

YOGA | AYURVEDA | MINDFULNESS | HEALTH | HAPPINESS | NUTRITION

# Kripalu®

Summer 2015  
JUNE-AUGUST

Center for Yoga & Health

Explore the  
Power of You

**120+**

Programs with world-  
renowned presenters

## Summer at Kripalu

Yoga Summer Camp,  
Hiking, Kayaking,  
and R&R Retreats



Stockbridge, Massachusetts | 800.741.7353 | [kripalu.org](http://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 Summer at Kripalu



**Kripalu**<sup>®</sup>  
Center for Yoga & Health

**DON'T MISS!**

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Summer 2015

DISCOVERING KRIPALU



Dear friends,

My first visit to Kripalu was in the summer of 2011 as a student of yoga therapy. At the time, I was recovering from some serious injuries after I was hit by a car while riding a bicycle. I came to Kripalu to heal. In my heart I knew that therapeutic yoga could help support the efforts of Western medicine to repair my bones and tissues. I also knew that if I learned the techniques of yoga therapy, it would help me become a more skilled and compassionate yoga teacher. Under the gentle guidance of Joseph Le Page, and through the transformative power of his Integrative Yoga Therapy program, Kripalu helped bring me back to life. And I'm not the only one.

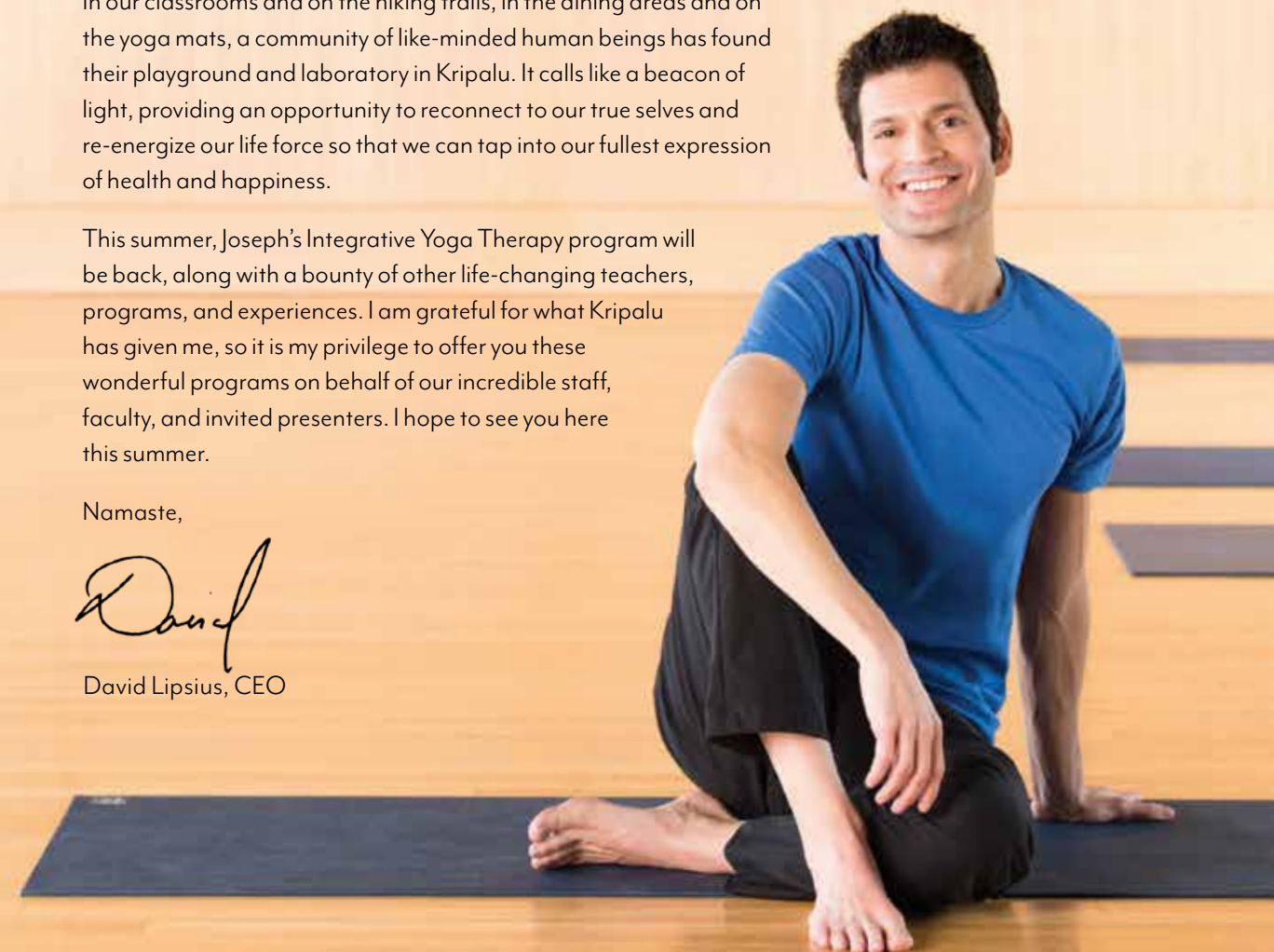
In my time here, I have been amazed by the diversity of people who come to Kripalu and the miraculous effect it has on so many. Some arrive for yoga teacher trainings, while others come to explore nutrition, psychology, dance, mindfulness, bodywork, and other practices that inspire, uplift, and heal. Still others are here to simply rest and relax, often seeking nothing more than a quiet spot by the lake to watch the play of sun and clouds, wind and water.

