

YOGA | AYURVEDA | MINDFULNESS | HEALTH | HAPPINESS | NUTRITION

Kripalu®

Center for Yoga & Health

Fall 2015
SEPTEMBER-NOVEMBER

Explore the
Power of You

150+ Programs with
world-renowned presenters

**A Bounty of
Possibilities**

Life-changing programs,
trainings, delicious recipes,
and more!

Yoga Journal LIVE!
at Kripalu this November

Jeremy Rock Smith
Executive Chef, Kripalu Kitchen

Stockbridge, MA | 800.741.7353 | kripalu.org

MISSION DRIVEN, DONOR SUPPORTED



OUR MISSION IS TO EMPOWER PEOPLE
AND COMMUNITIES
TO REALIZE THEIR FULL POTENTIAL
THROUGH THE TRANSFORMATIVE WISDOM
AND PRACTICE OF YOGA.

Established in 1974, **Kripalu Center for Yoga & Health** is the premier destination for individuals and organizations seeking a joyful, inclusive, and compassionate environment for wellness, learning, and retreat. Located on a breathtaking campus in the Berkshires of western Massachusetts, Kripalu offers more than 700 programs a year that deliver life-changing, immersive experiences to nearly 40,000 guests. The campus is also home to the renowned Kripalu Schools of Yoga and Ayurveda, offering certification programs to yoga teachers and Ayurvedic practitioners. The largest yoga-based retreat center in North America, Kripalu is a tax-exempt 501(c)(3) nonprofit educational organization.



Welcome
to Fall at Kripalu

DON'T MISS!

Stanislav Grof and Tav Sparks

SEPTEMBER 11-13

The Adventure of Self-Discovery: A Holotropic Breathwork Experience p. 76

Dan Millman

SEPTEMBER 18-20

Body Mind Mastery: The Peaceful Warrior's Way to Lifelong Well-Being p. 75

Dani Shapiro

OCTOBER 2-4

The Stories We Carry: Meditation and Writing p. 40

David Whyte

OCTOBER 16-18

The Essence of Our Nature: Finding Strength in Vulnerability p. 78

Sharon Salzberg and Stephen Cope

OCTOBER 23-25

The Practice of Loving-Kindness: A Meditation and Yoga Weekend p. 92

Bessel van der Kolk and Licia Sky

OCTOBER 23-25

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma p. 67

Renée Peterson Trudeau

OCTOBER 23-25

A New Way of Being: Women's Self-Renewal Retreat p. 79

David Emerson and Jenn Turner

OCTOBER 25-30

Trauma-Sensitive Yoga: A Workshop for Yoga Teachers p. 68

David Kessler, Maureen Hancock, and Paul Denniston

NOVEMBER 13-15

From Grieving to Believing: The Soul in Transformation p. 81

Alberto Villoldo

NOVEMBER 13-15

One Spirit Medicine: The Mind of God, the Brain of Man, the Heart of the Shaman p. 81

Fall 2015



WELCOME TO KRIPALU

Dear friends,

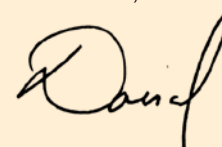
One of our core beliefs is that personal growth and development is never a one-size-fits-all endeavor. As individuals, we may be attracted to different yoga styles, different teachers, different experiences, and different ways of learning. Our natures, personalities, and preferences suggest that we may each need a unique approach to answer the eternal questions: Who am I? Who do I want to be? How can I live a more skillful, meaningful, and fulfilling life?



Kripalu celebrates these differences and welcomes all seekers in a way that meets each individual exactly where they are. Rather than adopt a dogmatic, single-view approach to yoga and experiential learning, we offer a wide array of programs and experiences to serve the highest needs of everyone open to finding meaning and purpose in life. While each Kripalu experience is unique to the guest or student, the result is often the same—an inspiring sense of self-compassion and joyful wonder as people rediscover the truth that we are all brilliantly special and unique, all profoundly connected to every other living being, and all fully empowered to live the life we want to live.

I invite you to find a program that is right for you, exactly as you are, in this time and place. At Kripalu, you will be welcomed with open arms, warm hearts, and friendly smiles. We've been waiting for you, and we're glad you found us as you follow your own path to self-discovery and skillful living.

Namaste,



David Lipsius,
CEO

As a yoga-based retreat center, Kripalu provides experiential education for the whole person: mind, body, heart, and spirit. Our dynamic curriculum is designed to empower people to transform, heal, and grow. During your stay, we invite you to explore and enjoy everything Kripalu has to offer.



Kripalu Schools of Yoga and Ayurveda

From skill-building to self-development, our extraordinary faculty, nourishing learning environment, and community of like-minded peers help you move into the world as an inspired teacher and healer.

On-Site | Online Programs

A dynamic blend of two modes of study—immerse yourself in the Kripalu Experience and then keep learning at home.

Discover

the right Kripalu Experience for you.

All Visits Include

- Nurturing retreat environment
- Kripalu Yoga classes—beginner, gentle, intermediate, and vigorous
- Renowned natural-foods cuisine
- Comfortable accommodations
- Hiking trails and walking paths for all fitness levels
- Shop
- Kripalu YogaDance® classes
- Evening workshops and events
- Sauna
- Meditation room
- Fitness room
- Cafe (with Wi-Fi)
- Wireless Lounge
- Healing Arts (additional cost)

Also in this Issue

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- 108** Plan Your Stay
- 112** Presenter Index



Special Events

Kripalu's special events are powerful immersions you won't find anywhere else. Explore a wide range of themes, from vinyasa yoga to somatic psychology, with outstanding teachers in a supportive community.

R&R Retreat and Group Retreats

Create your own Kripalu Experience. Choose from a variety of workshops on health and wellness topics, daily yoga and dance classes for all levels, concerts, outdoor activities, and so much more.

Making an Impact

The true measure of our mission is the impact we have on people's lives, at our retreat center and in the world. Find out how you can help make our mission-driven programs possible.

Presenters and Programs

Choose from hundreds of transformative programs—led by exceptional teachers, authors, and luminaries—designed to inspire, educate, and empower.

One-of-a-kind
events and
conferences you
won't find
anywhere else.

Special Events



Happening this Fall at Kripalu

In addition to our transformative programs and trainings, we're hosting and cosponsoring a variety of special events and conferences that support our mission. We're excited to bring experts in many fields to Kripalu and to share these incredible community opportunities with you.

See upcoming special events
on the following pages.



NOVEMBER 22–27 SUNDAY–FRIDAY

R&R RETREAT SPECIAL EVENT

THANKSGIVING AT KRIPALU



This Thanksgiving, start a new holiday tradition: Do something for you. Wouldn't it be delicious to pause and reflect on all you have to be grateful for, while practicing self-care and sampling a wide range of abundant offerings? Our R&R Retreat program gifts you with the space and variety you need to design your personal Thanksgiving retreat in Kripalu's serene setting.

Come on Sunday and give yourself several days to unwind, or arrive just in time for a memorable midday Thanksgiving feast that offers a cornucopia of nutritious options.

ALL WEEK

- Participate in special gratitude-themed workshops that celebrate the spirit of the season, or choose from workshops in yoga, Ayurveda, health, personal growth, and creativity
- Experience the nourishment of nature in guided hikes through the beautiful Berkshires
- Curl up with a good book in the cozy Sun Room, or unwind in the sauna
- Sip warm tea and connect with new friends in the Kripalu Cafe



THANKSGIVING DAY

- Set your intentions in a revitalizing Kripalu Yoga class
- Enjoy our whole-foods Thanksgiving feast*
- Participate in a soulful Gratitude Hike
- Attend a stirring evening kirtan

NOTE Minimum stay of two nights is required.

*Thanksgiving midday meal is not included for Thursday arrivals; a meal pass may be purchased for \$18, plus tax.

FIND OUT MORE kripalu.org/specialretreats



NOVEMBER 20–23 FRIDAY–MONDAY

yoga JOURNAL LIVE! at Kripalu

BREATHING ROOM: A WEEKEND OF POWER AND PLAY

Rodney Yee, Colleen Saidman Yee, Elena Brower, Coby Kozlowski, Alexandria Crow, Coral Brown, and Vinnie Marino with Larissa Hall Carlson, Aya Trenier, Tyler Sussman, Jeremy Rock Smith, Erin Casperson, KDZ: The Kripalu Drummers, Steven Leonard, and more

The best of Yoga Journal LIVE! and everything Kripalu has to offer.

CE credits.

This inspiring event dives into the flow with a celebration of vinyasa yoga, featuring renowned teachers and our own Kripalu faculty.

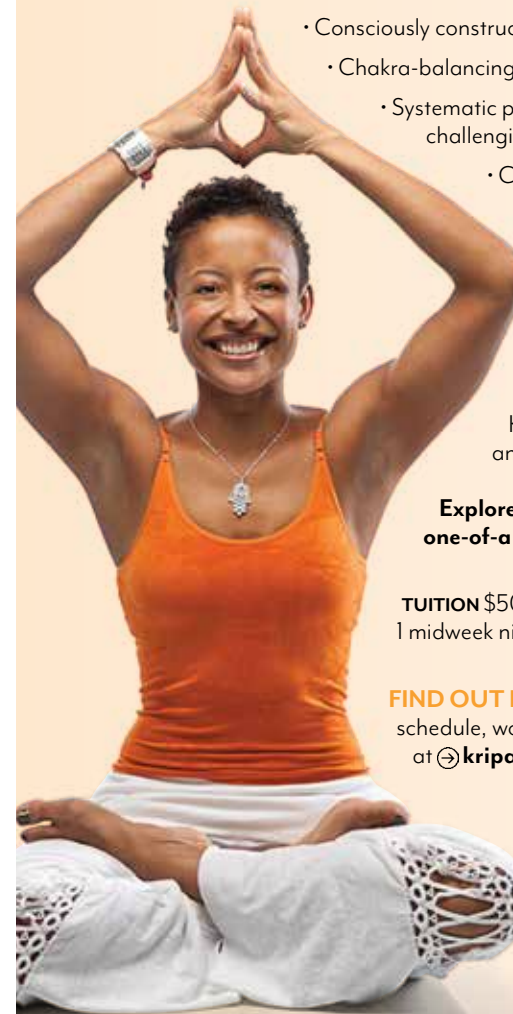
During this weekend of power and play, enjoy everything from slow, meditative movement to vigorous, heat-building sequences. Workshop topics covering a wide range of yoga traditions and styles include

- Consciously constructing positive habits on and off the mat
- Chakra-balancing asana to revitalize the body and soul
- Systematic posture clinics to break down elusive challenging poses
- Contemporary perspectives illuminating yogic philosophy through personal practice
- Forest bathing, hooping, and labyrinth walks on the Kripalu grounds
- Special evening events, including live music by DJ Tasha Blank and Kevin Paris, an outdoor fire ceremony, and so much more.

Explore, practice, and connect in this one-of-a-kind event!

TUITION \$500. Add 2 weekend nights and 1 midweek night room & meals; see page 108.

FIND OUT MORE about the conference schedule, workshops, and presenters at kripalu.org/yjlive



RODNEY YEE is the cofounder, with Colleen Saidman, of the Gaiam Yoga Club, and the creator of dozens of yoga DVDs. yeyyoga.com



COLLEEN SAIDMAN YEE has been a certified Jivamukti Yoga teacher since 1998 and is the director of Yoga Shanti in Sag Harbor, New York. yogashanti.com



ELENA BROWER has been teaching yoga and meditation since 1999. Coauthor of *Art of Attention*, she produced the film *On Meditation*. elenabrower.com



COBY KOZLOWSKI, MA, E-RYT, is a faculty member for the Kripalu School of Yoga and founder of Karma Yoga Leadership Intensive™. cobyk.com



ALEXANDRIA CROW trained extensively with James Brown, founder of the American Yoga School, and leads teacher trainings across the country. alexandriacrow.com

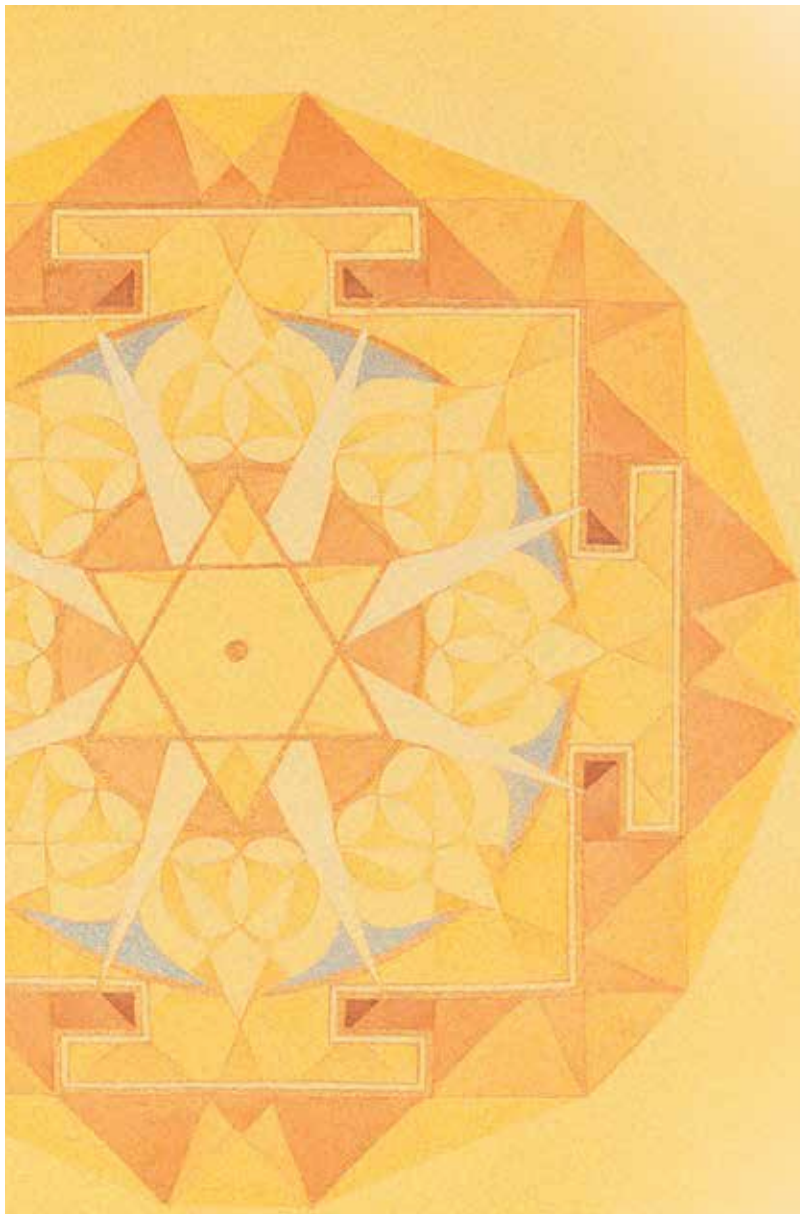


CORAL BROWN draws on extensive experience in Prana Vinyasa Flow Yoga, philosophy, and holistic counseling to provide space for healing and transformation. coralbrown.net



VINNI MARINO is one of Los Angeles' most popular vinyasa flow teachers and a senior teacher at YogaWorks. vinnimarinoyoga.com

See the Kripalu website for additional faculty bios.



OCTOBER 6-9 TUESDAY-FRIDAY

KRIPALU'S 24TH ANNUAL YOGA TEACHERS CONFERENCE

TOOLS FOR THE RADIANT TEACHER: IGNITING OJAS AND TEJAS FOR VITALITY AND WISDOM

FOR yoga teachers from all traditions, Ayurvedic practitioners, and Ayurvedic Health Counselors. CE credits.

Are you prepared to lead your students deeper? Drawing on skilled Kripalu faculty and world-renowned experts, this conference takes your practice and teaching to a new level. Choose from workshops designed to stoke the fire of tejas, your inner radiance and power of insight, and of ojas, your vital energy. Take home potent, practical tools gained from personal experience, and the fresh inspiration that comes from practicing with colleagues and friends who share this calling.

More than 20 workshops with experts in the field, on topics including

- The art of skillful assisting
- Yoga therapeutics for neck and shoulders
- The Ayurvedic kitchen
- Incorporating sound into your yoga teaching
- Partner yoga, including supported flying poses
- Self-care through nature immersion
- Restorative yoga, Yin Yoga, and meditation
- Vedic astrology and architecture.

PLUS

- Keynote with John Douillard, DC, director of the LifeSpa Ayurvedic Health Center: How Contemporary Science Supports Ancient Wisdom
- Bollywood-inspired movement with the Doonya dancers
- A musical celebration with recording artist Girish
- Illuminating YES (Yoga, Education, and Service) talk with Sat Bir S. Khalsa

NOTE See this program on the Kripalu website for workshop descriptions, schedules, and presenter information.

TUITION \$335. Add 3 midweek nights room & meals; see page 108.

FIND OUT MORE at kripalu.org/teachersconference

FEATURED FACULTY



John Douillard Sudha Carolyn Lundeen Yoganand Michael Carroll Larissa Hall Carlson Todd Norian



Coby Kozlowski Michelle Dalbec Sat Bir S. Khalsa Micah Mortali Jennifer Reis

SEPTEMBER 18-22

Food As Medicine

A FEAST OF SCIENCE AND WISDOM

James S. Gordon, MD, Kathie Madonna Swift, MS, RDN, LDN, FAND, John Bagnulo, MPH, PhD, Cynthia Geyer, MD, Aviva Romm, MD, Marti Wolfson, and Stefanie Sacks, MS, CNS, CDN

FIND OUT MORE on page 64.



Copresented with  The Center for Mind-Body Medicine



SEPTEMBER 28-30

Symposium on Yoga Research

B. N. Gangadhar, MD, Edward McAuley, PhD, and Remy Coeytaux, MD, PhD

FIND OUT MORE on page 88.

Copresented by



Kripalu | Institute for Extraordinary Living

OCTOBER 2-4

Yoga Fusion

THE ULTIMATE FALL YOGA RETREAT

Jennifer Reis, Jovinna Chan, Ben McLellan, Daniel Orlansky, Lisa Taylor, and Guru Jagat

FIND OUT MORE on page 89.



OCTOBER 18-23

Breath Immersion 2015

FROM SCIENCE TO SAMADHI

Shirley Telles, PhD, Stanislav Grof, MD, Jessica Dibb, Daniel J. Siegel, MD, Patricia Gerbarg, MD, Richard P. Brown, MD, Yoganand Michael Carroll, and more

FIND OUT MORE on page 53.



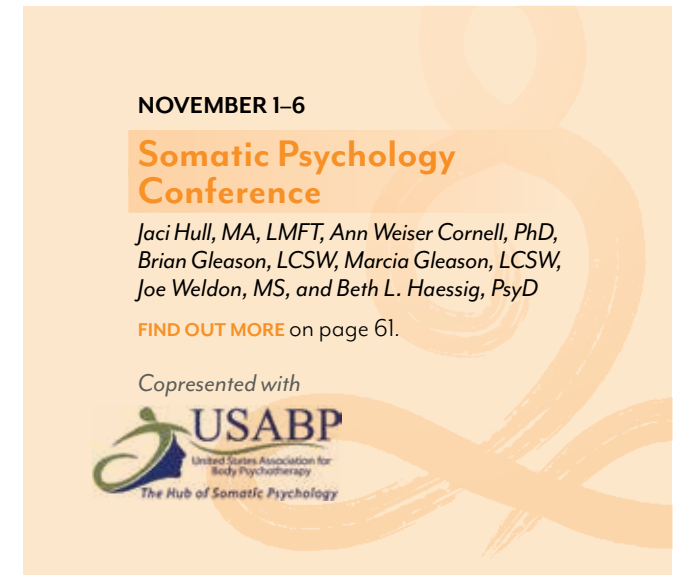
NOVEMBER 1-6

Somatic Psychology Conference

Jaci Hull, MA, LMFT, Ann Weiser Cornell, PhD, Brian Gleason, LCSW, Marcia Gleason, LCSW, Joe Weldon, MS, and Beth L. Haessig, PsyD

FIND OUT MORE on page 61.

Copresented with



NOVEMBER 27-29

Kundalini Rising

Ajeet Kaur and Nirinjan Kaur with special guests Matthew Schoening and Ram Dass

FIND OUT MORE on page 99.

R&R Retreat

Come home to yourself.

An **R&R Retreat** offers you the flexibility to create a uniquely individual immersion. Whether you're looking to connect with like-minded people or enjoy the quiet of our peaceful surroundings, we have something for everyone.

Imagine a program that's so perfect for you, it's as though you designed it yourself.



Choose from a rich variety of classes, workshops, and outdoor activities to craft your own unique experience.

- Take a morning, noontime, or afternoon yoga class at any level—beginner, gentle, intermediate, or vigorous vinyasa.
- Learn more about Ayurveda, the mind-body connection, building resilience, yoga off the mat, and much more, in workshops with our skilled faculty.
- Venture into the beautiful Berkshires with a guided hike, or stroll down to our lakefront for peaceful kayaking.
- Get moving in a Kripalu YogaDance® class or feel the beat in an uplifting drum circle or evening concert.
- Enjoy nutritious, delicious meals made with love in the Kripalu Kitchen, and get inspired at a cooking demonstration with our chef.
- Or simply relax, savoring the time that's unplanned and unplugged.

All-inclusive fall prices start at \$167 per night.

Two-night minimum required; sorry, no Saturday arrivals or departures.

FIND OUT MORE online and view our monthly R&R Retreat schedules, featuring descriptions of the workshops and who's teaching them [➔kripalu.org/rr](https://kripalu.org/rr)

Group Retreats



Customized
experiences,
endless
possibilities.

What makes a Kripalu Group Retreat unique?

- **EDUCATION** Private classes, workshops, and in-depth study sessions designed for your group's interests and objectives, with themes ranging from yoga and stress management to holistic nutrition and outdoor adventure.
- **LEARNING ENVIRONMENT** Kripalu provides space for participants to breathe, decompress, and integrate the content they are receiving. Whether enjoying a stroll on our beautiful campus between sessions, participating in a Kripalu YogaDance® class, or ending their day with a yoga class, participants are sure to benefit from the balanced learning environment.
- **RECREATION AND RELAXATION** Yoga classes, hikes at your level, three delicious meals a day, and optional Healing Arts treatments (additional cost).
- **BONDING** Spend quality time together on our beautiful grounds, at our evening events, and in group sessions that take your connection—with yourself and each other—to the next level.
- **ALL-INCLUSIVE PRICING** and personal attention, no matter what your group size.

A FRESH AND CREATIVE TAKE on family reunions, team-building retreats, alumni gatherings, or getaways with friends.



FIND OUT MORE about Group Retreats [➔ kripalu.org/groups](https://kripalu.org/groups)

Sorry, no Saturday arrivals or departures.



Kripalu's inspiring yoga and Ayurveda trainings allow you to deepen your practice and share your passion with the world.

Kripalu Schools of Yoga and Ayurveda



Why Kripalu?

IMMERSION LEARNING

Benefit from a unique experience that allows you to fully immerse in the practice and study of yoga and Ayurveda. While you're here, develop tools to cultivate health, create community, and transform—body, mind, heart, and spirit.

EXCEPTIONAL FACULTY

Our faculty are extraordinary guides. They provide an in-depth experience, an authentic commitment to teaching excellence, and a profound connection to the wisdom and practices that Kripalu Yoga offers.


THRIVING LINEAGE

Over the last four decades, we've developed a potent teaching methodology that fuses the richness of the Kripalu tradition with ancient Ayurvedic and contemporary Western approaches to healing and self-development. Ours is a living tradition—an invitation to align with your true nature.

FOR MORE INFORMATION

800.848.8702
ksya@kripalu.org
kripalu.org/ksya

See upcoming training dates on the following pages.



Kripalu Schools of Yoga and Ayurveda

Kripalu School of Yoga

Incorporate the wisdom of yoga into your life with our 200- and 300-hour certification programs, approved by the Yoga Alliance. Life changing and empowering, our trainings help you find new depths in your practice, while offering valuable skills to enrich your students.

FOUR TRAINING OPTIONS

200-Hour Kripalu Yoga Teacher Training

Gain the knowledge, skills, and confidence you need to become an exceptional yoga teacher. You emerge from our training inspired and ready to teach. Our residential training is offered as a monthlong program or as two 12-day sessions.

300-Hour Kripalu Yoga Teacher Training

Immerse yourself in a supportive environment that allows you to expand your range, advance your teaching, and strengthen your practice. Open to 200-hour-certified teachers of any Yoga Alliance–registered school, this training consists of four 9-day modules, and each module includes 75 classroom hours.

300-Hour Ayurvedic Yoga Teacher Training

Build on the foundation of your 200-hour yoga teacher training with the specialized skills offered in our 300-Hour Ayurvedic Yoga Teacher Training. As yoga’s sister science, Ayurveda provides valuable techniques that can help you guide your students to tune into their intuitive wisdom. This training consists of Foundations of Ayurveda and two 9-day modules, taken in any order.

Kripalu Yoga in the Schools Teacher Training

Bolster your skills and gain tools that can enhance the lives of adolescents in this scientifically validated 7-day certification program. Open to 200-hour-certified yoga teachers of any Yoga Alliance–registered school.

FIND OUT MORE → kripalu.org/ksy

The Kripalu Schools of Yoga and Ayurveda are registered with the Yoga Alliance.



Kripalu School of Ayurveda

Ayurveda, yoga’s sister science, is the oldest continuously practiced health-care system in the world. Kripalu makes this time-honored system accessible and relevant to contemporary life with two Ayurveda certificate programs; both begin with Foundations of Ayurveda.

THREE TRAINING OPTIONS

200-Hour Foundations of Ayurveda

A great beginning for anyone interested in pursuing Ayurveda professionally or personally. You learn

- The core concepts of Ayurveda and fundamentals of Ayurvedic anatomy and physiology
- The basic Ayurvedic approach to digestion and nutrition
- Introductory Sanskrit
- Mantras for improving health and longevity.

300-Hour Ayurvedic Yoga Teacher Training

Build on the foundation of your 200-hour yoga teacher training with the specialized skills offered in our 300-Hour Ayurvedic Yoga Teacher Training. As yoga’s sister science, Ayurveda provides valuable techniques that can help you guide your students to tune into their intuitive wisdom. This training consists of Foundations of Ayurveda and two 9-day modules, taken in any order.

650-Hour Ayurvedic Health Counselor Certification

Combined with Foundations of Ayurveda, this training consists of four 9-day modules that qualify you to provide Ayurvedic diet and lifestyle recommendations that support overall health and wellness. Learn

- Strategies for performing effective and safe consultations, with a minimum of 50 client encounters
- Valuable techniques for health promotion and disease prevention
- Pulse diagnostic techniques
- Ayurvedic therapies
- Tools for building a thriving holistic-health practice.

FIND OUT MORE → kripalu.org/ksa



Kripalu
Schools of
Yoga and
Ayurveda

Fall 2015 Training Dates

300-Hour Kripalu Yoga Teacher Training

SEPTEMBER 18–27 FRIDAY–SUNDAY

Instructing Yoga for Special Populations

YOGA FOR EVERY BODY

Sudha Carolyn Lundeen

How we take yoga out into the world and into our classes plays an important part in determining how successful we are as teachers. Instructing Yoga for Special Populations trains you to offer posture modifications that create a safe environment for all types of students. It also helps you develop valuable skills for working one-on-one and for meeting individual students' needs in a group setting.

This module includes

- Principles for teaching special populations, such as the elderly or pregnant women
- Advanced skills for working with private clients
- Anatomy of the circulatory and lymphatic systems
- Ayurvedic lifestyle tools.

TUITION \$1,049, plus room & meals. For more information, contact us at ksya@kripalu.org or 800.848.8702.



SUDHA CAROLYN LUNDEEN, RN, E-RYT 500, leads trainings in the Kripalu Schools of Yoga and Ayurveda. Her *Kripalu Gentle Yoga* DVD has won three prestigious awards. sudhalundeen.com



LARISSA HALL CARLSON, E-RYT 500, Dean of the Kripalu School of Ayurveda, guides retreats, directs trainings, and provides Ayurvedic consultations throughout the country. larissacarlson.com

BALARAMA CHANDRA DAS, a certified Ayurvedic Consultant and faculty member of the Kripalu School of Ayurveda, focuses his professional practice on Ayurvedic Psychology and habit reformation through positive expression, yoga, breath, and diet.

ROSY MANN brings more than 15 years of experience as an Ayurvedic doctor. She offers personal Ayurvedic consultations, as well as educational courses, lectures, and workshops.

Kripalu School of Ayurveda

SEPTEMBER 25–OCTOBER 4 FRIDAY–SUNDAY

200-Hour Foundations of Ayurveda: Part I

Larissa Hall Carlson, Balarama Chandra Das, and Rosy Mann



Discover your natural rhythms and sources of wisdom while learning the fundamentals of this time-honored technology. Our integrated curriculum makes studying Ayurveda an exciting exploration that leaves you feeling more connected to yourself, others, and seasonal rhythms.

Continue to practice the teachings through at-home assignments between sessions. Course components include anatomy and physiology for Ayurveda, Ayurvedic digestion and nutrition, yoga and Ayurveda, Sanskrit, Ayurvedic lifestyle training, and Ayurvedic psychology.

TUITION \$2,675, plus room & meals. For more information, contact us at ksya@kripalu.org or 800.848.8702.

200-Hour Kripalu Yoga Teacher Training

OCTOBER 18–NOVEMBER 13

Monthlong Intensive

Coby Kozlowski and Jurian Hughes

Experience the fundamentals of Kripalu Yoga. Our Yoga Alliance–approved 200-Hour Kripalu Yoga certification program trains you to teach safe, fun, and empowering yoga classes, and shows you how to incorporate the wisdom of yoga into your life.



You learn

- The principles and practices of Kripalu Yoga's 21 foundational asanas
- Introductory anatomy and physiology applied to asana
- Fundamentals of yoga's rich philosophical traditions
- Approaches for assisting students
- Ways to guide students in developing nonjudgmental self-awareness and self-compassion
- Skills for designing well-rounded classes, including warm-ups, asanas, pranayama, relaxation, and meditation techniques.

TUITION \$2,675, plus room & meals. For more information, contact us at ksya@kripalu.org or 800.848.8702.



COBY KOZLOWSKI, MA, E-RYT, is a faculty member for the Kripalu School of Yoga and founder of Karma Yoga Leadership Intensive™. cobyk.com

JURIAN HUGHES, E-RYT 500, MFA, is a faculty member at Kripalu, yoga teacher trainer, Let Your Yoga Dance® trainer, and a voice coach. jurianhughes.com

300-Hour Kripalu Yoga Teacher Training

NOVEMBER 13–22 FRIDAY–SUNDAY

Teaching Pranayama and Advanced Asana

ESSENTIAL PRACTICES FOR YOGA TEACHERS

Larissa Hall Carlson and Yoganand Michael Carroll

The practice of breathwork awakens the life force and opens the door to profound meditation. Deepen your knowledge of pranayama, gain mastery in teaching asana, and explore the philosophy that gave birth to these techniques in a training designed to revitalize your physical and energetic bodies.

This module includes

- Ayurvedic, yogic, and contemporary perspectives on prana and the physiology of subtle energy
- Guided experiences that reveal how pranayama can be used to soothe and steady the mind
- Practical anatomy and alignment principles for advanced asana
- Contraindications and teaching tools to work safely with students
- Opportunities to develop your skills and build confidence through one-on-one sessions and evaluated practice-teaches
- A unique Kripalu teaching methodology that integrates modifications, variations, and hands-on assists.

TUITION \$1,049, plus room & meals. For more information, contact us at ksya@kripalu.org or 800.848.8702.

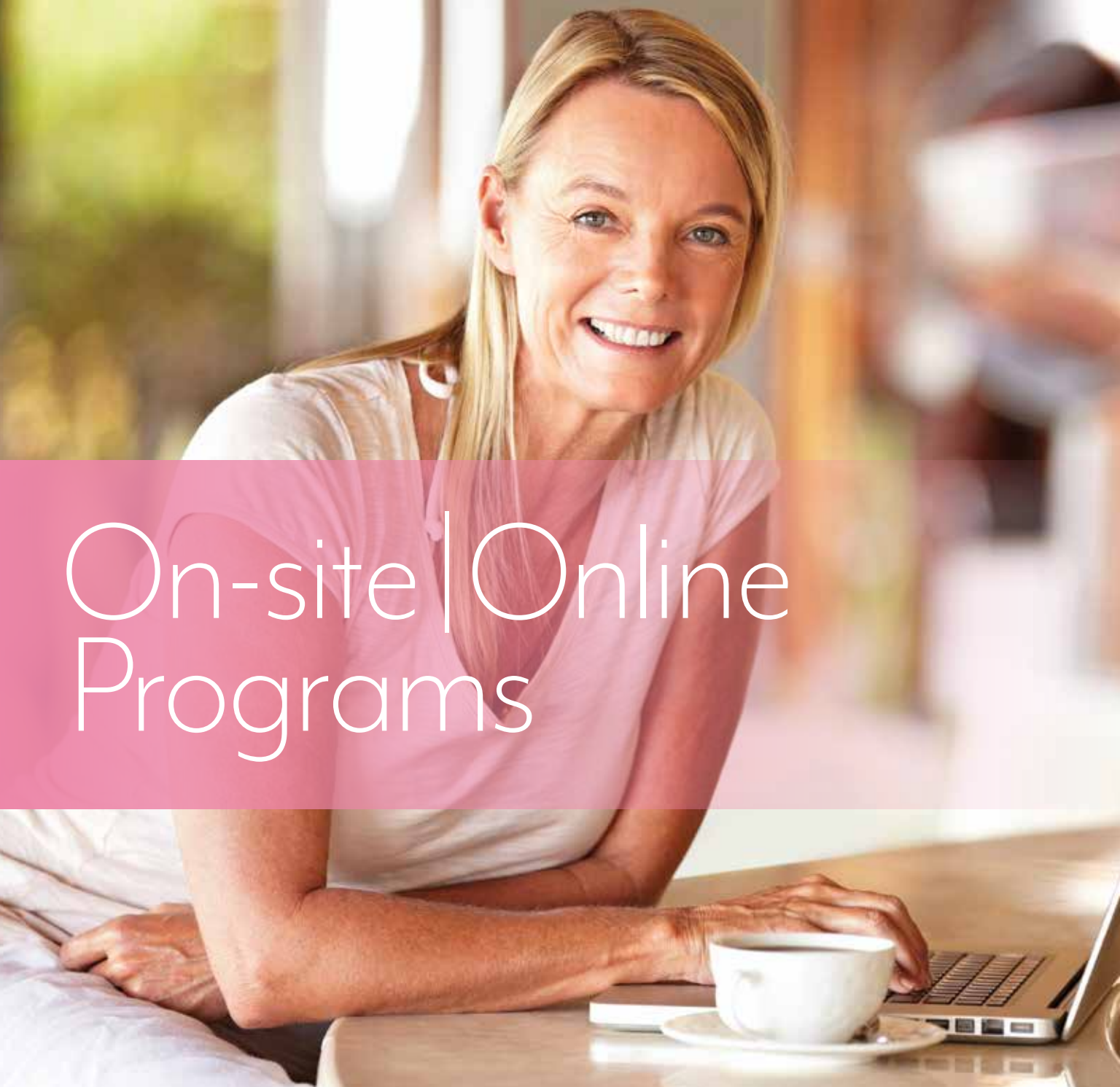
LARISSA HALL CARLSON, E-RYT 500, Dean of the Kripalu School of Ayurveda, guides retreats, directs trainings, and provides Ayurvedic consultations throughout the country. larissacarlson.com

YOGANAND MICHAEL CARROLL, E-RYT 500, is Dean of the Kripalu School of Yoga and has been training yoga teachers for decades. He is a masterful storyteller who makes learning complex philosophical concepts fun and engaging. pranakriya.com



Immerse yourself in the Kripalu Experience, then bring your inspiration home.

On-site | Online Programs



Study On-site

Live what you're learning in a holistic environment that's ideal for self-exploration. Connect with people just like you, committed to change. Along with your in-depth program sessions, enjoy daily yoga, meditation, and movement classes; whole-foods meals; and the natural beauty of the Berkshires.



Study Online

Study at your own pace, in your own home, and apply the tools and practices directly to your life. You receive ongoing support and inspiration from faculty and fellow students as you delve into new material each week.

A dynamic blend of two modes of study.





“I feel an enormous change in my approach to eating and being. After a lifetime of struggling with eating issues, this experience has enabled me to truly internalize a new way of existing. I am extremely grateful.”

—Jill G., East Hampton, New York

Celebrating 10 years of transformation!

SEPTEMBER 7–OCTOBER 23, 2015

THE KRIPALU APPROACH TO DIET

An Integrative Weight-Loss Program

Aruni Nan Futuronsky, Annie B. Kay, and Lisa B. Nelson

Kripalu’s groundbreaking weight-loss program—only better.

FOR everyone. **CE** credits.

Our proven 5-day retreat is enhanced with six weeks of online learning—continued support and motivation to keep you on the path to achieving your health and weight-loss goals. On-site, you discover how to shift into a balanced relationship with your body, led by our exceptional faculty—including a life coach, holistic physician, and nutritionist—who have years of experience guiding people into transformation. At home, you’re supported by faculty and peers online and in live group-share calls as you

- Learn how to naturally lose weight and keep it off
- Develop empowering life skills and a more positive body image
- Enhance your nutrition and metabolism for weight management
- Plan strategies for your goals and lifestyle.

