

Yoga Journal LIVE! at Kripalu Workshop Schedule

Call 866.200.5203 to register; have your workshop codes on-hand.

Friday, September 2

Opening Session

7:30–8:15 pm | **Ecstatic Prana Dance: Spontaneous and Natural**

Coby Kozlowski

Come set yourself free! Indulge in the pulse of life through ecstatic prana dance, a spontaneous movement experience that allows you to express your entire self. Dive deep into your multidimensional being by opening up to the rhythms of the subtle body and releasing blockages that keep you from fully thriving. This class is propelled by powerful beats.

Evening Events (no ticket required)

8:30–9:30 pm | **Outdoor Walk: Glow in the Dark**

Coby Kozlowski

Experience an outdoor glow-in-the-dark walk that features a group meditation and an evening chant to immerse you in the magic of the night sky.

8:30–9:30 pm | **Divine Sleep Yoga Nidra**

Jennifer Reis

Divine Sleep Yoga Nidra is a guided meditation that systematically relaxes you at every level of your being, including your physical, energetic, mental, emotional, and spiritual koshas, or layers. Through the use of breath awareness, body scanning, healing music, and nature imagery, Divine Sleep invites you to become aware of each layer without needing to change or fix anything, supporting you in feeling empowered and whole just as you are. This contemporary practice is based on ancient wisdom to make a powerful tool for modern-day life. All you have to do is lie down and relax.

Saturday, September 3

Morning Events (no ticket required)

6:15–7:15 am | **Sunrise Sun Salutations at the Beach**

Larissa Hall Carlson

All Levels

Stroll down to Kripalu's lakefront and greet the sunrise from your yoga mat. Wake up with refreshing pranayama, radiance-stoking Surya Namaskars, and a tranquil meditation in nature. Bring your bathing suit for a post-yoga dip in the lake!

6:30–7:30 am | **Trail Run**

Sarajeen Rudman

An unmistakable exhilaration awaits you in the subtle silence of the early-morning Berkshires. Miles of distinctive trails blaze their way through forests and hills, encircling small pools, and leading those who embark upon them back to where they began...but with a new frame of reference that only a runner at their journey's end can understand. Will you answer the call of your heart as it pumps with every step of your feet?

6:30–8:00 am | **Kripalu Yoga Classes**

Kripalu Yoga classes are led by some of our best and most seasoned teachers, with different paces for varying levels of practice. Find the class that's right for you.

Saturday, September 3 (cont.)

MORNING WORKSHOPS

8:30–10:00 am [choose one]

Introduction to Shadow Yoga [SAT-AM-01]

Matt Pesendian

Shadow Yoga is a system that utilizes three standing prelude forms, rhythmic breathing, bone breathing, bandhas, and the marma (trigger points) system to free the body of blockages. This workshop introduces the fundamental practices of Shadow Yoga, including dasa chalana (joint warm-ups), jiva chalana (energetic invocation), basic standing postures and Ujjayi breathing. Uddiyana bandha is taught to promote breath control, stimulate blood/lymph circulation, build inner heat, and strengthen the blood, the organs, and the brain.

Lila: Yoga Frolic [SAT-AM-02]

Amy Ippoliti

Experience some of the wilder, more creative inversions, arm balances, backbends, and hip openers in this fun-filled workshop. We often over-rely on force in challenging poses rather than using our architectural smarts and specific warm-ups to get into them smoothly. In the supportive company of other yogis, learn how to approach these postures skillfully while developing a playful attitude toward yourself and your abilities. This class is open to everyone wishing to explore, experiment, and challenge the status quo of their minds.

Meditation: Cultivating the Witness [SAT-AM-03]

Gina Caputo

If you're ready to evolve your yoga practice by incorporating more pranayama and meditation but aren't sure how to begin, this workshop is your perfect launching point. Start with a gentle flow to set an energetic foundation for an inspiring lecture followed by a potent pranayama and meditation practice. With Gina's emphasis on simplicity and clarity, this class is accessible to everyone and still provides some new perspective for seasoned practitioners looking to bolster their practice or teachers who'd like to begin offering more pranayama and meditation to their students.