In our classrooms and on the hiking trails, in the dining areas and on the yoga mats, a community of like-minded human beings has found their playground and laboratory in Kripalu. It calls like a beacon of light, providing an opportunity to reconnect to our true selves and re-energize our life force so that we can tap into our fullest expression of health and happiness.

This summer, Joseph's Integrative Yoga Therapy program will be back, along with a bounty of other life-changing teachers, programs, and experiences. I am grateful for what Kripalu has given me, so it is my privilege to offer you these wonderful programs on behalf of our incredible staff, faculty, and invited presenters. I hope to see you here this summer.

Namaste,

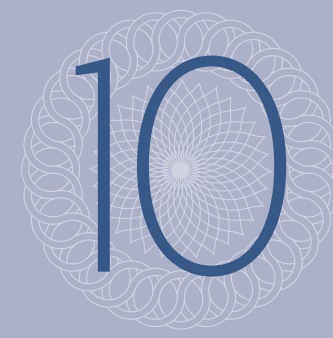
David Lipsius, CEO



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.

# Discover

the right Kripalu Experience for you.



## R&R 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.

## Kripalu Healthy Living Programs

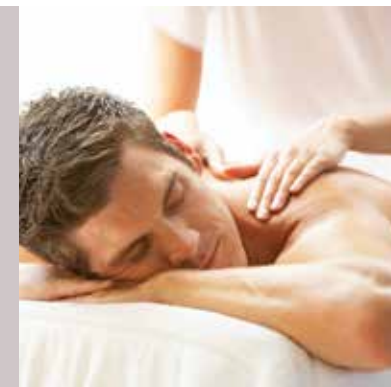
Experience a holistic approach to health. Focusing on nutrition, stress management, mindful living, and physical activity, our programs give you the tools and support necessary to transform your health and create lasting positive change.

## All Visits Include

- Nurturing retreat environment
- Kripalu Yoga classes—gentle, moderate, 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)

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## Kripalu Schools of Yoga and Ayurveda

Immerse yourself in yoga or 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.

## Healing Arts

Find balance with a Kripalu Healing Arts treatment, relaxing massage and bodywork, transformative energy work, Ayurvedic treatments and consultations, and more—all focused on enhancing your well-being.

## On-Site | Online Programs

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

## Invited Presenters

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

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 like you designed it yourself. With our signature R&R Retreat, that's exactly what you do.



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

- Take a morning, noontime, or afternoon Kripalu Yoga class at any level—gentle, moderate, or vigorous.
- 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 a refreshing dip or 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 summer 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)

# R&R Retreat

## Come home to yourself.



R&R Group Retreats. Customized experience, endless possibilities.

# R&R Group Retreats

## What makes a Kripalu R&R 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.
- **Recreation and relaxation:** Yoga and dance classes, hikes at your level, three delicious meals each 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 will take your connection—with yourself and each other—to the next level.

*Sunday–Friday only. Minimum stay of two nights is required; sorry, no Saturday arrivals or departures. See page 112 for rates.*



## Kripalu | R&R Retreat Special Event

Our R&R Retreat Special Events are designed around themes that celebrate the season. Drop in on any of these workshops in addition to our regular R&R Retreat offerings.

JUNE 21–25 | SUNDAY–THURSDAY

### Solstice Celebration

FOR everyone.

Dive into summer on the longest days of the year! Join us for a special week of R&R Retreat workshops as we mark the summer solstice—when the sun reaches its highest point in the sky and the light stretches into the evening. Come for a few days, or for the entire Solstice Celebration.

Choose from different workshops and activities each day, themed around the beauty and expansiveness of the season, including

- Meditations to honor the solstice
- Ayurvedic approaches for staying cool in the heat
- Guided outdoor activities to connect with the juicy energy of summertime
- Cooking demos for delicious, seasonally inspired meals
- Tips for creating a summer yoga practice to keep you balanced and energized.