TUITION \$799, plus \$75 technology fee. Add 5 midweek nights room & meals; see page 108. (web code IWLB-153)



ARUNI NAN FUTURONSKY is a Kripalu Yoga teacher, life coach, and faculty member for Kripalu R&R Retreat and Program Director for The Kripalu Approach to Diet. coacharuni.com

ANNIE B. KAY, MS, RDN, LDN, RYT, is Lead Nutritionist at Kripalu, author of *Every Bite Is Divine*, and an important voice in whole-foods nutrition and yoga. everybiteisdivine.com

LISA B. NELSON, MD, is Director of Medical Education for Kripalu Healthy Living programs. She also serves as medical director of the Nutrition Center and is a practicing physician.



SEVEN WEEKS OF BLENDED LEARNING

🕒 ONE 5-DAY ON-SITE IMMERSION: **SEPTEMBER 13–18**

🌐 SIX WEEKS OF ONLINE SUPPORT AT HOME

Find out more ➔ kripalu.org/weightloss



OCTOBER 19, 2015–SEPTEMBER 30, 2016

CERTIFICATE IN POSITIVE PSYCHOLOGY

DR. TAL BEN-SHAHAR, DR. MARIA SIROIS, AND MEGAN MCDONOUGH

Cultivate well-being and explore what it truly means to be happy.

FOR anyone seeking a comprehensive understanding of Positive Psychology, including professionals in the fields of mental health, life coaching, and yoga therapy. **CE** credits.

Grounded in research, Positive Psychology focuses on what works for individual and societal flourishing—cultivating happiness, strengths, self-esteem, and optimism. You learn the latest mind-body science in an environment that nourishes a “whole-being” approach—focusing on the whole person through spiritual, physical, intellectual, relational, and emotional well-being.

Apply evidence-based Positive Psychology theory, tools, and research to

- Bring about lasting change in yourself, your clients, and the systems you work within
- Improve the art and science of leadership, coaching, parenting, and teaching
- Cultivate healthy personal and professional relationships
- Build affirming emotions and deal with painful ones
- Develop positive self-regard and grounded optimism.

You graduate with fully developed tools to help clients and expand your professional credibility and visibility.

TUITION \$4,450, plus \$150 technology fee. Add 10 midweek nights room & meals; see page 108. (web code CPP5-151)

In partnership with  wholebeing institute

TAL BEN-SHAHAR, PHD, cofounder and CLO of Wholebeing Institute, has lectured at Harvard University, where his course in Positive Psychology was the most popular at the school. He is the author of the international best-sellers *Happier*, *Being Happy*, and *Choose the Life You Want*. wholebeinginstitute.com

MARIA SIROIS, PSYD, is an inspirational speaker and clinical psychologist who lectures internationally on the study and application of Positive Psychology, mind-body medicine, and resilience. mariasirois.com

MEGAN MCDONOUGH is an author, yoga teacher, and cofounder and CEO of Wholebeing Institute, an educational organization committed to helping people live life to its fullest. wholebeinginstitute.com

Adjunct Faculty



Megha Nancy Buttenheim | Phoebe Atkinson

11 MONTHS OF BLENDED LEARNING

🕒 TWO 5-DAY ON-SITE IMMERSIONS: **DECEMBER 6–11, 2015** and **SEPTEMBER 25–30, 2016**

🌐 EIGHT ONLINE MODULES OF AT-HOME STUDY

Find out more ➔ kripalu.org/cipp

Kripalu Making an Impact

Providing Adolescents with Powerful Tools for a Happier, Healthier Life

As a prosecutor in the New York State juvenile criminal justice system, Carl Rubino knows firsthand what adolescents are up against. As a Kripalu Yoga teacher, he's giving them the tools to change the course of their lives.

"From my many years as a prosecutor, I know that a key to preventing recurring criminal behavior is altering some of the internal forces and disconnects that drive criminal and other antisocial behavior," Carl says. "From my training and research, I know that yoga has been proven to be able to do just that."

A graduate of Kripalu Yoga Teacher Training and the Kripalu Yoga in the Schools (KYIS) Teacher Training (which he attended with the help of a Kripalu scholarship), Carl has created an ongoing yoga program in a residential facility for adolescents in Social Services custody, sharing yoga techniques to reduce stress and self-regulate their behavior. Every week, the kids share with him how a breathing or relaxation technique they learned in class helped them stay calm in a difficult moment.

Research shows that yoga and other contemplative practices can help young people better regulate their emotions and actions in healthy ways. Findings from studies initiated by the Kripalu Institute for Extraordinary Living indicate that students who have been exposed to the evidence-based KYIS curriculum are less reactive, more optimistic, and better able to manage their own behavior.

"Multiple studies on yoga's impact on adolescents show that regular practice increases self-esteem and mental and physical well-being, strengthens coping mechanisms, reduces anxiety, and improves mood and the ability to self-regulate emotions," says Sat Bir S. Khalsa, assistant professor of medicine at Harvard Medical School at Brigham and Women's Hospital, and Research Director for Kripalu. "Qualitative data collection reveals that adolescents' self-awareness and ease in their body increase [with regular yoga practice], and their worldview begins to shift toward a more positive alignment."

Kripalu Yoga teachers are bringing the benefits of regular practice to at-risk kids.

Aron Steward is a Kripalu Yoga teacher and assistant director of the Woodside Juvenile Rehabilitation Center in Colchester, Vermont, the only locked facility in the state, with 30 beds for kids ages 10 to 18. Since graduating from Kripalu Yoga Teacher Training last year, she has sent nine Woodside staff members to Kripalu to attend the Kripalu Approach to Healthy Living program, with the support of Kripalu scholarships.

"They've come back not only with tools for taking better care of themselves, but also with a whole new perspective on how to work with the kids," Aron says. "They're using breathing techniques, meditation, and mindfulness to intervene when there's a crisis. My mission is to build a strength-based treatment program out of what has historically been a detention center, and Kripalu Yoga is a fundamental supporting element of this transformation."

How important is yoga for adolescents in general, and particularly for those who are at risk? Says Carl, whose vision is for yoga to ultimately become part of the rehabilitative process statewide, "If yoga can teach them to self-regulate—and we know that it can, from personal experience and from the science—it's possible that this could be the most important thing that could happen to them."



We're investing in positive change. You can help.



Our mission in action

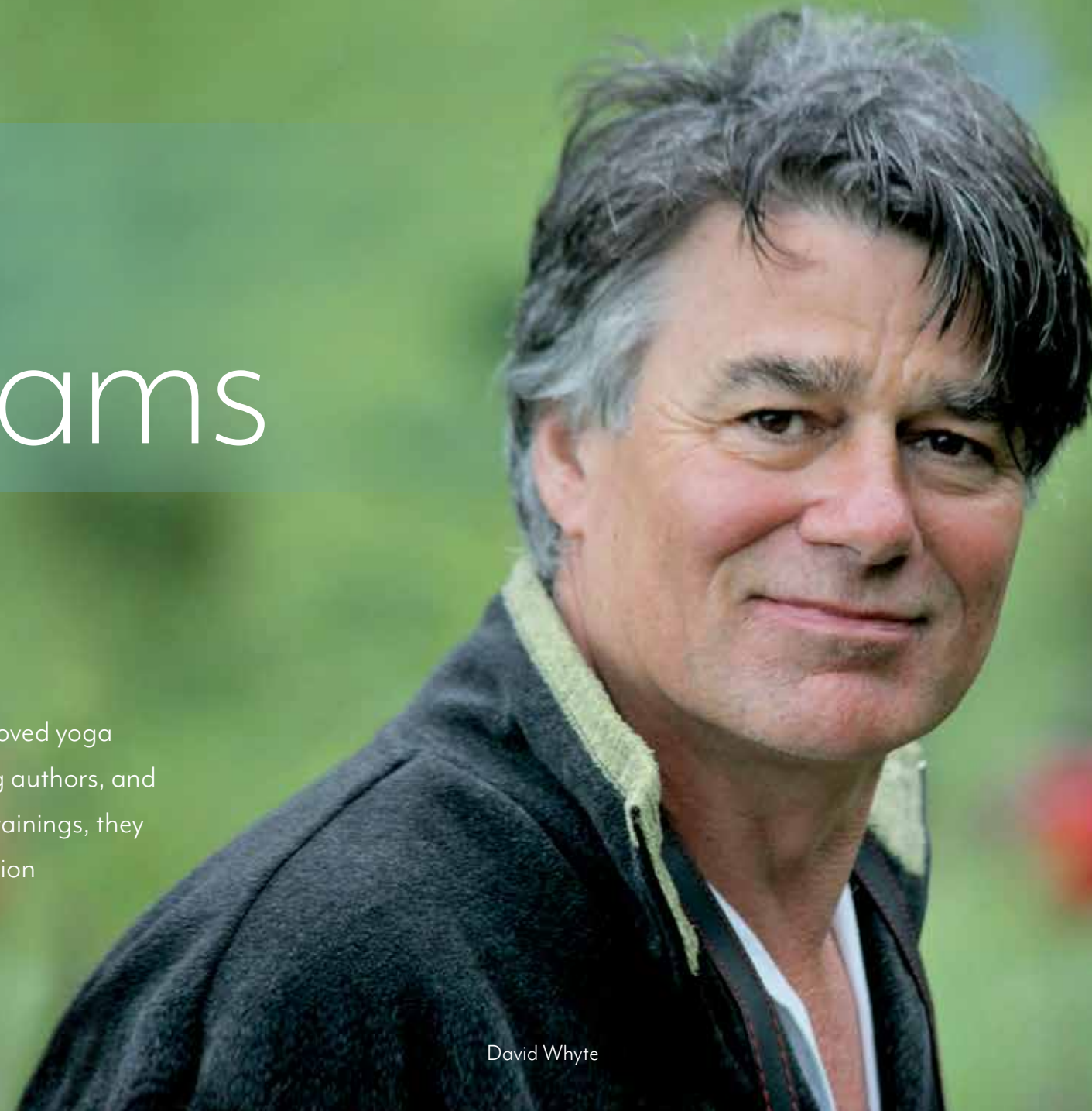
The true measure of our mission is the impact we have on people's lives, at our retreat center and in the world.

Find out about the Kripalu Yoga in the Schools (KYIS) program and the KYIS Teacher Training → kripalu.org/kyis
Support our mission-driven initiatives, including the Kripalu Scholarship Program and KYIS → kripalu.org/makeagift

Presenters and Programs

Study with the best.

Kripalu presenters are international thought leaders—beloved yoga and meditation teachers, respected scientists, best-selling authors, and renowned healers. In powerful, insightful programs and trainings, they offer heart-opening experiences that support Kripalu’s vision of an awakened, compassionate, and connected world.



David Whyte

“Sometimes everything has to be inscribed across the heavens so you can find the one line already written inside you.”

—David Whyte

Our programs are now categorized by theme so that you can easily find the programs that interest you.

August Highlights **p. 30**

Ayurveda **p. 32**

Bodywork/Energy Healing **p. 34**

Creative Expression **p. 40**

Fitness and the Outdoors **p. 46**

Health and Wellness **p. 50**

Neuroscience and Psychology **p. 60**

Professional Development **p. 62**

Relationships **p. 72**

Self-Discovery **p. 74**

Yoga and Meditation **p. 84**

Prefer to choose your programs by date? See the calendar of programs on page 104.

Find programs by your favorite presenter on page 112.

Left to right Snatam Kaur, Joan Borysenko, Angela Farmer, Panache Desai, Geneen Roth, and Daniel J. Siegel





August Highlights

Don't miss these remarkable programs and presenters—this August at Kripalu.

Integrative Yoga Therapy Professional Yoga Therapist Training Program

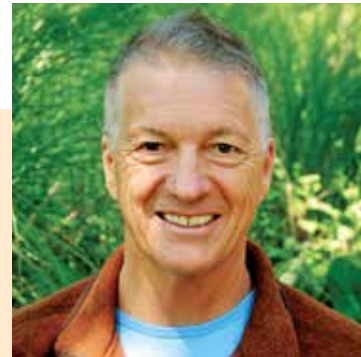
JOSEPH LE PAGE

JULY 27–AUGUST 9
TWO-WEEK PROGRAM

MODULE 1

with Maria KaliMa, Debra Jensen, Beth Gibbs, and Jennifer Reis

Immerse yourself in one of the most established yoga therapy training courses available, focusing on the use of yoga as a true healing art. This two-week module introduces specific Integrative Yoga Therapy programs and sets you on the path toward certification.



AUGUST 10–23
TWO-WEEK PROGRAM

MODULE 2

with Lilian Le Page, Maria KaliMa, Cathy Prescott, and Ellen Schaeffer

Deepen your understanding of yoga therapy and learn practical applications of Integrative Yoga Therapy principles and techniques. Use the skills you learn here to work in professional settings and begin a private yoga therapy practice.



AUGUST 14–16 FRIDAY–SUNDAY

Playing the Matrix and Getting What You (Really) Want

MIKE DOOLEY

Conscious creation and deliberate living can spark major life changes. Mike Dooley shows you how powerful you are and how to make the life you dream of a reality. Come learn exactly what to do to find your niche, and get excited about life again.



AUGUST 16–21 SUNDAY–FRIDAY

Yoga Summer Camp

AN OUTDOOR ADVENTURE FOR ADULTS

Michelle Dalbec, Janna Delgado, and Healthy Living Faculty

Satisfy your soul this summer and reconnect with the simple pleasures of good company, good food, and the great outdoors in Kripalu's summer camp for adults.

AUGUST 21–23 FRIDAY–SUNDAY

Shakti and Meditation

INVOKING THE POWER OF THE INNER BELOVED

SALLY KEMPTON

Sally Kempton helps you transform your experience of meditation by learning how to stand in the source of love within yourself and walk your unique path to the inner Beloved.



AUGUST 7–9 FRIDAY–SUNDAY

Amplify Your Intuition

GABRIELLE BERNSTEIN

Learn how to amplify your intuition and keep guidance flowing freely. Gabrielle Bernstein calls on the teachings of A Course in Miracles, combining them with powerful Kundalini Yoga and meditation practices that open you to inner wisdom.



AUGUST 28–30 FRIDAY–SUNDAY

Empower Flow Yoga

AN INVIGORATING AND SOULFUL VINYASA WORKSHOP

SEANE CORN

Take your yoga deep into the psychological, intuitive, and emotional bodies with Seane Corn's Empower Flow practice. Be prepared to sweat, and return home feeling cleansed, strengthened, and motivated.

AUGUST 21–23 FRIDAY–SUNDAY

Writing in Fire

A DELIBERATE EXPLORATION OF LANGUAGE LIBERATION

DOMINIQUE CHRISTINA

In a world of distraction, writing is a doorway—an exit from what you're ready to let go of, or an entry point into greater freedom. This weekend ignites the idea that you are nothing other than brilliant, the impossible made possible.



Ayurveda

OCTOBER 23–25 FRIDAY–SUNDAY

Wisdom for Women's Health

FINDING BALANCE WITH AYURVEDA, CHINESE MEDICINE, AND PRANAYAMA

Claudia Welch

**FOR** everyone. **CE** credits.

Drawing on the best of both Eastern and Western science, this program offers practical ways to achieve balance in your life and your hormonal system. Claudia Welch offers simple approaches to understanding women's health issues, including hormonal changes, breast health, infertility, and the role stress plays in women's lives. Learn skills to regain and maintain hormonal balance at any age.

Designed to complement the information presented in Claudia's book, *Balance Your Hormones, Balance Your Life*, this illuminating program is beneficial to anyone who wants to learn more about women's health, including medical doctors, Ayurvedic practitioners, and those interested in traditional Chinese medicine.

NOTE See this program on the Kripalu website for recommended reading and listening and other important information.



TUITION \$246. Add 2 weekend nights room & meals; see page 108. (web code WHWA-151)

CLAUDIA WELCH, DOM, is the author of *Balance Your Hormones, Balance Your Life: Achieving Optimal Health and Wellness Through Ayurveda, Chinese Medicine, and Western Science*. drclaudiawelch.com

NOVEMBER 1–5 SUNDAY–THURSDAY

Ayurvedic Bodywork Training

GARSHANA AND ABHYANGA

Hilary Garivaltis

FOR bodyworkers (see note below). **CE** credits.

Come be nurtured and guided by skilled practitioners as you learn ancient Ayurvedic treatments to cleanse, heal, and harmonize body, mind, and spirit. Learn the techniques of Ayurvedic bodywork used in rejuvenation therapy, including

- Garshana, silk-glove lymphatic massage
- Abhyanga, full-body herbalized oil massage
- A wonderful, healing self-massage technique.

Additional time is also spent on the fundamentals of Ayurvedic theory, the origins of massage, and ethics training through the lens of yoga and Ayurveda. You also receive an introduction to the use of mantra, or sacred sound, in establishing a calm and healing environment.

NOTE Oils are used throughout the training, so casual clothing is recommended. Old bathing suits or undergarments might be useful for practice sessions. This program meets the minimum two hour ethics training requirement for massage therapists. This course is designed for bodyworkers; others should direct inquiries to Hilary at hgarivaltis@hotmail.com.



TUITION \$343. Add 4 midweek nights room & meals; see page 108. (web code ABI-153)

HILARY GARIVALTIS, founder and former Dean of the Kripalu School of Ayurveda, trained at the New England Institute of Ayurvedic Medicine and Rishikesh College of Ayurveda in India. hilarygarivaltis.com



Larissa Hall Carlson

OCTOBER 25–30 SUNDAY–FRIDAY

Introduction to Ayurveda

A NOURISHING SELF-CARE RETREAT

Larissa Hall Carlson, Randal Williams, and Erin Casperson

FOR all levels. **CE** credits.

Are you interested in Ayurveda but not sure where to start? Presented in partnership with the Kripalu School of Ayurveda, this enlightening and fun retreat draws on the principle that good health is a balanced connection between mind, body, and spirit.

In addition to exploring daily practices that support health and well-being, you learn

- About the doshas and your unique constitution
- The Ayurvedic approach to nutrition and diet
- How to cook nourishing and delicious Ayurvedic dishes
- Practical tools to create more balance and harmony in your life
- The benefits of following nature's rhythms
- How to design a personalized Ayurvedic health plan
- The role of yoga and pranayama (breathing practices) in fostering health and well-being.

Discover an Ayurvedic approach to living well and reinvigorate your self-care routine.

TUITION \$409. Add 5 midweek nights room & meals; see page 108. (web code RRHH-152)



LARISSA HALL CARLSON, E-RYT 500, Dean of the Kripalu

School of Ayurveda, guides retreats, directs trainings, and provides Ayurvedic consultations throughout the country. larissacarlson.com



RANDAL WILLIAMS, E-RYT, teacher trainer and Curriculum

Manager for the Kripalu Schools of Yoga and Ayurveda, is known for his inspiring teaching and reverence for the natural world.



ERIN CASPERSON is Academic Coordinator for the Kripalu School of

Ayurveda, an Ayurvedic Health Counselor, and a 500-Hour Kripalu Yoga teacher.

Yoga within reach.



Kripalu's impact goes beyond our walls to bring healing and transformation to those in need across the country and around the world.

Our Teaching for Diversity program supports graduates of the Kripalu Schools of Yoga and Ayurveda who reach underserved populations.

➔ kripalu.org/makeagift

KRIPALU SCHOOL OF AYURVEDA

Take your interest in Ayurveda to the next level with the Kripalu School of Ayurveda.

➔ kripalu.org/ksa



Bodywork/ Energy Healing

SEPTEMBER 4–7 FRIDAY–MONDAY

Nurture Your Love

THAI MASSAGE AND AYURVEDA
FOR COUPLES

Kim Larson and Terrel Broussard



FOR couples of any sexual orientation.

Are you looking for a more intimate connection with your partner? Do you long to be nurtured in your relationship?

Healing touch has the power to energize your love. Explore a more fulfilling relationship through the exchange of Thai massage—a playful mix of compassionate touch, yoga stretches, and loving-kindness meditation, done fully clothed on a cushioned mat—and the wisdom of Ayurveda. Release tension, relax the mind, and have fun while building a deeper connection.

In this couples' workshop, you learn how to

- Offer a full Thai massage flow to each other at home
- Listen deeply with hands and heart
- Understand individual needs through conscious communication and Ayurveda
- Care for each other with hands-on bodywork
- Kindle kindness and love with skillful touch.

TUITION \$250. Add 2 weekend nights and 1 holiday night room & meals; see page 108. (web code TMC-152)



KIMBERLY LARSON AND TERREL BROUSSARD

have more than 30 years of combined experience and training in Thai massage and yoga. lakshmisgarden.com

NOVEMBER 13–15 FRIDAY–SUNDAY

Evidence-Based Qigong and Tai Chi

A GENTLE PATH TO PHYSICAL,
MENTAL, AND SPIRITUAL STRENGTH

Yang Yang

FOR everyone. **CE** credits.

Cultivate lasting tranquility, balance, happiness, and vitality through evidence-based qigong and tai chi. These static and dynamic meditative exercises are appropriate for all ages, physical abilities, and skill levels. The nurturing, relaxing, and core-strengthening benefits of qigong and tai chi, combined with Master Yang's unique functional meditation instruction, hold up even under the stresses and realities of daily life.

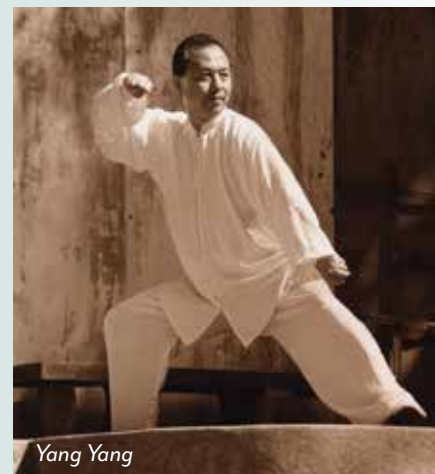
Yang Yang is a traditionally trained grandmaster from China and a Western-trained researcher with more than 30 years of teaching experience. His teaching is fun, accessible, and specifically designed to give you the tools you need to heal yourself.

FOR those interested in teaching qigong, this weekend program provides 8.5 of the requisite 32 hours toward Level I instructor certification.

NOTE See this program on the Kripalu website for instructor certification requirements and information on purchasing recommended materials.

TUITION \$220. Add 2 weekend nights room & meals; see page 108. (web code TTQC-154)

YANG YANG, PHD, is the founder of the Center for Taiji & Qigong Studies and a researcher and taiji/qigong instructor at Memorial Sloan-Kettering Center in New York City. centerfortaiji.com



Yang Yang

SEPTEMBER 13–18 SUNDAY–FRIDAY

Reiki Shamanism

HEALING WITH THE SPIRITS OF THE LAND

Jim PathFinder Ewing

FOR everyone.

Explore the world from a shaman's perspective. When you use Reiki in the shamanic journey, you expand your healing and visioning ability. This program combines principles of Reiki Shamanism with teachings on the healing drum, land spirits, sacred geometry, and reverence for the living earth. Come delve deeply into eco-shamanism and eco-spirituality as you

- Learn about the role of the Reiki Shaman in healing self, others, and the planet
- Reimagine the energy body as a doorway to the universe
- Practice perceiving non-ordinary reality
- Explore the ethics of healing with Reiki Shamanism
- Drum and dance to enhance your physical and spiritual health.

NOTE If you have a drum, bring it; if not, simply enjoy. See this program on the Kripalu website for a list of recommended reading.



TUITION \$325. Add 5 midweek nights room & meals; see page 108. (web code RKSM-151)

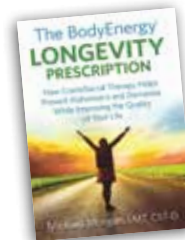
JIM PATHFINDER EWING is a Reiki master, shaman, award-winning journalist, organic farmer, and author of *Conscious Food: Sustainable Growing, Spiritual Eating*. blueskywaters.com

SEPTEMBER 23–25 WEDNESDAY–FRIDAY

Craniosacral Therapy for Longevity

APPLICATIONS FOR PREVENTION

Michael Morgan



FOR everyone. **CE** credits.

Want to maintain vibrant health past middle age and remain a “young old person” well into your 90s, and beyond? No matter where you are in life, you can benefit from strategies and techniques that support the reversal of the aging process, and can help you cope with challenging medical conditions such as Alzheimer's and dementia.

Join Michael Morgan to redefine what aging means to you, and take home strategies to cultivate a long, healthy life, including

- A Craniosacral Stillpoint practice that promotes ongoing wellness and addresses a variety of health conditions
- Energy techniques for both acute and chronic conditions
- 15- and 30-minute protocols to enhance health and well-being
- How to listen to your inner wisdom to maintain the trajectory of good health
- How diet and exercise complement the healing process.

RECOMMENDED READING AND VIEWING Please see this program on the Kripalu website.



TUITION \$260. Add 2 midweek nights room & meals; see page 108. (web code CTL-151)

MICHAEL MORGAN, LMT, CST-D, is an instructor of craniosacral therapy and the art of using mind-body processes to change mental, emotional, spiritual, and physical states. bodyenergy.net

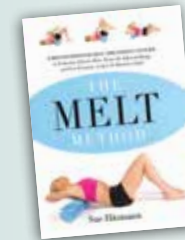


OCTOBER 2–4 FRIDAY–SUNDAY

The MELT Method

A SELF-CARE IMMERSION

SUE HITZMANN



FOR everyone. **CE** credits.

Become your own Hands-Off Bodyworker with the MELT Method®, a revolutionary self-treatment approach that eliminates chronic pain through a series

of easy, precise techniques. Using a Soft Body Roller and small balls, discover how to rehydrate connective tissue and allow the body to release long-held tension.

Through practice, lectures, and Q&A, learn how to

- Identify where stress is stuck in your body, a major cause of chronic aches and pains
- Find greater alignment and balance
- Experience more mobility, ease of motion
- Relieve common issues such as headaches, insomnia, and bloating.

Take home a self-treatment plan that empowers you to live the pain-free life you deserve.

NOTE Dress to move comfortably and bring a water bottle. Tuition includes a \$100 materials fee for a Soft Body Roller, Hand and Foot Treatment Kit, and MELT book.

TUITION \$600. Add 2 weekend nights room & meals; see page 108. (web code MELT-151)

SUE HITZMANN, MS, CST, NMT, is the creator of the MELT Method® and author of a *New York Times* best-seller about her transformative approach to pain relief. meltmethod.com

OCTOBER 11–15 SUNDAY–THURSDAY

Cell-Level Healing

WHERE SCIENCE AND SPIRIT MEET

Joyce Hawkes and Helen Folsom



FOR everyone.

Discover the healer you were meant to be and your innate ability to move energy to heal yourself and others. Join Joyce Hawkes, a research-biophysicist turned healer, and

Helen Folsom, a musician, hypnotherapist, and healing facilitator, as they unpack the science and mystery of healing, illuminating the inner workings of your miraculous body and all it does to keep you alive.

In this program, you

- See inside the body through electron microscope images, many of them taken by Joyce
- Learn how to heal yourself and others
- Sing, move, meditate, and honor your own unique healing journeys.

This lively, hands-on program offers information about specific conditions and how to work with them, and includes time-honored practices that awaken and enliven the body, refresh the mind, and nourish you on all levels.

TUITION \$445. Add 1 holiday night and 3 midweek nights room & meals; see page 108. (web code CLSS-151)



JOYCE HAWKES, PHD, fellow in the American Association for the Advancement of Science, biophysicist, near-death experimenter, and healing facilitator, has practiced energy healing for three decades.



HELEN FOLSOM, MA, CHT, healing facilitator, hypnotherapist, and musician, teaches internationally with Joyce Hawkes and is author of the award-winning children's chapter book series, Runt Farm.



OCTOBER 23–25 FRIDAY–SUNDAY

Coiling Silk Qigong

RELAX, UNWIND, INCREASE VITALITY

Ken Cohen

FOR all levels. CE credits.

Ever wonder why, in spite of the miracles of modern medicine, more than three million Americans practice ancient healing exercises from China? Qigong is one of the world's most popular and well researched methods to improve health and vitality. In the Coiling Silk style of qigong, you turn your body slowly on a stable axis—like unwinding a silk cocoon.

These exercises gently open and close the joints, improve posture and breathing, and stimulate the life force (qi) to flow without obstruction. As knotted energy dissolves and tense areas relax, the whole body develops resilient inner strength. This is an excellent practice for personal well-being, and a perfect complement to yoga, tai chi, or any sport. Learn a complete set of these enjoyable, meditative exercises and take home ways to continue improving day by day.

TUITION \$255. Add 2 weekend nights room & meals; see page 108. (web code CSQ-151)

✦ **COMBINE THESE PROGRAMS** for a 10 percent tuition discount for each program.

OCTOBER 25–30 SUNDAY–FRIDAY

Tai Chi Intensive

STRONG AS THE MOUNTAIN, SUPPLE AS WATER

Ken Cohen

FOR all levels, including beginners. CE credits.

The ancient practice of tai chi is based on mastering core physical and mental skills, yet these skills are little understood and rarely taught. Whether you are new to tai chi or have trained for a lifetime, discover how regular practice improves performance in yoga, sports, and everyday life.

Come learn

- The details of posture, breathing, balance, coordination, and tranquility
- Taoist meditation techniques
- Energy-listening skills (“push hands”)
- A choreography of 10 movements from the popular Yang style
- How medical science validates this ancient art.

Ken Cohen also offers a translation of classical writings on tai chi, and leads a detailed discussion of the practical wisdom they contain. The ultimate goal is not to do tai chi but to have a tai chi mind and body—leading to a life of balance, peace, and well-being.

TUITION \$425. Add 5 midweek nights room & meals; see page 108. (web code TCI-151)



KEN COHEN, MA, author of *The Way of Qigong*, is an internationally renowned qigong and tai chi master with more than 45 years of experience. kennethcohen.com



The Art of Reiki with Libby Barnett

CE credits.

Expand your healing abilities as you explore how Reiki can reduce stress, relieve pain, balance emotions, and facilitate personal healing and spiritual growth. Based on the understanding that all conditions of imbalance are rooted in the human energy field, Reiki addresses underlying energetic patterns to create wellness and reconnect you with your ability to heal yourself, others, and animals.

OCTOBER 23–25 FRIDAY–SUNDAY

Reiki 1

In Reiki 1, you

- Explore the applications of Reiki through slide shows and discussions
- Receive attunements to empower yourself as a conduit for channeling life-force energy
- Practice Reiki on yourself and others.

RECOMMENDED READING Libby Barnett and Maggie Babb, *Reiki Energy Medicine*.

NOTE A certificate will be issued upon completion, along with a Reiki pin and Reiki 1 notebook.

TUITION \$245. Add 2 weekend nights room & meals; see page 108. (web code AOR-152)

OCTOBER 25–27 SUNDAY–TUESDAY

Reiki 2

In Reiki 2, you

- Learn ancient Reiki symbols and how to apply them for additional empowerment
- Learn to access cellular memory to heal challenging emotional situations
- Receive the Reiki 2 attunement
- Learn to offer Reiki to people and situations at a distance.

RECOMMENDED READING Libby Barnett and Maggie Babb, *Reiki Energy Medicine*.

NOTE A certificate will be issued upon completion, along with a Reiki pin and Reiki 2 notebook.

PREREQUISITE FOR REIKI 2 Reiki 1 certification from any teacher and lineage; no proof of certification required.

TUITION \$245. Add 2 midweek nights room & meals; see page 108. (web code AORT-152)

✦ **COMBINE REIKI 1 AND REIKI 2** for a 10 percent tuition discount for each program.

OCTOBER 27–30 TUESDAY–FRIDAY

Reiki Master Training Levels 1 and 2

Libby Barnett

CE credits.

Reiki Master Training gives you a deeper experience of the extraordinary power of Reiki to heal and transform. The Reiki Master attunement and symbol strengthen your skill and effectiveness as a Reiki practitioner and enhance your ability to heal and promote balance on all levels.

Through talks, exercises, small-group work, anecdotal studies, and discussion, you cross the threshold into Reiki mastery, as you

- Learn to perform the Reiki 1 and 2 attunement ceremonies
- Receive the Reiki Master attunement, symbol, and certificate
- Review Reiki 2 symbols and practice protocols
- Expand your awareness of Reiki as a spiritual practice
- Learn to teach others to do Reiki
- Create a more loving connection with yourself, Source, and others.

PREREQUISITES Reiki 2 or Master from any teacher, plus four months of Reiki practice following Reiki 2.

TUITION \$325. Add 3 midweek nights room & meals; see page 108. (web code AORM-152)



LIBBY BARNETT, MSW, is a Reiki Master whose experience as a medical social worker at Massachusetts General Hospital provides a foundation for her work. reikienergy.com

NOVEMBER 6–8 FRIDAY–SUNDAY

Find Your Next Yes

USING EFT TO TAP INTO THE POWER OF CLARITY

Carol Look

FOR everyone. CE credits.

Learn how to clear away blocks and create a life you love, one “yes” at a time. Carol Look teaches a simple self-help technique called EFT, or tapping, that can dissolve your fears of failure (or success) and allow you to shine as your best self. If you’re tired of being stuck and want to move forward with passion and purpose, this program is for you.

Come learn how to

- Ask the best questions to get unstuck
- Apply EFT to a wide variety of obstacles
- Find your “yes” in any situation
- Take the next best steps for a joyful life
- Make immediate changes in your personal and professional life
- Access intuition and confidence when making decisions.

RECOMMENDED READING Carol Look, *Attracting Abundance with EFT*.

NOTE This program involves deep emotional work and might stimulate the need for additional therapeutic support that cannot be provided within the context of this program.

TUITION \$225. Add 2 weekend nights room & meals; see page 108. (web code EFTIG-152)

CAROL LOOK, LCSW, EFT MASTER, is an author, speaker, and creator of the Yes Code coaching method. She loves inspiring clients to embrace exceptional success. carollook.com



NOVEMBER 6–9 FRIDAY–MONDAY

Positional Therapy Level 1

EXPERIENTIAL APPROACH TO STRAIN-COUNTERSTRAIN AND MUSCLE ENERGY TECHNIQUE

Lee Albert

FOR bodyworkers, yoga teachers, nurses, chiropractors, doctors, and interested individuals. CE credits.

Learn a therapy for recovery from chronic pain that often works where other approaches fail. Positional Therapy can be used for self-healing and with family, friends, and clients. Lee Albert is a gifted therapist whose expertise and unique approach equip you with the tools to bring effective relief to issues caused by injury, stress, repetitive motion, postural distortion, and chronic neuromuscular conditions.

Through simple hands-on techniques, the body’s habitual holding pattern in a particular area is released. Results are immediate and often permanent, and the techniques are gentle and easy to learn. Clients have described the outcome as “magical.” You learn to

- Find and disable chronic pain mechanisms
- Search for and recognize trigger points
- Address specific conditions and injuries.

Expect to be surprised, have fun, and bring home an invaluable new toolbox for pain relief.

NOTE Tuition includes a training manual. This program includes one evening session and is not appropriate for those in acute pain.

TUITION \$310. Add 2 weekend nights and 1 midweek night room & meals; see page 108. (web code POT-152)

✚ **COMBINE THESE PROGRAMS** for a 10 percent tuition discount.

NOVEMBER 9–13 MONDAY–FRIDAY

Positional Therapy Level 2

STRAIN-COUNTERSTRAIN AND MUSCLE ENERGY TECHNIQUE

Lee Albert

FOR people who have completed Positional Therapy Level 1. CE credits.

Build on what you learned in the Level 1 training with Lee, including body positions and movements that effectively treat pain caused by injury, stress, repetitive motion, postural distortion, and chronic neuromuscular conditions. By using a combination of strain-counterstrain, muscle energy techniques, stretches, and home-care elements, you learn to

- Recognize neuromuscular pain patterns
- Work more effectively with joints
- Release tendons
- Take your practice to a whole new level.

In addition, you receive a training manual with photos of each position, an intake form, and a suggested homework sheet that you can photocopy for use in your practice.

PREREQUISITE Positional Therapy Level 1.

NOTE Tuition includes a manual. This program is not for those in acute pain.

TUITION \$380. Add 4 midweek nights room & meals; see page 108. (web code POTT-152)



LEE ALBERT, NMT, a neuromuscular therapist and yoga instructor trained in orthopedic massage, positional therapy, and yoga therapy, is author of *Live Pain-Free without Drugs or Surgery*. leealbert.com

NOVEMBER 13–15 FRIDAY–SUNDAY

Lotus Palm Thai Head Massage

Sukha Wong

FOR everyone. CE credits.

Thai Head Massage is an uplifting treatment that relieves tightness in the face, scalp, neck, shoulders, and upper back—areas of the body where many people store tension. It begins with an invigorating scalp massage focusing on acupressure points that boost circulation, followed by gentler and slower techniques, incorporating oils to break down any remaining tension and release toxins.

You also learn a variety of other massage techniques, including champissage, which combines head massage with a subtle form of energy balancing to create deep peace and calm. Come learn

- The history of head massage
 - Basic anatomy of the face, head, and shoulders
 - How to give a 45- to 60-minute face, head, and shoulder massage using various techniques
 - How to incorporate oils into scalp massage
 - Compassionate and loving touch.
- NOTE** Tuition includes a manual. See this program on the Kripalu website for information about what to bring.

TUITION \$240. Add 2 weekend nights room & meals; see page 108. (web code LPTH-151)

✚ **COMBINE THESE PROGRAMS** for a 10 percent tuition discount for each program.

Sukha Wong



NOVEMBER 15–20 SUNDAY–FRIDAY

Thai Yoga Massage 2

LOTUS PALM SCHOOL CERTIFICATION

Sukha Wong

FOR students who have taken Thai Yoga Massage 1 through Lotus Palm. CE credits.

Continue your Thai Yoga Massage training with a course that teaches you various ways to customize massages and make the experience even better for your clients and yourself. After a review of the techniques taught in Level 1, you learn

- 90 additional minutes of massage techniques, including side-lying postures especially beneficial for prenatal sessions
- Expanded Thai energy lines
- How to adapt massages to accommodate people of different sizes and flexibilities, as well as common ailments.

This training increases your skills and enhances your repertoire of Thai Yoga Massage techniques.

PREREQUISITE Thai Yoga Massage 1.