In Through the Outdoors [SAT-AM-04]

Steven Leonard

Exploring inner sensations, thoughts, and emotions is half of the meditative adventure. Just as compelling is observing how one's physical environment—nature, technology, community—affects meditation practice. This guided hike is a moving meditation that enlivens your sense of self by connecting you with the great outdoors. As you breathe the fresh air, feel the earth under your feet, and listen to sounds of the forest, do any changes occur within you? Join us and find out.

Stand Up Paddleboarding [SAT-AM-05]

Jennifer Reis

Get on a board, soak up the sun and play on the water as you strengthen your yoga skills and sharpen your focus with Stand Up Paddleboarding. Come float your practice, enhance your confidence, and recharge your spirit on the beautifully calm waters of Lake Mahkeenac. Boards, paddles, and safety equipment are provided by Kripalu.

10:30 am–12:00 pm [choose one]

Kundalini Yoga and Meditation for a Lighthearted Life [SAT-AM-06]

Guru Jagat

Fostering the qualities of effervescence, lightness, and agility makes space for deep compassion and even deeper commitment. It widens the perspectives of reality and helps to create experiences that activate your innate happiness and creativity. In this workshop, explore the profound effects of spiritual non-seriousness, and how cutting through your own self-deceptions can make life more lighthearted.

Saturday, September 3 (cont.)

Slackline Yoga 101 [SAT-AM-07]

YogaSlackers

Take your practice to the next level! Slackline yoga, or Slackasana, is a moving meditation that redefines your sense of balance and mental focus. This joyful workshop involves balancing on a one-inch wide “yoga mat” (aka a slackline). Come learn the basics of the Slackasana series, which includes standing (commitment), kneeling (core strength), sitting (focus), and arm balancing (breath). Slacklining is a great way to explore a new sense of balance. We’ll include exercises for more seasoned slackers to expand their comfort zone on the line.

Hiking and Yoga [SAT-AM-08]

Gina Caputo

Nature has the ability to inspire and provide insight into our lives. Satisfy your inner longing for connection to nature as you explore the hiking trails of the Berkshires, right outside Kripalu’s backdoor. Join Gina Caputo on a journey into the surrounding beauty to provide stunning context for the yoga practices all weekend.

Kapha Crusher: Ayurvedic Detox Yoga [SAT-AM-09]

Larissa Hall Carlson

Experience a full-body yoga practice to squash sluggishness (excess kapha dosha) that leaves you feeling vibrant and energized. Release stubborn heaviness with fiery asanas and evaporate mental cloudiness with mind-clearing pranayama. Enjoy the lasting lightness of Bhastrika, Agni Sara, breath retentions, purifying twists, challenging balancing postures, and much more. For intermediate and advanced practitioners.

Forest Bathing [SAT-AM-10]

Mark Roule

Forest bathing, or shinrin-yoku, was developed in Japan in the 1980s as a way for city-dwellers to restore balance to their body, mind, and spirit. Research has shown that forests expose walkers to naturally occurring chemicals called phytoncides—organic compounds given off by plants—that results in reduced blood pressure and cortisol levels and improved immune function. Explore the forest around Kripalu, and nourish your senses with a symphony of engaging outdoor stimulus designed to root you in the present moment.

12:00–1:00 pm **Kripalu YogaDance®**

AFTERNOON WORKSHOPS

1:45–3:45 pm [choose one]

The Yoga Jam: Move, Express, Flow, and Find Your Mojo [SAT-PM-01]

Sadie Nardini and DJ Taz

Move and groove in this exhilarating live-music experience with Sadie Nardini and DJ Taz! Come get inspired, re-energized, and find your flow as you partake in a transformational, vibrantly fun session of dance, yoga, and personal expression. The Yoga Jam includes a live performance by Sadie, featuring music from her new album, *Salt & Bone*.

