Frequently Asked Questions

Who should take this program?

This program is designed for anyone who would like 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 it relates to an individual’s ability to lose weight and maintain a healthy weight naturally.

This program is perfect if you

- Want to sustain healthy lifestyle changes
- Have struggled with yo-yo dieting
- Are looking for a more balanced lifestyle
- Have health concerns that could be improved with nutrition and exercise
- Want to be at peace with food
- Seek to boost confidence and body-image.

By addressing the needs of the whole person—mind, body, and spirit—this program helps people identify the sources of the imbalance in your life, and provides the at-home support needed to sustain lifestyle changes.

How does it work?

This program begins online, one week prior to the five-day immersion at Kripalu. The first online module will prepare participants with recommended readings and self-observations. You will receive an e-mail about a week before the online portion begins that invites you to the online classroom to get oriented.

During the on-site immersion, you live what you’re learning in a holistic environment ideal for self-exploration. This program features lectures in lifestyle change, nutrition and cooking demonstrations, and movement classes. While you’re here, enjoy

- A whole-foods meal plan, featuring vegetarian, non-vegetarian, Ayurvedic-influenced, and vegan options
- Sauna
- Fitness room
- Lakefront access and facilities
- Kripalu lawns, gardens, and walking and hiking trails
- Comfortable relaxation and study areas
- Meditation room
- The Kripalu Cafe, with 24-hour Wi-Fi access.

After the immersion, learning continues with five weeks of online content. You will receive an e-mail each week that invites you to the online classes. Post-immersion online classes include pre-recorded lectures, practices, journal assignments, and cooking demonstrations.

Each week will also include a live group share call. While these will be recorded and available for review if you cannot make the calls, we strongly encourage you to attend them live.
What happens online?

The online lessons are a combination of pre-recorded lectures, group share calls via conference call with Aruni Nan Futuronsky, self-observation exercises, and forum discussions. There will also be a resource kit that includes cooking videos, a fitness class, and more to help you stay on track.

The virtual classroom is a password-protected website that can only be accessed by program participants. It stores video lessons and reading assignments, and offers the opportunity to read or post in a discussion group. The weekly group share calls provide an opportunity to share victories and challenges, and find the beauty of group support. You are strongly encouraged to attend the calls live; however, participants who miss a call, or want to listen again, can access the recordings in the virtual classroom beginning a day or so after the live event is over.

What are the upcoming program dates?

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<th>Module 1 Online</th>
<th>One week</th>
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<td>Module 3 Online</td>
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<td>Module 3 Group Share Calls</td>
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How much does it cost?

Tuition for Integrative Weight Loss: Living a Transformed Life totals $799 + a technology fee and the cost of room and meals. Please contact Registrations at 866.200.5203 for accommodation options and costs.

How much time should I allot for the course?

This program includes a five-day residential immersion at Kripalu and regular online classes as well as regular group share calls and self-directed study, including writing exercises and reading assignments. We suggest that you allocate approximately four hours a week toward the program.

Are there Continuing Education Credits for this program?

Yes. This program provides CE credits for RN (Nurses), SW (Social Workers), and RD (Dietitians).

Can I just register for the immersion but skip the online classes? Or can I just register for the online classes and skip the immersion?

No. This course is sequential, and all aspects, on-site and online, are part of an integrated whole.

Does Kripalu offer the five-day immersion without the online learning?

We believe in the power of continued learning and support to sustain meaningful lifestyle change. Beginning in May 2014, the Integrative Weight Loss program will only be offered with the online learning components.

Are there required books for the program?

Yes. There are two.
Not Over Yet; Simple Strategies to Struggle Less and Savor More, by Aruni Nan Futuronsky, available here.

What is the Internet connection requirement for this course? Would a satellite connection suffice?

Yes, a satellite connection will suffice. If you are able to watch videos with your connection, you will be able to participate, as audio and video streaming is an integral part of the online work.

Can I view the video lectures on my iPad?

Yes. This content has been optimized for the iOS platform, so the lectures can be viewed on your iPad.

Will online conversations and lectures be streamed at various/repeated times so that we can access them as it fits into our own personal schedules? Or will we be required to be online at a specific time?

The video lessons will be recorded and available to you whenever it works for your schedule. The live Group share calls with Aruni will be held once a week. You can either attend live or listen to the recordings at your convenience.
Is there financial aid available?

Kripalu has a general scholarship fund that helps people in financial need afford our programs. Scholarship applications must be submitted 30 days prior to the event start date. Learn more about the scholarship fund at kripalu.org/scholarships.

What is the cancellation policy?

Refunds will be given according to the following schedule: All monies will be refunded in full (less a $100 processing fee) if you cancel seven or more days prior to start of program. For cancellations less than seven days prior to program start and up to the day before the first immersion, 75 percent of program tuition costs and all housing charges will be refunded. After the on-site immersion’s start date, no further refunds or credits are available. The standard cancellation policy applies to all other charges.

Can I learn more about Aruni?

Aruni Nan Futuronsky, is a Kripalu Yoga teacher and the Senior Life Coach and program advisor for Kripalu programs. She has been teaching in a variety of venues for more than 35 years, and has been on the Kripalu faculty for more than 20. Author of Recovering My Voice: A Memoir of Chaos, Spirituality, and Hope and Already Home: Stories of a Seeker, she developed the Kripalu coaching methodology based in presence and right action. Aruni’s experience is rooted in a long-term commitment to a Twelve-Step program and the practice of living yoga.