RECOMMENDED READING Kam Thye Chow, *Thai Yoga Massage*.

TUITION \$455. Add 5 midweek nights room & meals; see page 108. (web code TYMT-2151)

SUKHA WONG, CMT, a certified massage therapist and instructor, is the owner of the Lotus Palm School, offering Thai Yoga Massage classes and trainings in Montreal and Toronto, Canada. lotuspalm.com

SEPTEMBER 13–16 SUNDAY–WEDNESDAY

Reiki Master Training Level III

GENDAI REIKI SHINPIDEN

James and Audrey Pearson Shihans

FOR everyone who has received Reiki II attunement from any Reiki tradition. CE credits.

Deepen your connection with spirit as you continue your Reiki training. The third- and fourth-level attunements and class curriculum offered in Master Level III further empower your process of self-realization. In addition to reviewing Levels I and II in the Gendai Reiki tradition, you learn and experience

- Meditations, visualizations, and breathing techniques
- Attunement to Gendai Reiki Ho Shinpiden (Level III, the spiritual dimension) and the Gokuikaiden attunement (Level IV, Teacher Part A)
- The fourth and last Reiki symbol
- How to attune others to Gendai Reiki Shoden, Level I.

TUITION \$305. Add 3 midweek nights room & meals; see page 108. (web code PTRM-151)

**JAMES AND AUDREY PEARSON SHIHANS**

hold the title of Gendai Reiki Ho Shihan in the lineage of Hiroshi Doi Sensei. They studied the original Reiki teachings with Usui Reiki Ryoho Gakkai, who empowered them to carry the Gendai Reiki lineage. yogapathways.com

You might also be interested in...

- *Ayurvedic Bodywork Training* p. 28
- *Kripalu Approach to Bodywork Level 1* p. 66

Creative Expression

SEPTEMBER 13–18 SUNDAY–FRIDAY

African Healing Dance**THE POWER OF UMOJA***Wyoma with special guests
KDZ: The Kripalu Drummers***FOR** everyone.

Uncover your voice, your truth, and your bliss through the power of Umoja, the dance of abundance. Join Wyoma and KDZ: The Kripalu Drummers to recognize your body's inherent wisdom and celebrate life through movement, music, and song, as you

- Learn a traditional Afro-Caribbean dance and call the ancestors with song
- Explore daily practices to sustain you
- Stoke the fire in your belly and your capacity for joy
- Find your voice and nurture healthy boundaries
- Dance and share with others as you tap into new levels of mind-body-spirit awareness.

RECOMMENDED READING AND VIEWING
Yvonne Daniel, *Dancing Wisdom* and Wyoma, *African Healing Dance* DVD.

NOTE Some sessions will be held outdoors, weather permitting.

TUITION \$325. Add 5 midweek nights room & meals; see page 108. (web code AHD-152)



WYOMA is a performance artist, teacher, yogini, and healer with a playful approach to African dance that allows everyone to find their authentic voice. wyomadance.com



OCTOBER 2–4 FRIDAY–SUNDAY

The Stories We Carry**MEDITATION AND WRITING****DANI SHAPIRO****FOR** everyone.

We carry our stories inside us. Some stories are easier to tell than others. There are stories we polish into well-formed, amusing anecdotes, and others we bury deep until they rise up and take us by surprise. When we attempt to write these stories, we face our own resistance. One of the most powerful ways to plumb the depths of our resistance and self-censorship is to come to know our own bodies and minds, where these stories live.

Join best-selling author Dani Shapiro for an inspiring experience that stays with you long after you return home. Through a powerful blend of meditation and movement accessible to everyone, generative writing exercises, group sharing, and discussion, we explore the courage, persistence, and patience that it takes to dive into memory and generate new work.

TUITION \$250. Add 2 weekend nights room & meals; see page 108. (web code SWC-152)

DANI SHAPIRO is the best-selling author of two memoirs and five novels, including *Family History* and *Still Writing*. danishapiro.com

SEPTEMBER 27–OCTOBER 2 SUNDAY–FRIDAY

Mystical Dance**SACRED MOVEMENT AND RITUAL MEDITATION FOR WOMEN***Monika Nataraj*

Is your soul craving embodied, sacred, feminine practices? Are you seeking to dive into dance as a portal of self-discovery? Monika Nataraj invites you on a celebratory adventure of Mystical Dance®, a women's way to ignite transformation, sisterhood, empowerment, and heart awakening.

Monika weaves together the innate wisdom of thousands of women she has worked with over the past 15 years. In a magical space of ritual, she guides you in

- Unveiling the essence and secrets of sacred dance, accessible to all women
- Discovering chakra-based practices rooted in spiritual belly dance, modern temple dance, whirling dervish dance, and shamanic blessing dance
- Manifesting ancient ceremonies and meditations to invoke the Divine Feminine
- Balancing inner polarities, creative energy, and Shakti presence.

Take home a toolkit of techniques to spontaneously transfigure daily life into divine dance.



TUITION \$325. Add 5 midweek nights room & meals; see page 108. (web code MDSM-151)

MONIKA NATARAJ leads Mystical Dance®, yoga, and tantra workshops in 20 countries, and offers the 200-hour Mystical Dance and Shakti Spirit® teacher trainings. monikanataraj.net

OCTOBER 11–16 SUNDAY–FRIDAY

Painting and Yoga in the Berkshires*Linda Novick***FOR** everyone; no prior painting or yoga experience required.

Do you have an artist living inside you, yearning to express? Come find out! Let go and explore your creative side in a supportive, non-competitive environment where you can experiment with watercolors, pastels, and collage.

This program includes

- Gentle stretching, yogic breathing, and other activities to help relax the mind and body
- A classroom designed for free expression—you don't have to be "an artist" to attend
- Painting outdoors to take advantage of Kripalu's beautiful views
- A visit to a nearby horse farm to learn how to paint the landscape
- Daily painting demonstrations by Linda Novick
- Lots of individual attention to guide you along your way.

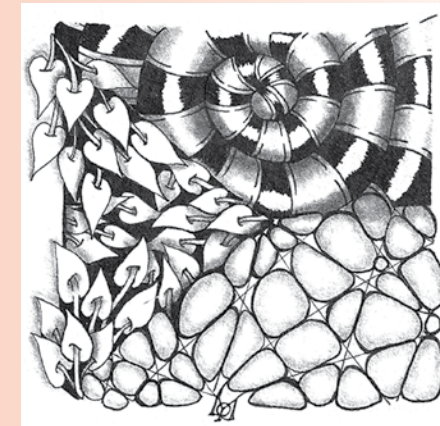
Give yourself the gift of a painting retreat in the Berkshires with time to paint, walk, practice yoga, and allow your creative spirit to soar.

NOTE See this program on the Kripalu website for details about what to bring.



TUITION \$385. Add 1 holiday night and 4 midweek nights room & meals; see page 108. (web code PYB-151)

LINDA NOVICK, MFA, is an artist, author, art educator, and Kripalu Yoga teacher who has taught hundreds of people to paint. yogapaint.com

OCTOBER 16–18
FRIDAY–SUNDAY**A Zentangle Weekend***with founders Rick Roberts and Maria Thomas***FOR** everyone.

Treat yourself to a fun, creative, and inspiring weekend in which you not only create works of art, you also discover a newfound sense of well-being. A Zentangle practice can benefit your creativity, self-esteem, confidence, and focus—and make you more relaxed, too!

Zentangle is a worldwide phenomenon of creativity, created by a quirky artist and a Renaissance guy who lived as a monk. Even if you think you're not an artist, Zentangle is for you. Rick and Maria (he's "Zen," she's "tangle") gently guide you to create beautiful images with intricate tangles, or patterns, that you draw in easy steps. Experience creative flow as simple pen strokes become beautiful art. If you're like most "tangers," you'll begin to see the world in a different way.

RECOMMENDED READING Rick Roberts and Maria Thomas, *The Book of Zentangle*, available at zentangle.com.

NOTE All materials will be supplied. Wear comfortable clothing for sitting and drawing.

TUITION \$295. Add 2 weekend nights room & meals; see page 108. (web code AZWF-152)



RICK ROBERTS was a musician, photographer, and printer before cofounding Zentangle with Maria Thomas. He lived as a monk for 17 years. zentangle.com

MARIA THOMAS worked as a lettering artist and operated a stationery design and production company before cofounding Zentangle. zentangle.com

The Heart of Kripalu

In this series, we introduce you to some of the people who make up the Kripalu community—staff members, teachers, interns, and guests—who are passionate about our mission.

Sister Act

An annual Kripalu retreat knits five siblings together.

Every year, we all come together—from Connecticut, Michigan, Minnesota, New Jersey, and New York—to spend a week at Kripalu. We choose a time right after Christmas so we can start off the year feeling happy and healthy. We call it our annual yoga and knitting retreat, because during the day we do lots of yoga, take R&R Retreat workshops, go on walks, and get massages, and at night we sit together and knit and catch up. We've been coming to Kripalu together for eight years.

It's so peaceful and nurturing here—when you walk in the door, it's like a warm blanket settling around your shoulders.

It's a time for us to get completely nourished, slow down, and take stock. It's a time to reconnect—so much laughter when we're together!

Last fall, we lost our mom, so our time at Kripalu this year was also about healing. She and our dad were very health conscious; they raised us on organic food that we grew in our own garden, way before organic gardening was popular. We've always been aware of living a healthy lifestyle, and being here has given us so many more practices that we can use every day. Kripalu has helped us realize how we want to live.



Who they are:
(from left) Kelly, Janet, Ellen, Kathy, and Rosie

Participated in: Kripalu R&R Retreat

OCTOBER 23–25 FRIDAY–SUNDAY

Yoga Poetica

WRITING THE POETRY OF THE BODY

David Keplinger and Shawn Parell

FOR everyone.

Release the stories held in the body's memory in a weekend that includes yoga practice with an internationally known instructor, and the reading and writing of poetry with the guidance of a master of the craft. Yoga Poetica opens you to discover, as the English poet William Blake did, that there is no separation between the body and the soul—rather, the body is simply the portion of the soul you can perceive with the five senses.

Join two inspired teachers in a unique program that includes

- Readings of poetry from ancient texts to contemporary American poets
- Prana Vinyasa Yoga
- Meditation, creative writing, and discussion.

Come examine the working relationships within the body of a poem while writing the poems of your body.

TUITION \$265. Add 2 weekend nights room & meals; see page 108. (web code YPEP-151)



DAVID KEPLINGER, is author of four collections of poetry including *The Most Natural Thing*. He was chosen as winner of the T. S. Eliot Prize by Mary Oliver.



SHAWN PARELL combines an academic background in Eastern philosophy, Sanskrit, and mystical poetry with the mindfulness of Prana Vinyasa practice.



OCTOBER 30–NOVEMBER 1
FRIDAY–SUNDAY

SpiritFest

CHANT, DANCE, DRUM

Dan Leven, Girish, and Aimee Gelinas

FOR everyone.

Join three masters of the spiritual arts for a festival of spirit, a soulful celebration, and a heartfelt retreat. Through the ages, across all traditions, the vehicles of chanting, dancing, and drumming have carried people's bodies and minds toward their essence. This weekend of community and collective creativity includes

- Blissful Sanskrit chanting with Girish
- Joyful Shake Your Soul® dance classes with Dan Leven, accompanied by live music
- Powerful drumming and Afro-Caribbean chanting with Aimee Gelinas.

Experience the bliss of spirit expressed through the voice, the body, and the rhythmic drumbeat of your heart.

TUITION \$240. Add 2 weekend nights room & meals; see page 108. (web code SFC-151)



DAN LEVEN, RSMT, MPC, a Kripalu faculty member for more than 35 years, trains Registered Somatic Movement Therapists through his Shake Your Soul® and SomaSoul® programs. levininstitute.com



GIRISH is an accomplished musician, wordsmith, and former monk. His albums include *Sky of the Heart* and *Diamonds in the Sun*. girishmusic.com



AIMEE GELINAS, MED, performance artist, naturalist, and musician, presents drum, song, and nature programs. She co-produced the *Mother Drum* CD by Gaia Roots. tamarackhollow.com



OCTOBER 18–23 SUNDAY–FRIDAY

How to Hear Your Inner Self

A PROPRIOCEPTIVE WRITING IMMERSION

Linda Trichter Metcalf

FOR everyone; no prior writing experience required. **CE** credits.

What does it mean to really hear yourself? Unlike ordinary hearing, it facilitates knowing yourself differently than you ever have before. Following certain simple rules

while you write opens a gate to this blissful realm. The more you immerse yourself in this practice, the greater your confidence to think in new ways.

For 35 years, Linda Trichter Metcalf, originator of Proprioceptive Writing® (PW), has pioneered writing as a way to explore consciousness through inner hearing. Practiced to music in 25-minute sessions, alone and in groups, PW is a simple technique that anyone can learn. Using PW, you can quiet your mind, focus your thoughts, clarify your feelings, ignite your imagination, and reconnect to your authentic voice.

RECOMMENDED READING Linda Trichter Metcalf and Tobin Simon, *Writing the Mind Alive: The Proprioceptive Method for Finding Your Authentic Voice*.



TUITION \$350. Add 5 midweek nights room & meals; see page 108. (web code PWI-151)

LINDA TRICHTER METCALF, PHD, author and teacher, created the practice of Proprioceptive Writing® in the mid-1970s and is coauthor of *Writing the Mind Alive*. pwriting.org

R&R RETREAT SPECIALS

Experience Kripalu your way. For less.

Starting in October, get 25% off a night of R&R Retreat before or after your weekend program.

Beginning in November, stay for two midweek R&R Retreat nights and get one free or stay for three midweek nights and get two free.

➔ kripalu.org/specials



NOVEMBER 23–25
MONDAY–WEDNESDAY

DHARMA FILM FEST

ILLUMINATING THE PATH

Chip Hartranft and Coby Kozlowski

FOR everyone who loves a good story.

Experience the transcendent, self-reflective, and liberating dimensions of film, one of the most powerful mediums to illustrate the nature of the human experience. Join a community of film lovers and dive into the rich and satisfying conversations that great films inspire.

Chip Hartranft invites you to a pre-Thanksgiving festival of dharma films. Dharma—the unique ways that yoga and Buddhism illuminate the nature of the human experience—has always been taught through deeply personal and moving stories. Film offers new perspectives on the joys and challenges of life.

Watch three films and share in stimulating discussions about their themes, with screenings punctuated by gentle yoga practices led by Coby Kozlowski, an instructor for the Kripalu School of Yoga. Prepare to be moved and awakened, and leave with a better understanding of the human condition.

NOTE Films featured in this program include *Awake: The Life of Yogananda*, *Stories We Tell*, and *The Dharma Brothers*.

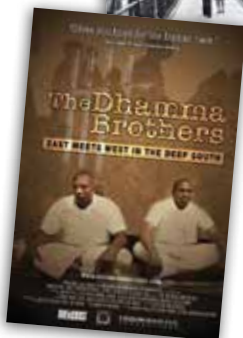
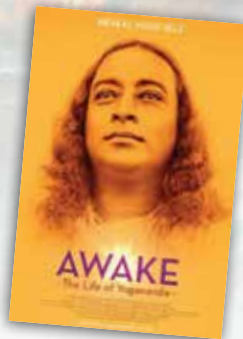
TUITION \$195. Add 2 midweek nights room & meals; see page 108. (web code DFF-151)



CHIP HARTRANFT is founding director of the Arlington Center and author of *The Yoga-Sutra of Patanjali: A New Translation with Commentary*. arlingtoncenter.org



COBY KOZLOWSKI, MA, E-RYT, is a faculty member for the Kripalu School of Yoga and founder of Karma Yoga Leadership Intensive™. cobyk.com



NOVEMBER 27–29 FRIDAY–SUNDAY

The Natural Singer

FIND YOUR TRUE VOICE

Claude Stein

FOR everyone.

Come celebrate the magnificent healing power of your voice. Whether you already sing or have always wished you could, this program provides a uniquely safe environment to find your true voice and sing your heart open. Triumph over physical, emotional, and mental blocks that prevent you from being fully present, as you learn to relax the throat, increase breathing and range, sing in key, and project fearlessly.

Everyone, without exception, experiences exciting breakthroughs in Claude Stein's programs—no matter what style you like to sing or what limiting belief about your voice you've held in the past. Sing like you've always wanted to, whether you're a total beginner or your goal is to take public performance to the next level. Therapists, coaches, and workshop leaders will also find these techniques valuable.



TUITION \$315. Add 2 weekend nights room & meals; see page 108. (web code NS-153)

CLAUDE STEIN is a double-platinum-award-winning voice coach with 30 years of experience blending psychology and vocal training. He has coached at the Juilliard School and NYU. naturalsinger.com

NOVEMBER 13–15 FRIDAY–SUNDAY

Writing Down the Light

RETELLING YOUR LIFE STORY

JOAN BORYSENKO

FOR everyone. CE credits.

The stories we tell ourselves can change our brain circuitry, our relationships, and our path through the world. They can elevate life to heaven on earth, or drop us unceremoniously into the fire.

Take this opportunity to rewrite your narrative in a workshop led by a *New York Times* best-selling author known for her tender exploration of the human spirit. Join Joan Borysenko to enter the realm of the soul and

- Create your personal Tree of Life
- Explore your life myths, both sacred and profane
- Harvest the wisdom of deep discontent
- Use the written word to transform darkness into light
- Explore the relationship of story to neurobiology and the three phases of transformation
- Change your brain and your life by changing your story.



JOAN BORYSENKO, PHD, is a Harvard Medical School-trained biologist, a licensed psychologist, a *New York Times* best-selling author, and a pioneer in mind-body medicine. joanborysenko.com

TUITION \$245 Add 2 weekend nights room & meals; see page 108. (web code IAAL-151)

NOVEMBER 29–DECEMBER 2
SUNDAY–WEDNESDAY

Opening Up to the Page

YOGA AND WRITING

Lara Tupper and Cristie Newhart

FOR everyone; no prior writing or yoga experience necessary. CE credits.

Open up physically and emotionally to the stories hidden inside you. You can unleash your creative flow and write more freely when you practice yoga sequences designed to counteract “desktop posture,” quiet the internal critic, and bring the body and mind into harmony.

Come enjoy

- Movement that stimulates creativity and allows your inner writer to emerge
- Writing exercises designed to inspire new stories
- Opportunities to share your words in a safe, supportive environment
- Yoga postures, breathing, and meditation techniques to enhance your writing life.

TUITION \$280. Add 3 midweek nights room & meals; see page 108. (web code OUP-151)



LARA TUPPER, MFA, author of the autobiographical novel *A Thousand and One Nights*, taught writing at Rutgers University for nine years and is an enthusiastic yoga practitioner. laratupper.com



CRISTIE NEWHART, a 500-Hour Kripalu Yoga teacher, yoga therapist, and teacher trainer for the Kripalu School of Yoga, teaches with precise alignment, meditative focus, and humor.

You might also be interested in...

- [Let Your Yoga Dance Teacher Training p. 63](#)

Fitness and the Outdoors

SEPTEMBER 4-7 FRIDAY-MONDAY
OCTOBER 9-12 FRIDAY-MONDAY

Kripalu Outdoors

A YOGA, HIKING, AND KAYAKING RETREAT

Randal Williams and Michelle Dalbec

CE credits.

Get outside and go with the flow—on the water, on the earth, and on the mat! Satisfy your longing for a connection to nature as you explore hiking, kayaking, and yoga in the beauty of the Berkshires in autumn.

Tap into nature's profound ability to inspire us and help us gain clarity in our lives, as you

- Follow the winding trails of Yokun Ridge, with different levels of hiking to suit your needs
- Paddle on Lake Mahkeenac
- Relax into tranquil walking and floating meditations
- Practice Kripalu Yoga to balance body and mind.

Whether you're an experienced hiker or kayaker, or an eager beginner, this nature immersion will delight and rejuvenate you.

TUITION \$309. Add 2 weekend nights and 1 holiday night room & meals; see page 108. (web codes: September RRHK-151, October RRHK-152)



RANDAL WILLIAMS, E-RYT, teacher trainer and Curriculum Manager for the Kripalu Schools of Yoga and Ayurveda, is known for his inspiring teaching and reverence for the natural world.



MICHELLE DALBEC, E-RYT 500, is a passionate Kripalu Yoga and Yoga Tune Up® teacher who offers workshops and directs Kripalu Yoga Teacher Training programs. myoga.com



SEPTEMBER 4-7 FRIDAY-MONDAY

Mountain Scout Survival Wilderness Training

Shane Hobel

FOR everyone.

Awaken your senses to the world around you and the basics required to survive in a multitude of situations. This program introduces animal tracking, sign reading, Native American awareness skills, the art of silent movement, fire making, and the way of the ancient scout. These wilderness skills provide an opportunity to connect to the land, yourself, and others.

Your guide on this journey into the woods is Shane Hobel, an expert in primitive ancestral skills. As he teaches you to see animal tracks through native eyes, you also learn how tracks can lead you to water, shelter, and food sources. Learn to move the way nature does in a weekend filled with interactive exercises, lectures, and practice time.

NOTE Children under 18 are welcome, but must be accompanied by a parent or guardian. If your child is between ages 6 and 12, please contact Registrations to discuss if this program is suitable.



TUITION \$345. Add 2 weekend nights and 1 holiday night room & meals; see page 108. (web code MSSJ-151)

SHANE HOBEL founded the Mountain Scout Survival School, specializing in wilderness primitive ancestral skills, urban emergencies, and family preparedness. He also teaches traditional martial arts. mtnscoutsurvival.com

SEPTEMBER 11-13 FRIDAY-SUNDAY
Mark Roule and Ben Seidman

OCTOBER 2-4 FRIDAY-SUNDAY
Ray Crist and Susannah Gale

Kayaking and Yoga

CE credits.

Whether you're an experienced kayaker or an eager beginner, this joyful immersion in sun, water, and inner and outer peace offers a fresh, mindful approach to kayaking. Reconnect with yourself and with nature, as you enjoy the serenity and fun of kayaking and Kripalu Yoga in the beautiful Berkshires.

Led by our knowledgeable guides, you experience

- The delight of paddling on Lake Mahkeenac
- Serene floating meditations
- Kripalu Yoga classes to balance body and mind.

NOTE A kayak will be provided for you. See this program on the Kripalu website for a list of what to bring.

TUITION \$259. Add 2 weekend nights room & meals; see page 108. (web codes: September RRRKY-154, October RRRKY-155)



MARK ROULE is a Kripalu Yoga teacher and certified kayaking instructor who leads enriching and mindful nature-centered adventures.



BEN SEIDMAN, E-RYT 500, a Kripalu Yoga teacher and certified Trauma-Sensitive Yoga instructor, guides outdoor activities and yoga at Kripalu.



RAY CRIST is a Kripalu Yoga teacher who has explored the outdoors as a sailing boat captain, diver, snowboarder, kayaker, and paddle boarder.



SUSANNAH GALE is a Kripalu Yoga teacher, R&R Retreat workshop presenter, and director of Munai Yoga Studio in the Berkshires.



R&R RETREAT SPECIAL EVENT

SEPTEMBER 20-25 SUNDAY-FRIDAY

FALL R&R RETREAT

WELCOMING THE SEASON

FOR everyone.

Join us for a special week of R&R Retreat workshops themed around the new season. Come for a few days, or for the entire program.

Choose from different workshops and activities each day, featuring

- Ayurvedic immunity-boosting tips for seasonal transitions
- Guided outdoor activities to connect with the unique beauty of fall
- Cooking demos for delicious, seasonally-inspired meals
- Meditations to honor the autumnal equinox
- Tips for creating a fall yoga practice to keep you balanced and energized.

As an R&R Retreat guest, you're free to participate in all these specially themed workshops, as well as any of our regular R&R Retreat activities.

NOTE Minimum stay of two nights is required; sorry, no Saturday arrivals or departures. See page 108 for rates.

FIND OUT MORE about R&R Retreats on page 12 or visit kripalu.org/specialretreats.

Tapping into Your True Nature

How can we incorporate mindfulness and contemplation into outdoor activities?

When you're physically active outdoors, it naturally enlivens your focus and mindfulness. If you're climbing over rocks or roots, walking on slippery or rough terrain, you have to pay attention. I like to take cues from the environment; if I hear a brook rushing or wind blowing, I'll stop and listen. You never know what you're going to find, and that reinforces the feeling of being part of something bigger.

Any suggestions on how to keep enjoying nature as the temperature turns cooler?

Make sure you have the proper gear for staying dry and warm, but don't overdress, and vent your heat as needed. Try drinking warm tea with a dash of cinnamon, cloves, ginger, or even some ghee (clarified butter) before or after heading outdoors.

A Q&A WITH RANDAL WILLIAMS

How can I get the benefits of nature while living in the city?

Connecting with nature is about being nourished by the elements—ether, air, fire, water, and earth, according to Ayurveda. To connect with the ether element, find wide-open spaces—parks or rooftops. To absorb the air element, walk a few blocks instead of taking the subway, and take deep, full breaths. For fire, celebrate light, warmth, and radiance by lighting a candle, or a fireplace if you have one. You can experience the water element year-round, by walking in the rain, building a snowman, or taking a bath. For the earth element, spend some time every day walking barefoot around your home.

Randal Williams, outdoor enthusiast and Curriculum Manager for the Kripalu School of Yoga, teaches yoga, hiking, and kayaking programs at Kripalu this fall.



SEPTEMBER 15–18 TUESDAY–FRIDAY
 SEPTEMBER 20–22 SUNDAY–TUESDAY
 SEPTEMBER 22–25 TUESDAY–FRIDAY

Conscious Riding

Paul Striberry and Sandra Burgess

FOR everyone.

Join renowned horseman Paul Striberry to learn a holistic approach to horsemanship that encourages congruence in body, mind, and spirit. Paul's approach to Conscious Riding supports you in seeing your horse as an SUV—Spiritual Utility Vehicle—and understanding riding as a practice of meditation in motion on the path to awakening.

The core teachings of this program are grounded in yogic philosophy: feeling your natural balance and learning to watch your fears instead of getting caught in them. In this way, you learn to

- Ride beyond your edge
- Expand your abilities
- Meet new challenges.

In this program, riding takes place at Undermountain Farm, three miles from Kripalu. The facilities include indoor and outdoor arenas.

NOTE Tuition includes riding fees. Bring gloves, boots with heels, and a helmet, if you have one.

TUITION 3-day: \$495. Add 3 midweek nights room & meals; see page 108. (web codes CR-151; CR-153)

TUITION 2-day: \$395. Add 2 midweek nights room & meals; see page 108. (web code CR-152)



PAUL STRIBERRY is a lifelong professional horseman who trains horses and riders at Mileaway Farm in Southern Pines, North Carolina. He is a longtime student of yoga. consciousriding.com



SANDRA BURGESS, E-RYT 500, is an iRest® Yoga Nidra teacher whose approach improves performance and increases enjoyment for horse and rider. consciousriding.com



OCTOBER 30–NOVEMBER 1
 FRIDAY–SUNDAY

Yoga and Running

OFF THE MAT AND ONTO THE TRAIL

Stephen Alsdorf and Healthy Living Faculty

FOR everyone comfortable running a 5K race. CE credits.

Enjoy a weekend of yoga and outdoor adventure in the beautiful Berkshires. Trail running and yoga might seem fundamentally different in their approach to movement, but they share many unexpected traits. Each demands a high level of mental, emotional, and physical awareness—skills that a growing body of research suggests prevent injury and optimize performance.

Join medical doctor and runner Stephen Alsdorf to

- Experience daily runs on well-maintained forest and ridge trails right outside Kripalu's back door
- Learn how to prevent injuries and run with more ease and greater joy
- Explore how running and yoga complement each other to develop mind-body strength, flexibility, and stability
- Practice yoga each day to build endurance and awareness
- Discover the specific health benefits of natural environments with an introduction to the science of "forest therapy."

TUITION \$249. Add 2 weekend nights room & meals; see page 108. (web code RRYT-151)



STEPHEN ALSDORF, MD, a family physician with a special interest in sports medicine and injury prevention, is passionate about helping others find joy in running.

NOVEMBER 27–29 FRIDAY–SUNDAY

Hiking and Yoga

Randal Williams and Michelle Dalbec

Get connected with the earth.
 Get connected with yourself.

CE credits.

Nature has the ability to inspire us and help us gain clarity in our lives. Satisfy your inner longing for connection to nature as you explore the hiking trails of the Yokun Ridge, right outside Kripalu's back door. Join our knowledgeable guides for multi-level hiking and Kripalu Yoga.

This weekend, you explore

- The winding trails of Yokun Ridge, with different levels of hiking offered each day to suit your needs
- Tranquil walking meditations in the forest
- Yoga classes to balance body and mind.

Whether you are an experienced hiker or an eager beginner, this program will delight and rejuvenate you.

TUITION \$249. Add 2 weekend nights room & meals; see page 108. (web code RRHY-154)



RANDAL WILLIAMS, E-RYT, teacher trainer and Curriculum Manager for the Kripalu Schools of Yoga and Ayurveda, is known for his reverence for the natural world and inspiring teaching.



MICHELLE DALBEC, E-RYT 500, is a passionate Kripalu Yoga and Yoga Tune Up® teacher who offers workshops and directs Kripalu Yoga Teacher Training programs. myoga.com

You might also be interested in...

- Fall Food and Fitness Retreat p. 52



Health and Wellness



SEPTEMBER 4-7 FRIDAY-MONDAY

Radiant Health

A WEEKEND RETREAT FOR WOMEN

Sudha Carolyn Lundeen

FOR women of all ages.

Looking for the perfect getaway? Need to de-stress, rebalance, and reclaim your vitality?

This retreat designed by Kripalu Yoga teacher trainer Sudha Carolyn Lundeen nurtures body, mind, and soul in a relaxing, fun, and informative environment. Through a blend of lecture and experience, you learn

- Tips for strengthening your immune system
- Techniques for stress reduction and relaxation
- Yoga practices for women
- Ayurvedic principles to help you support your individual constitution and needs
- Mindfulness techniques, yogic breathing, and healing meditations
- Mindful eating practices
- Tools for letting go of the small stuff and enhancing your life and well-being.

We also take an indoor labyrinth walk for wisdom and insight. Return home with a renewed sense of wellness and vitality, with practices to keep health and balance alive in your life.

TUITION \$240. Add 2 weekend nights and 1 holiday night room & meals; see page 108. (web code RHW-152)

SUDHA CAROLYN LUNDEEN, RN, E-RYT 500, is a teacher at Kripalu, where she leads trainings in the Kripalu Schools of Yoga and Ayurveda. sudhalundeen.com



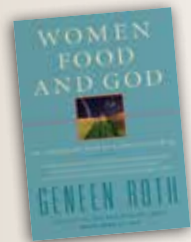
Sudha Carolyn Lundeen



OCTOBER 9-11 FRIDAY-SUNDAY

Women, Food, and God: A Transformational Path

GENEEN ROTH



FOR everyone.

The way you eat is inseparable from your core beliefs about being alive. No matter how wise or enlightened you believe you are, how you eat tells all. If you want to understand and

change your beliefs about abundance, scarcity, deprivation, relaxation, kindness, and what you deserve to give yourself, the world is on your plate. When you understand what prompts you to eat when you aren't hungry, you not only lose weight, but the process takes you to the authentic center of your life.

In this workshop, learn the tools of inquiry, body sensing, meditation, and Geneen's Eating Guidelines, which are the basis of the journey. Rather than judging yourself, learn to contact the part of yourself that is fresh and alive, change your relationship with food, and live the life you truly want.

TUITION \$325. Add 2 weekend nights room & meals; see page 108. (web code WFG-151)

GENEEN ROTH is a writer and teacher whose work uses compulsive behaviors as a path to the inner universe. Her books include the number-one *New York Times* best-seller *Women, Food, and God*. geneenroth.com

SEPTEMBER 20-25 SUNDAY-FRIDAY

The Kripalu Approach to Healthy Living

Cristie Newhart and Janna Delgado

FOR everyone. CE credits.

This evidence-based program is guided by research conducted by the Kripalu Institute for Extraordinary Living in partnership with scientists affiliated with Harvard Medical School. It distills the essence and practices of ancient yoga philosophy and its sister science, Ayurveda, into a modern, accessible lifestyle approach. This immersion provides a foundation for anyone seeking more balance, bringing greater ease to your life as you aim to have a positive impact on the world.

Together, we explore

- Yoga-based stress management and resilience training techniques using movement, breathwork, and meditation to increase physical, mental, and emotional well-being
- An embodied experience of mindful diet, sleep, and yoga practice to restore balance and vitality.

Return home feeling reinvigorated with a plan to make a difference by first caring for yourself—one practice at a time.

TUITION \$399. Add 5 midweek nights room & meals; see page 108. (web code KAHL-152)



CRISTIE NEWHART, a 500-Hour Kripalu Yoga teacher, yoga therapist, and teacher trainer for the Kripalu School of Yoga, teaches with precise alignment, meditative focus, and humor.



JANNA DELGADO, E-RYT 500, a Kripalu faculty member and a teacher and curriculum developer for the Kripalu Yoga in the Schools program, is creator of the CD *Moderate Kripalu Yoga*.

SEPTEMBER 30-OCTOBER 2 WEDNESDAY-FRIDAY

Conscious Conception

DEVELOPING YOUR OWN FERTILITY PLAN

Jill Blakeway and Noah Rubinstein

FOR couples and single people who want to enhance their fertility.

Based on Jill Blakeway's best-selling book, *Making Babies*, and her well-known fertility program at the YinOva Center in New York City, this program combines the best of Eastern and Western medicine to help you conceive.

You learn

- The top 10 things people do inadvertently that impede fertility
- A fertility-promoting lifestyle, including diet and stress management
- Herbs, supplements, and exercises specific to your fertility type
- How Chinese medicine can support you as you try to conceive
- Self-massage techniques and acupressure to improve circulation to the reproductive organs.

Take home an individualized, comprehensive, three-month fertility plan, tailored to your specific situation.

TUITION \$335. Add 2 midweek nights room & meals; see page 108. (web code CCFP-151)



JILL BLAKEWAY, a licensed acupuncturist and clinical herbalist, is the founder of the YinOva Center™ and teaches traditional Chinese medicine. yinovacenter.com



NOAH RUBINSTEIN is the clinic director at the YinOva Center™. He is a licensed acupuncturist. yinovacenter.com



OCTOBER 2-9 FRIDAY-FRIDAY
NOVEMBER 8-13 SUNDAY-FRIDAY

Revitalizing Cleanse

NOURISHING BODY, MIND, AND SPIRIT

Alison Shore Gaines

FOR everyone. CE credits.

Create a foundation for a revitalized life with a nurturing cleanse that offers a balance of nutrition information, lifestyle practices, and mindfulness. You experience nourishment, not deprivation, in this whole-person approach to detox, diet, and healthy living.

Key aspects of the retreat include

- Organic juices, grains, and puréed vegetable soup
- Green juice option (made from green vegetables)
- Healing breathing practices and personal inquiry
- Yoga, movement, and walking
- Mindful eating and healing your relationship with food
- Tapping into body wisdom as a guide for what and when to eat
- Easing food and sugar cravings
- Jump-starting healthy weight loss
- Tools for creating a vibrant, healthy lifestyle, even in a busy life.

Participants report a post-cleanse experience of deep and lasting change.

TUITION October 2-9 \$770. Add 2 weekend nights and 5 midweek nights room & meals; see page 108. (web code RJF-156); November 8-13 \$560. Add 5 midweek nights room & meals; see page 108. (web code RJF-157).



ALISON SHORE GAINES, a pioneer in the field of holistic cleansing, is trained in Kripalu Yoga, holistic nutrition, and body-centered counseling. sacrednourishment.com



OCTOBER 4–9 SUNDAY–FRIDAY

The Mindful Table

A KRIPALU NUTRITION AND COOKING IMMERSION

Annie B. Kay and Jeremy Rock Smith

Create health right in your kitchen.

FOR everyone. CE credits.

Do you want to eat healthier and cook more of your own meals? Would you like to feel more comfortable in the kitchen? Kripalu Lead Nutritionist Annie B. Kay and Kripalu Executive Chef Jeremy Rock Smith share the latest nutritional research and the best ways to prepare food to ensure that you get the most out of your meals. Come learn

- How to prepare healthy, whole-food meals
- The art of shopping with economics and the planet in mind
- Which foods promote health and well-being
- Why the way you cook your food is so important
- Time-saving cooking tips and techniques.

Return home with delicious new recipes and the confidence you need to get in the kitchen and start cooking.

TUITION \$419. Add 5 midweek nights room & meals; see page 108. (web code RRMN-154)



ANNIE B. KAY, MS, RDN, LDN, RYT, is Lead Nutritionist at Kripalu, author of *Every Bite Is Divine*, and an important voice in whole-foods nutrition and yoga. everybiteisdivine.com



JEREMY ROCK SMITH, Kripalu's Executive Chef, graduated from the Culinary Institute of America and began his career in classical French cuisine. He joined the Kripalu Kitchen in 2010.



Annie B. Kay and Jeremy Rock Smith

OCTOBER 12–16 MONDAY–FRIDAY

Fall Food and Fitness Retreat

John Bagnulo and Mark Roule

FOR everyone. CE credits.

With fall foliage at its peak along with the bounty of the harvest, autumn is ripe with opportunity for outdoor adventure and fabulous food. Recharge your body, reboot your mind, and explore fall foods that provide the best possible foundation for fitness and vitality.

Nutritionist John Bagnulo and outdoor guide Mark Roule lead you on a retreat that includes

- Challenging hikes along Yokun Ridge and stand up paddleboarding on Lake Mahkeenac
- Cooking demonstrations, tastings, and lectures on the latest nutrition findings
- Rejuvenating yoga classes.

Enjoy a whole-body, whole-foods adventure sure to leave you invigorated and refreshed.

NOTE Be prepared to hike over hilly terrain for 2–3 hours.