Bhakti on the Mat: Storytelling, Yoga, and Live Music [SAT-PM-02]

Sean Johnson and the Wild Lotus Band

Bhakti yoga can be a wonderful vehicle for infusing asana practice with more meaning and inspiration—especially when feeling burnt out, dried up, or unmotivated. Deepen your connection to the spirit of life by merging the heart-opening qualities of bhakti yoga with the vitality of asana. This playful, all-levels practice includes mythical storytelling, heartfelt kirtan, graceful vinyasa, and evocative live music. Some yoga experience is recommended.

Saturday, September 3 (cont.)

Slackline Yoga: The Path to Ultimate Balance [SAT-PM-03]

YogaSlackers

Get ready to practice yoga and meditation without touching the ground! Slackline yoga is about exploring and pushing the limits of what you believe is possible—physically, mentally, and emotionally. This class draws on your yoga practice to cultivate focus, attention, and stillness. With the YogaSlackers as your expert guides, you learn how to use a slackline to practice a series of asanas that boost your confidence and increase your sense of balance, all while bringing out your playful, adventurous nature. No experience necessary.

Shadow Yoga: Chaya Yoddha Sanchalanam—Churning of the Shadow Warrior [SAT-PM-04]

Matt Pesendian

The tai chi classics state, “The internal energy, chi, roots at the feet, then transfers through the legs and is controlled from the waist, moving eventually through the back to the arms and fingertips.” This Shadow Yoga prelude form is designed to teach the essence of this foundational energetic principle that lies at the heart of all internal arts. Along with activating the pranic winds (vayu/nadis), this Warrior-Sun form offers the art of graceful coordination so that you can connect to yourself more deeply and feel the energy moving through you more fully.

Guided Kayaking [SAT-PM-05]

Mark Roule and Susannah Gale

Join our certified guides for a kayaking excursion on the welcoming waters of the beautiful Lake Mahkeenac. Learn essential paddling skills and techniques, while enjoying a scenic tour of the lake that includes a serene floating meditation.

4:15–5:45 pm [choose one or attend Kripalu Yoga Classes]

Beginner Stand Up Paddleboarding [SAT-PM-06]

Amy Ippoliti

Curious to try Stand Up Paddleboarding? This workshop is for you! Stand up paddleboarding offers a fun, relaxing way to play on the water. This experience is created for beginners and includes gentle instructional activity.

4:30–6:00pm

Ayurvedic Cooking [SAT-PM-07]

Larissa Hall Carlson and Sarajean Rudman

Ayurveda, yoga’s sister science, teaches that a balanced approach to eating supports a balanced mind, body, and spirit. Come explore classic Ayurvedic staples such as kitchari, ghee, simple soup, and a nourishing ojas drink that will enhance your life-force and delight your taste buds. These go-to vegetarian meals are easy to make and prepared with a blend of spices for optimal digestion. This fun cooking workshop is for both the culinary expert and the complete novice.

Saturday, September 3 (cont.)

Evening Events (no ticket required)

7:00–8:00 pm | **Hula-Hoop: Flowing Through Life**

Coby Kozlowski

Experience the hula-hoop like never before! Awaken your inner child while you play, move, and sweat in this delightfully invigorating class. Twirl, laugh, and celebrate the flowing nature of your body by learning how to live in a state of flow.

7:00–8:00 pm | **Cooking Demo**

Jeremy Rock Smith

Satiate your curiosity about the benefits of whole-foods cooking in this insightful lecture with Kripalu's Executive Chef. Discover delectable recipes and simple techniques from the Kripalu Kitchen and get ready to be inspired to establish a healthier diet that you can maintain at home.

8:30–9:30 pm | **Divine Sleep Yoga Nidra**

Jennifer Reis

Divine Sleep Yoga Nidra is a guided meditation that systematically relaxes you at every level of your being, including your physical, energetic, mental, emotional, and spiritual koshas, or layers. Through the use of breath awareness, body scanning, healing music, and nature imagery, Divine Sleep invites you to become aware of each layer of being without needing to change or fix anything, supporting you in feeling empowered and whole just as you are. This contemporary practice is based on ancient wisdom to make a powerful tool for modern-day life. All you have to do is lie down and relax.

