luggage Room until your room is available.

5:30–7:00 pm

Dinner

6:45–7:15 pm

Guest Welcome Session

### Daily Yoga

6:30–7:45 am

Kripalu Yoga classes: gentle and intermediate (optional)

12:00–1:00 pm

Kripalu YogaDance® (optional)

4:15–5:45 pm

Kripalu Yoga classes: beginner, gentle, intermediate, and vigorous (optional)

### Mealtimes

7:00–8:30 am

Breakfast

11:30 am–1:30 pm

Lunch (including your day of departure)

5:30–7:00 pm

Dinner

### Evenings

7:30–9:00 pm

Evening events and activities or solo time—another great time to schedule a Healing Arts session.

Actual times and schedules may vary; please see the Guest Boards or the schedule provided upon check-in.

**Please note** Book your Healing Arts appointments before your arrival to ensure availability 888.738.1822.

[View the Kripalu Guest Guide.](#)