TUITION \$330. Add 4 midweek nights room & meals; see page 108. (web code RRDC-151)



JOHN BAGNULO, MPH, PHD, is a naturalist, nutritionist, farmer, and assistant professor who teaches courses at wellness centers and universities. johnbagnulo.com



MARK ROULE is a certified Kripalu Yoga teacher and R&R and Healthy Living outdoor guide who leads mindful and enriching nature-centered adventure experiences.

SEPTEMBER 11–13 FRIDAY–SUNDAY

Mindfulness-Based Eating Awareness Training

Jean Kristeller and Andrea Lieberstein

FOR everyone; no previous meditation experience required. CE credits.

Experience a new approach to eating, one that cultivates inner wisdom through mindful-eating practices and guided meditations. Research funded by the National Institutes of Health has shown that Mindfulness-Based Eating Awareness Training is a powerful approach to addressing struggles with weight and eating issues.

Deepen your understanding of mindfulness as it applies to eating and joyful living, through sitting meditation, eating meditations, group discussion, and gentle yoga exercises. You also explore current nutrition and exercise guidelines, as you learn

- Ways to eat that are more attuned to your body's needs
- To experience the full pleasure and taste of food without overeating
- Ways to release the guilt and struggle often associated with dieting
- Tools for making balanced and healthy choices so that you will be truly nourished.

TUITION \$235. Add 2 weekend nights room & meals; see page 108. (web code MBEAT-152)



JEAN KRISTELLER, PHD, a clinical and research psychologist with a doctorate from Yale, has used meditation-based interventions for eating disorders and obesity for more than 20 years. indstate.edu



ANDREA LIEBERSTEIN, MPH, RD, RYT, is a registered dietitian nutritionist, mindfulness-based stress-reduction instructor, and mindful-eating coach who leads trainings and retreats internationally. mindfuleatingtraining.com

OCTOBER 18–23 SUNDAY–FRIDAY

BREATH IMMERSION 2015

FROM SCIENCE TO SAMADHI

Shirley Telles, Stanislav Grof, Jessica Dobb, Daniel J. Siegel (via Skype™), Patricia Gerbarg, Richard P. Brown, Yoganand Michael Carroll, and more

FOR all levels. CE credits.

One conscious, optimal breath can transform you and the world. Immerse yourself in the full spectrum of ancient and modern practices that cultivate conscious, optimal breathing. The international faculty is drawn from pioneers in the movement and newly emerging leaders.

This highly experiential, collaborative, and innovative program explores the potential of breath as

- The unifying language of the human species
- Friend, healer, teacher, lover, awakener
- Guide and nutrient for enhanced relationship resonance, parenting, sexuality, creativity, service, and social activism
- Medicine for physical, emotional, and cognitive imbalances
- The doorway to consciousness and enlightenment.

Breakout sessions cover a variety of breath modalities, offer information on becoming a breathworker, and provide supervision from master breathworkers. Join us for healing, personal growth, spiritual development, enhanced creativity, increased intelligence and wisdom, improved relational harmony, attuned access to intuition, heightened mystical realization, and fully participating in building a healthier world together.

NOTE This program is ideal for everyone, including beginners, health professionals interested in incorporating breathwork into their practices, and master breathworkers who want to expand the breadth and depth of their knowledge.

TUITION \$675. Add 5 midweek nights room & meals; see page 108. (web code STS-151)



SHIRLEY TELLES, MBBS, MPHIL, PHD, is a world-renowned yoga and breath researcher. She directs research at Patanjali Research Foundation, Haridwar, India. patanjaliresearchfoundation.com



STANISLAV GROF, MD, is a psychiatrist with more than 50 years of experience researching non-ordinary states of consciousness, and founder of the International Transpersonal Association. stanislavgrof.com



JESSICA DOBB, founder and spiritual director of Inspiration Consciousness School, designs and facilitates Integrative Breathwork™ and consciousness trainings. inspirationcommunity.org



DANIEL J. SIEGEL, MD, is clinical professor of psychiatry at the UCLA School of Medicine and codirector of the Mindful Awareness Research Center. drdansiegel.com



PATRICIA GERBARG, MD, and **RICHARD P. BROWN, MD**, are clinical professors of psychiatry who have spent years exploring the efficacy of mind-body practices for depression and post-traumatic stress disorder. breath-body-mind.com



YOGANAND MICHAEL CARROLL, E-RYT 500, is Dean of the Kripalu School of Yoga and has been training teachers for decades. pranakriya.com

Visit the Kripalu website to view bios for Jim Morningstar, Binnie A. Dansby, Rabia Hayek, Carol A. Lampman, Jeanne Denney, Petri Berndston, Alice Wells, and Jeremy Youst.

The Art of Mindful Eating

Six Ways to Slow Down and Savor Your Meal

CHECK IN Take time to assess your hunger. Are you eating just because it's a habit, or are you craving something else, like emotional sustenance? What will truly satisfy you right now? Bring this level of consciousness and focus into your decision about what to eat.

CLEAR A SPACE—BOTH EMOTIONALLY AND PHYSICALLY

Make time for your meal so that you don't feel rushed, and set an attractive place at the table, even if you're eating alone. Turn off the radio, television, and digital devices, and remove books, magazines, and newspapers, so you can be in the moment and focus on savoring your meal.

SLOW DOWN AND GIVE THANKS Take a few breaths before you begin. You can use these moments to bring yourself fully to the table, acknowledging your gratitude to the earth, the sun, the plants, the farmers, and everything else involved in delivering this food to your table.

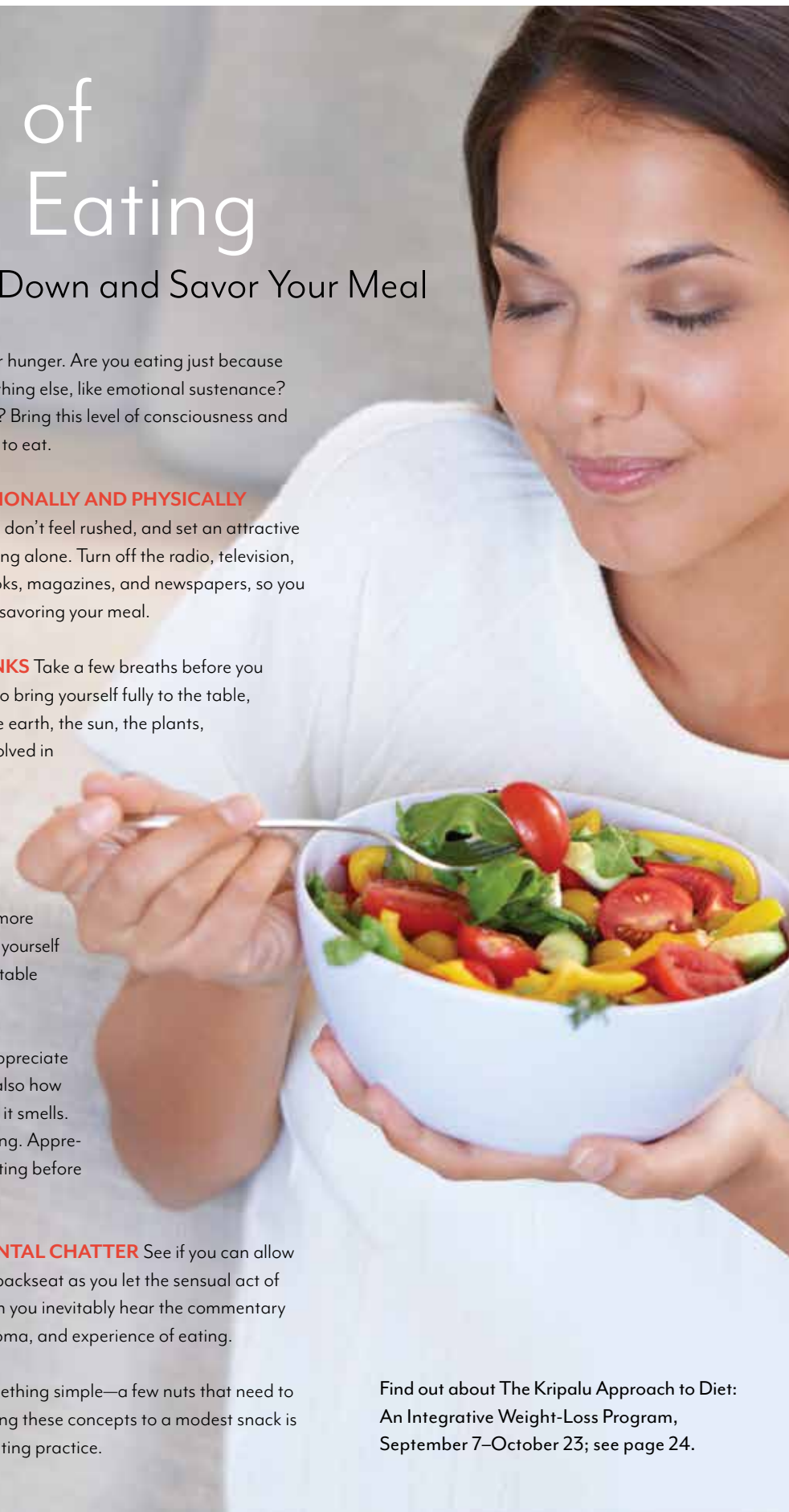
CHEW IT OVER Digestion begins with the act of chewing; saliva contains enzymes that chemically break down food. The more you chew, the more efficiently you absorb nutrients. Slow yourself down by placing your utensils on the table between bites—or try chopsticks.

ENGAGE ALL YOUR SENSES Appreciate not only the taste of your food, but also how it looks on your plate and how good it smells. Consider the nutrients you're receiving. Appreciate every aspect of what you're eating before you take the next bite.

TAKE A BREAK FROM THE MENTAL CHATTER See if you can allow your mental commentary to take a backseat as you let the sensual act of eating fully occupy your mind. When you inevitably hear the commentary starting up, refocus on the taste, aroma, and experience of eating.

Try out these steps while eating something simple—a few nuts that need to be shelled, or a piece of fruit. Applying these concepts to a modest snack is a great way to start your mindful-eating practice.

Find out about The Kripalu Approach to Diet: An Integrative Weight-Loss Program, September 7–October 23; see page 24.



OCTOBER 18–22 SUNDAY-THURSDAY

A Wellness Retreat for People Living with Parkinson's and Their Care Partners

Maria Sirois, Aruni Nan Futuronsky, and Healthy Living Faculty

Offered in collaboration with the National Parkinson Foundation for people diagnosed less than three years who meet the mobility requirements, and their partners.

Are you or someone you love living with Parkinson's disease? Learn the latest information on research, medication, and lifestyle changes that can improve the quality of life for you and your loved ones.

Each day of this retreat offers both educational sessions and hands-on workshops on the benefits of movement, meditation, yoga, and conscious communication.

In this program, you

- Learn the latest research
- Demystify medications
- Discover what you need to know about exercise and nutrition
- Learn how yoga and meditation can improve quality of life
- Enjoy yoga and dance classes
- Share and learn from each other in daily breakout groups for caregivers and people living with Parkinson's
- Develop new skills for managing stress and incorporating self-care.

Join a community of others facing the same challenges as we explore how to live as fully as possible.

TUITION \$250. Add 4 midweek nights room & meals; see page 108. (web code NPF-152)

PLEASE CALL the National Parkinson Foundation at 800.473.4636 to register.



MARIA SIROIS, PSYD, is an inspirational speaker and clinical psychologist who lectures internationally on the study and application of Positive Psychology, mind-body medicine, and resilience. mariasirois.com



ARUNI NAN FUTURONSKY is a Kripalu Yoga teacher, life coach, and faculty member for Kripalu R&R Retreat and Healthy Living programs. coacharuni.com

OCTOBER 19–23 MONDAY-FRIDAY

Deep Relaxation, Guided Imagery, and Meditation for Stress Relief

Julie Lusk

FOR all levels. **CE** credits.

When we're equipped with the right tools, techniques, and outlook, we can find sustainable ways to handle work stress, sickness, relationship problems, loss, and dissatisfaction. These challenges can even help us grow.

Whether you're in the midst of stress or want to be ready for the next cycle of stress, this enjoyable workshop provides the practical mind-body formula you need to manage tension and maximize energy—without getting overwhelmed or unwell. You learn

- The positive and negative dynamics of stress
- Practical strategies for instant and long-term stress relief
- Deep relaxation through yoga nidra
- Guided imagery to support health and awaken self-understanding
- A variety of meditations, so you can identify the best method for you
- A practical self-care plan for transforming daily stress into energized, awakened living.

TUITION \$300. Add 4 midweek nights room & meals; see page 108. (web code SRGR-151)



JULIE LUSK, MED, E-RYT 500, is an international author, recording artist, and president of Wholesome Resources, offering retreats, trainings, and seminars. wholesomeresources.com

OCTOBER 23–25 FRIDAY-SUNDAY

Savoring Life

LUSCIOUS COOKING FOR HEALTH

Leslie Cerier

FOR everyone. **CE** credits.

In this hands-on vegetarian cooking class, gourmet organic chef, teacher, and cookbook author Leslie Cerier presents whole foods that are pleasurable, delicious, and nutritious.

Cook and feast on exciting vegetarian dishes as you learn to

- Stock organic whole foods and cook them easily from scratch
- Expand your cooking repertoire, enhance your energy, and even lose weight cooking with healthy fats
- Boost omega-3 fatty acids with delicious dishes made from dark leafy greens, pasture-raised eggs, walnuts, flax, hemp, and sesame seeds
- Use herbs and spices to enhance flavor and create international dishes
- Mix and match foods to invent your own recipes high in antioxidants, fiber, vitamins, and minerals
- Add superfoods such as goji berries, maca, and cacao to your diet.

By engaging your senses, discover cooking as a means of self-expression.

TUITION \$250. Add 2 weekend nights room & meals; see page 108. (web code SLLCH-151)



LESLIE CERIER, “the organic gourmet,” is an internationally recognized farm-to-table chef, recipe developer, and author of six cookbooks. She specializes in vegetarian, vegan, and gluten-free cooking. lesliecerier.com



Harvest Recipes from the Kripalu Kitchen

Here are three of Executive Chef Jeremy Rock Smith's favorite holiday recipes. For more about Jeremy, turn to the inside back cover.



ROASTED BUTTERNUT SQUASH BISQUE WITH CHÈVRE

Serves 4.

1 medium butternut squash, halved,
with seeds removed
2 tablespoons olive oil
¼ cup Spanish onion, small diced
1 teaspoon cinnamon
1 teaspoon chopped garlic
4 cups vegetable stock or water
¾ teaspoon sea salt
Black pepper to taste
2 teaspoons cider vinegar
2 tablespoons chèvre

Place squash flesh side down in a shallow roasting pan. Add water until it covers the squash by one inch. Bake at 375 degrees until slightly tender, 20 to 30 minutes. Remove foil and continue to bake until squash is soft, 10 to 15 minutes. Remove from oven and allow to cool slightly. Remove skin and reserve flesh.

In a sauté pan, heat the oil over medium heat. Add the onion and sauté until translucent. Add cinnamon and cook, uncovered, for at least 2 minutes. Add garlic and cook until it releases its aroma. Add reserved squash.

Add stock and simmer for 10 minutes. Purée until smooth. Season with salt, pepper, and cider vinegar. Garnish serving with a spoonful of chèvre.



WILD MUSHROOM RISOTTO WITH BLACK TRUFFLE OIL

Serves 4.

8 cups organic vegetable or chicken stock
¼ ounce dried porcini or shiitake mushrooms
3 cups assorted wild mushrooms,
stems removed, small diced or sliced
4 tablespoons olive oil
½ cup onion, small diced
1 cup arborio rice
½ cup dry white wine
¼ cup organic unsalted butter or olive oil
½ cup grated Parmesan cheese (optional)
Salt and freshly ground black pepper
Black truffle oil



Place stock and dried mushrooms in a saucepot over medium heat. Bring to a simmer for about 5 minutes to reconstitute the mushrooms. Remove mushrooms and chop finely. Keep stock at a simmer over low heat.

Heat 1 tablespoon oil in a saucepan over medium heat. Add wild mushrooms, stirring occasionally, and cook until golden and soft, 5 to 8 minutes. Transfer to bowl.

To the same pan, add remaining olive oil, reconstituted mushrooms, and onions. Cook until translucent. Add rice; cook, stirring, for 3 to 4 minutes.

Add wine and cook, stirring, until wine is absorbed by rice. Add ¾ cup hot stock to rice. Stir constantly until rice has absorbed most but not all of the liquid and the mixture is thick. Add another ¾ cup stock. Repeat this process until the rice is al dente. As the rice nears doneness, watch carefully, adding smaller amounts of liquid. The risotto should be slightly creamy and thick; it will thicken further when removed from heat.

Add the reserved mushrooms and remove from heat. Stir in butter or olive oil and Parmesan; season with salt and pepper to taste. Drizzle a few drops of truffle oil over each serving. Serve immediately.



PUMPKIN PIE WITH CARDAMOM WHIPPED CREAM

Makes one 9-inch pie.

The flavors of this pie integrate nicely overnight, so you can bake it the day before serving.

For pecan crust

½ cup pecan meal
¾ cup gluten-free oat flour
¼ cup buckwheat flour
½ teaspoon cinnamon
⅛ teaspoon baking powder
⅛ teaspoon salt
¼ cup sunflower oil
¼ cup maple syrup
½ teaspoon vanilla extract

For pumpkin filling

¼ cup arrowroot powder
1 teaspoon cinnamon
1 teaspoon cardamom
½ teaspoon salt
2 cups pumpkin purée
1 ¼ cups soy milk
¾ cup maple syrup
1 teaspoon vanilla

For Cardamom Whipped Cream

Makes 2 cups.

1 cup heavy cream
1 tablespoon maple syrup
⅛ to ¼ teaspoon cardamom
Dash of vanilla extract

Preheat oven to 350 degrees.

Brush the inside of a 9-inch pie plate with palm shortening or sunflower oil, and coat with a light sprinkling of flour.

To make the pecan crust, mix dry ingredients together in a bowl. Mix wet ingredients separately. Make a well in the dry ingredients and pour in the wet ingredients; mix together. When thoroughly combined, press mixture onto bottom and sides of pan by covering dough with a piece of wax paper or plastic wrap and pressing and smoothing until evenly spread.

Refrigerate or freeze until set. Place a round of wax paper or parchment paper over crust, including the rim, and weight bottom and sides with dried beans. Bake until crust starts to firm, about 15 minutes. Remove paper and beans. Place pan over a square of aluminum foil; bring foil up over crust edges to keep crust from browning too much. Continue baking for another 6 to 8 minutes until bottom of crust starts to brown.

For pie filling, mix all dry ingredients in a bowl. Add the pumpkin purée, milk, sugar, and vanilla, and stir to combine.

Pour filling into crust and bake until filling is set and starting to puff around the edges, about 45 minutes.

Combine ingredients for Cardamom Whipped Cream, and beat until soft peaks form. Serve alongside pie, or on top of each slice.

Stay connected.

Find us online for resources, articles, videos, recipes, and more—read, watch, and share.



#kripalu #kripalulove

OCTOBER 30–NOVEMBER 1
FRIDAY–SUNDAY

Medical Intuition Healing Intensive

Mona Lisa Schulz

FOR everyone. CE credits.

Unlock your inner healing powers so that you can access your life potential. This new program from medical doctor Mona Lisa Schulz offers mind-body solutions to address conditions such as chronic fatigue, Lyme disease, IBS, weight problems, asthma, hormonal imbalances, depression, and anxiety.

Mona Lisa, a professional medical intuitive for nearly 30 years, brings a scientific background, as well as personal experience with life-threatening illness. With humor, persistence, and a loving-yet-firm style, she guides you to transform your pain to power, and your suffering to living with joy and purpose. By the end of this weekend, you have a medical intuitive diagram of your health concerns, and action steps to take for immediate emotional and physical relief. Prepare to leave lighter, with passion and positivity.

TUITION \$240. Add 2 weekend nights room & meals; see page 108. (web code IBMI-151)

MONA LISA SCHULZ, MD, PHD, author of *Awakening Intuition* and *The New Feminine Brain*, combines the best of Western science with energy medicine. drmonalisa.com



NOVEMBER 15–18 SUNDAY–WEDNESDAY

The Beauty of Illness

TRANSFORMING SUFFERING, REVITALIZING HOPE

Margrit Mikulis

FOR everyone.

Change your relationship with disease and transform the way you think about pain and suffering. Illness can empower you and teach you to activate your full potential. Experience this paradigm shift as you revitalize hope and motivation and energize your life force.

In this depth program with a naturopathic, Ayurveda-trained doctor, you learn how to

- Incorporate tools of Ayurveda, yoga, and meditation for physical, mental, and spiritual growth
- Trust the complex nature of suffering and realize that symptoms have a purpose
- Personalize power through the “Health-Ease Continuum”
- Integrate the “Beauty of Illness” concepts with Ayurveda, kundalini energy, and natural therapeutics
- Explore the concept of “raising the pure” as you uncover and embrace your true essence within
- Identify your kriya, or action potential
- Develop a daily practice.

NOTE This program involves deep emotional work. See this program on the Kripalu website for recommended reading and viewing.



TUITION \$275. Add 3 midweek nights room & meals; see page 108 (web code JHTS-151)

MARGRIT MIKULIS, ND, is a naturopathic doctor, clinician, and faculty member for the Kripalu School of Ayurveda. livingnaturalinc.com

NOVEMBER 6–8 FRIDAY–SUNDAY

Five Ingredients, No Time

HEALTHY, FAST FOOD FROM THE KRIPALU KITCHEN

Jeremy Rock Smith

FOR everyone. CE credits.

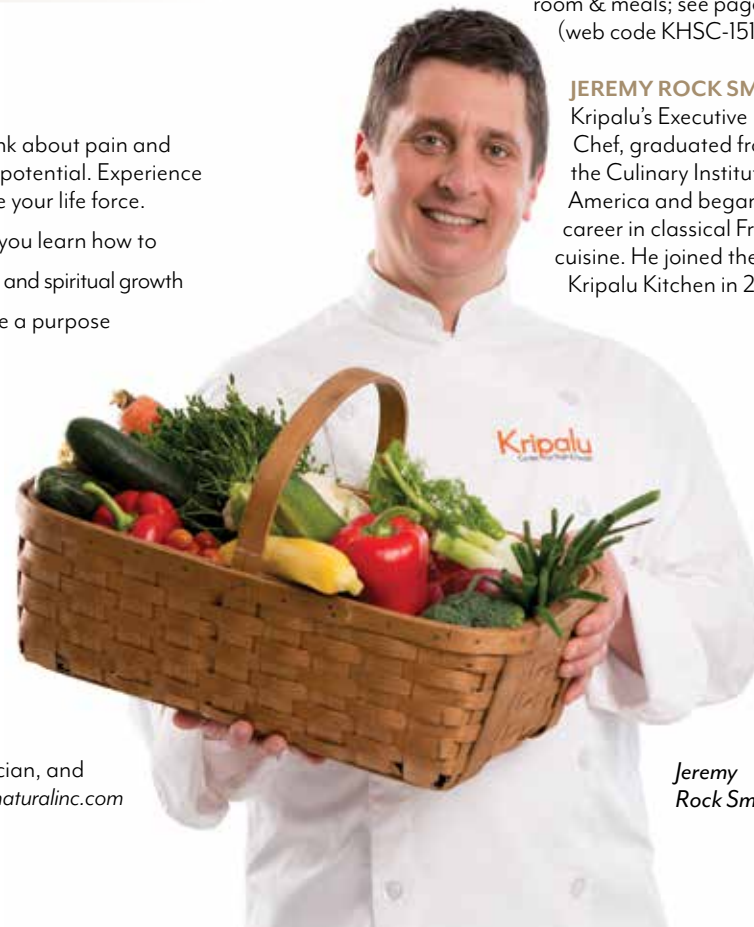
You don’t need tons of time and a laundry list of ingredients to make healthy, delicious meals. Learn to prepare some of Kripalu’s all-time best recipes with less shopping and prep, fewer dishes—and just five fabulous ingredients. These simple, tasty, and nourishing meals can be easily recreated at home for any occasion, from weeknight dinners to parties.

Come learn to

- Whip up last-minute meals
- Hone your knife skills
- Expand your cooking repertoire with recipes for grains, legumes, veggies, and proteins
- Understand the basic tastes and how each contributes to a full-flavor profile
- Master the fundamentals of grilling, sautéing, steaming, and roasting
- Save time without compromising quality.

TUITION \$305. Add 2 weekend nights room & meals; see page 108. (web code KHSC-151)

JEREMY ROCK SMITH, Kripalu’s Executive Chef, graduated from the Culinary Institute of America and began his career in classical French cuisine. He joined the Kripalu Kitchen in 2010.



Jeremy Rock Smith

NOVEMBER 8–13 SUNDAY–FRIDAY

Facing Cancer with Courage

Maria Sirois, Aruni Nan Futuronsky, and Healthy Living Faculty

No matter when you were diagnosed or what treatment options you are choosing, facing cancer is life-changing. Find inspiration in this transformational retreat for men and women ready to dive in and create an amazing life full of healing and joy.

Learn the tools and practices that invigorate mind, body, and spirit—and refashion the dream of your life. Guided by an exceptional team of caring and creative Kripalu health and yoga professionals, you

- Come to love your body more deeply through dance, yoga, walking, and healthy eating
- Explore the latest research in mind-body medicine and all it has to offer to tame your stress, strengthen your resilience, and move you toward thriving
- Learn the power of nutrition to heal and transform
- Bring home a kit of healthy daily practices to nurture the body and revitalize the spirit

• Craft and commit to a specific wellness plan for your unique and amazing life.

TUITION \$409. Add 5 midweek nights room & meals; see page 108. (web code RRRR-152)



MARIA SIROIS, PSYD, is an inspirational speaker and clinical psychologist who lectures internationally on the study and application of Positive Psychology, mind-body medicine, and resilience. mariasirois.com



ARUNI NAN FUTURONSKY is a Kripalu Yoga teacher, life coach, and faculty member for Kripalu R&R Retreat and Healthy Living programs. coacharuni.com

NOVEMBER 22–25 SUNDAY–WEDNESDAY

Renew and Refresh for the Holidays

Erin Casperson and Jess Frey

FOR everyone.

As the holidays draw near, take some time out to rest, rejuvenate, and prepare for the busy season ahead. This practice-focused retreat into self-care guides you to find new ways to stay connected to what’s important this season.

In this soothing and nourishing program, you explore

- Ayurvedic tools to increase vitality and harmony
- Deep relaxation and restorative yoga
- Stress-reducing meditations
- Journaling
- Pranayama for the season
- Mindful eating.

Relax, rejuvenate, and find an inner glow that will inspire you through the season and beyond.

NOTE Please bring layers for an outdoor walk.

TUITION \$199. Add 3 midweek nights room & meals; see page 108. (web code RRWW-151)



ERIN CASPERSON is the Academic Coordinator for the Kripalu School of Ayurveda, an Ayurvedic Health Counselor, and a 500-Hour Kripalu Yoga teacher.



JESS FREY, E-RYT 500, is a Kripalu Yoga teacher and a former Intern for the Kripalu School of Yoga and the Kripalu Institute for Extraordinary Living.

You might also be interested in...

- MELT Self-Care Immersion p. 35
- The Embodied Practitioner p. 63
- Food As Medicine p. 64
- The Science of Yoga for Health Professionals p. 68

Neuroscience and Psychology

OCTOBER 9–11 FRIDAY–SUNDAY

Interpersonal Neurobiology

PRACTICES THAT CULTIVATE
CONNECTION AND WELL-BEING

DANIEL J. SIEGEL

CE credits.

Interpersonal neurobiology integrates a wide array of sciences into one perspective on well-being, offering practical suggestions on how to use the focus of attention to strengthen connections in the brain and in our relationships. By seeing relationships and the brain as the two fundamental sources of our mental life, we gain new insights into how to create a healthy mind—one that is resilient, insightful, compassionate, and filled with vitality.

In this program, we begin with the scientific basics of how the mind, the brain, and relationships interact. Then we move on to practical suggestions to create a scientifically sound daily mental activity guide—The Healthy Mind Platter—that promotes well-being across these three aspects of our lives.

RECOMMENDED READING See this program on the Kripalu website.

TUITION \$325. Add 2 weekend nights room & meals; see page 108. (web code TMBR-151)

DANIEL J. SIEGEL, MD, is clinical professor of psychiatry at the UCLA School of Medicine and codirector of the Mindful Awareness Research Center. drdansiegel.com



OCTOBER 11–14 SUNDAY–WEDNESDAY

Quieting the Hungry Ghost

COMPASSIONATE AND MINDFUL RELAPSE PREVENTION

Richard Fields

FOR everyone. CE credits.

Learn compassion for yourself and others in a dynamic workshop that addresses stress, imbalance, and reactivity—the primary causes of relapse to unhealthy behaviors and relationships.

Both didactic and interactive, this program uses small- and full-group discussions as you learn to

- Use mindfulness skills to reduce anger, blame, and impatience
- Increase self-compassion, realistic optimism, positive attitude, and hope
- Practice different types of meditation
- Use relapse-prevention tools to reduce cravings and negative-impulsive behaviors
- Develop and maintain healthy habits.

RECOMMENDED READING Richard Fields, *A Year of Living Mindfully: 52 Quotes & Weekly Mindfulness Practices* and *A Year of Living with More Compassion*.

TUITION \$285. Add 1 holiday night and 2 midweek nights room & meals; see page 108. (web code QHG-152)



RICHARD FIELDS, PHD, editor of *A Year of Living Mindfully*, has more than 35 years of experience in outpatient alcohol/drug recovery and relapse prevention. fasesconferences.com

You might also be interested in...

- **Techniques for Mind-Body Integration** p. 69
- **Intimacy from the Inside out** p. 71

NOVEMBER 1–6 SUNDAY–FRIDAY

SOMATIC PSYCHOLOGY CONFERENCE

Jaci Hull, Ann Weiser Cornell, Brian and Marcia Gleason, Joe Weldon, and Beth L. Haessig

FOR mental-health professionals, yoga teachers, bodyworkers, and everyone who wants to experience the psychology of their bodies. CE credits.

The United States Association for Body Psychotherapy presents a conference on somatic psychology—a discipline that combines somatic, psychic, and interpersonal dimensions. Treating the body as a source of wisdom, this symposium presents four distinct body-mind therapies within the field of somatic psychology: Hakomi, Focusing, Embodied Couples Therapy, and Rubenfeld Synergy.

Conference topics include

- Ways to become conscious of what's being held in your body
- The implications of working in a somato-psychic model as a client or clinician
- Various styles of somatic psychotherapeutic practices
- How somatic psychology techniques are different from traditional counseling and talk therapy
- What this field and these practices can do for you and your clients.

Discover what your body is trying to teach you and experience the gifts of somatic psychology for your life and work.

NOTE See this program on the Kripalu website for conference schedule and workshop descriptions.

TUITION \$495. Add 5 midweek nights room & meals; see page 108. (web code SOMPSY-151)



JACI HULL, MA, LMFT, certified Hakomi trainer and licensed psychotherapist in practice for 30 years, leads workshops and trainings internationally. jacihull.com



ANN WEISER CORNELL, PHD, one of the best-known Focusing teachers in the world, is author of *Focusing in Clinical Practice: The Essence of Change*.



BRIAN GLEASON, LCSW, senior faculty at the NY Institute of Core Energetics, originated the Exceptional Marriage approach, the first body-based approach in couple's therapy.



MARCIA GLEASON, LCSW, a body psychotherapist for 35 years, developed the Embodied Couples Training (Exceptional Marriage Mentoring®) with her husband, Brian.



JOE WELDON, MS, licensed psychologist, master Rubenfeld Synergist, and codirector of the Rubenfeld Synergy Training Institute, is a gifted teacher with more than 30 years' experience. rubenfeldtouch.com



BETH L. HAESSIG, PSYD, is president of the United States Association for Body Psychotherapy, a licensed psychologist, Core Energetics practitioner, and Kripalu Yoga teacher. bethhaessig.com

Copresented with



Professional Development

SEPTEMBER 11–13 FRIDAY–SUNDAY

The Art of Alignment

A YOGA POSTURE CLINIC

Priti Robyn Ross

FOR all levels, from beginners to yoga teachers. **CE** credits.

Whether you've practiced yoga for 10 weeks or 10 years, healthy alignment is essential for a profound and rewarding practice. When the physical body is aligned, prana is liberated, and asana becomes a transformative doorway to the deeper levels of Self.

Through self-discovery and partner work,

- Learn seven key principles that enliven all yoga postures
- Explore the foundation of anatomical principles and alignment
- Find creative ways to modify poses and increase long-term safety
- Discover your personal postural habits in a supportive and compassionate environment
- Dramatically increase stability, balance, and ease in your practice.

Return home deeply inspired to transform your practice. Join Priti Robyn Ross as she shares her passion and enthusiasm for this joyous and rare opportunity to dive into the art, science, and sacred energy of hatha yoga.

TUITION \$225. Add 2 weekend nights room & meals; see page 108. (web code TAAA-151)



PRITI ROBYN ROSS, E-RYT 500, is a Kripalu Yoga teacher and international workshop leader who is passionate about supporting others to awaken to their full potential. lifeasyoga.com



SEPTEMBER 13–18 SUNDAY–FRIDAY

Advanced Prenatal Yoga Teacher Training

Jacci Gruninger and Abby Bordner

FOR those who have completed a 200-hour yoga teacher training and the beginner-level Prenatal Yoga Teacher Training. **CE** credits.

Take home new information and techniques to enhance your work with pregnant women and their partners, on and off the mat. Build on the foundational tools you learned in the beginners' training, and learn how to lead Yoga-Born, a childbirth-education program steeped in the yoga tradition. This advanced training covers

- Childbirth education curriculum
- The emotions of pregnancy
- Trimester changes and pelvic floor anatomy
- Self-care, medical care, nutrition, and the neurobiology of healthy relationships
- Stages of labor
- Comfort during labor, including yoga and partner yoga poses
- Yoga-based and other strategies to cope with pain
- Hospital procedures and medication
- Mother's recovery, breast-feeding, and bonding with baby
- Understanding the energetic and subtle bodies, koshas, chakras, and gunas in relation to pregnancy.

NOTE Please see this program on the Kripalu website for required reading and other important information.

TUITION \$425. Add 5 midweek nights room & meals; see page 108. (web code APYT-151)



JACCI GRUNINGER, MS, E-RYT, YT, RPYT, a Kripalu Yoga and Pranakriya teacher, shares the power of yoga for pregnancy, childbirth, and beyond. yogawithjacci.com



ABBY BORDNER, CLD, CLE, ICCE, is a consultant and trainer for pregnancy, birth, and early childhood, and founder of the Birthing Tree Cooperative. abbybordner.com



Megha Nancy Buttenheim

LET YOUR YOGA DANCE TEACHER TRAINING

SEPTEMBER 13–18 SUNDAY–FRIDAY

Chakra Fusion, Module 1

Megha Nancy Buttenheim

FOR all levels. **CE** credits.

Dance your way toward teacher certification in the first chakra-yoga-dance training of its kind—or come just to experience five glorious days of dancing. This transformational, compassionate training is based on self-discovery and finding your strengths. Module 1 lays down the foundation of Let Your Yoga Dance® with a daily dance of yoga through each chakra.

Learn to

- Become an excellent instructor in this “dance of yoga”
- Embody the chakras
- Rediscover the best of who you are
- Transform your relationship with music.

To become a certified Let Your Yoga Dance instructor, take Module 1 first, followed by Module 2, which offers expert guidance in the art of teaching. You can also attend Module 1 simply to experience this vibrant program, without pursuing certification.

NOTE You do not have to be a yoga teacher to take this training. Tuition includes Megha's manual and yoga CD.

TUITION \$575. Add 5 midweek nights room & meals; see page 108. (web code DT-1152)



MEGHA NANCY BUTTENHEIM, MA, E-RYT 500, founding director of Let Your Yoga Dance® LLC, is a 28-year teacher trainer at Kripalu. letyouryogadance.com

NOVEMBER 1–6 SUNDAY–FRIDAY

Chakra Fusion, Module 2

Megha Nancy Buttenheim

FOR students who have completed Module 1. **CE** credits.

Module 2 brings together everything you've learned so far. After a period of at-home practice following Module 1, return with confidence to lead Let Your Yoga Dance® classes for your peers.

Offered in an atmosphere of compassion, kindness, and no competition, this training includes

- In-depth mentoring, skill-building, and practice
- Continued study of meditation-in-motion
- Daily yoga dancing tips for teachers
- Ways to deal with your inner critic
- Applied yamas and niyamas
- Music appreciation
- Techniques for promotion and marketing to build your business.

To graduate, you must take both modules 1 and 2. After successful completion of your final practice-teaching session, you will be a fully certified Let Your Yoga Dance instructor.

RECOMMENDED READING AND LISTENING

Anodea Judith, *The Sevenfold Journey: Reclaiming Mind, Body, and Spirit Through the Chakras*, and Megha Nancy Buttenheim, *Moontides* CD.

TUITION \$515. Add 5 midweek nights room & meals; see page 108. (web code DT-2152)

⊕ **COMBINE THIS PROGRAM** with Introduction to Yoga and Meditation, November 6–8, for a 10 percent tuition discount for each program; see page 95.

SEPTEMBER 15–18 TUESDAY–FRIDAY

The Embodied Practitioner

RECLAIM YOUR OWN BODY TRUST

Hilary Kinavey and Dana Sturtevant

FOR everyone interested in facilitating healing between people and their bodies. **CE** credits.

Sweeten your relationship with your own body while improving your effectiveness as a body-positive practitioner. When you view your body in a connected, trusting, and compassionate way, you can more effectively help people who struggle with disordered eating or internalized body shame.