8:00–10:00 pm | **Mantra Music Concert**

Sean Johnson and the Wild Lotus Band

Experience a dynamic concert for modern yogis and music-lovers that celebrates the union of diverse spiritual traditions, cultures, and musical genres. Ancient mantras are given new voice through soul-drenched songs that merge Rumi's poetry with a New Orleans vibe and world grooves.

Sunday, September 4

Morning Events (no ticket required)

6:15–7:15 am | **Sunrise Sun Salutations at the Beach**

Larissa Hall Carlson

Stroll down to the Kripalu's lakefront and greet the sunrise from your yoga mat. Wake up with refreshing pranayama, radiance-stoking Surya Namaskars, and a tranquil meditation in nature. Bring your bathing suit for a post-yoga dip in the lake!

6:30–7:30 am | **Trail Run**

Sarajeen Rudman

An unmistakable exhilaration awaits you in the subtle silence of the early-morning Berkshires. Miles of distinctive trails blaze their way through forests and hills, encircling small pools, and leading those who embark upon them back to where they began...but with a new frame of reference that only a runner at their journey's end can understand. Will you answer the call of your heart as it pumps with every step of your feet?

Sunday, September 4 (cont.)

6:30-8:00 am | Kripalu Yoga Classes

Kripalu Yoga classes are led by some of our best and most seasoned teachers with different paces for varying levels of practice. Find the class that's right for you.

MORNING WORKSHOPS

8:30–10:00 am [choose one]

Natural Mystic: Vinyasa Inspired By the Elements [SUN-AM-01]

Gina Caputo

Much of modern life takes place indoors, and as technology evolves, our relationship to nature seems to diminish. Through deliberate sequencing, inspiring music, and our collective vibe, this vinyasa practice will restore your connection to the qualities of nature as you flow through poses that tap into the five elements: earth, fire, water, air and space.

Circumvent Force: Accessing the Eight Chakra for a Vibrant Life [SUN-AM-02]

Guru Jagat

In Kundalini Yoga, the eighth chakra is known as the aura, the luminous egg of your own energy field. In this workshop, explore your contribution to the patterns of love and consciousness that run through you as a vehicle of creative expression and prosperous experience.

Soma: The Nectar of Meditation in Motion [SUN-AM-03]

Coby Kozlowski

Soma is the nectar of life. If you are craving more joy, sweetness, and juice in your life, then come experience a replenishing blend of interactive lecture, meditation in motion, and vinyasa flow that's informed by the wisdom of the Radiance Sutras, a translation of the ancient Vijnana Bhairave Tantra text.

Forest Bathing [SUN-AM-04]

Mark Roule

Forest bathing, or shinrin-yoku, was developed in Japan in the 1980s as a way for city-dwellers to restore balance to their body, mind, and spirit. Research has shown that forests expose walkers to naturally occurring chemicals called phytoncides—organic compounds given off by plants—that results in reduced blood pressure and cortisol levels and improved immune function. Explore the forest around Kripalu, and nourish your senses with a symphony of engaging outdoor stimulus designed to root you in the present moment.

Guided Kayaking [SUN-AM-05]

Michelle Dalbec and Christopher Holmes

Join our certified guides for a kayaking excursion on the welcoming waters of the beautiful Lake Mahkeenac. Learn essential paddling skills and techniques, while enjoying a scenic tour of the lake that includes a serene floating meditation.

10:30 am–12:00 pm [choose one]

Yoga for the Lower Body and Back [SUN-AM-06]

Amy Ippoliti

Breathe new life into your lower body with a series of hamstring, hip, and lower back poses modified for therapeutic relief and benefit. This therapeutic yet fortifying workshop allows for more freedom and ease in your body so you can shine more brightly. Walk away feeling strong, open, uplifted, and unstoppable. For all levels.

Sunday, September 4 (cont.)

