

An **incredible journey** awaits you.



Kripalu Yoga empowers you to realize your full potential and discover how to nurture health, catalyze growth, and live with greater joy.

For your body: Stretch and tone muscles, release tension, and connect to breath.

For your mind: Explore meditation, cultivate concentration, and enhance focus.

For your spirit: Encourage nonjudgmental self-observation, attune to inner wisdom, and invite deep stillness.

Kripalu Yoga classes range from gentle to vigorous, and classes begin with warm-ups and breathing techniques that prepare the body for postures. Each class offers a unique sequence that strengthens, lengthens, and balances the entire being, and ends with deep relaxation and meditation.

The Kripalu Center for Yoga & Health certifies yoga teachers at the 200-hour, 500-hour, and 1000-hour levels. For more information, visit kripalu.org/ksy.