This retreat offers helping professionals the opportunity to

- Increase understanding of their own body's story through a weight-inclusive lens and a Body Trust™ approach
- Use discussions, readings, art activities, and gentle body-centered practices to move between self as provider and self as body
- Identify and engage in compassionate, body-positive, self-care practices that can be used in professional settings.

Healing body dissatisfaction is a valuable and often elusive aspect of holistic wellness. Learn to move beyond size bias and optimize your potential to deliver a weight-neutral, body-positive intervention.

TUITION \$252. Add 3 midweek nights room & meals; see page 108. (web code EPBT-151)



HILARY KINAVEY, MS, LPC, therapist and cofounder of Be Nourished, supports movement toward a compassionate model of self-care to heal body shame. benourished.org



DANA STURTEVANT, MS, RD, is a dietitian, trainer, yoga teacher, and cofounder of Be Nourished, a business helping people heal body dissatisfaction and reclaim body trust. benourished.org

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SEPTEMBER 18–22
FRIDAY–TUESDAY

FOOD AS MEDICINE

A FEAST OF SCIENCE
AND WISDOM

James S. Gordon, Kathie Madonna Swift, John Bagnulo, Cindy Geyer, Aviva Romm, Marti Wolfson, and Stefanie Sacks

FOR health-care professionals and interested individuals. CE credits.

Created by the Center for Mind-Body Medicine, Food As Medicine is an acclaimed professional training program in medical nutrition therapy. Medical doctor James S. Gordon teams up with nationally renowned faculty for a course that provides the foundation you need to integrate nutrition and mind-body skills effectively into your practice and your life.

Topics include

- Core imbalances: the root of disease and the opportunity to heal
- Nutrition in practice: case studies and clinical pearls
- Macronutrients, micronutrients, and phytonutrients
- A holistic approach to digestive healing
- Cutting-edge laboratory assessment
- Detoxification of mind, body, and spirit
- Evolution of the human diet
- Women's health and prenatal care
- Dietary supplements
- Mindful eating and the art of self-care
- Lively cooking classes.

Return home knowledgeable about recent research and prepared to confidently and compassionately guide your patients toward sound, practical nutrition.

TUITION \$795. Add 2 weekend nights and 2 midweek nights room & meals; see page 108. (web code FAM-151)



JAMES S. GORDON, MD, a psychiatrist, is founder and director of the Center for Mind-Body Medicine and former chair of the White House Commission on Complementary and Alternative Medicine. cmbm.org



KATHIE MADONNA SWIFT, MS, RDN, LDN, FAND, is an integrative clinical nutritionist, Food As Medicine educator, author of *The Swift Diet*, and nutrition blogger. kathieswift.com



JOHN BAGNULO, MPH, PHD, is a naturalist, farmer, nutritionist, and assistant professor who teaches courses at wellness centers and universities. johnbagnulo.com



CYNTHIA GEYER, MD, a Food As Medicine core faculty member since 2001, is medical director of Canyon Ranch in Lenox, Massachusetts. canyonranch.com



AVIVA ROMM, MD, a Yale-trained physician, uses functional medicine to help women heal their bodies and minds, and transform their lives and their families' health. avivaromm.com



MARTI WOLFSON is a nationally recognized culinary wellness educator, teaching laypeople and health professionals how to use the power of food to maximize health. martiwolfson.com



STEFANIE SACKS, MS, CNS, CDN, is a culinary nutritionist, radio show host, educator, speaker, and author of *What the Fork Are You Eating?* stefaniesacks.com

Copresented with



SEPTEMBER 20–23 SUNDAY–WEDNESDAY

Motivational Interviewing

THE ART AND SCIENCE OF BEHAVIOR CHANGE COUNSELING

Dana Sturtevant

FOR helping professionals, health coaches, Ayurvedic practitioners, yoga teachers, and yoga therapists. CE credits.

The conversations that occur between helping professionals and their clients are powerful ones, capable of supporting or inhibiting the innate change process that is alive in all of us. Learn to make your interactions with clients more satisfying and effective using Motivational Interviewing (MI), a person-centered, guiding method of communication and counseling that elicits and strengthens intrinsic motivation for positive change.

Designed for helping professionals who want to create well-balanced, meaningful relationships with their clients, this program offers

- A common-sense approach for supporting people in making and sustaining change
- Lively discussions to deepen understanding of the paradox of change and the spirit of MI
- Practice activities for skill building
- A combination of principles, skills, and strategies to elicit client strengths, inner wisdom, reasons for change, and ways of achieving it.



TUITION \$255. Add 3 midweek nights room & meals; see page 108. (web code TMIT-151)

DANA STURTEVANT, MS, RD, is a dietitian, trainer, yoga teacher, and cofounder of Be Nourished, a business helping people heal body dissatisfaction and reclaim body trust. benourished.org

SEPTEMBER 20–25 SUNDAY–FRIDAY

Warriors at Ease

TEACHING TRAUMA-SENSITIVE YOGA AND MEDITATION FOR MILITARY COMMUNITIES

Susan Alden, Annie Okerlin, and Lynn Stoller

FOR yoga teachers. CE credits.

This advanced teacher training, combining Parts 2A and 2B of the Warriors at Ease training, covers the art and science of teaching yoga in military communities. You learn how to lead safe, culturally appropriate, trauma-sensitive yoga and/or meditation classes (with mental-health support as needed) for veterans with a wide variety of service-related conditions. Topics covered in this "gold standard" training include

- How trauma affects the ability to integrate sensory processing
- Asana sequences and modifications for able-bodied service members, with and without post-traumatic stress disorder (PTSD)
- Postures and modifications for older veterans with chronic physical illness and PTSD, and for veterans and service members in wheelchairs or with major illnesses, traumatic brain injury, spinal cord injuries, or amputations
- Guidelines for teaching trauma-sensitive meditation, and how meditation addresses the effects of trauma on brain and body.

NOTE See this program on the Kripalu website for prerequisite information.

TUITION \$445. Add 5 midweek nights room & meals; see page 108. (web code TSMC-151)



SUSAN ALDEN, RYT, is a graduate of the United States Military Academy and has been teaching yoga and practicing healing arts within the military community for 18 years.



ANNIE OKERLIN, RYT, is a yoga instructor in the traditions of Bikram, vinyasa, and Power Yoga. She founded and directs the Exalted Warrior Foundation.



LYNN STOLLER, MS, OTR/L, RYT, is an occupational therapist with a special interest in yoga as a treatment modality for war-related sensory processing disorders.

SEPTEMBER 27–OCTOBER 2
SUNDAY–FRIDAY

Finding the Balance with Yin Yoga

A JOURNEY INTO YOGA
TEACHER TRAINING

Brahmani Liebman and Jashoda Edmunds

FOR dedicated students and teachers with min. 2 years practice. CE credits.

Discover Yin Yoga as a tool for exploring your life, your teaching, and your personal practice. Each day of this program includes asana, didactic teachings, psychospiritual inquiry, and posture clinics. The Yin Yoga approach, when integrated with Buddhist philosophies and meditative practices, is both contemplative and energy enhancing.

In addition to learning how to teach Yin Yoga, you

- Heighten your observational skills
- Cultivate appropriate options for the asanas
- Practice pranayama techniques that enhance the energy body
- Explore the energetic anatomy of the meridian, organ, and chakra systems.

Yin Yoga is appropriate for all ages and stages of life.

RECOMMENDED READING Sarah Powers, *Insight Yoga* and Bernie Clark, *YinSights*.

TUITION \$410. Add 5 midweek nights room & meals; see page 108. (web code JYTT-151)

✦ **COMBINE THIS PROGRAM** with Navigating Life's Changes: A Journey into Yoga and Meditation Retreat for Women, September 24–27, for a 10 percent tuition discount for each program; see page 87.

JASHODA EDMUNDS, E-RYT 500, and BRAHMANI LIEBMAN, MSED, E-RYT 500, are cocreators of Journey into Yoga School of Yoga & Meditation teacher trainings, workshops, and retreats, and serve on the Kripalu School of Yoga faculty. journeyintoyoga.com





OCTOBER 11–16 SUNDAY–FRIDAY

Mindful Self-Compassion Training

Michelle Becker and Michael McIntyre

FOR everyone, including professionals. CE credits

We can respond to life's challenges with self-compassion, treating ourselves with kindness and understanding even when things go wrong. It's a skill that anyone can learn.

Research shows that self-compassion is a core healing process. It's strongly associated with emotional well-being, lower levels of anxiety and depression, healthy habits around diet and exercise, and more satisfying relationships.

This program is an intensive form of the internationally recognized eight-session Mindful Self-Compassion training developed by Christopher Germer and Kristin Neff. Through meditation, experiential exercises, and discussion, you learn to

- Motivate yourself with kindness rather than criticism
- Understand the science of self-compassion
- Handle difficult emotions
- Transform challenging relationships
- Teach self-compassion practices to others.

NOTE See this program on the Kripalu website for recommended reading. This program fulfills a prerequisite for becoming a Mindful Self-Compassion teacher. For more information, see centerformsc.org.

TUITION \$600. Add 1 holiday night and 4 midweek nights room & meals; see page 108. (web code MSCT-151)

MICHELLE BECKER, LMFT, cofounder of Mindful Self-Compassion Teacher Training, teaches mindfulness and compassion-based programs and provides compassion-based psychotherapy. michellebeckerlmft.com

MICHAEL MCINTYRE, PHD, a psychologist and professor, studies the fMRI of pain and analgesia and believes ardently in self-compassion's centrality to health and well-being.

OCTOBER 12–16 MONDAY–FRIDAY

Facilitating Transformational Workshops

GROUP DYNAMICS AND MIND-BODY COACHING

Ken Nelson and Lesli Lang

FOR everyone interested in facilitating the wisdom of individuals and groups. CE credits.

Learn to create the conditions for transformation, accountability, and creativity in groups, workshops, retreats, and trainings. Empower others to heal and grow by cultivating trust—the foundation for safe inquiry and authentic dialogue. Role-plays, fishbowl simulations, and case studies make this educational workshop dynamic and interactive.

Your participants can't help but succeed when you

- Get clear about your goals, strengths, and challenges as a leader
- Use intention, attention, agreements, and conscious communication
- Hone mind-body coaching skills to listen, reflect, encourage, and ask powerful questions
- Respond wisely to clear obstacles, upsets, and confusion
- Build consensus and group synergy with your presence and support.

The group process is easier when you transform your own life first. By being present, not perfect, you set the stage for inclusive solutions and sustainable results.

NOTE Tuition includes a manual. Please see this program on the Kripalu website for more information.

TUITION \$310. Add 4 midweek nights room & meals; see page 108. (web code FPEW-151)



KEN NELSON, PHD, a leader in mind-body practices and longtime Kripalu faculty member, is dedicated to transforming the ways we serve and lead through yoga-inspired learning. powerfulworkshops.com



LESLI LANG has a background in theater and performing arts, and two decades of experience assisting Fortune 500 executives to communicate their message more effectively.

OCTOBER 18–23 SUNDAY–FRIDAY

Art and Yoga Teacher Training

Hari Kirin Kaur Khalsa

FOR yoga teachers, artists, healers, therapists, and everyone interested in the healing power of yoga and art. CE credits.



If you are a yoga teacher, come learn creative-arts exercises to deepen your students' experience. If you work in the arts, come discover simple yet profound yoga techniques to enhance creative focus and flow. Hari Kirin Kaur Khalsa offers step-by-step guidelines for facilitating art and yoga as complementary practices. You also learn how to

- Maintain safe and sacred space
- Combine movement, sound, and writing with visual arts and Kundalini Yoga, as taught by Yogi Bhajan
- Work effectively with images, difficult emotions, relationships, and physical challenges
- Tailor formats to individuals and groups.

You can use the art exercises you learn here with any style of yoga, meditation, or healing modality. The supportive setting allows you to develop your own approach to facilitating art and yoga through practice, feedback, and reflection.

NOTE Tuition includes a training supplement to Hari Kirin Kaur Khalsa's book, *Art & Yoga: Kundalini Awakening in Everyday Life*. Please bring a copy to the workshop or purchase one at the Kripalu Shop.

TUITION \$410. Add 5 midweek nights room & meals; see page 108. (web code AAYTT-151)



HARI KIRIN KAUR KHALSA, MA, MFA, author of the best-selling *Art & Yoga: Kundalini Awakening in Everyday Life*, is a popular teacher, yogi, and artist. artandyoga.com



“What most people do not realize is that trauma is not the story of something awful that happened in the past, but the residue of imprints left behind.”

— Bessel van der Kolk

OCTOBER 23–25 FRIDAY–SUNDAY

The Body Keeps the Score

BRAIN, MIND, AND BODY IN THE HEALING OF TRAUMA

BESSEL VAN DER KOLK

and Licia Sky

FOR health professionals, therapists, yoga instructors, and others interested in the nature of trauma. CE credits.

Overcoming trauma means fully engaging in the present without being hijacked by survival-related emotions and sensations. Success means allowing yourself to know what you know and feel what you feel without reentering the past. Recovery depends on physical experiences that contradict sensations and feelings of helplessness and disconnection.

This program, based on the practices of yoga and mindfulness meditation, includes

- Current research on trauma
- An exploration of how overwhelming experiences change the capacity for self-regulation and how imprints of trauma are held in the body
- How brain function is shaped by experience
- Specific techniques that affect regulation, the integration of dissociated aspects of experience, chronic helplessness, and the reintegration of human connections.

Your increased understanding fertilizes the application of effective trauma interventions, including EMDR, yoga and sensorimotor processing, Internal Family Systems, and neurofeedback.

TUITION \$250. Add 2 weekend nights room & meals; see page 108. (web code FOTT-152)

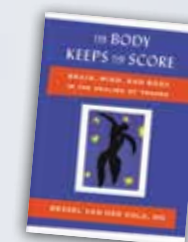


BESSEL VAN DER KOLK, MD, is medical director of the Trauma Center in Boston and author of the *New York Times* best-seller, *The Body Keeps the Score*. traumacenter.org



LICIA SKY, LMT, BFA, is a singer-songwriter, artist, musician, and intuitive bodywork therapist who

fosters safe, transformative experiences through music, movement, and touch.



OCTOBER 25–30 SUNDAY–FRIDAY

Restorative Yoga Therapeutic Teacher Training

Jillian Pransky

FOR yoga teachers; bodyworkers; nurses; and physical, occupational, and mental-health therapists. CE credits.

Learn to bring your students into a practice of restorative yoga that helps release layers of tension and feel at ease in their bodies. Jillian Pransky offers clarity on how the gross anatomy, subtle energy body, emotional body, and mental body work together in restorative poses.

Through practice, hands-on practice-teaching, lecture, and discussion, this training covers

- The relaxation response and the central nervous system
- Alignment to support optimal energy flow
- Sequencing restorative poses for therapeutic applications during times of injury, illness, and recovery
- The koshas and the energy body in asana
- Restorative asanas for different environments, special populations, and students with limited physical abilities
- Meditation and visualization for healing
- Handling emotional responses and releases during practice
- The dynamic use of props
- Restorative yoga as a form of relaxation and to support spiritual practice.

NOTE Tuition includes a manual. This program includes extended hours.

TUITION \$385. Add 5 midweek nights room & meals; see page 108. (web code RYTTT-151)



JILLIAN PRANSKY, E-RYT 500, international presenter and director of Restorative Therapeutic Yoga teacher training for YogaWorks, infuses her classes with mindfulness, compassion, and ease. jillianpransky.com

KRIPALU COMPASS

Get inspiring essays, recipes, and more in your inbox each month.

kripalu.org/compass



NOVEMBER 1–6 SUNDAY–FRIDAY

The Science of Yoga for Health Professionals

Lisa B. Nelson, Angela Wilson, and special guest Stephen Cope

FOR everyone, including nurses, doctors, mental-health workers, yoga teachers, physical therapists, and nutritionists. **CE** and **CME** credits.

Curious about the science behind asana (yoga postures), meditation, and pranayama (breathing techniques)? Learn how these practices can enhance your physical and mental health, as well as that of your clients and patients.

By exploring the science of epigenetics and neuroplasticity, you learn how changes in lifestyle (particularly in the areas of movement, diet, and thought patterns) can change your brain and body, right down to gene expression. These changes can point you toward disease—or toward greater health and happiness. This program includes

- The latest research on the effects of asana, meditation, and pranayama on body and mind
- Yoga-based tools to improve personal well-being
- Ways to take the tools of yoga into your professional practice
- Guided experiences of postures, meditation, and breathing practices.

TUITION \$419. Add 5 midweek nights room & meals; see page 108. (web code RRHW-152)



LISA B. NELSON, MD, is Director of Medical Education for Kripalu Healthy

Living programs. She also serves as medical director of the nonprofit Nutrition Center.



ANGELA WILSON, MA, is a project leader for the Kripalu Institute for Extraordinary

Living, where she conducts research on the intersection of yoga, Western psychology, and science.



STEPHEN COPE, MSW, Scholar-in-Residence and Kripalu Ambassador,

is the best-selling author of *The Great Work of Your Life: A Guide for the Journey to Your True Calling*.

NOVEMBER 8–13 SUNDAY–FRIDAY

Relax and Renew

LEARNING TO TEACH RESTORATIVE YOGA

JUDITH HANSON LASATER

FOR yoga teachers and serious students. **CE** credits.

We work hard in our lives and, while we might sleep, we rarely take time to rest. Restorative yoga poses help us relax and rest deeply and completely, benefiting the body's organ systems.

In this 30-hour training, learn the art and skill of teaching restorative yoga, including

- The physiology of relaxation
- The physical, emotional, and spiritual aspects of restorative yoga
- Special poses for menstruation, pregnancy, and menopause
- How to sequence and teach a restorative yoga class.

Measurable results of relaxation include reduction of blood pressure, muscle tension, and fatigue, and improvement of immune function, digestion, fertility, and elimination.

NOTE See this program on the Kripalu website for certification requirements, required reading, and props you'll need to bring.

TUITION \$695. Add 5 midweek nights room & meals; see page 108. (web code LTRY-151)



JUDITH HANSON LASATER, PHD, is a physical therapist who has taught yoga since 1971. A founder of *Yoga Journal* magazine, she is the author of eight books. judithlasater.com



NOVEMBER 6–8 FRIDAY–SUNDAY

The Resilient Child

BREATH-BODY-MIND FOR EMOTIONAL REGULATION, LEARNING, AND WELL-BEING

Richard P. Brown, Patricia Gerberg, and Joy Bennett-Jennings

FOR educators without yoga training, health-care professionals, and yoga teachers. **CE** credits.

Are you looking to make a difference in the lives of children? Take home a toolkit of proven practices to create a compassionate environment and relieve behavioral, social, and emotional disorders for children, including at-risk youth. Interweaving experiential sessions with didactic lessons, this program is for everyone seeking innovative ways to improve well-being for youth in grades K–12, as well as children in military families and hospitals, and those affected by mass disasters.

Practice breathing and movement techniques that improve emotional regulation in children under moderate to severe stress, who might have anxiety, depression, or PTSD. This week-end includes

- Scientific research supporting the methods taught in this multifaceted approach
- Effective techniques to reduce your own stress
- Immersion in a rejuvenating environment with dynamic faculty and a community of like-minded professionals.

NOTE Tuition includes a manual and other materials. See this program on the Kripalu website for a list of recommended reading.

TUITION \$270. Add 2 weekend nights room & meals; see page 108. (web code BBMTT-153)

RICHARD P. BROWN, MD, is an associate clinical professor of psychiatry at Columbia University and a teacher of aikido, qigong, yoga, and meditation. breath-body-mind.com

PATRICIA GERBERG, MD, assistant clinical professor of psychiatry at New York Medical College, researches the efficacy of mind-body practices for post-traumatic stress disorder and depression.

See this program on the Kripalu website for Joy Bennett-Jennings' bio.



Kripalu Healing Arts

EXPERIENCE A DEEPER KIND OF WELLNESS.

Add a healing one-on-one session to your visit. Find out more about services, consultations, and packages at

➔ kripalu.org/healingarts

NOVEMBER 8–13 SUNDAY–FRIDAY

Techniques for Mind-Body Integration

SOMATIC THERAPY TRAINING

Anodea Judith

FOR therapists, energy workers, bodyworkers, and anyone interested in seeking their own healing. **CE** credits.

Body-based psychotherapy goes to the heart of the issues in our tissues. This training provides a basic foundation for practicing somatic therapy through the dynamics of life-force energy. Learn to unlock defensive patterns hidden beneath consciousness and free up the vital core energy within. Combining principles and exercises from Bioenergetics, Core Energetics, Somatic Experiencing, Formative Psychology, and Anodea Judith's signature Chakra Therapy, this training addresses

- The energetics of charging and discharging
- The formation and dissolution of body armor
- Bioenergetic character structures and childhood development
- Working with trauma and PTSD
- Balancing the chakras
- Decoding the language of illness.

Learn to interpret and dissolve defensive body armor by freeing and balancing the energetic life force that flows through the core. Techniques include bioenergetic exercises in dyads, movement, breath, dance, massage, body reading, and therapeutic demonstrations.

NOTE Tuition includes a comprehensive manual. This course is a prerequisite to Anodea Judith's Chakra Therapy training.

TUITION \$510. Add 5 midweek nights room & meals; see page 108. (web code TEB-151)

ANODEA JUDITH, PHD, is a world-class teacher, best-selling author, and leading authority on the chakra system and its application to the Western lifestyle. sacredcenters.com



OCTOBER 25–30 SUNDAY–FRIDAY

Trauma-Sensitive Yoga

A WORKSHOP FOR YOGA TEACHERS

David Emerson and Jenn Turner

FOR certified yoga teachers. **CE** credits.

The yoga program run by the Trauma Center at Justice Resource Institute has helped thousands of people dealing with post-traumatic stress disorder (PTSD), from survivors of chronic abuse to war veterans. Research done by the Trauma Center showed that the Trauma Center Trauma-Sensitive Yoga (TCTSY) model significantly reduced symptoms of PTSD. The founder of the program, David Emerson, and his senior colleague, Jenn Turner, offer a 40-hour workshop for yoga teachers who wish to bring trauma-sensitive yoga to their students or clients. You learn

- The latest trauma theories and neurophysiology
- Theoretical underpinnings and methodology of TCTSY
- The tools you need to make your yoga teaching more trauma-informed.

NOTE This program is solely for professional development and is not intended as an intervention for those who have experienced trauma.

REQUIRED READING AND WRITING See this program on the Kripalu website.

TUITION \$680. Add 5 midweek nights room & meals; see page 108. (web code TSYT-152)

DAVID EMERSON is coauthor of *Overcoming Trauma through Yoga* and director of yoga services at the Trauma Center of the Justice Resource Institute.



JENN TURNER, RYT, MA, is a Kripalu Yoga teacher who codigned the protocol for a National Institutes of Health study at the Trauma Center at Justice Resource Institute.

NOVEMBER 8–13 SUNDAY–FRIDAY

JourneyDance Module 2 Training

STRUCTURES AND RITUALS

Toni Bergins

FOR graduates of JourneyDance Module 1. **CE** credits.

Strengthen your skills, confidence, and intuition with Module 2 of JourneyDance™ teacher training. This module empowers you to create a hypnotic container and sacred movement space with vast transformational potential. Learn to embody the rituals, structures, music, and movement techniques that support JourneyDance facilitation.

Share the authenticity that keeps dancers coming back for more as you learn

- Theatrical, psychodramatic, and Gestalt techniques to enhance the JourneyDance experience
- Up-to-date structures, groupings, and visualizations
- Powerful vocal and spoken-word techniques to access and open your poetic voice
- Healing rituals and ceremonies to integrate into class designs
- Ways to expand your musical palate and better use audio technology
- How to strengthen your professional mission in a like-minded community.

Come prepared to lead and receive coaching from Toni Bergins, senior staff, and special guest teachers.

NOTE Tuition includes a manual. Check www.journeydance.com for updates on certification and the new licensing program.

Register for both Module 1 (July 26–31) and Module 2 at the same time and receive a 10 percent tuition discount.

TUITION \$550. Add 5 midweek nights room & meals; see page 108. (web code JDTT-2151)



TONI BERGINS, MED, artistic alchemist and founder of JourneyDance™, has helped thousands of people find emotional well-being through transformational dance. journeydance.com

NOVEMBER 1–6 SUNDAY–FRIDAY

Lakshmi Voelker Chair Yoga Teacher Training

Lakshmi Voelker and Tracey Eccleston

FOR yoga teachers, teachers-in-training, health-care professionals, and yoga practitioners. **CE** credits.

Do you have students, clients, or patients who can't get down on the floor due to age, weight, disability, or inflexibility? Would you like to teach at hospitals, senior centers, or nursing homes? By adapting traditional yoga poses to a chair, you can bring the therapeutic benefits of yoga to those unable to take part in even a gentle class.

In this training, you learn to

- Teach a one-hour therapeutic chair yoga class
- Choose appropriate postures and breathing techniques according to individual needs
- Discern levels of flexibility and identify precautions and contraindications
- Use light weights in chair poses to build bone and muscle mass
- Understand anatomy and alignment for chair asanas
- Incorporate meditation, relaxation, and breathing techniques to improve health and well-being.

Upon completion, you earn a certificate in Lakshmi Voelker Chair Yoga™.

NOTE Tuition includes a manual and a DVD. You do not need to be a certified yoga teacher to teach Lakshmi Voelker Chair Yoga, but students with little or no yoga experience must complete 15 hours of yoga classes with a certified yoga teacher prior to the training.

TUITION \$375. Add 5 midweek nights room & meals; see page 108. (web code TCY-152)



LAKSHMI VOELKER, E-RYT 500, YA, IAYT, is creator of Lakshmi Voelker Chair Yoga™ and has certified more than 1,200 teachers nationally and internationally. getfitwherewouldyou.com



TRACEY ECCLESTON, E-RYT 500, E-LVICYT, is codirector of Lakshmi Voelker Chair Yoga™ and owner of Ageless Arts Yoga. Her vision is to make yoga accessible to everyone. agelessartsyoga.com



NOVEMBER 13–20 FRIDAY–FRIDAY

Kripalu Approach to Bodywork Level 1

Lee Albert and Johanna Wise

FOR therapists certified by any massage school. **CE** credits.

Are you a massage therapist who loves yoga? Learn to bring the deep meditative state that comes from a great yoga session into your massage practice, for yourself and for your clients. This training explores how all aspects of yoga—including postures, breath, and meditation—are relevant to bodyworkers, as self-care practices and as tools for working with clients.

Gain a solid foundation in Kripalu Meditative Massage, which cultivates deep relaxation and brings the mind to a place of inner stillness, helping your clients connect to the intuitive wisdom of their own being. You learn specific massage techniques as well as intentional touch, compassionate presence, and integrated energy holds. Discover how the Kripalu Approach to bodywork nourishes mind, body, and spirit at a whole new level.

TUITION \$825. Add 2 weekend nights and 5 midweek nights room and meals; see page 108 (web code KAB-151)



LEE ALBERT, NMT, a neuro-muscular therapist and yoga instructor trained in orthopedic massage, positional therapy, and yoga therapy, is author of *Live Pain-Free without Drugs or Surgery*. leealbert.com



JOHANNA WISE, LMT, RYT, is a massage therapist at Kripalu who is passionate about sharing how yoga and bodywork reconnect people to their bodies and themselves. wisetouch.net

NOVEMBER 15–20 SUNDAY–FRIDAY

Chakra Yoga Advanced Teacher Training

Anodea Judith and Todd Norian

FOR yoga teachers of all styles and traditions. **CE** credits.

In this blockbuster collaboration of hearts and minds, master teachers Anodea Judith and Todd Norian team up to awaken your inner world. Combining the precise alignment techniques of Ashaya Yoga® with the power of breath, mantras, mudras, chakra theory, tantric philosophy, and Western psychology, you experience what it means to transmute your energies throughout the chakra spectrum.

Develop your strengths as a teacher as you learn to

- Activate your chakras and enhance your life force
- Discover your potential as a being of extraordinary power
- Burst through limiting beliefs
- Practice asanas and sequences for each chakra
- Get supportive mentoring from faculty and peers within a loving community.

Come see yourself through the ancient lens of the chakra system and gain insight into your soul's purpose.

NOTE See this program on the Kripalu website for information about teacher training certification and required reading.

TUITION \$525. Add 5 midweek nights room & meals; see page 108. (web code CYTT-151)

ANODEA JUDITH, PHD, is a world-class teacher, best-selling author, and leading authority on the chakra system and its application to the Western lifestyle. sacredcenters.com

TODD NORIAN, E-RYT 500, founder of Ashaya Yoga®, teaches with the heartfelt intention to awaken others to their inherent potential for unlimited joy, vitality, and fulfillment. ashayayoga.com



NOVEMBER 13–15 FRIDAY–SUNDAY

Kula Flow for Teachers

90 PERCENT PRACTICE, 10 PERCENT THEORY

Schuyler Grant

FOR yoga teachers, teachers-in-training, and experienced students on the path to becoming teachers. **CE** credits.

"Yoga is 99 percent practice, 1 percent theory." This much-quoted saying from yoga master K. Pattabhi Jois has always inspired Schuyler Grant. This weekend, join Schuyler for an intensive that's 90 percent practice and 10 percent theory, with most of the workshop reserved for practice and discussion of the principles of Kula-style sequencing.

This program starts with a Kula Flow class Friday night. Saturday begins with a session focused on infusing bandha and kriya in vinyasa practice, followed by a lecture and Q&A. In the afternoon, Schuyler takes postural requests and leads more practice. Sunday morning finishes with a classic Kula Honey Flow class, exploring advanced asanas and practices.

As yoga teachers, we must return again and again to why we first stepped on this path of teaching—because we love to practice.

TUITION \$220. Add 2 weekend nights room & meals; see page 108. (web code KFT-151)

SCHUYLER GRANT, developer of Kula Flow, is cocreator of the Wanderlust Festival and director of Kula Yoga Project in New York City. kulayoga.com



NOVEMBER 29–DECEMBER 4 SUNDAY–FRIDAY

Intimacy from the Inside Out

THE FINE ART OF COUPLES THERAPY

Toni Herbine-Blank

FOR psychotherapists, coaches, and pastoral counselors.

Looking for a dynamic, effective approach to working with couples? Intimacy from the Inside Out® is a couples therapy model, drawn from Internal Family Systems (IFS) psychotherapy, that integrates aspects of psychodynamic theory, systems thinking, and neuroscience. It uses the intimate relationship as a vehicle for growth and transformation of the individual as well as the couple, helping people make sense of their life experiences in a safe and collaborative way.

This program provides you with

- An effective method of relationship work
- Increased confidence in working with couples
- A better understanding of the challenges of systemic work.

This powerful model of couples therapy helps your clients communicate more skillfully; access their capacity for openhearted connection; and understand anger, emotional pain, and the needs that lie beneath contentious patterns of relating.

RECOMMENDED READING Martha Sweezy, Ellen L. Ziskind, and Richard C. Schwartz, *IFS Internal Family Systems Therapy: New Dimensions*.

TUITION \$505. Add 5 midweek nights room & meals; see page 108. (web code IIO-151)



TONI HERBINE-BLANK, MS, RN, CS-P, is a master therapist and developer of the Intimacy from the Inside Out® curriculum for couples therapists. toniherbineblank.com

You might also be interested in...

- Thai Yoga Massage 2 p. 39
- Breath Immersion 2015 p. 53
- Somatic Psychology Conference p. 61
- SomaSoul Soul-Centered Somatic Therapy p. 77



Relationships

NOVEMBER 8–13 SUNDAY–FRIDAY

Breaking Free of Intergenerational Burdens

A FAMILY CONSTELLATION APPROACH

Suzi Tucker

FOR everyone.

Liberate yourself from conscious and unconscious familial patterns through Family Constellations. This experiential process reveals the things that really make you tick—subliminal loyalties to your family of origin, perhaps going back many generations—and brings greater ease, gratitude, and strength.

In a Family Constellation staging, participants bring an issue to the group—a recurrent frustration, desire, obstacle, or feeling of deficit. Once the issue is clarified, we set up an image of the situation, inviting other participants to represent relevant people or elements. The ecology that surrounds the problem begins to take shape, and is witnessed by everyone present, without interpretation or judgment. As the larger system comes into view, so do the resources and gifts within it.

NOTE See this program on the Kripalu website for more detailed information.



TUITION \$345. Add 5 midweek nights room & meals; see page 108. (web code UJ-151)

SUZI TUCKER, author of *Gather Enough Fireflies*, is a leading Family Constellation workshop facilitator and teacher, presenting at colleges, conferences, and institutes throughout the country. suzitucker.com



OCTOBER 9–12 FRIDAY–MONDAY

Sex, Pleasure, and Intimacy

A RETREAT FOR COUPLES

KATE AND JOEL FELDMAN

FOR all couples.

Let go into playful, sensual, and nurturing connection with your partner for more passion in your relationship. Kate and Joel Feldman, codirectors of the Conscious Relationships Institute, who have been facilitating deep work with couples for over 30 years, invite you to learn how

- To tune into each other's need for touch, affection, communication, and pleasure
- The key to satisfying intimate encounters is non-demand touch, inside and outside of the bedroom
- To deepen communication about needs, wants, and preferences through a safe, respectful dialogue process
- To release limiting beliefs about lovemaking, so you and your partner can create your own personal style.

Using dialogue, clothes-on touch and movement, gentle yoga, and meditation, you rekindle passion, rediscover your innate capacity for pleasure, and explore intimacy at its deepest level: The capacity to reveal yourself to another from the core of your being.

TUITION \$290. Add 2 weekend nights and 1 holiday night room & meals; see page 108. (web code SPI-151)

KATE FELDMAN, MSW, LCSW, AND JOEL FELDMAN, CPCC, founding members of Kripalu, have presented relationship workshops for over 30 years. Their backgrounds include Gestalt, Imago, and Internal Family system therapies, as well as yoga and meditation. Joel is a certified coach and mediator, Kate a licensed psychotherapist. consciousrelationships.com



OCTOBER 18–23 SUNDAY–FRIDAY

Transform Your Relationships Using Nonviolent Communication

Martha Lasley, Dian Killian, and Marc Weiner

FOR everyone. CE credits.

How do you respond to difficult people and challenging conversations? Nonviolent Communication offers tools for creating mutual understanding, trust, intimacy, and meaning in your relationships.

Based on the work of Marshall Rosenberg, author of *Nonviolent Communication*, and led by two trainers who have cotaught many intensives with Marshall, this program helps you transform how you relate to others—by practicing self-empathy, connecting to the needs of others, and asking for what you want. Whether you are new to Nonviolent Communication or want to deepen your practice, come learn practical skills, including how to

- Stay self-connected during challenging conversations
- Listen to yourself and others, even when triggered
- Discern what matters to you on a core level
- Create strategies that work for everyone
- Speak from your heart—with honesty and connection.

RECOMMENDED READING See this program on the Kripalu website.

TUITION \$385. Add 5 midweek nights room & meals; see page 108. (web code NCIR-152)



MARTHA LASLEY, MBA, PCC, is a founder of Leadership that Works, a certification program for coaches, and author of *Facilitating with Heart* and *Coaching for Transformation*. leadershipthatworks.com



DIAN KILLIAN, PHD, president of Work Collaboratively, is a certified life coach and founder of the annual NVC East Coast Women's Retreat. workcollaboratively.com



MARC WEINER is an actor, puppeteer, and creator of the Empathy Labyrinth, a tool to help people foster joyful empathic Heart-to-Heart connections. theempathylabyrinth.com

NOVEMBER 15–20 SUNDAY–FRIDAY

Uncovering Your Family History

A GENEALOGICAL IMMERSION

D. Joshua Taylor

FOR everyone.

Uncovering your family's unique story can profoundly change your perspective on your life. Embark on a quest to discover your roots as you immerse yourself in family history and genealogy.

Join D. Joshua Taylor, cohost of PBS's *Genealogy Roadshow*, to learn

- Tools for pursuing family history, with an emphasis on researching families from the Northeast
- Key online resources, including free and subscription-based services
- Important offline resources, libraries, archives, and other repositories
- How to write, compile, and share your findings with family and friends.

You'll also have individual time with a professional genealogist to ask questions and begin planning your personal search.

NOTE See this program on the Kripalu website for information about what to bring.

TUITION \$495. Add 5 midweek nights room & meals; see page 108. (web code UCFH-151)



D. JOSHUA TAYLOR, MA, MLS, an internationally recognized genealogist, is cohost of *Genealogy Roadshow* on PBS and a frequent speaker and author on family history topics. djshuataylor.com

Roadshow on PBS and a frequent speaker and author on family history topics. djshuataylor.com

NOVEMBER 27–29 FRIDAY–SUNDAY

CircusYoga Retreat

THE HUMAN ART OF PLAY

Erin Maile O'Keefe and Kevin O'Keefe

FOR everyone ages 7 and up.

CircusYoga, a blend of interactive yoga, circus arts, and transformational play, returns to Kripalu for its 15th year. This alchemy of connection and joyful fun results in a state of deep rejuvenation. Bring your friends and family to experience this multigenerational retreat, which includes

- Mandala Yoga and collaborative group play
- Flying Partner Yoga and partner acrobatics
- Clowning and physical comedy
- Balancing in asanas and on a tightwire
- Thai Yoga massage
- Creative movement and dance
- Basic circus skills: juggling, diabolo, devil sticks, spinning plates, and more.

The CircusYoga community welcomes people of all ages and abilities who embrace the principles of inclusion, connection, coauthorship, and empathy. Learn how to live from a more playful, resilient, expressive place, and surprise yourself by what you can do!

NOTE Children in this program must be accompanied by an adult parent or guardian who is also registered for this program.