Fundamentals of Slackline Yoga [SUN-AM-07]

Yoga Slackers

The YogaSlackers teaching method is characterized by safe and thoughtful progressions, strong focus on fundamentals, clear and concise instructions, and success by practice and repetition. Through the YogaSlackers progressive method, you gain tools you need to develop a slackline practice that includes the five main modalities: kneeling, standing, sitting, arm balances, and inversions. As you learn what is possible, your relationship with the slackline becomes more comfortable. This workshop is an exploration of the five main modalities. Once your foundation is strong, and with dedication, you will be able to express a full yoga practice on a line. This workshop of mostly asana is encouraged for all skill levels; no experience necessary.

Shadow Yoga: Balakrama—Stepping into Strength [SUN-AM-08]

Matt Pesendian

Traditionally Balakrama is the first Shadow Yoga prelude introduced to those new to this practice. A dynamic bone strengthening form based on endurance, Balakrama actively engages the feet, ankles, knees, hips, navel, and breath. This form is designed to bring blockages to your attention so that you may ultimately dissolve them. This workshop also introduces the fundamental practices of Shadow Yoga, including dasa chalana (joint warm-ups), jiva chalana (energetic invocation), basic standing postures and Ujjayi breathing. Uddiyana bandha is taught to promote breath control, stimulate blood/lymph circulation, build inner heat, and strengthen the blood, the organs, and the brain.

Reclaim Your True Nature: Core Strength, Yoga, and Resilience [SUN-AM-09]

Sadie Nardini

We often move through life gathering defenses and overworking in ways that don't serve us, both on and off the yoga mat. Join Sadie Nardini to learn new anatomy, get inspired, and find out how you may have blocked yourself from being more natural, authentic, and organic in yoga and in life. With Sadie's guidance, discover mind-blowing new ways to move into and through your yoga practice that deliver twice the benefits (strength, flexibility, empowerment, energy) with far less chance of injury.

Stand Up Paddleboarding [SUN-AM-10]

Larissa Hall Carlson

Get on a board, soak up the sun, and play on the water as you strengthen your yoga skills and sharpen your focus with stand up paddleboarding. Come float your practice, enhance your confidence, and recharge your spirit on the beautifully calm waters of Lake Mahkeenac. Boards, paddles, and safety equipment are provided by Kripalu.

12:00–1:00 pm **Kripalu YogaDance®**

AFTERNOON WORKSHOPS

1:45–3:45 pm [choose one]

Bhakti on the Mat: Storytelling, Yoga, and Live Music [SUN-PM-01]

Sean Johnson and the Wild Lotus Band

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Sunday, September 4 (cont.)

Elemental Command: Kundalini Yoga and Meditation to Master Creation [SAT-PM-02]

Guru Jagat

One of the simplest, most profound transformational technologies in Kundalini Yoga is the harnessing and commanding of the elemental interplay of all creation. Everything is made of every thing. With the use of sound, breath, and movement, learn to balance and elevate these forces in your own life to create effortless flow, harmony, and goodness for the benefit of all humanity.

Soul Flow: Radical Release Through Hip Openers [SUN-PM-03]

Gina Caputo

This embodied trip down the Delta combines soul-stirring blues with extraordinary hip openers. This juicy, rejuvenating practice allows you to explore your roots (hips and legs) from every perspective. Under Gina Caputo's expert guidance, you experience both a physical and energetic transformation and leave feeling connected, renewed and maybe even a little bit sultry. For all levels.

In Through the Outdoors [SUN-PM-04]

Steven Leonard

Exploring inner sensations, thoughts, and emotions is half of the meditative adventure. Just as compelling is observing how one's physical environment—nature, technology, community—affects meditation practice. This guided hike is a moving meditation that enlivens your sense of self by connecting you with the great outdoors. As you breathe the fresh air, feel the earth under your feet, and listen to sounds of the forest, do any changes occur within you? Join us and find out.