TUITION Adults \$220. Add 2 weekend nights room & meals; see page 108. (web code CIRC-155) Kids \$135. Add 2 weekend nights children's housing, call for rates. (web code CIRC-156)

ERIN MAILE O'KEEFE AND KEVIN O'KEEFE developed CircusYoga and Flying Partner Yoga out of their love for yoga, the circus, connection, and play. circusyoga.org



Self-Discovery

SEPTEMBER 4–7 FRIDAY–MONDAY

The Present Heart

LOVE, LOSS, AND DISCOVERY

Polly Young-Eisendrath

FOR everyone. CE credits.

No matter how love develops, it eventually includes loss—yet love is also blessed by loss.

This program draws on personal experiences and poetry to explore what love is from Buddhist and Western psychological perspectives. Using reflection, dialogue, writing, and mindfulness practices, we examine the stories we tell ourselves so we can choose the narratives we live by. Empowerment comes from increasing consciousness.

We learn to

- Define love in the context of mindfulness, equanimity, and deep acceptance of the beloved
- Look at love through the lens of psychoanalytic thinking and practice
- Investigate loss and love through the Buddha's teachings about the nature of existence: off-centeredness (dukkha), impermanence (anicca), and interdependence (anatta).

True love demands that we engage vitally with our beloved, through being and becoming a whole self.

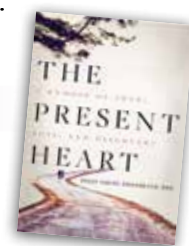
RECOMMENDED READING Polly Young-Eisendrath, *The Present Heart: A Memoir of Love, Loss, and Discovery*.

NOTE Bring a notebook, and be prepared for some time in silence.



TUITION \$275. Add 2 weekend nights and 1 holiday night room & meals; see page 108. (web code TPH-151)

POLLY YOUNG-EISENDRATH, PHD, psychologist, speaker, Jungian analyst, and mindfulness teacher, has written widely on relationships, Buddhism, and love. She took formal Zen vows in 1971. young-eisendrath.com



SEPTEMBER 4–7 FRIDAY–MONDAY

Fearless Living

LIVE THE LIFE YOUR SOUL INTENDED

Rhonda Britten

FOR everyone.

Imagine waking up each day grateful for being who you are. Imagine feeling loved, appreciated, and passionate. Imagine having the courage to be fully self-expressed. Imagine...

What's standing in your way? Fear. Fear of rejection. Fear of not being good enough. Fear that impacts your ability to express your purpose, give and receive love, and realize your dreams.

A world-renowned expert on fear and fearlessness, Rhonda Britten supports you in waking up to the truth of who you were meant to be, and gives you the tools to make choices from freedom instead of unconscious, fear-based behaviors.

The result? Personal power, increased wealth, intimate relationships, self-acceptance—the list goes on. Join Rhonda for a workshop designed to show you the path home to satisfaction, success, wholeness, and a more meaningful, fearless life.

RECOMMENDED READING Rhonda Britten, *Fearless Living*.

TUITION \$315. Add 2 weekend and 1 holiday night room & meals; see page 108. (web code LLSI-152)

RHONDA BRITTEN, Emmy Award-winner, repeat *Oprah* guest, TEDx speaker, and Huffington Post blogger, is a globally recognized expert on fear and fearlessness. fearlessliving.com



SEPTEMBER 27–30 SUNDAY–WEDNESDAY

Finding Comfort in Your Own Skin

Claudia Luiz and special guest Ken Nelson

FOR everyone.

Being comfortable in your own skin is a metaphor for feeling emotionally balanced and whole. Achieving that balance allows you to enjoy life more, feel more resilient, get more of what you want, and have more energy to help others.

Through lecture, discussion, and guided exercises, you learn

- Three key emotional experiences that lead to greater comfort in your own skin
- Strategies for physical nurturance and self-care
- How to deal with emotions that threaten comfort
- How to promote greater comfort in others.

RECOMMENDED READING Claudia Luiz, *Where's My Sanity?: Stories that Help*.

TUITION \$265. Add 3 midweek nights room & meals; see page 108. (web code CYOS-151)



CLAUDIA LUIZ, PSYAD, is a psychoanalyst with more than 25 years of experience treating families, and the award-winning author of *Where's My Sanity?: Stories that Help*. wheresmysanity.com



KEN NELSON, PHD, a leader in mind-body practices and long-time Kripalu faculty member, is dedicated to transforming the ways we serve and lead through yoga-inspired learning. powerfulworkshops.com

SEPTEMBER 18–20 FRIDAY–SUNDAY

Using the Enneagram to Create Harmony in Your Relationships

Michael Naylor

FOR everyone.

Do you want to improve your relationship with a spouse, child, friend, business associate, or family member? The Enneagram can be a tremendous help in understanding relationships. A remarkable system of nine basic personality types, the Enneagram helps you realize who you are and what your greatest potentials might be, and makes sense of the sometimes confusing behavior of others.

Learn how to use the Enneagram as a practical way to understand your intimate and professional relationships by exploring

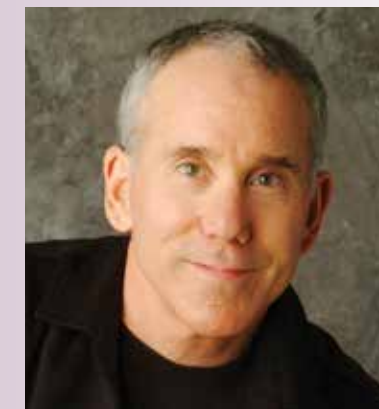
- Particular dynamics between different types
- Effective methods for communicating with each type
- Ways in which the three instinctual variants (subtypes) affect your main motivations in relationships.

Michael Naylor employs interactive exercises, guided meditations, music, and other techniques to help you uncover blind spots you bring to your relationships and recognize your personal strengths.



TUITION \$225. Add 2 weekend nights room & meals; see page 108. (web code UECEB-151)

MICHAEL NAYLOR, MED, CCS, LADC, CPCC, is a faculty member of the Enneagram Institute in Stone Ridge, New York. He teaches Enneagram workshops in the United States and internationally. enneagraminstitute.com



SEPTEMBER 18–20 FRIDAY–SUNDAY

Body Mind Mastery

THE PEACEFUL WARRIOR'S WAY TO LIFELONG WELL-BEING

DAN MILLMAN

FOR everyone; all ages and fitness levels welcome. CE credits.

Whether you're a weekend warrior or a world-class athlete, an active senior or a fitness enthusiast, this program offers insights and techniques from both East and West to improve your training and your life.

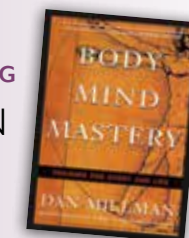
As your personal coach, deeply experienced in movement arts and meditative practices, Dan Millman shows you how to

- Improve physical performance, strength, flexibility, and coordination—whether you practice yoga, martial arts, golf, tennis, or a musical instrument
- Apply three keys to optimal health
- Reduce or eliminate common sources of physical discomfort
- Break through old limits
- Practice two movements that provide 90 percent of the benefits of tai chi
- Access states of awareness achieved by mystics and elite athletes.

The insights and skills you learn here can last a lifetime. Leave with greater confidence in your ability to achieve your goals with a peaceful heart and a warrior's spirit.

TUITION \$245. Add 2 weekend nights room & meals; see page 108. (web code PHWS-151)

DAN MILLMAN, an innovator in body-mind training, is the author of 16 books published in 29 languages, including *Way of the Peaceful Warrior*. peacefulwarrior.com



SEPTEMBER 27–OCTOBER 2
SUNDAY–FRIDAY

Rejuvenate and Reclaim Life After 40

Maria Sirois and Healthy Living Faculty

Craft a meaningful, passionate, healthy life.

CE credits.

Midlife can be a challenging yet powerfully creative time to let go of old identities and move into new territory. It's a time of adventure and reinvention, when you have the benefit of the experience, confidence, and wisdom acquired over the years. This program is designed for everyone over 40 who wants to reinvigorate their lives with joy and health.

Learn how to

- Enhance physical energy, mental clarity, and emotional balance
- Reduce the risk of the chronic diseases of aging, including heart disease, diabetes, cancer, and dementia
- Decrease stress and increase harmony
- Make lifestyle changes to live more fully.

Led by an exceptional group of teachers—including a psychologist, physician, nutritionist, and life coach—discover how to cultivate health and well-being, enliven your mind and spirit, and rediscover the keys to happiness.

TUITION \$409. Add 5 midweek nights room & meals; see page 108. (web code RRMH-151)



MARIA SIROIS, PSYD, is an inspirational speaker and clinical psychologist who lectures internationally on the study and application of Positive Psychology, mind-body medicine, and resilience. mariasirois.com

SEPTEMBER 25–27
FRIDAY–SUNDAY

Inner Bonding

THE POWER TO HEAL YOURSELF

Margaret Paul

FOR everyone. CE credits.

Discover how to love yourself rather than abandon yourself, and learn to make your best decisions through consistent connection with your personal source of spiritual guidance. Heal the cycle of shame and self-abandonment that can lead to anxiety, depression, addiction, loneliness, and relationship failure.

The innovative Inner Bonding process shows you how to

- Rapidly heal false beliefs about yourself and others
- Permanently heal from guilt, shame, emptiness, and loneliness
- Quickly move beyond self-judgment into self-compassion
- Address the resistance that might be keeping you stuck
- Heal relationship conflicts and attain the intimacy you've always wanted.

This powerful and life-changing process is the result of Margaret Paul's 46 years of personal inner work, as well as her work with clients.

TUITION \$200. Add 2 weekend nights room & meals; see page 108. (web code INB-151)



MARGARET PAUL, PHD, is a noted public speaker, best-selling author, workshop leader, chaplain, and Inner Bonding facilitator. She has counseled individuals and couples since 1973. innerbonding.com

OCTOBER 2–4 FRIDAY–SUNDAY

Develop a Resilient Inner Coach More Powerful than Your Inner Critic

Jane Shure and Beth Weinstock

FOR everyone. CE credits.

Learn inner coaching™ skills that help you maintain resilience, manage anxiety, and stay positive in the face of life's ups and downs. Negative self-talk and the worry it generates don't have to compromise your well-being, confidence, and success. Through guided meditations, experiential exercises, and interactive demonstrations, you learn

- Mindfulness strategies that promote positive self-talk
- User-friendly techniques that shift self-doubt to self-support
- How to strengthen the voice of your inner coach
- The neuroscience of transforming thought patterns from those that undermine you to those that support you.

Open your heart and mind to a nonjudgmental, compassionate inner coaching voice, and return home inspired and empowered.

TUITION \$225. Add 2 weekend nights room & meals; see page 108. (web code CYIC-151)



JANE SHURE, PHD, LCSW, psychotherapist, leadership coach, and resiliency expert, writes for Huffington Post and teaches at Barnard's Leadership Center. theresiliencegroup.com



BETH WEINSTOCK, PHD, clinical psychologist, executive coach, author, is founder of Women's LeadershipWorks and has taught at universities on both coasts. theresiliencegroup.com

SOMASOUL SOUL-CENTERED SOMATIC THERAPY

SomaSoul Soul-Centered Somatic Therapy is a training program that aligns your personal growth with your professional development. Experience somatic, soul-centered practices and open to the power of your heart and guts, compassion and intuition. These programs can be taken individually for personal development or as part of a larger training to become a Registered Somatic Movement Therapist.



OCTOBER 4–9
SUNDAY–FRIDAY

Awaken Your Heart

Dan Leven with guest faculty Heather Bilotta and Sage Peeler

FOR healing professionals and individuals looking to deepen their personal healing journey. CE credits.

The heart is an essential resource in your personal healing process and when working with others. Putting your heart and soul into what you do and the people you're with sets the foundation of a soulful relationship with life. In this program, experience somatic and soul-centered practices to support your journey toward joy and satisfaction in life, and clear obstructions to your power and heart.

Awaken the wisdom of your heart as you learn how to

- Use movement and mindfulness to awaken the heart and its inherent compassion and intuition
- Clear the blocks to feeling and knowing your heart
- Heal the emotional pain held in your heart
- Awaken to your heart's desires and needs
- Connect heart-to-heart with others.

TUITION \$450. Add 5 midweek nights room & meals; see page 108. (web code SCCC-1151)

NOTE Receive 10 percent off the entire series when you sign up for all four modules prior to the first training. Please call to register.

NOVEMBER 29–DECEMBER 4
SUNDAY–FRIDAY

Trust Your Gut

Dan Leven with guest faculty Heather Bilotta and Sage Peeler

FOR healing professionals and individuals looking to deepen their personal healing journey. CE credits.

SomaSoul® integrates contemplative and expressive arts practices to help you uncover the power, potency, and vibrancy in your gut and pelvis. Learn to experience these areas of your body as centers of consciousness that give you a dynamic sense of presence, engagement with life, and intuition.

Living with soul includes feeling the depths of your body's experience, and reclaiming your sensuality and instinct—being gutsy, having gut reactions, and getting a “gut sense” about your life. As therapists and healing professionals, we need to tap into this power to enliven and ground our healing interactions with others. As individuals seeking to live life fully, we need this vital center to be awake and free.

TUITION \$450. Add 5 midweek nights room & meals; see page 108. (web code SCCC-2151)

Don't miss these other SomaSoul® Soul-Centered Somatic Therapy programs with Dan Leven

FEBRUARY 21–26 SUNDAY–FRIDAY
THE SOUL OF SOMATIC HEALING

MAY 1–6 SUNDAY–FRIDAY
SOMASOUL FACILITATION

DAN LEVEN, RSMT, MPC, has been a Kripalu faculty member for more than 35 years. Dan trains Registered Somatic Movement Therapists through his Shake Your Soul® and SomaSoul® programs. levininstitute.com

See the Kripalu website for guest faculty bios.



SEPTEMBER 11–13 FRIDAY–SUNDAY

The Adventure of Self-Discovery

A HOLOTROPIC BREATHWORK EXPERIENCE

STANISLAV GROF and Tav Sparks

Experience Holotropic Breathwork with originator Stanislav Grof. This practice provides self-exploration for personal transformation. Through simple breathing and a specially designed musical journey, in a safe and supportive setting, you experience a true non-ordinary state of consciousness.

The weekend begins with a talk by Stanislav on the healing potential of Holotropic Breathwork, and preparation for the practice on Saturday. Sunday morning features small-group integration along with lecture and questions.

Holotropic Breathwork helps you explore aspects of your life and history, transpersonal interconnections, and the greater spiritual reality to which we all belong.

NOTE See this program on the Kripalu website for important guidelines regarding participant eligibility, as well as information on Grof Transpersonal Training's facilitator training hours.

TUITION \$340. Add 2 weekend nights room & meals; see page 108. (web code ASD-151)

STANISLAV GROF, MD, is a psychiatrist with more than 50 years of experience researching non-ordinary states of consciousness, and founder of the International Transpersonal Association. stanislavgrof.com

TAV SPARKS is director of Grof Transpersonal Training. For nearly 25 years, he has worked therapeutically with people in non-ordinary states of consciousness.



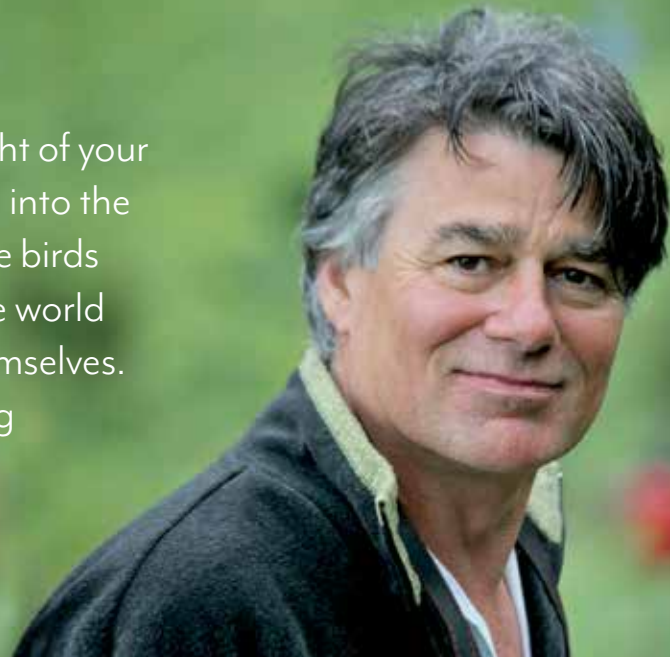
YOGA ON AND OFF THE MAT

Embrace your practice—wherever you are. Find out more on the Kripalu blog.

kripalu.org/onandoffthemat

“Put down the weight of your aloneness and ease into the conversation. All the birds and creatures of the world are unutterably themselves. Everything is waiting for you.”

— David Whyte



OCTOBER 16–18 FRIDAY–SUNDAY

THE ESSENCE OF OUR NATURE

FINDING STRENGTH IN VULNERABILITY

DAVID WHYTE

and special guests *Nóirín Ní Riain, and Owen, Moley, and Andrea O Súilleabháin*

FOR everyone.

Being vulnerable is not a choice; it is the abiding undercurrent of our natural state. Human beings have never had the luxury of choosing between an untouched interior self and the necessary vulnerabilities of achievement in the outer world. To run from vulnerability is to immobilize the very foundation of our identities. In turning away from vulnerability, we refuse the help we need at every turn of our existence, and close off our understanding of the grief of others.

Through the revelations of poetry and the poetic tradition, David Whyte explores the bold, courageous, sometimes painful steps we can take to bring our vulnerable selves into the world—in order to do, achieve, and, above all, give.

TUITION \$275. Add 2 weekend nights room & meals; see page 108. (web code SSMT-151)

DAVID WHYTE is a poet, author, and associate fellow at Said Business School at the University of Oxford. His work bridges literature, philosophy, and leadership. davidwhyte.com

CELEBRATE THE SEASON

Weather permitting, Saturday afternoon includes an outdoor harvest celebration with world-renowned Irish singer *Nóirín Ní Riain*. A walk to the lake with David and *Nóirín* provides an opportunity to be fully present in the natural world. Together with David's poetry, *Nóirín's* songs and stories will prepare us for her concert on Saturday evening with her sons, Owen and Moley O Súilleabháin, and Andrea O Súilleabháin.

EVENING EVENT SATURDAY, OCTOBER 17

Experience the legendary voice and spirit of *Nóirín Ní Riain*, Ireland's greatest store of ancient and sacred song. For this unique performance, *Nóirín* is joined by her sons Owen and Moley, forming a blend of family voices that is sublime. Other special guests also join them during the evening, including *Nóirín's* friend and creative collaborator David Whyte. Open to Kripalu registered guests only.



Nóirín Ní Riain



Owen and Moley O Súilleabháin



Andrea O Súilleabháin

OCTOBER 23–25 FRIDAY–SUNDAY

A New Way of Being

WOMEN'S SELF-RENEWAL RETREAT

Renée Peterson Trudeau

FOR women of all ages and life stages; no yoga experience necessary.

Do you long to reconnect with who you are? Are you in the midst of a transition? Do you crave quiet reflection, rest, and renewal? *Renée Peterson Trudeau* has designed a deeply restorative retreat for women in a nurturing, empowering, and supportive environment. Tap into the transformative power of self-care to nourish body and soul. Integrate self-renewal strategies into daily life as you learn to

- Slow down and access your Wise Self
- Explore your heart's desire and life purpose
- Experience self-care as spiritual practice
- Tap into self-compassion and self-acceptance
- Relax and connect with your needs, desires, and your body's natural rhythms
- Meditate to enhance peace and harmony in everyday life
- Balance yin/yang energy and access your feminine power.

Enjoy authentic connection with like-minded women as you embrace a new way of being and experience greater freedom and joy.



RENÉE PETERSON TRUDEAU is an internationally recognized life-balance coach, president of Career Strategists, and author of *The Mother's Guide to Self-Renewal*. reneetrudeau.com

NOTE See this program on the Kripalu website for recommended reading and information about what to bring.

TUITION \$305. Add 2 weekend nights room & meals; see page 108. (web code WSRR-153)



TAMA KIEVES, an honors graduate of Harvard Law School, has helped thousands of people worldwide discover and launch the life, calling, and business of their dreams. tamakieves.com

RECOMMENDED READING See this program on the Kripalu website.

TUITION \$320. Add 4 midweek nights room & meals; see page 108. (web code ULYC-152)

OCTOBER 25–29 SUNDAY–THURSDAY

Unleash Your Calling

AN INTENSIVE TO CREATE THE WORK AND LIFE YOU LOVE

Tama Kieves

FOR everyone. CE credits.

Your wildest dreams are your source for inspired abilities and explosive direction. In uncertain economic times, true passion is your greatest security.

Tama Kieves, former Harvard lawyer turned leading career coach and best-selling author of *This Time I Dance!* and *Inspired & Unstoppable*, teaches you to thrive in your authentic calling. Using inspired and practical strategies, you learn how to

- Live from inspiration, not fear
- Choose the right passion and stay on fire
- Tap into unstoppable inner strength
- Turn your talents into income
- Craft strategies to achieve your dreams
- Trust the genius and magic of unconventional choices.

Packed with turn-your-life-around exercises, creativity, group support, personal attention, and passionate mentoring, this transformative workshop can help you step into a new life.

OCTOBER 9–12 FRIDAY–MONDAY

The Yoga of Recovery

Aruni Nan Futuronsky



FOR people working with addictive patterns in themselves or others, in Twelve-Step programs or not. CE credits.

Do you struggle with addictive patterns? Have you unsuccessfully attempted to

control negative behavior or thoughts? Do the addictive actions of other people impact you? Because addictive patterns live in the body and mind, this program addresses both, weaving together the ancient wisdom of yoga and the practical tools of contemporary recovery programs. *Aruni Nan Futuronsky* creates a rich and powerful learning environment that inspires compassionate awareness, change, and healing.

Discover the patterns behind your struggles and learn specific strategies to savor life more fully by employing

- Mindfulness-based meditation practices
- Awareness exercises for personal growth
- Body-centered movement.

Whether you are new to the paths of recovery or yoga, or have experience in either or both, explore incremental and sustainable lifestyle change through radical compassion.

NOTE This program is not appropriate for those in an acute or crisis phase of addiction.

TUITION \$250. Add 2 weekend nights and 1 holiday night room & meals; see page 108. (web code YOR-151)



ARUNI NAN FUTURONSKY is a Kripalu Yoga teacher, life coach, and faculty member for Kripalu R&R Retreat and Healthy Living programs. coacharuni.com

THE KRIPALU KITCHEN

Enjoy recipes and culinary adventures.

→ kripalu.org/kripalukitchen



OCTOBER 30–NOVEMBER 1 FRIDAY–SUNDAY

LIVING A SOULFUL LIFE

PRACTICAL TOOLS FOR NAVIGATING THE MATERIAL WORLD

PANACHE DESAI

FOR everyone.

The purpose of your spiritual journey is to know yourself as more than just your body and mind. Establishing a deeper connection to your authentic self and awakening to your true spirit is a remarkable beginning, but how do you fully engage in life without losing yourself? Learning how to use essential spiritual truths to navigate the material world can help you live a joyous, soulful life.

Discover how to remain powerfully connected to your inner being while

- Making money
- Prioritizing your health
- Nurturing meaningful relationships
- Expressing everything you're here to share.

TUITION \$375. Add 2 weekend nights room & meals; see page 108. (web code DYSS-151)

PANACHE DESAI, contemporary thought leader, speaker, and author, empowers people to free themselves from pain, sadness, and self-limiting beliefs. panachedesai.com

NOVEMBER 6–8 FRIDAY–SUNDAY

Speaking Your Truth

FIRST STEPS IN THE ART OF STORYTELLING

Matthew Dicks

FOR everyone.

Learn the art of personal storytelling in a low-stakes, information-packed, highly entertaining workshop designed for people with little or no previous storytelling experience. Explore storytelling for personal and professional development, to improve your communication and writing skills, to challenge yourself, or to get the attention of colleagues, family, and friends.

Come explore

- Methods for generating story ideas from life experiences
- Games designed to help you speak on the spur of the moment, and how to apply the skills taught in class to everyday storytelling
- Techniques for constructing an effective story
- The development of humor, suspense, and gravity in storytelling
- Performance techniques
- The 17 most important rules of storytelling.

You will be invited (but not required) to develop your own story to present to the class for critique.

TUITION \$215. Add 2 weekend nights room & meals; see page 108. (web code FSS-151)



MATTHEW DICKS, a best-selling novelist, playwright, and professional storyteller, is a 16-time Moth StorySLAM champion and producer of Speak Up, a Hartford-based storytelling organization. matthewdicks.com



NOVEMBER 13–15 FRIDAY–SUNDAY

One Spirit Medicine

THE MIND OF GOD, THE BRAIN OF MAN, THE HEART OF THE SHAMAN

ALBERTO VILLOLDO

FOR everyone.

Draw inspiration from the teachings of contemporary neuroscience and ancient shamanic wisdom to create a life of joy, prosperity, and peace. Shamans discovered how to wire the brain for bliss and called their discovery One Spirit medicine. Led by best-selling author Alberto Villoldo, you learn tools from this tradition for manifesting optimal wellness and a better world.

Traditional healers found that the heart was the passageway between the visible and invisible world, and mastered a path of power and wisdom based on the practice of dreaming the world into being. The practice is simple: You dream health, and disease goes away. You dream peace, and conflict ends. Learn how to upgrade your brain so it works in service to your heart.

TUITION \$240. Add 2 weekend nights room & meals; see page 108. (web code OSM-151)

ALBERTO VILLOLDO, PHD, is a medical anthropologist and psychologist who has studied the spiritual practices of the Amazon and Andes for more than 25 years. fourwinds.com

NOVEMBER 13–15 FRIDAY–SUNDAY

From Grieving to Believing

THE SOUL IN TRANSFORMATION

David Kessler, Maureen Hancock, and Paul Denniston

FOR everyone. CE credits.

Are you yearning for a loved one who has died? Do you feel regret, guilt, or the longing to experience that soul connection again? Imagine a life beyond the pain of grief, where deep soul work takes place on three planes at once—mind, body, and spirit.

Join three world-renowned experts for a life-changing weekend to help you face the loss of a loved one. David Kessler, grief expert, author, and protégé of Elisabeth Kübler-Ross; Maureen Hancock, acclaimed spiritual medium and author; and Paul Denniston, a yoga teacher specializing in grief, invite you to begin your soul's healing process.

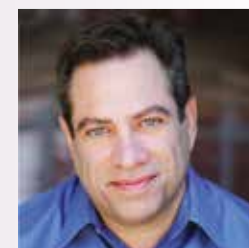
Through lectures, workshops, group discussions, practical exercises, mediumship demonstrations, and yoga-for-grief classes, you release pain and come away knowing that love never dies—it only transforms.

RECOMMENDED READING See this program on the Kripalu website.

TUITION \$275. Add 2 weekend nights room & meals; see page 108. (web code GBST-151)



PAUL DENNISTON uses grief as fuel for healing, combining many forms of yoga to release sadness and bring people to greater peace and happiness. grieyoga.com



DAVID KESSLER, an expert on healing and loss, coauthored two books with Elisabeth Kübler-Ross and was with her during her passing. grief.com

MAUREEN HANCOCK is an internationally renowned spirit medium, teacher, holistic healer, and author of the best-selling book *The Medium Next Door*. maureenhancock.com

NOVEMBER 13–15 FRIDAY–SUNDAY

Solemate

MASTER THE ART OF ALONENESS AND TRANSFORM YOUR LIFE

Lauren Mackler



FOR people who are single, divorced, or seeking greater independence within their partnership. CE credits.

Take a life-changing journey to greater self-mastery,

empowerment, and well-being—whether you're single or in a relationship. World-renowned coach Lauren Mackler inspires you to become the partner you seek, instead of depending on someone else to make you whole.

Using experiential exercises, visualization, journaling, and short lectures, this groundbreaking experience gives you the tools to

- Move beyond fear and override limiting beliefs and behaviors
- Reclaim your innate wholeness
- Build a loving relationship with yourself
- Develop a strong inner and outer support system
- Clarify your life vision and map the steps to achieve it.

RECOMMENDED READING Lauren Mackler, *Solemate: Master the Art of Aloneness & Transform Your Life*.

TUITION \$215. Add 2 weekend nights room & meals; see page 108. (web code MAOA-151)



LAUREN MACKLER is a renowned coach and teacher whose first book, *Solemate: Master the Art of Aloneness & Transform Your Life*, became an instant international best-seller. laurenmackler.com

WORDS FROM THE WISE

Aha moments can be life-changing. Find out more on the Kripalu blog.

➔ kripalu.org/wisewords

NOVEMBER 20–22 FRIDAY–SUNDAY

Awakened Living

FREE YOUR MIND,
IGNITE YOUR HEART

David Harshada Wagner

FOR everyone.

Take your mind, body, and life to a whole new level of freedom and happiness in a dynamic and life-changing weekend of practice, rejuvenation, and discovery. Experience a combination of lively discussions, guided meditations, and powerful self-inquiry exercises, as you

- Uncover and get to know your best self
- Learn easy and powerful meditation techniques that can be practiced in the midst of a busy life
- Investigate and release inner wounds and unhelpful habits that keep you from living your best life.

Come take the first steps toward creating a life of passion, wisdom, and inner freedom.

TUITION \$245. Add 2 weekend nights room & meals; see page 108. (web code AYL-151)

DAVID HARSHADA WAGNER is a meditation teacher, spiritual leader, and author of *Backbone: The Modern Man's Ultimate Guide to Purpose, Passion, and Power*. davidhwagner.com



NOVEMBER 15–18 SUNDAY–WEDNESDAY

Unfinished Conversation

HEALING FROM TRAUMATIC LOSS

Robert Emile Lesoine and Marilynne Chöphel

FOR everyone, including those who have lost a loved one to suicide, homicide, combat, or terminal illness.

The effects of traumatic loss often remain hidden and unresolved. This program offers a safe and supportive space to reflect on your loss in order to facilitate a transformative healing process. Receive guidance to release past trauma, affirm emotions, transform the pain, and honor your relationship with a lost loved one to find greater perspective, meaning, and well-being in your life.

Based on the book *Unfinished Conversation: Healing from Suicide and Loss—A Guided Journey*, this retreat draws on many portals of transformation, including directed mindfulness, self-inquiry, reflective journaling, compassionate connection, somatic awareness, music, poetry, movement, and silence, to help you move from suffering toward resolution and greater freedom.

Consider attending with a family member or friend so you can walk through the healing process together and continue the journey with each other's support when you return home.

TUITION \$295. Add 3 midweek nights room & meals; see page 108. (web code UCHJ-151)



ROBERT EMILE LESOINE, MA, ED, is an educator, writer, singer, and composer. He offers a healing process, resources, and support for survivors from suicide and loss. unfinishedconversation.com



MARILYNNE CHÖPHEL, MFT, specializes in depth psychotherapy and the treatment of trauma with mindfulness, somatic awareness, and compassionate presence. dharmaspirit.com



NOVEMBER 20–22 FRIDAY–SUNDAY

Cultivating Compassion

Margaret Cullen and Erika Rosenberg

FOR everyone.

Learn to cultivate compassion, empathy, and kindness for yourself and others in a training that integrates traditional contemplative practices with psychology and scientific research. Guided meditations, experiential exercises, lectures, and discussions help you connect to your basic good nature and become more attuned to others.

This immersive training is based on Stanford University's Compassion Cultivation Training (CCT), a secular program that takes a multifaceted approach to developing compassion, working with conceptual, emotional, motivational, and somatic modalities. Guided by two senior CCT teachers in a user-friendly format, you learn core components of the CCT training that can enhance your life and help you move past conflict.

TUITION \$237. Add 2 weekend nights room & meals; see page 108. (web code CCI-151)



MARGARET CULLEN, MFT, is a psychotherapist, certified Mindfulness-Based Stress Reduction teacher, and coauthor of *The Mindfulness-Based Emotional Balance Workbook*. margaretcullen.com



ERIKA ROSENBERG, PHD, is a world-renowned expert on the facial expressions of emotion, a meditation teacher, and a senior teacher at Stanford University's Center for Compassion. erikarosenberg.com



NOVEMBER 27–29
FRIDAY–SUNDAY

Quarter-Life Calling Reunion

THE BEAUTY OF BEGINNING AGAIN

Coby Kozlowski

FOR graduates of Quarter-Life Calling of any age.

Dive into a deeper exploration of your personal truth in the company of uplifting and inspiring peers. Join the larger Quarter-Life Calling community and reconnect with a group that supports your greatest success. Get re-inspired to fully live your purpose, celebrate the gift of being alive, and truly begin again.

New teachings provide clarity, hope, and direction in your life—but sometimes the act of walking your path raises new questions. Life can throw you curveballs. As you follow your calling, there is beauty and power in coming back together to ask the questions that are most relevant to you right now.

TUITION \$165. Add 2 weekend nights room & meals; see page 108. (web code QLCR-151)

COBY KOZLOWSKI, MA, E-RYT, is a faculty member for the Kripalu School of Yoga and founder of Karma Yoga Leadership Intensive™. cobyk.com

NOVEMBER 27–29 FRIDAY–SUNDAY

Uncovering Happiness Through Mindfulness and Self-Compassion

Elisha Goldstein

FOR everyone.

Discover the top 10 guideposts to making happiness come alive and how you can start implementing them now. We all have natural “antidepressants” inside us that enhance happiness and help create a more resilient brain. Learn how to nurture those antidepressants and build emotional resilience in a program that looks at

- Key elements that fuel the depression loop
- How to use mindfulness as a foundation for an “antidepressant brain”
- Ways to integrate self-compassion into your life
- The critical nature of play for adults
- How you can nurture meaning, purpose, and well-being.

RECOMMENDED READING Elisha Goldstein, *Uncovering Happiness: Overcoming Depression through Mindfulness and Self-Compassion*.

TUITION \$225. Add 2 weekend nights room & meals; see page 108. (web code UHOD-152)

ELISHA GOLDSTEIN, PHD, cofounder of the Center for Mindful Living in Los Angeles, is author of *Uncovering Happiness: Overcoming Depression through Mindfulness and Self-Compassion*. elishagoldstein.com



NOVEMBER 29–DECEMBER 4
SUNDAY–FRIDAY

Clearing the Clutter

MAKING SPACE FOR POSITIVE CHANGE

Maria Sirois and Izzy Lenihan

FOR everyone.

Learn how to create a lighter, rejuvenated life in a program based on the principles of Positive Psychology and personal coaching. Gain tools for clarity and change, and identify the clutter you're ready to let go of—not just in your home but also in your relationships, at work, and in your mind and heart.

Clutter is more than what crowds your physical environment. It can be found in stress-based thoughts, confusing feelings, and unclear visions that weigh us down. What you choose to remove from your life is as important—if not more important—than what you choose to bring into it.

TUITION \$409. Add 5 midweek nights room & meals; see page 108. (web code RRCC-153)



MARIA SIROIS, PSYD, is an inspirational speaker and clinical psychologist who lectures internationally on the study and application of Positive Psychology, mind-body medicine, and resilience. mariasirois.com



IZZY LENIHAN is a certified life, career, and wellness coach who has helped thousands of people make changes in all stages of their lives for more than 20 years.

You might also be interested in...

- Find Your Next Yes p. 38
- Writing Down the Light p. 45
- Interpersonal Neurobiology p. 60



Yoga and Meditation

SEPTEMBER 4–7 FRIDAY–MONDAY

The Retreat Experience

Nikki Costello

FOR all levels. CE credits.

A retreat is an opportunity to be transported, awakened, and transformed. It is a precious period of time devoted to inner discovery and self-development.

Supported by the beauty of nature, nourishing food, and good company, this retreat

- Strengthens body and mind in a well-balanced asana practice so you can confidently reach beyond concepts or limitations
- Relaxes you with restorative yoga and breathing techniques
- Engages your mind in personal contemplation and group discussion of yogic wisdom
- Guides you into meditations that access your own deepest wisdom and your heart's wishes
- Clarifies practical steps to apply new understandings to your daily life and work.

Engage in a Retreat Experience that leads you toward insights and personal breakthroughs.



TUITION \$250. Add 2 weekend nights and 1 holiday night room & meals; see page 108. (web code REX-151)

NIKKI COSTELLO, E-RYT, is an inspirational yoga teacher, speaker, and writer. She is a contributing writer for *Yoga Journal* and a faculty member of the Iyengar Yoga Institute. nikkicostello.com

SEPTEMBER 4–7 FRIDAY–MONDAY

Broga Yoga

A MEN'S YOGA RETREAT

Robert Sidoti

FOR men; all levels of yoga experience welcome. CE credits.

Men think differently, and their bodies move differently than women's. Shouldn't there be a yoga class geared for the bodies and minds of men? There is, and it's called Broga® Yoga. This weekend of strong, challenging, accessible yoga classes and discussion is specially developed for men. Join Broga's creator, Robert Sidoti, to

- Learn foundational yoga poses and basic breathwork
- Experience strong yoga flows and functional fitness exercises
- Listen to your body in ways that help alleviate chronic pain, strengthen weak areas, and reduce the chances of injury
- Learn stress-release and stress-reduction techniques.

This retreat offers basic tools to take into your job, family life, and exercise routines. You don't need to know anything about yoga to attend; beginners and experienced yogis alike can benefit from this fresh, strength-based approach to yoga.



TUITION \$250. Add 2 weekend and 1 holiday room & meals; see page 108. (web code BYMY-151)

ROBERT SIDOTI is a certified yoga instructor, personal trainer, and accomplished athlete. He created Broga® Yoga to bring the benefits of yoga to more men. brogayoga.com



“This is what we do. We chant for peace, pray for peace, and do yoga to stay strong through it all.”

— Snatam Kaur



SEPTEMBER 4–7 FRIDAY–MONDAY

Peace in Our Hearts Through Kundalini Yoga

SNATAM KAUR

and Sopurkh Singh

FOR all levels. CE credits.

Navigate the journey of life with grace and joy through Naad Yoga, the Kundalini practice of vibrating divine sound within and projecting it outward. The sound originates effortlessly, deep inside the quiet inner space called anahat. Divine sound finds its way into our thoughts, words, actions, chants, and songs. It cuts through the illusions of the world like the sword of a fierce warrior, and heals us with the energy of pure love so that we may experience peace in our hearts.

Snatam Kaur and Sopurkh Singh share the tools of Naad Yoga, as given by Yogi Bhajan, to identify the source of peace that is naturally within each one of us. That quiet space, and the love that emerges from it, can help us release fear and worry, and experience freedom and liberation.

TUITION \$285. Add 2 weekend nights and 1 holiday night room & meals; see page 108. (web code PHNY-151)

SNATAM KAUR, sacred chant artist and Kundalini Yoga teacher, performs live concerts and teaches workshops throughout the world. Her recordings include *Grace and Liberation's Door*. snatamkaur.com



SOPURKH SINGH studied and trained with Gurmukh and Gurushabd at Golden Bridge in Los Angeles, the premier Kundalini Yoga center in the world.

SEPTEMBER 11–13 FRIDAY–SUNDAY

Introduction to Meditation

Bhavani Lorraine Nelson



CE credits.

Have you heard about the benefits of meditation and wondered what the practice is really like? Or perhaps you've had some meditation instruction but not yet found a technique that fits your temperament and lifestyle, one that allows you to sustain a regular practice.

This program introduces you to several major meditation techniques from the yogic and Buddhist traditions, including

- Meditation on the breath
- Loving-kindness meditation
- Walking meditation
- Pranayama (breathing exercises)
- Mantra meditation
- Sanskrit chanting as meditation.

A popular Kripalu presenter, Bhavani Lorraine Nelson is known for her clear instruction and user-friendly approach. Leave with the inspiration and clarity you need to continue meditating at home, along with a practice that ultimately brings greater peace, equanimity, and contentment to your life.

TUITION \$215. Add 2 weekend nights room & meals; see page 108. (web code ITMR-152)



BHAVANI LORRAINE NELSON

is a Kripalu Yoga teacher who leads workshops in meditation and mindfulness, stress reduction, and the power of the voice. bhavanilorrainenelson.com

KRIPALU VIDEO

Insights on yoga, conscious living, and holistic principles.

→ kripalu.org/video



SEPTEMBER 18–20 FRIDAY–SUNDAY

Taking Refuge

BREAKING THE ADDICTION TO THE MIND

Noah Levine



FOR all levels. CE credits.

Buddhism is a path to freedom from suffering that originates in the addictive quality of the mind and our habitual tendency to grasp at pleasure and push away pain. All addictions stem

from these roots.

The Buddhist path offers a spiritual and psychological process of transformation that has proven to be an effective treatment for our human addiction to thinking and the suffering created with the mind. Buddhist meditation is one of the most potent tools available for recovering our original wholeness, or Buddha nature.

Take this opportunity to learn and practice different forms of Buddhist meditation, oriented toward breaking free of habitual reactive patterns. People in Twelve-Step recovery programs and those who resist the Twelve-Step approach are especially welcome. Come find a secure inner refuge from addiction and the suffering it causes.

NOTE Student discounts and scholarships are available for this program. Please call Registrations at 800.741.7353 for more information.

TUITION \$225. Add 2 weekend nights room & meals; see page 108. (web code PBR-151)

NOAH LEVINE is a Buddhist teacher, counselor, and author of *The Heart of the Revolution: The Buddha's Teachings on Kindness, Compassion, and Forgiveness*. dharmafunx.com

SEPTEMBER 11–13 FRIDAY–SUNDAY

Let Go for Real

RELAX, RENEW, BE YOU

Krishna Kaur

FOR all levels. CE credits.

The art of “letting go” is the basis of successful living. To thrive in all aspects of life, you must let go of past mistakes, past relationships, and old feelings of regret that haunt you. Letting go gives you the space—mentally, physically, and emotionally—to relish being the awesome person you really are.

This weekend, learn how to let go using Kundalini Yoga techniques that allow you to meditate deeply with breath and mantra and find inner stillness (shunia). You'll use postures and movements to stimulate internal relaxation in all the areas where tension is held in the body, and coax your mind to release subconscious memories. You'll leave refreshed, lighter, and ready to bring even more joy into your life.



TUITION \$225. Add 2 weekend nights room & meals; see page 108. (web code RBYP-151)

KRISHNA KAUR, E-RYT, a master teacher trainer of Kundalini Yoga since 1970, has studied directly with Yogi Bhanjan for more than 40 years. krishnakaur.org

SEPTEMBER 18–20 FRIDAY–SUNDAY

Yoga for the Rest of Us

Peggy Cappy

FOR all levels; no yoga experience needed. Also for those who want to lead adaptive yoga. CE credits.

Experience the benefits of yoga in a safe, enjoyable, and friendly environment, no matter what shape you're in. Whether you're new to yoga, have a long-standing physical limitation, or are simply out of shape, it's easy to begin right where you are with gentle stretches and accessible yoga postures. Peggy Cappy's approach includes using a chair as an aid for balance and stability. You learn

- Warm-ups to ease the body into motion
- A variety of yoga poses, and ways to gradually increase challenge and intensity
- Meditation practices and guided visualizations
- Simple, powerful breathing exercises
- Effective relaxation techniques
- Ways to adapt these practices to your body's needs and abilities.

Peggy's joy and enthusiasm for yoga is contagious. Her knowledgeable and practical approach draws on more than three decades of extensive experience teaching yoga students and training teachers.

RECOMMENDED READING AND VIEWING Peggy Cappy, *Yoga for All of Us*, and any of six DVDs in the *Yoga for the Rest of Us* series.

TUITION \$200. Add 2 weekend nights room & meals; see page 108. (web code YFRU-153)

PEGGY CAPPY, author of *Yoga for All of Us*, is known for her best-selling PBS series *Yoga for the Rest of Us*. peggycappy.com



SEPTEMBER 24–27 THURSDAY–SUNDAY

Navigating Life's Changes

A JOURNEY INTO YOGA AND MEDITATION RETREAT FOR WOMEN

Brahmani Liebman and Jashoda Edmunds

FOR women at all levels of practice. CE credits.

Calling wise women of every age and stage of life! This annual retreat begins with the premise that life inevitably requires us to navigate mental as well as physical changes. It's based on the view that it's possible for each of us to live with grace and ease, recognizing our innate peace and wisdom, regardless of our situation.

In a safe community, Brahmani Liebman and Jashoda Edmunds invite you to empower your spiritual inquiry with the practices of Yin and gentle yoga, meditation, didactic teachings, group sharing, and Q&A sessions.

Brahmani and Jashoda love teaching together, interweaving Buddhist and yogic perspectives with joy and lightness. Join them for a weekend of compassionate exploration and take home practices that you can use as allies in your ongoing journey.

TUITION \$280. Add 1 midweek night and 2 weekend nights room & meals; see page 108. (web code WYM-151)

✦ **COMBINE THIS PROGRAM** with Finding the Balance with Yin Yoga: A Journey into Yoga Teacher Training, September 27–October 2, for a 10 percent tuition discount for each program; see page 65.

JASHODA EDMUNDS, E-RYT 500, AND BRAHMANI LIEBMAN, MSED, E-RYT 500, are cocreators of Journey into Yoga School of Yoga & Meditation teacher trainings, workshops, and retreats, and serve on the Kripalu School of Yoga faculty. journeyintoyoga.com



Brahmani Liebman and Jashoda Edmunds

SEPTEMBER 25–27 FRIDAY–SUNDAY

True Refuge

TARA BRACH



FOR everyone. CE credits.

Discover a sanctuary of wisdom and peace in your own awakened heart, even in the face of life's greatest challenges. While insecurity and loss are natural parts of being alive, we can learn the pathway home to the loving presence, confidence, and happiness that is intrinsic to our being.

Based on Tara Brach's latest book, *True Refuge: Finding Peace and Freedom in Your Own Awakened Heart*, this workshop uses meditation, guided exercises, and discussion to cultivate the three archetypal portals to emotional healing and spiritual awakening: mindfulness, loving presence, and open awareness. This weekend includes periods of silence as well as the safety and support of interpersonal sharing. Experience the value of meditation in relieving emotional suffering and helping you find happiness and inner freedom.

TUITION \$295. Add 2 weekend nights room & meals; see page 108. (web code TRP-152)

TARA BRACH, PHD, author of *Radical Acceptance* and *True Refuge*, is a clinical psychologist who leads Buddhist meditation retreats and workshops on emotional healing and spiritual awakening. tarabrach.com



SEPTEMBER 24–27 THURSDAY–SUNDAY

Energy Intensive

MEDITATION, YOGA, AND BREATHWORK

JONATHAN FOUST (SUDHIR) AND RICHARD FAULDS (SHOBHAN)

FOR everyone; no yoga or meditation experience necessary. CE credits.

Experience Kripalu Yoga's unique approach to personal transformation in a program that's practical, integrative, and fun. Two of Kripalu's outstanding teachers lead this exploration of the profound relationship between energy and consciousness, which is the essence of yoga and the foundation of all mind-body approaches.

Your exploration includes

- Exercises to build energy and awareness
- Guided experiences in both sitting and moving meditation
- Integrative breathwork, a technique that provides deep insight and release
- Journal writing to access intuition
- Small-group work that enhances self-awareness
- Guided massage and bodywork
- All three stages of Kripalu Yoga
- Social silence (speaking only when necessary) outside of sessions.

NOTE This program is intensive in nature and includes early morning and afternoon yoga practice and an evening session on Friday.

TUITION \$270. Add 1 midweek night and 2 weekend nights room & meals; see page 108. (web code TEI-152)



JONATHAN FOUST (SUDHIR), MA, cofounder of the Meditation Teacher Training Institute and former President of Kripalu, has been leading retreats and training teachers for more than 25 years. jonathanfoust.com

RICHARD FAULDS (SHOBHAN), MA, JD, author of *Kripalu Yoga: A Guide to Practice On and Off the Mat*, is a former Kripalu President, CEO, and Board Chair.



SEPTEMBER 28–30 MONDAY-WEDNESDAY

SYMPOSIUM ON YOGA RESEARCH

THE FRONT LINE OF YOGA RESEARCH

FOR researchers, clinicians, integrative health-care professionals, yoga therapists, and psychology and education professionals interested in yoga research. CE credits.

The Symposium on Yoga Research (SYR) is the West's foremost yoga research conference. This unique learning opportunity showcases some of the best new research and offers ample opportunities for participants to interact with other scientists, experts, and professionals in the field. SYR is a single-track academic research conference that includes three keynote talks, and additional presentations. Multiple poster sessions during the conference offer you an opportunity to discuss your work in depth with your colleagues.

Preconference

SEPTEMBER 28, 1:00–4:30 PM

Yoga Research 101

THE BASICS OF YOGA RESEARCH FOR THERAPISTS, INSTRUCTORS, AND NEW INVESTIGATORS

TUITION \$450, conference only (web code IAYT-151); \$100, preconference only (web code IAYTPCO-151); \$550, preconference and conference (web code IAYTPC-151). Add 2 midweek nights room & meals; see page 108.

Current IAYT members receive a \$100 tuition discount. Graduate students at accredited institutions receive a \$100 tuition discount. These discounts can be combined. To receive these discounts, please register by phone.

FIND OUT MORE ☺ kripalu.org/syr

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Kripalu | Institute for Extraordinary Living

Keynote Speakers and Presenters



B. N. GANGADHAR, MD, is a professor of psychiatry at the National Institute of Mental Health and NeuroSciences, where he heads the Advanced Center for Yoga.



EDWARD MCAULEY, PHD, is a Shahid and Ann Carlson Khan Endowed Professor of Applied Health Sciences at the University of Illinois at Urbana-Champaign.



REMY COEYTAUX, MD, PHD, served as co-principal investigator for US Department of Veterans Affairs reports examining alternative medicine's impact on post-traumatic stress disorder.

CATHERINE COOK-COTTONE, licensed psychologist, yoga teacher, and associate professor at SUNY Buffalo, is author of *Mindfulness and Yoga for Self-Regulation*.

MARSHALL HAGINS, PHD, holds a doctorate in biomechanics and ergonomics from New York University. His recent research focuses on dance medicine, sports injuries, and yoga.

STACY HUNTER, PHD, is the research director for Pure Action, Inc., a nonprofit organization devoted to funding yoga research and providing yoga to underserved populations.

PATRICIA KINSER is a professor at Virginia Commonwealth University, where her research focuses on the biobehavioral effects of mind-body interventions such as yoga and mindfulness.

ALYSON ROSS, a nurse researcher at the National Institutes of Health Clinical Center in Bethesda, Maryland, has published extensively on the health benefits of yoga.

JOSEPH F. SIGNORILE, a professor of exercise physiology at the University of Miami, is author of the exercise prescription text *Bending the Aging Curve*.

OCTOBER 2–4 FRIDAY-SUNDAY

YOGA FUSION

THE ULTIMATE FALL YOGA RETREAT

Jennifer Reis, Jovinna Chan, Ben McLellan, Daniel Orlansky, Lisa Taylor, and Guru Jagat

FOR all levels. CE credits.

Ready to amp up your yoga practice? Want to explore a variety of yoga styles? Looking to revitalize and retreat at the same time? Yoga Fusion brings together leading instructors from different traditions for a powerful weekend of collaboration and community. This high-energy exploration of invigorating, prana-filled yoga can help you tune up your practice and raise your energy—just in time for fall.

Participate in dynamic asana experiences offered in the following styles:

- Yoga Nidra with Jennifer Reis
- Kripalu Yoga with Jovinna Chan
- Zen Yoga with Ben McLellan
- Meridian Yoga with Daniel Orlansky
- Baptiste Power Yoga with Lisa Taylor
- Kundalini Yoga with Guru Jagat

Push your limits and relax your mind in Kripalu's nurturing environment.

TUITION \$270. Add 2 weekend nights room & meals; see page 108. (web code YF-152)



JENNIFER REIS, E-RYT 500, LMT, creator of Five Element Yoga® and Divine Sleep Yoga Nidra®, is a teacher trainer for

Kripalu and Integrative Yoga Therapy. jenniferreisyyoga.com



JOVINNA CHAN, E-RYT 500, is a yoga teacher trainer, dance and creative movement facilitator, and cofounder of the

Shakti Initiation leadership program. jovinna.com



BEN MCLELLAN, RYT 500, E-RYT 200, is a certified Level I Zen Yoga teacher and a Zen wellness medical qigong director.



DANIEL ORLANSKY, E-RYT 500, a yoga teacher for more than 20 years, directs teacher trainings worldwide, and is

certified in Meridian Yoga, Kali Ray TriYoga, and Kundalini Yoga. yogaofenergyflow.com



LISA TAYLOR, senior Baptiste Yoga teacher, develops programs in the Baptiste methodology and is co-owner of two Baptiste-affiliated studios.



GURU JAGAT, a senior Kundalini Yoga teacher with more than a dozen years of experience, studied under Yogi Bhajan,

the Kundalini master responsible for bringing the practice to the United States. rama-tv.com



SEPTEMBER 27–OCTOBER 2 SUNDAY-FRIDAY

Yoga and Deep Relaxation Retreat

THE GIFT OF DIVINE SLEEP YOGA NIDRA

Jennifer Reis



FOR all levels, including beginners. CE credits.

Experience deeper levels of relaxation than you ever imagined possible as you give yourself

permission to rest, balance, restore, and tap into new sources of energy. This nourishing retreat offers the perfect combination of revitalizing yoga postures, breathing, hand mudras, and the profound healing rest of Divine Sleep Yoga Nidra®.

Jennifer's Divine Sleep Yoga Nidra is the antidote for modern life. Nothing is required but to lie down and listen. This inspired guided meditation transforms your whole being, allowing you to

- Experience deep peace
- Feel whole again
- Reclaim your inner radiance
- Alleviate not only muscular tension but also mental and emotional stress
- Stimulate your body's natural healing response
- Awaken through uplifting yoga practices
- Take home easy techniques to foster wellness in daily life.

You deserve to feel this good!

TUITION \$325. Add 5 midweek room & meals; see page 108. (web code YDRR-153)

JENNIFER REIS, E-RYT 500, LMT, creator of Five Element Yoga® and Divine Sleep Yoga Nidra®, is a teacher trainer for Kripalu and Integrative Yoga Therapy. jenniferreisyyoga.com



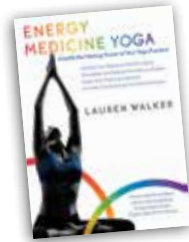
Jennifer Reis

OCTOBER 4-9 SUNDAY-FRIDAY

Energy Medicine Yoga

AMPLIFY YOUR YOGA PRACTICE

Lauren Walker



FOR everyone with min. 6 months yoga experience. **CE** credits.

Energy Medicine Yoga is an accessible and powerful yoga practice that taps into the energy of the body to improve well-

being. It amplifies the benefits of a regular yoga practice without increasing the time devoted to it. These simple techniques help to balance the body's energy and keep you strong, vital, healthy, and focused.

Learn practices that

- Boost your vitality and stamina
- Strengthen your immune system
- Keep you young
- Increase flexibility and focus
- Strengthen deep core muscles
- Balance your endocrine system
- Release stuck patterns and pain.

Explore the underlying principles of energy that run your body and learn to identify and clear blocks. Return home with a personalized 20- to 40-minute Energy Medicine Yoga practice that is deeply creative and intuitive.

TUITION \$445. Add 5 midweek nights room & meals; see page 108. (web code EMY-151)



LAUREN WALKER is the creator of Energy Medicine Yoga and author of *Energy Medicine Yoga: Amplify the Healing Power of Your Yoga Practice*. emyoga.net

OCTOBER 2-4 FRIDAY-SUNDAY

LifeForce Yoga to Manage Your Mood

AMY WEINTRAUB

FOR all levels. **CE** credits.

How can you commit to happiness in the face of life's challenges? This week-end helps you cultivate compassionate inner space, so you can embrace the world with a peaceful mind and a courageous heart.

Learn to strip away the obstacles that keep you from knowing the joy that is your birthright and develop a practice that includes breathing exercises, easy postures, and guided meditations. This program also covers other evidence-based yogic tools, designed to

- Energize and elevate depressed moods
- Relax and calm anxiety
- Work with the chakra system
- Bring balance to your emotional body.

LifeForce Yoga combines ancient disciplines and current scientific findings to help you release what no longer serves you and become the agent of your healing.

RECOMMENDED READING/LISTENING/VIEWING See this program on the Kripalu website.

NOTE This program fulfills the prerequisite for the LifeForce Yoga Practitioner Training.

TUITION \$255. Add 2 weekend nights room & meals; see page 108. (web code YTBB-153)

AMY WEINTRAUB, MFA, E-RYT 500, author of *Yoga Skills for Therapists* and *Yoga for Depression*, is the founder of the LifeForce Yoga® Healing Institute. yogafordepression.com



Amy Weintraub



OCTOBER 12-16 MONDAY-FRIDAY

Being Fully Alive

THE JOY OF CLARITY, STRENGTH, AND FREEDOM

Cara Bradley and Jennifer Schelter

FOR all levels.

Synchronize your body, mind, and heart for greater happiness and creativity. This program is for everyone seeking new ways to unlock the gift of being fully alive. Find the vibrant place inside yourself where clarity, strength, and freedom emerge.

Enhance your present-moment awareness as you

- Explore the relationship of stability and strength in all-levels yoga
- Learn the foundations of mindfulness meditation and how to cultivate a daily practice
- Discover how movement and breath can harmonize brain waves, heart rate, and the nervous system
- Harness the power of nature to inspire tranquility and vitality
- Use writing combined with meditation and yoga for self-reflection and joy.

Cara Bradley and Jennifer Schelter bring more than 40 years of combined experience to this simple, practical, and effective approach to self-discovery.

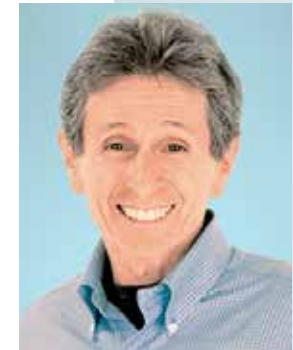
TUITION \$325. Add 4 midweek nights room & meals; see page 108. (web code BFA-151)



CARA BRADLEY is the founder of Verge Yoga, voted 2014 "Best of Philly." She is a passionate teacher with more than 30 years of experience. carabradley.net



JENNIFER SCHELTER is a critically-acclaimed yoga and life coach who has dedicated her career to sharing the best techniques for mental, emotional, and physical well-being. jenniferschelter.com



OCTOBER 16-18 FRIDAY-SUNDAY

Yoga for Healing

Loren Fishman and Terry Roth Schaff

FOR all levels. **CE** credits.

Discover how yoga practices can help treat conditions such low-back pain, insomnia, scoliosis, and some aspects of osteoporosis and arthritis.

Medical doctor Loren Fishman and yoga therapist Terry Schaff address specific medical conditions and the larger physiological context in which they occur. They then teach yoga postures that target these particular conditions.

Loren and Terry created this program as a complement to Loren's latest book, *Healing Yoga: Proven Postures to Treat Twenty Common Ailments*. They take participants' individual problems into consideration wherever possible in the workshop.

RECOMMENDED READING Loren Fishman, *Healing Yoga: Proven Postures to Treat Twenty Common Ailments*.

TUITION \$250. Add 2 weekend nights room & meals; see page 108. (web code YFH-151)

LOREN FISHMAN, MD, BPHIL (OXON), studied with B. K. S. Iyengar before entering medical school. He teaches at Columbia University. manhattanphysicalmedicine.com

TERRY ROTH SCHAFF, E-RYT, has been teaching yoga for 10 years, focusing on its therapeutic benefits for people recovering from injuries and living with physical challenges. medicalyogatherapy.com

OCTOBER 9-12 FRIDAY-MONDAY

Mythic Yoga Flow

ASANA, MYTH, MANTRA, MUDRA

SIANNA SHERMAN

FOR all levels. **CE** credits.

Enrich your asana practice with myth, mantra, and mudra. Sianna Sherman tells stories of gods and goddesses, saints and sages, and ancient tales of yoga warriors to inspire you with creative insights for your own life.

Each day of this retreat offers a full spectrum of asana practice integrated with tantra and yoga mythology, including

- A soulful blend of standing poses, vinyasa flows, arm balances, backbends, inversions, hip openers, twists, and restorative postures
- Tantric wisdom teachings to activate your divine life purpose
- Special guests Ganesha, Lakshmi, Hanuman, Saraswati, Durga, Shiva, Kali, Krishna, Arjuna, Vishvamitra, Sri Ramakrishna, Yogananda, Nityananda, Mirabai, Swami Kripalu, and spontaneous party crashers.



SIANNA SHERMAN is an internationally celebrated yoga teacher, passionate storyteller, founder of Mythic Yoga Flow and Fearless Heart teacher trainings, and cofounder of Urban Priestess. siannasherma.com

TUITION \$240. Add 2 weekend nights and 1 holiday night room & meals; see page 108. (web code YWS-151)

OCTOBER 18-23 SUNDAY-FRIDAY

Vinyasa Intensive

BACK TO YOUR ROOTS

Jacqui Bonwell

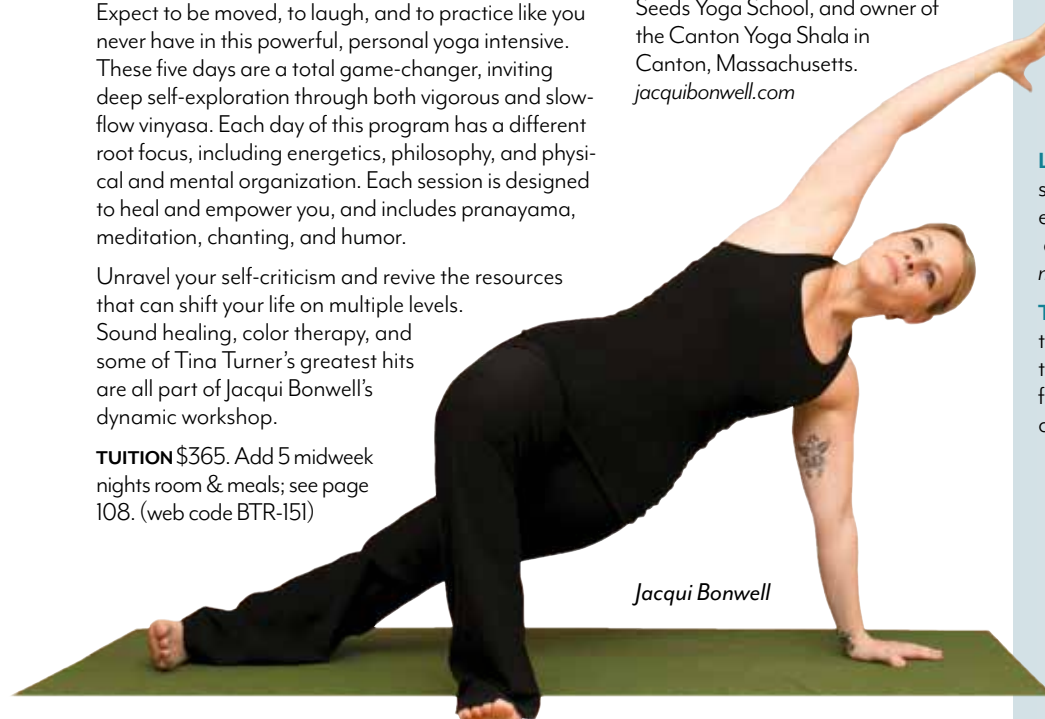
FOR all levels; sessions consist of vigorous vinyasa. **CE** credits.

Expect to be moved, to laugh, and to practice like you never have in this powerful, personal yoga intensive. These five days are a total game-changer, inviting deep self-exploration through both vigorous and slow-flow vinyasa. Each day of this program has a different root focus, including energetics, philosophy, and physical and mental organization. Each session is designed to heal and empower you, and includes pranayama, meditation, chanting, and humor.

Unravel your self-criticism and revive the resources that can shift your life on multiple levels. Sound healing, color therapy, and some of Tina Turner's greatest hits are all part of Jacqui Bonwell's dynamic workshop.

TUITION \$365. Add 5 midweek nights room & meals; see page 108. (web code BTR-151)

JACQUI BONWELL, E-RYT 500, is a Reiki Master, director of the Sacred Seeds Yoga School, and owner of the Canton Yoga Shala in Canton, Massachusetts. jacquibonwell.com



Jacqui Bonwell

TWEET ABOUT IT

Join us on Twitter for the latest in #yoga, #health, and #wellness.



[twitter/kripalucenter](https://twitter.com/kripalucenter)



OCTOBER 23–25 FRIDAY–SUNDAY

The Practice of Loving-Kindness

A MEDITATION AND YOGA WEEKEND

SHARON SALZBERG AND STEPHEN COPE

FOR all levels. CE credits.

Join renowned teachers Sharon Salzberg and Stephen Cope for a weekend of loving-kindness practice (metta meditation) and yoga. The Buddhist and yoga traditions both hold that it is possible to systematically cultivate feelings of loving-kindness, or what yoga philosophy refers to as “friendliness toward all beings.” These two great traditions each developed practices designed to promote the experiences of inner balance, happiness, and equanimity, as well as compassion (karuna) and sympathetic joy (mudita).

Experience on-the-mat yoga practice and sitting meditation that foster loving-kindness, along with an understanding of the importance of metta and yoga in the overall vision of the contemplative traditions. Sharon and Stephen cultivate a relaxed, friendly atmosphere, welcoming people at all levels of yoga and meditation experience, including beginners.

RECOMMENDED READING Sharon Salzberg, *Loving-Kindness: The Revolutionary Art of Happiness* and *Real Happiness: The Power of Meditation*; Stephen Cope, *The Great Work of Your Life: A Guide for the Journey to Your True Calling*.

TUITION \$295. Add 2 weekend nights room & meals; see page 108. (web code YMR-151)

SHARON SALZBERG, author of *Real Happiness At Work, Lovingkindness, and Faith*, is cofounder of the Insight Meditation Society in Barre, Massachusetts. sharonsalzberg.com

STEPHEN COPE, MSW, Scholar-in-Residence and Kripalu Ambassador, is the best-selling author of *The Great Work of Your Life: A Guide for the Journey to Your True Calling*.

OCTOBER 25–30 SUNDAY–FRIDAY

Curvy Yoga

LEARN TO LOVE YOUR BODY

Anna Guest-Jelley

FOR all levels, including beginners, and all body shapes and sizes. CE credits.

Have you wanted to try yoga, but thought your body wasn't the “right” shape or size? Do you want to feel more comfortable with and in your body, but are unsure how to get there? In this body-positive immersion, explore how yoga can help you accept the body you have right now (yes, even yours!). With the support of a caring, affirming community, you

• Practice accessible Curvy Yoga poses

- Fill your body-positive toolbox with yoga-informed methods and inner resources
 - Discover the role of body-positive meditation
 - Show your body the love it deserves
 - Take your body acceptance and yoga practices to the next level of loving awareness.
- Return home with the tools you need to extend the practice of liking (and even loving) your body into your daily life.



TUITION \$315. Add 5 midweek nights room & meals; see page 108. (web code CYLH-151)

ANNA GUEST-JELLEY, RYT 500, is the founder of Curvy Yoga, a body-positive training and inspiration portal offering classes, workshops, teacher trainings, and more. curvyyoga.com

OCTOBER 30–NOVEMBER 1 FRIDAY–SUNDAY

Flow and Let Go

AWAKENING VITALITY WITH VINYASA AND RESTORATIVE YOGA

Jocelyn Krasner

FOR all levels. CE credits.

Rejuvenate prana shakti, your life-force energy, as you enjoy inspiring vinyasa yoga that warms the body and prepares the mind for deep relaxation in supportive, passive postures. During this weekend, experience

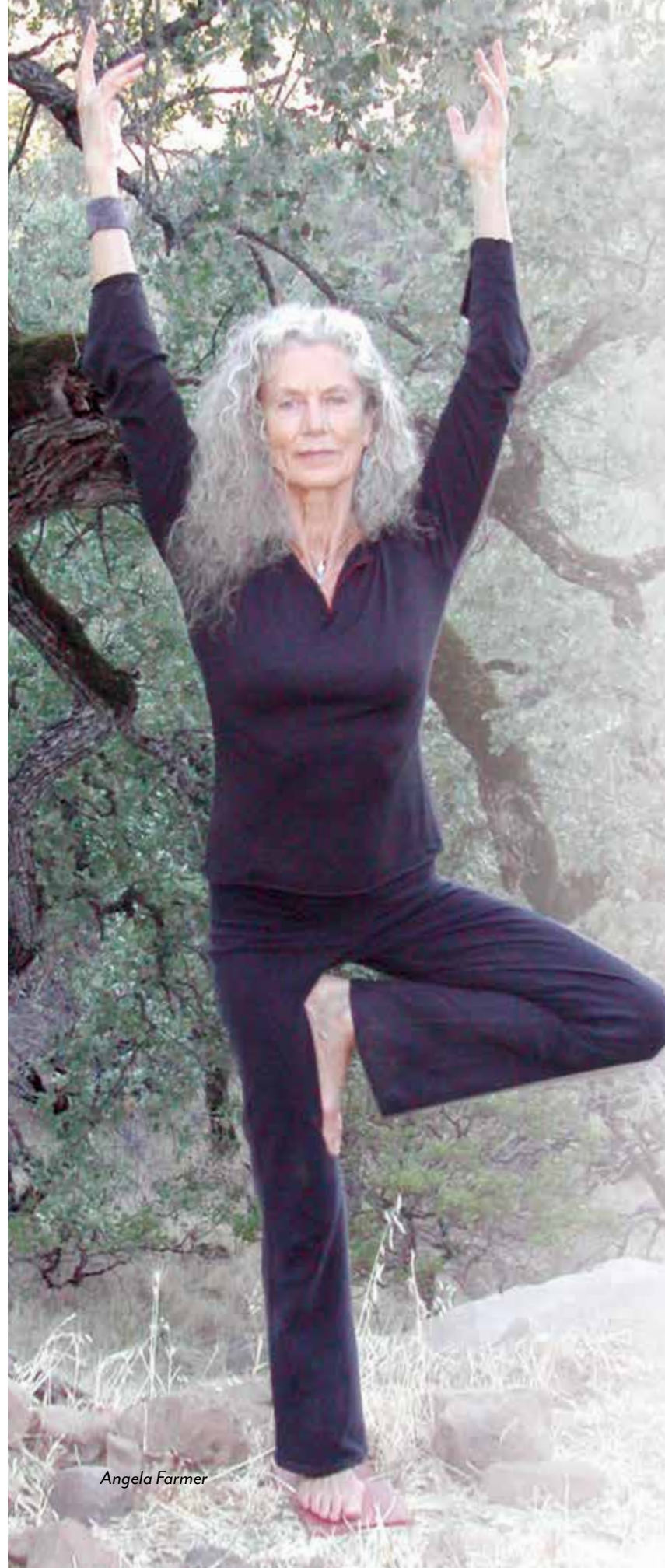
- Breath-centered, slow-flow vinyasa sequences that enhance self-awareness, flexibility, strength, and balance
- Blissful restorative postures designed to melt layers of stress, soothe the nervous system, clear the mind, and lift the spirit
- Personal attention and hands-on assists with a nurturing touch
- Outside walking meditation and pranayama (weather permitting) to soak up the Kripalu landscape at the height of fall foliage season.

Realign with your true nature and discover the serenity of living your yoga, on and off the mat.



TUITION \$215. Add 2 weekend nights room & meals; see page 108. (web code FLG-151)

JOCELYN KRASNER, RYT, AADP, is a yoga teacher and holistic health counselor known for her playful, compassionate teaching style. yourwholelife.net



Angela Farmer

OCTOBER 30–NOVEMBER 1 FRIDAY–SUNDAY

My Soul Is Returning to This Body

ANGELA FARMER

FOR all levels. CE credits.

As we slow down, listen within, and watch for what might reveal itself, our body's soulful stories emerge. All experiences—joyful, sad, traumatic, perhaps even those of our ancestors—are embedded in our cells and muscle fibers, waiting for release. Angela Farmer's process of “undoing” rather than “doing” yoga invites inner dialogue with the body, and brings feeling, movement, and freedom to yoga practice.

Using postures, mindful movement, and breath, you explore your inner world and receive what the soul is ready to unfold. Emerging toward the light, forgotten parts of yourself find expression in renewed flexibility, expanded awareness, and vibrant creativity—healing and enhancing your life.

TUITION \$250. Add 2 weekend nights room & meals; see page 108. (web code AV-151)

NOVEMBER 1–4 SUNDAY–WEDNESDAY

The Creative Path of Shakti

A RETREAT FOR WOMEN

ANGELA FARMER

FOR women. CE credits.

Nurture the courage you need to unfold your wild, powerful, and beautiful being. As lost parts of ourselves re-emerge through the inward journey of yoga, creativity can hold the key to healing and finding fulfillment.

A deep yoga practice can uncover aspects of the self that were buried and forgotten due to early emotional or physical abuse, trauma, fear, or abusive teaching. These early experiences can result in the contraction, holding, or “freezing” that becomes habitual in our daily life in the body. As we welcome and accept these parts of ourselves, they release wellsprings of energy that find solace and healing through creativity in movement, dance, voice, and art.

NOTE Bring paper and pen to write or draw.

TUITION \$350. Add 3 midweek nights room & meals; see page 108. (web code CPY-151)

➕ **COMBINE THESE PROGRAMS** for a 10 percent tuition discount for each program.

ANGELA FARMER has been teaching yoga for more than 40 years and studied with B. K. S. Iyengar for 10 years. She travels the world teaching her unique approach to energy and healing through yoga. angela-victor.com



Rudy Peirce

NOVEMBER 1–6 SUNDAY–FRIDAY

Merging with the Great Mystery

GENTLE DEPTH PRACTICE

Rudy Peirce

FOR all levels. CE credits.

Swami Kripalu said: “If there is no meditation, there is no yoga.” The deeper, meditative states of yoga are available when energy is stimulated and the mind becomes calm. Gentle Depth Practice opens the energy channels, stimulates the flow of life force, and stills the mind, so the sense of separation and duality can begin to dissolve. When you practice in this way, each moment becomes an adventure that you approach with curiosity and wonder.

Rudy Peirce invites you to

- Find a new sense of freedom in your practice
- Anchor regular personal practice with a plan for successful commitment
- Return home with a list of everyday practices that bring you back into the present moment.

You merge into profound meditative focus when you approach asana in a smooth, accessible, gentle yoga style.

TUITION \$325. Add 5 midweek nights room & meals; see page 108. (web code MGM-151)



RUDY PEIRCE, MA, E-RYT 500, a Kripalu Yoga teacher since 1983, guides accessible, gentle yoga, and is creator of the four-CD set, *The Gentle Series*. gentleyogi.com

OCTOBER 30–NOVEMBER 1 FRIDAY–SUNDAY

Shift into Freedom

THE SCIENCE AND PRACTICE OF OPEN-HEARTED AWARENESS

Loch Kelly

FOR everyone. CE credits.

Discover your natural well-being, compassion, and freedom in this transformational meditation weekend. Rather than striving to calm and focus your mind, learn to intentionally shift into Open-Hearted Awareness, which is already calm, stable, and able to effortlessly focus. Through periods of meditation, body-based practices, and inquiry dialogues, you explore

- The “off switch” for your chattering mind
- “Awareness yoga”—moving awareness through your body and mind to live in a state of flow
- Contemporary versions of ancient wisdom practices that directly access your true nature: effortless mindfulness, nondual awareness, embodied presence, and heart
- Ways of liberating difficult mental and emotional states using Open-Hearted Awareness.

Loch Kelly, author of *Shift into Freedom: The Science and Practice of Open-Hearted Awareness*, offers transformational tools that you can learn in a weekend and practice at home.