Guided Kayaking [SUN-PM-05]

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4:15–5:45 pm [choose one or attend Kripalu Yoga Classes]

Wave Rider: Flowing Through the Six Qualities of Consciousness [SUN-PM-06]

Coby Kozlowski

Every moment is a bold opportunity to align yourself with the intelligence of nature, known as the qualities of consciousness. It's time to awaken the internal wave rider—the part of you that knows how to flow with all the different currents of life. An engaging mixture of lecture and movement, this workshop offers empowering yogic wisdom that enables you to take hold and take charge of your own existence.

The Art of Uddiyana Bandha [SUN-PM-07]

Matt Pesendian

Learn to skillfully apply and integrate uddiyana bandha into your daily yoga practice. The Hatha Yoga Pradipika states that out of all the bandhas uddiyana, the navel lock, is the most powerful. It also says that all the other bandhas will automatically engage if uddiyana is applied correctly. Traditionally uddiyana bandha is taught to bring awareness to one's center, train breath control, promote blood/lymph circulation, build inner heat, and tone the organs. When approached mindfully, the bandhas not only promote tremendous physical benefits, but energetic, mental, emotional, and spiritual as well.

Beginner Stand Up Paddleboarding [SUN-PM-08]

Steven Leonard

Curious to try stand up Paddleboarding? This workshop is for you! Stand up paddleboarding offers a fun, relaxing way to play on the water. This experience is created for beginners and includes gentle instructional activity.

Sunday, September 4 (cont.)

Evening Events (no ticket required)

7:00–8:00 pm | **Labyrinth Meditation**

Mark Roule

Enjoy a walking meditation through the Kripalu Labyrinth, and circle into the center of your heart. Learn to use this ancient spiritual tool as a way to increase awareness toward yourself and the environment around you. Come prepared to walk outside.

7:00–8:00 pm | **Cooking Demo**

Jeremy Rock Smith

Satiate your curiosity about the benefits of whole-foods cooking in this insightful lecture with Kripalu's Executive Chef. Discover delectable recipes and simple techniques from the Kripalu Kitchen and get ready to be inspired to establish a healthier diet that you can maintain at home.

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Monday, September 5

Morning Events (no ticket required)

6:15–7:15 am | **Sunrise Sun Salutations at the Beach**

Larissa Hall Carlson

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Monday, September 5 (cont.)

MORNING WORKSHOPS

8:30–10:00am [choose one]

Rock Your Authenticity: 10 Steps to Bust Self-Sabotage, Get Clear, and Be Your Best Self Ever [MON-AM-01]

Sadie Nardini

Gather outdoors with Sadie Nardini to find your true nature. This rock-star-building session illuminates hidden areas of belief and fear that are exciting to uncover and freeing to target—and dissolve. What remains is your ability to attract prosperity and abundance far more easily on every level. Do not miss this life-shifting and powerful conversation!

Slacro: Slacklining and Acrobatics [MON-AM-02]

YogaSlackers

Drawing on yoga, slacklining, and acrobatics, this workshop explores the art of inversions and dynamic balance. Begin the journey by transitioning back and forth between acrobatics and slacklining, and continue by learning how to use each other and the line to experience a series of asanas that help increase your sense of balance while maintaining our playful nature. Get ready to practice yoga without touching the ground! No experience necessary, but experience with some body-awareness practice (climbing, vinyasa yoga, dance, or the like) recommended.

Liquid Shoulders [MON-AM-03]

Amy Ippoliti

Flow through a vibrant fusion of gradual sequences designed to unlock the shoulder girdle and invite more flexibility and strength to your upper body. Walk away with brand-new tools to approach inversions and backbends while discovering fresh ways to develop a healthy posture and cultivate a state of happiness when you need it most.

Hiking and Yoga [MON-AM-04]

Larissa Hall Carlson

Bring your yoga outdoors and relish the elements on this guided hike that explores the beautiful trails of the Berkshires, right outside Kripalu's back door. Experience deep stretching, meditative walking, and wonderful summer hiking as you satisfy your inner longing for connection to nature.

10:30–11:45 am

Closing Session

Coby Kozlowski and others

Experience a sweet offering of movement, chanting, meditation, sharing, and lots of love to uplift and inspire as you transition home.