TUITION \$225. Add 2 weekend nights room & meals; see page 108. (web code SIF-151)

LOCH KELLY, MDIV, LCSW, founder of the Open-Hearted Awareness Institute, has been a leading nondual meditation teacher, psychotherapist, and seminar leader for more than 25 years. lochkelly.org



NOVEMBER 8–13 SUNDAY–FRIDAY

Finding Space in a Busy World

AN INTRODUCTION TO BUDDHIST MEDITATION

David Nichtern

FOR everyone, from absolute beginners to seasoned meditators. CE credits.

Meditation is a tool that will serve you for a lifetime. By simply sitting still and bringing your attention to the present moment, you can make friends with yourself and develop a clearer and gentler relationship with your mind. Whenever you need to center, calm down, or find space in your life, meditation provides a way to reconnect with who you really are.

Come find your space in an immersion that includes talks, lively discussion, meditation instruction and practice, and time to gain perspective. With the guidance of master teacher David Nichtern, you learn how to establish and sustain a strong foundation for your meditation practice, even in the midst of a challenging and busy life.

TUITION \$325. Add 5 midweek nights room & meals; see page 108. (web code FSBW-151)



DAVID NICHTERN is a senior meditation teacher in the Shambhala Buddhist lineage, and author of the forthcoming book *Awakening from the Daydream*. davidnichtern.com

NOVEMBER 6–8 FRIDAY–SUNDAY

Yoga Body, Buddha Mind

CYNDI LEE

FOR all levels. CE credits.

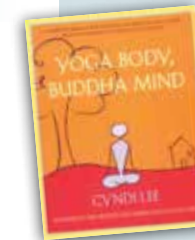
Invite your body and mind back into balance. With humor, depth, and authenticity, Cyndi Lee combines yoga practice and Buddhist mindfulness to bring ancient wisdom alive and make it relevant to contemporary life.

Explore how alignment, breathing, balancing, stretching, and strengthening provide the ideal opportunity to apply the Buddhist meditation techniques of watching your mind, recognizing your habits, and opening your heart. Cyndi guides you in active and restorative asana practices, as well as dharma talks punctuated with sitting and walking meditations, to help you cultivate awareness and compassion.

This powerful union of yoga and Buddhism is a recipe for awakening, enlivening, and transforming body and mind so that you can infuse your daily adventures, encounters, and relationships with the energy of practice.

TUITION \$225. Add 2 weekend nights room & meals; see page 108. (web code YBBM-151)

CYNDI LEE is author of *Yoga Body, Buddha Mind* and creator of #selfieatsixty, which offers yoga wisdom to help women gain confidence as they age. cyndilee.com



NOVEMBER 6–8 FRIDAY–SUNDAY

Yoga for the Nervous System

BALANCING ANXIETY, LIFTING DEPRESSION, AND BUILDING STRESS RESILIENCE

BO FORBES

FOR all levels; no yoga experience required. CE credits.

The patterns of anxiety, insomnia, PTSD, and chronic stress are wired into us by the mind, brain, and body. The gateway to pattern change is the autonomic nervous system, which links closely with the belly brain, immune system, and connective tissue matrix. Learn to create balance in these systems through breathing exercises, mindful yoga, postural tools, deep tissue work, and restorative poses, and explore how to balance the nervous system, quiet the mind, energize the body, regulate emotions, and develop stress resilience.

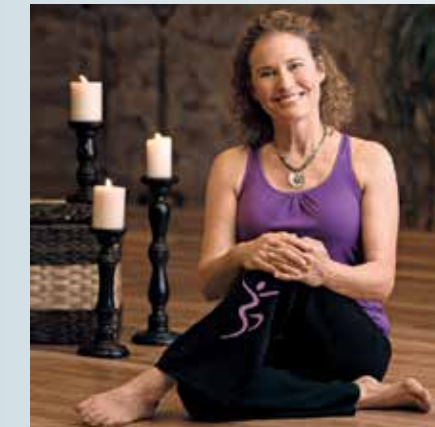
In this program, you also learn

- The neural principles that underlie progressive change
- The three key ways to build stress resilience
- How your enteric nervous system is a game-changer in emotional balance
- A template for creating your own therapeutic practice
- How to turn on your emotional “dimmer switch.”

NOTE This program includes a Saturday early-evening clinic and two early-morning classes.

TUITION \$250. Add 2 weekend nights room & meals; see page 108. (web code YFNS-151)

BO FORBES, PSYD, E-RYT 500, is a clinical psychologist, yoga teacher, founder of Integrative Yoga Therapeutics, and author of *Yoga for Emotional Balance*. boforbes.com



MEGHA NANCY BUTTENHEIM, MA, E-RYT 500, founding director of Let Your Yoga Dance® LLC, is a 28-year teacher trainer at Kripalu. letyouryogadance.com

NOTE Tuition includes Megha’s *Introduction to Yoga and Meditation* DVD.

TUITION \$235. Add 2 weekend nights room & meals; see page 108. (web code ITYM-153)

✦ **COMBINE THIS PROGRAM** with Let Your Yoga Dance Teacher Training: Chakra Fusion, Module 2, November 1–6, for a 10 percent tuition discount for each program; see page 63.

NOVEMBER 6–8 FRIDAY–SUNDAY

Introduction to Yoga and Meditation

Megha Nancy Buttenheim

FOR all levels, including beginners. CE credits.

Do you want to try yoga and meditation but don’t know where to begin? Are you looking for a safe and welcoming environment in which to explore the basics? Kripalu teacher trainer Megha Nancy Buttenheim has created an accessible weekend immersion that offers the practical skills you need to make yoga and meditation a part of your life.

Come experience the potent range of benefits that yoga and meditation have to offer in this relaxing, renewing, and inspiring weekend, that includes

- User-friendly yoga
- Pranayama (breathing techniques) to calm the nervous system and steady the mind
- A sampler of four meditation techniques: seated breath awareness, walking meditation, meditation in motion, and metta (loving-kindness) meditation
- Daily immersion in deep relaxation
- A yoga-breathing-meditation practice to use at home, ranging from five minutes to an hour.

NOVEMBER 15–20 SUNDAY–FRIDAY

Freestyle Meditation

FINDING YOUR OWN WAY

Steven Leonard

FOR all levels. CE credits.

Experience meditation in a style of feeling and freedom. Forget your old ideas of what you should or shouldn't do while you meditate, and experience a more expansive and joyful way of being. The accumulated knowledge of right and wrong fall away, and what remains is a deep trust in the natural flow of life. When you leave behind your stories of the past, you revel in each moment of sitting, walking, listening, and being.

This retreat includes

- Early-morning meditation
- Silent walks in nature
- Meditation to live music
- Stimulating group discussion
- The neuroscience of meditation.

Reawaken to the simplicity and brilliance within you and around you.

NOTE See this program on the Kripalu website for recommended reading list and information on what to bring.

TUITION \$295. Add 5 midweek nights room & meals; see page 108. (web code FMFW-152)

STEVEN LEONARD, meditation enthusiast, yoga guide, Kripalu faculty member, musician, athlete, and writer, helps people awaken to the natural wisdom within. stevenleonard.net



Steven Leonard

NOVEMBER 15–20 SUNDAY–FRIDAY

Yoga for the Absolute Beginner

Crisite Newhart, Michelle Dalbec, and special guest Yoganand Michael Carroll

FOR those new to yoga. CE credits.

Want to try yoga but don't know where to start? Kripalu School of Yoga faculty Cristie Newhart and Michelle Dalbec have extensive experience teaching beginners, demystifying the jargon, and breaking down the basics so that you can feel confident and comfortable about doing yoga.

This program is designed to create a supportive environment especially for people new to yoga. Questions are encouraged! In just five days, you learn

- Fundamental yoga postures, breathing techniques, and meditation practices
- How to stay safe and stable in your postures, using modifications and props if necessary
- Practical applications of yogic philosophy to enliven your life.

Feel self-assured next time you step on the mat, and take home the knowledge you need to get the most from your yoga, whether you're doing it at home or in a class.

TUITION \$389. Add 5 midweek nights room & meals; see page 108. (web code RRMV-153)



CRISTIE NEWHART, a 500-Hour Kripalu Yoga teacher, yoga therapist, and teacher trainer for the Kripalu School of Yoga, teaches with precise alignment, meditative focus, and humor.



MICHELLE DALBEC, E-RYT 500, is a passionate Kripalu Yoga and Yoga Tune Up® teacher who offers yoga workshops and directs Kripalu Yoga Teacher Training programs. myoga.com



YOGANAND MICHAEL CARROLL, E-RYT 500, is Dean of the Kripalu School of Yoga. He has a profound ability to teach advanced yoga techniques. pranakriya.com

NOVEMBER 22–25 SUNDAY–WEDNESDAY

The Yoga of Devotion

MANTRA MEDITATION AND VEDIC CEREMONY

Bill Barry (Bharata), Gretchen Carmel (Rajeshwari), and Bhavani Lorraine Nelson

FOR all levels. CE credits.

The season of gratitude is the ideal time to explore a practice of bhakti, or devotional, yoga. Travel to the mystical realms of Sanskrit mantra and Vedic ceremony, and amplify your connection to Source as you tap into yogic secrets of profound transformation.

Join three talented and experienced teachers to explore

- The role of a home altar in devotional practice
- The stories held in the Sanskrit alphabet
- The archetypal energies represented by Hindu deities
- Mantra meditation practice
- The community-building power of chanting
- How to perform a simple Vedic arati ceremony
- The flow of devotion within yoga postures and free-form movement.

Take home resources for developing your own bhakti practice, including mantras designed for your specific life situation.

RECOMMENDED READING Thomas Ashley-Farrand, *Healing Mantras*.

NOTE Tuition includes a CD.

TUITION \$245. Add 3 midweek nights and 1 holiday night room & meals; see page 108. (web code TTYD-151)



BILL BARRY (BHARATA), MED, MBA, is a Vedic priest and teacher of mantra. He has been a student of mantra, yoga, and the Vedas since 1969. mantravijaya.com



GRETCHEN CARMEL (RAJESHWARI), yoga and mantra teacher, dancer, Vedic priest, and yoga studio owner, has been teaching for more than 20 years. theyogaspacem.com



BHAVANI LORRAINE NELSON is a Kripalu Yoga teacher who leads workshops in meditation, mindfulness, stress reduction, and the power of the voice. bhavanilorrainenelson.com



LESLIE SALMON JONES is a professional dancer, certified holistic personal trainer, wellness coach, yoga instructor, public speaker, and creator of Afro Flow Yoga. lesliesalmonjones.com



JEFF W. JONES is a technologist and artist who began his career at IBM while moonlighting as a musician. Jeff plays bass and sings with jazz duos, gospel music ensembles, and rock/pop/R&B quartets.

NOVEMBER 27–29 FRIDAY–SUNDAY

Afro Flow Yoga

CELEBRATING OUR HUMAN FAMILY

LESLIE SALMON JONES

with special guest Jeff W. Jones

FOR all levels; no experience necessary. CE credits.

Experience this creative fusion of yoga, the dances of the African Diaspora, and live music. Embark on a transformational journey of heart-opening movement, story sharing, singing, ritual, meditation, gratitude, relaxation, and reflection—all interwoven with the dynamic and rhythmic release of African instruments, percussion, and vocals. These sessions open up and reinforce pathways to effective self-expression, reconnect you with your unique gifts, and ignite the inherent power that we all have to transform our lives, families, and communities by living from a joyous and peaceful place.

Tap into freedom of movement, connect to yourself, others, and nature, and explore the power of personal and collective stories and traditions. Afro Flow Yoga™ founder Leslie Salmon Jones is joined by her husband, cofounder and multi-instrumentalist Jeff W. Jones, to celebrate the common core of community that unites the human family.

TUITION \$220. Add 2 weekend nights room & meals; see page 108. (web code AFYW-152)

NOVEMBER 27–29 FRIDAY–SUNDAY

Strong Body, Spacious Mind

A KRIPALU YOGA AND MEDITATION RETREAT

Sudha Carolyn Lundeen

FOR all levels. CE credits.

Get ready for the holidays with a toolkit of life-enhancing practices. This weekend, appropriate for both beginners and those who want to deepen their practice, provides the time and space to pause, refill your well, and enter into the busy holiday season feeling refreshed and renewed.

With an approach that's gentle, encouraging, and fun, longtime Kripalu Yoga teacher Sudha Carolyn Lundeen guides you in

- Deep and delicious yoga practices
- Adjusting postures to suit your individual needs
- Breathing and meditation techniques to manage daily stress and support emotional and mental balance
- Yoga nidra—the ancient practice of yogic sleep—to deeply relax and revive the body and mind.

This program leaves you more at home in your body and mind—so you can thrive, not just survive, this holiday season.

TUITION \$210. Add 2 weekend nights room & meals; see page 108. (web code YMBH-151)

SUDHA CAROLYN LUNDEEN, RN, E-RYT 500, is a teacher at Kripalu, where she leads trainings in the Kripalu Schools of Yoga and Ayurveda. sudhalundeen.com

NOVEMBER 22–25 SUNDAY–WEDNESDAY

The Practice of Gratitude

RESTORATION, CULTIVATION, APPRECIATION

Kyra Anastasia Sudofsky

FOR everyone.

The simple act of giving thanks creates positive energy and awakens the heart. A daily gratitude practice lifts your spirit, inspires those around you, and brings more joy into your life.

Learn to cultivate authentic contentment in a program that includes

- Restorative yoga poses to relax and rejuvenate the body
- Heart-opening meditations
- Daily gratitude practices you can do at home
- Inspiring stories, poetry, and music
- Ways to increase and express appreciation for yourself and others.

Once you shift your perspective to one of abundance, the world becomes a rich and glorious place where opportunities present themselves in surprising and beautiful ways.

TUITION \$275. Add 3 midweek nights room & meals; see page 108. (web code PGRC-151)



KYRA ANASTASIA SUDOFSKY has been teaching yoga for more than 15 years, providing a safe and nurturing environment that promotes compassion and healing. inspiredyoga.com

INSTA LOVE

Are you on Instagram? We'd love to see your inspiring moments:



[instagram/kripalucenter](https://www.instagram.com/kripalucenter)



We're
investing
in positive
change.
You can help.



In 2015, Kripalu is aiming to raise \$500,000 for our Scholarship Program. Find out how you can help make a difference in the lives of future Kripalu guests and students.

➔ kripalu.org/makeagift

NOVEMBER 27–29 FRIDAY–SUNDAY

A Buddhist Healing Ritual

DAKINI'S HEART-ESSENCE CHÖD

Lama Migmar Tseten

FOR everyone.

Healing Chöd is an ancient Buddhist ritual known for its power to alleviate physical, emotional, and mental illness and suffering. There are no instructions to follow or techniques to learn. One simply lies down, rests, and receives healing. Healing Chöd is suitable for everyone, including those with chronic or mild illnesses.

Lama Migmar received the practice through his guru, Chogye Trichen Rinpoche, also the guru of His Holiness the Dalai Lama. Based in the teachings of the female Buddha, Vajrayogini, Healing Chöd rituals consist of

- Music, prayers, and mantras in the sacred sounds of Sanskrit and Tibetan
- Transformative mudras and offerings
- Meditation to cut destructive emotions and repel negative energies and obstacles
- Empowerments to further increase healing blessings.

TUITION \$225. Add 2 weekend nights room & meals; see page 108. (web code BHR-152)

NOVEMBER 29–DECEMBER 2 SUNDAY–WEDNESDAY

Mangalam Svapna

THE YOGA OF LUCID DREAMING

Lama Migmar Tseten

FOR all levels.

Mangalam Svapna Yoga is an ancient Buddhist practice that transforms sleep into an opportunity for personal insight and spiritual growth. Practiced in Tibetan monasteries for more than 1,000 years, these practical techniques induce lucid dreams through a series of meditative visualizations practiced while falling asleep. Once mastered, these techniques can be used to improve sleep quality, receive spiritual teachings while dreaming, and develop insights into the nature of life, death, rebirth, and awakening.

This program includes

- A traditional Tibetan empowerment ceremony
- Instructions on the daily meditation practice of Green Tara
- Lectures on the importance of dream yoga in spiritual practice
- Specific visualizations to induce lucid dreams
- The opportunity to practice what you learn with short, guided meditations.

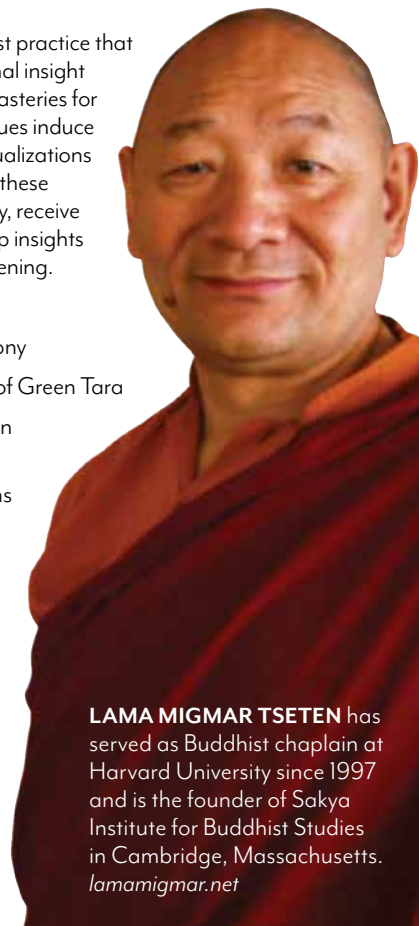
These practices cultivate a deeper sense of love and compassion for all sentient beings.

NOTE This program emphasizes mental yoga practices and meditative techniques; no asana is included in the sessions.

TUITION \$250. Add 3 midweek nights room & meals; see page 108. (web code YLD-151)

➔ **COMBINE THESE PROGRAMS** for a 10 percent tuition discount.

LAMA MIGMAR TSETEN has served as Buddhist chaplain at Harvard University since 1997 and is the founder of Sakya Institute for Buddhist Studies in Cambridge, Massachusetts. lamamigmar.net



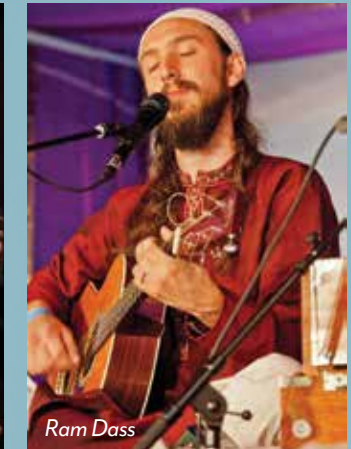
Ajeet Kaur



Nirinjan Kaur



Matthew Schoening



Ram Dass

NOVEMBER 27–29 FRIDAY–SUNDAY

KUNDALINI RISING

Ajeet Kaur and Nirinjan Kaur
with Matthew Schoening and Ram Dass

CE credits.

Open to the gifts of the universe and dive into the worlds of song and prayer. Second-generation Kundalini yogis Ajeet Kaur and Nirinjan Kaur, joined by two world-class musicians, invite you to celebrate your beauty and learn to embrace the unknown with a full heart. This weekend of yogic practices and live music includes

- Yoga classes with live cello, guitar, tabla, and harmonium
 - Sacred chant to open your heart and voice
 - Healing heartbreak and emerging in gratitude
 - Practices for deep relaxation and trust
 - Meditation for intuition and prayer
- Creative art exercises to unveil inner wisdom
 - An ecstatic Saturday-night concert.

At this time of thanksgiving, learn to heal yourself and others through the power of prayer.

TUITION \$225. Add 2 weekend nights room & meals; see page 108. (web code KRW-151)

AJEET KAUR is a sacred chant recording artist, yogi, and teacher. She tours the world both with her own band and with beloved chant artist Snatam Kaur.

NIRINJAN KAUR became a certified Kundalini Yoga teacher at the age of 13 and began chanting shortly thereafter. Her latest album, *From Within*, reached number one on the iTunes New Age chart.

MATTHEW SCHOENING is an award-winning touring artist, composer, and musician whose music has been described as inspirational, heart-opening, and mesmerizing.

RAM DASS switches seamlessly between vocals, guitar, keyboards, and clarinet. His debut solo album, *The Alchemist's Prayer*, has received outstanding reviews. ramdassmusic.com



NOVEMBER 29–DECEMBER 1
SUNDAY–TUESDAY

Embodyyoga

FINDING CORE IN SLOW DEEP FLOW YOGA

Patty Townsend

FOR all levels. **CE** credits.

Embodyyoga is a radical and inclusive approach to developing personal strength and resilience. It supports entering the bodymind fully, with clarity, self-acceptance, compassion, and awe. It teaches us how to increase our individual and universal connection to core, the essence of our true

nature—deepening our relationships to loved ones, our community, and the world.

With clarity, wisdom, and humor, master yoga instructor Patty Townsend teaches

- Core strength development
- Techniques for deepening core awareness and stabilizing body and mind
- How to embody softness and receptivity, to support strength without hardening
- A soothing slow-flow practice that enlivens the whole being.

Gain more vitality and satisfaction in your yoga practice and in all that you do.



TUITION \$210. Add 2 midweek nights room & meals; see page 108. (web code EAHP-152)

PATTY TOWNSEND is the director of Yoga Center Amherst and developer of Embodyyoga® in-depth study and teacher training programs. embodyyoga.com

SEPTEMBER 13–18 SUNDAY–FRIDAY

Yoga to Redefine Ourselves After Loss

Antonio Sausys

FOR everyone. **CE** credits.

The natural human response to any loss is grief. That loss might be the death of a loved one, a pet, a job, a dream, or even material objects. Because we identify ourselves through our attachments, losing people or things to which we are attached requires a redefinition of who we are.

Yoga can be instrumental in redefining ourselves based on our true spiritual essence. In this retreat, we

- Explore the physical symptoms of grief and their psychoneurological basis
- Clarify the importance of the heart chakra in physical and emotional health
- Learn and practice helpful techniques for relieving grief
- Experience the comfort and acceptance of being with others who are dealing with loss.

Antonio Sausys draws from yoga and psychotherapy, alternating experiential work with talks to present tools for managing grief.

NOTE If you are newly bereaved (have experienced a loss within the past six months), please contact the presenter at 415.258.2830 for a pre-registration phone interview.



TUITION \$395. Add 5 midweek nights room & meals; see page 108. (web code YGR-151)

ANTONIO SAUSYS, MA, MT, RYT, specializes in one-on-one yoga therapy for people with chronic and acute medical conditions, as well as emotional imbalance. yogaforgriefrelief.com

NOVEMBER 29–DECEMBER 4
SUNDAY–FRIDAY

Beyond Power Yoga

SEARCH FOR THE TRUE SELF

Beryl Bender Birch

FOR all levels. **CE** credits.

The true purpose of yoga is to unite not only your mind with your body, but your individual self with something greater. If you long for connection and seek to answer the question “Who am I?” this program offers the eight-limbed methodology of classical yoga as a map to your limitless True Self.

Discover how you can go from one limb to the next, harnessing mindful and focused yoga practices including breath, movement, and meditation that therapeutically burn away impurities to bring you healing, happiness, strength, and clarity. As you build your agni (inner fire) and liberate yourself from the debilitating effects of trauma, limitation, and fear, you ignite your passion to live fully in the present moment, and your light begins to shine.

TUITION \$345. Add 5 midweek nights room & meals; see page 108. (web code PYTS-151)



BERYL BENDER BIRCH is the founder/director of The Hard & The Soft Yoga Institute and the Give Back Yoga Foundation (GBYF), and author of the best-selling *Power Yoga*. power-yoga.com

You might also be interested in...

- **Yoga Poetica** p. 43
- **Breath Immersion 2015** p. 53
- **The Art of Alignment** p. 62
- **Warriors at Ease** p. 65
- **Journey into Yoga Yin Yoga Teacher Training** p. 65
- **Teaching Trauma-Sensitive Yoga** p. 68
- **Relax and Renew** p. 68
- **The Science of Yoga for Health Professionals** p. 68
- **Lakshmi Voelker Chair Yoga Teacher Training** p. 70

Continuing Education CE and CME credits

More than 100
CE and CME
programs to
choose from.

CE credits are available for

- **Psychologists (PSY)**
- **Nurses (RN)**
Nursing continuing education credits are provided through Berkshire AHEC.
- **Social Workers (SW)**
Social work continuing education credits are provided through the Collaborative of NASW-MA Chapter and the Boston College and Simmons College Schools of Social Work.
- **Registered Dietitians (RD)**
- **Yoga Teachers (YA)**
- **Athletic Trainers (BOC)**
- **Massage Therapists (NCBTMB)**
Kripalu is not recognized by the state of New York to offer continuing education credits to massage therapists through NCBTMB.
- **Coaches (ICF)**
- **Marriage and Family Therapists (BBS)**

CME credits are available for

- **Physicians (MD/DO)**
Berkshire Health Systems is accredited by the Massachusetts Medical Society to sponsor continuing medical education for physicians.



Look for **CE** and **CME** credits with program descriptions.

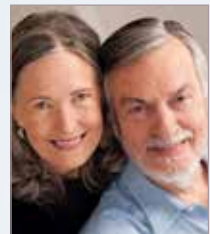
Please note that credit fees are nonrefundable after the last day of your stay.



Integrate your life, your career, and your practice with our many programs that offer Continuing Education (**CE**) and Continuing Medical Education (**CME**) credits.

For more information, visit kripalu.org/cecredits

Start planning your winter getaway now...



Harville Hendrix and Helen LaKelly Hunt
DECEMBER 4-6
Getting the Love You Want
 A Workshop for Couples



Gurmukh Kaur Khalsa
DECEMBER 11-13
Kundalini Yoga and Meditation
 Harness Your Power and Potential



Richard Horowitz
DECEMBER 4-6
Beyond Lyme and Other Chronic Illnesses
 Reclaiming Our Health and Well-Being



R&R Retreat Special Event
DECEMBER 20-25
Contemplative Week
R&R Retreat faculty



Judith Orloff
DECEMBER 4-6
Surrender to the Power of Your Intuition



Rolf Gates
DECEMBER 31-JANUARY 3
Intention and Being
 A New Year's Vinyasa Yoga Intensive



Nutrition Intensive for Health Professionals
DECEMBER 6-11
Annie B. Kay, Kathie Madonna Swift, Lisa B. Nelson, and special guest Drew Ramsey



Bhakti Bliss: The Celebration
DECEMBER 27-29
David Newman (Durga Das) and Mira, and Sean Johnson and the Wild Lotus Band



Bessel van der Kolk
JANUARY 1-3
The Body Keeps the Score
 Brain, Mind, and Body in the Healing of Trauma



The Kripalu Approach to Diet
 An Integrative Weight-Loss Program
JANUARY 4-FEBRUARY 19
(ON-SITE JANUARY 10-15)
Aruni Nan Futuronsky, Annie B. Kay, and Lisa B. Nelson



Lama Migmar Tseten
JANUARY 6-8
Healing Through the Medicine Buddha
JANUARY 8-10
Mother Tara Empowerment



Tara Bennett-Goleman and Daniel Goleman
JANUARY 8-10
Mindful Habit Change
 How the Mind Can Heal the Heart



Robert Peng
JANUARY 15-18
Qigong to Increase Your Healing Power



Rodney Yee and Colleen Saidman Yee
JANUARY 29-31
Ease and Steadiness
 The Foundation for Practice



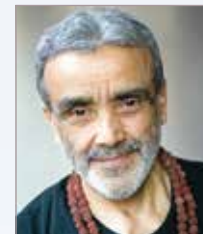
Renée Peterson Trudeau
JANUARY 29-31
Awakening Feminine Power
 Women's Self-Renewal Retreat



Joan Borysenko
FEBRUARY 5-7
Getting Your Groove Back



Dani Shapiro
FEBRUARY 5-7
The Stories We Carry
 Meditation and Writing



Dharma Mitra
FEBRUARY 12-15
Dharma Yoga Intensive
 Unleashing Psychic Forces



Kate and Joel Feldman
FEBRUARY 12-15
Deepening Your Love
 A Retreat for Couples



John Douillard
FEBRUARY 19-21
The Ayurvedic Approach to Balancing Weight, Anxiety, and Depression



Robert Thurman
FEBRUARY 26-28
A Weekend with Robert Thurman

Find Your Program by Date

A bounty of fall offerings! Here, our programs are listed by month, so you can find the program that's right for you, at the time that's right for you. You'll find something to be thankful for at Kripalu this season!



SEPTEMBER

- 4** **Broga Yoga: A Men's Yoga Retreat**
Robert Sidoti p. 84
- The Present Heart: Love, Loss, and Discovery**
Polly Young-Eisendrath p. 74
- Nurture Your Love: Thai Massage and Ayurveda for Couples**
Kimberly Larson and Terrel Broussard p. 34
- Fearless Living: Live the Life Your Soul Intended**
Rhonda Britten p. 74
- Radiant Health: A Weekend Retreat for Women**
Sudha Carolyn Lundeen p. 50
- The Retreat Experience**
Nikki Costello p. 84
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Plan your stay

1

CHOOSE AN EXPERIENCE

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KRIPALU FACULTY OR INVITED PRESENTERS

Take a program on a topic that interests you.

R&R Retreats PAGE 12

EXPERIENCE KRIPALU, YOUR WAY

Your schedule is flexible—choose what and how much to do each day.

Kripalu Schools of PAGE 16

Yoga and Ayurveda

Deepen your practice and share your passion with the world.

2

CHOOSE YOUR ROOM TYPE

DORMITORY

5–22 people per room; bunk beds. Shared hall bath. Please choose another housing type if you cannot use an upper bunk.

Per-night housing cost ranges from \$87–99.*

STANDARD

Double or single occupancy; two platform twin beds or one queen bed, either mountain side or lake side. Shared hall bath.

Per-night housing cost ranges from shared, \$115–147, to private, \$202–245.*

STANDARD PLUS

Double or single occupancy; queen or twin beds. All rooms are on the lake side. Shared hall bath.

Per-night housing cost ranges from shared, \$175–199, to private, \$267–304.*

PRIVATE BATH, INCLUDES ANNEX

Double or single occupancy; queen or twin beds; either lake side or mountain side; private baths.

Per-night housing cost ranges from shared, \$197–268, to private, \$289–389.*

**Based on midweek, weekend, or holiday stays.*

COMING WITH FRIENDS OR FAMILY?

If you wish to room together, please select a shared room option.

COMING ALONE?

If you are coming alone and register for a shared room, we will assign you a roommate (of the same sex).

3

WHAT'S INCLUDED

ROOM & MEALS AND MORE

COST PER NIGHT INCLUDES

- Your choice of accommodations
- Nutritious, all-natural meals
- Daily yoga, meditation, and movement classes
- Hiking trails, walking paths, and lakefront area
- Fitness room and sauna
- Evening workshops and events
- The best views in the Berkshires
- R&R Retreats include a full schedule of workshops and outdoor activities taught by Kripalu faculty.

EVENING EVENTS

Kripalu's evening programs are free to all registered guests, except in the case of special ticketed events. Limited general public tickets might be available for evening programs and events; please call Registrations at 800.741.7353 for more information.

Register early to ensure your preferred accommodations
➔ kripalu.org/accommodations

4

REGISTER

**ONLINE 24/7 kripalu.org
BY PHONE 800.741.7353**

PAYMENT

Full payment is due at time of registration and can be made with Visa, MasterCard, American Express, Discover, or check.

CANCELLATION POLICY

Payments made will be refunded in full (less a \$50 processing fee) if you cancel 14 or more days prior to your arrival date. If you cancel between 13 days and 1 day in advance, a nonrefundable credit (less a \$50 processing fee) will be held for one year from the date of issue. No credit or refund is available if you cancel on your arrival day, the day your program starts, if you do not show up, or if you leave a program or event early.

FINANCIAL ASSISTANCE

We strive to make our programs available to everyone, within the limits of our resources. For information and applications, visit our website or call Registrations.

SENIOR DISCOUNT

We offer a 10 percent discount on tuition and room & meals pricing to seniors (age 65+). This discount does not apply to Healing Arts or Kripalu Shop purchases and may not be combined with other discounts. Some restrictions apply.

Get directions by car, plane, train, bus, and more

➔ kripalu.org/directions

5

ARRIVAL, DEPARTURE, AND WHILE YOU'RE HERE

ARRIVAL AND DEPARTURE

Programs generally begin at 7:30 pm on the first date listed with your program description and end by 11:30 am on the last day. We encourage you to arrive by 6:30 pm if you plan to join us for dinner.

CHECK-IN

Check-in begins at 2:15 pm; however, rooms are not guaranteed to be available until 4:00 pm. The first activity included in your stay is yoga at 4:15 pm. Arrival dinner is included in overnight stays. There is a Welcome Session at 6:45 pm on Friday and Sunday.

CHECKOUT

We kindly request that all departing guests be out of their rooms by noon so that we may prepare for our incoming guests. Lunch on departure day is included in your stay. If you choose to spend the afternoon, you may leave your bags in the Luggage Room.

MEDICAL CARE

Kripalu does not offer on-site medical care, supplies, emergency services, psychiatric care, or transport. Our campus is located approximately 10 miles from the nearest medical facility.

KIDS AT KRIPALU

In general, Kripalu programs and activities are open to participants ages 18 and older. Children 17 and under must be supervised at all times and must be accompanied by an adult who is on-site at Kripalu. Call for more information, or visit kripalu.org/children.

ELECTRONICS POLICY

We encourage guests to consider leaving all electronics behind in order to fully support the retreat experience. If you need to stay connected during your visit, the use of electronics is limited to private guest rooms, the Wireless Lounge, or phone booths. Silent use of electronics is permitted on the First Floor.

INTEGRATE YOUR EXPERIENCE

Kripalu's Healing Arts are a powerful addition to any program. Our professional therapists are renowned for combining expert technique with caring presence to facilitate just the right experience for you.

➔ kripalu.org/healingarts



Kripalu Affiliate Studios

Whether you're looking for ways to integrate what you've learned during a visit to Kripalu, or want to learn more about the philosophies and benefits of Kripalu Yoga, taking classes at a Kripalu Affiliate Studio in your area can help you get and stay connected.

CONNECTICUT

FAIRFIELD

Yoga for Everybody

yoga4everybody.net

Studio owner: Evelyne Serais

MADISON

Turning Point Yoga

turningpointyoga.com

Studio owner: Lisa Uihlein

FLORIDA

ST. AUGUSTINE

Discovery Yoga

discoveryyoga.com

Studio owner: Deva Parnell

TAMPA

The Lotus Pond Center for Yoga and Health

lotuspondyoga.com

Studio owner: Val Spies

MAINE

BRUNSWICK

Jai Yoga

jaiyogahome.com

Studio owner: Jennifer Nadeau

PORTLAND

WholeHeart Yoga Center

wholeheartyyoga.com

Studio owner: Pam Jackson

MARYLAND

CROFTON

Crofton Yoga

croftonyoga.com

Studio owners: Emily Gretz

and Shelbi Miles

MASSACHUSETTS

BEDFORD

Serenity Yoga Center

serenityyoga.com

Studio owner: Toni Bradley

SHELburne FALLS

Shelburne Falls Yoga

shelburnefallsyoga.com

Studio owner:

Kate Pousont Scarborough

NEW YORK

DOBBS FERRY

The Rivertown Center for Yoga & Health

rivertownyoga.com

Studio owner: Beth Bierko

GUILFORD

Black Horse Yoga Studio

blackhorseyogastudio.com

Studio owner: Suzette Hayes

NORTH CAROLINA

CHARLOTTE

Yoga for Life

yogaforlifearchlotte.com

Studio owner: Karen Williams

PENNSYLVANIA

GETTYSBURG

Sacred Lotus Yoga Studio

gettysburgholistichealthcenter.net

Studio owner: Lynn Roby

HARLEYSVILLE

Anahata Yoga and Wellness Center

anahatayogawellness.com

Studio owner: Kathleen Sullivan

VIRGINIA

McLEAN

Dream Yoga Studio & Wellness Center

dreamyogastudio.com

Studio owner: Luann Fulbright

GERMANY

WERL

Kripalu Yoga Zentrum

doctao.de

Studio owner: Iven Tao

JAPAN

TOKYO

Yoga of Life

kripalu.jp

Studio owner: Toshiro Miura

All studios are independently owned and operated.

With gratitude...

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Off the Mat

with Kripalu Executive Chef Jeremy Rock Smith

What brought you to your current role at Kripalu?

I had a midlife cooking crisis, and decided I really wanted to cook food that was healthy and nutritious. I started at Kripalu as Chef de Cuisine, and became Executive Chef in 2013.

What inspires and motivates you?

I love feeding and teaching the guests at Kripalu. When returning guests tell me, “I think about you every time I chop cilantro” or “You totally changed my world with that garlic trick,” I realize how much of an impact my team and I can make. The things I know about cooking can help others better nourish themselves and their loved ones.

What's the perfect fall harvest meal?

Roasted butternut squash soup with chèvre, cider-glazed chicken (or tofu or tempeh for a vegetarian meal), roasted root vegetables, maple Brussels sprouts, wild mushroom risotto with black truffle oil, and pumpkin pie with cardamom whipped cream. *(For the soup, risotto, and pie recipes, see page 56.)*

What do you like to cook at home?

I like cooking traditional dishes from different cuisines. The success of classic recipes often relies on a simple technique and a few high-quality ingredients. These days, there are so many options available to us that it can be overwhelming. Cooking simple, delicious food helps me decompress.

How do you get your kids (that's them in the photo!) to eat their vegetables?

I give them options, and I let them be. I like them to taste vegetables simply prepared first and, if they don't like them, then I'm willing to dress them up—like adding maple syrup to Brussels sprouts. Sometimes we have to remind them to try something on their plate, or tell them they can't have cookies for breakfast, but on some mornings, they do get whipped cream on a waffle, because everybody likes a treat!



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Jeremy Rock Smith on
pages 52 and 59.

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YOGA



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