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

**NOTE** Minimum stay of two nights required; see page 112 for rates.

**FIND OUT MORE** [➔ kripalu.org/specialretreats](https://kripalu.org/specialretreats)



## R&R Group Retreats

A whole new way to do family reunions, team-building retreats, alumni gatherings, or getaways with friends. All-inclusive pricing and personal attention no matter what your group size.

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



# Kripalu Healthy Living Programs

Kripalu Healthy Living programs offer a holistic approach to health you won't find anywhere else.

Transform your health, transform your life.



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The Mindful Table: A Kripalu Nutrition and Cooking Immersion, p. 50

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Facing Cancer with Courage, p. 51

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## Take Charge of Your Own Health

With an emphasis on nutrition, stress management, mindful living, and physical movement, our empowering immersions offer concrete tools that help you take charge of your own health and wellness. Through specialized workshops, talks, group discussions, and activities, our caring team of experts teaches you how to create lasting, positive change in all areas of your life.

For more information, visit [kripalu.org/healthyliving](https://kripalu.org/healthyliving)

# Kripalu Schools of Yoga and Ayurveda

Kripalu's world-class faculty offers a variety of inspiring yoga and Ayurveda trainings that allow you to deepen your practice and share your passion with the world.



## 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.

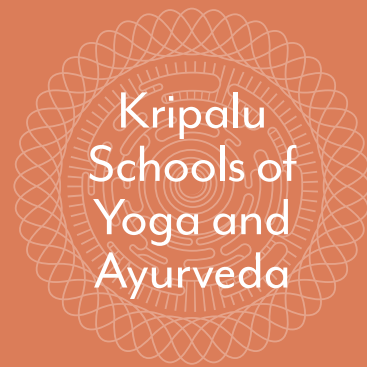
### THRIVING LINEAGE

Over the last four decades, we've developed a potent teaching methodology that fuses the richness of the Kripalu tradition, science, and 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:  
Call 800.848.8702,  
e-mail [ksya@kripalu.org](mailto:ksya@kripalu.org), or visit  
[kripalu.org/ksya](https://www.kripalu.org/ksya)

See upcoming training dates on the following pages.





## 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 Certification\*

Build upon the foundation of your 200-hour yoga teacher training with the specialized skills offered in our 300-Hour Ayurvedic Yoga Teacher Certification. 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 Kripalu 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/ksya](https://kripalu.org/ksya)

\* Formerly titled as our 500-hour training. Yoga Alliance has updated the nomenclature for advanced training programs leading to a total of 500 hours. Our 300-hour trainings build on any Yoga Alliance-approved 200-hour yoga teacher training for 500 hours of training.

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



# 200-Hour Kripalu Yoga Teacher Training

#### JUNE 28–JULY 24 MONTHLONG INTENSIVE

*Coby Kozlowski and Yoganand Michael Carroll*

#### JULY 26–AUGUST 21 MONTHLONG INTENSIVE

*Rudy Peirce, Michelle Dalbec, and Cristie Newhart*

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
- 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](mailto:ksya@kripalu.org) or 800.848.8702.

“Since my Kripalu Yoga Teacher Training, I’ve grown into a better employee, husband, son, and friend.”

—Ryan M.



**COBY KOZLOWSKI, MA, E-RYT**, is a faculty member for the Kripalu School of Yoga and founder of Karma Yoga Leadership Intensive™. [cobyk.com](http://cobyk.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](http://pranakriya.com)

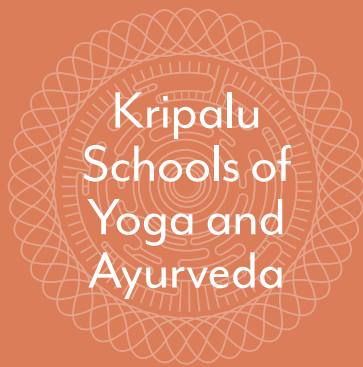


**RUDY PEIRCE, MA, E-RYT 500**, a Kripalu Yoga teacher since 1983, guides accessible, gentle yoga, and is creator of the Gentle Series Gentle Yoga CDs. [gentleyogi.com](http://gentleyogi.com)

**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](http://myoga.com)

**CRISTIE NEWHART**, a 500-Hour Kripalu Yoga teacher, yoga therapist, and teacher trainer for the Kripalu School of Yoga, also leads Healthy Living programs and R&R Retreat workshops at Kripalu.





# 300-Hour Kripalu Yoga Teacher Training

JUNE 19–28 | FRIDAY–SUNDAY

## Guiding Meditation for Transformational Yoga Teaching

EXPLORING THE WORLD WITHIN

*Jonathan Foust (Sudhir) and Michelle Dalbec*

Yoga teaches us that the pursuit of inner stillness is actually enhanced by periods of physical activity. As you sink into meditation, asana becomes a tool to embody transformation. This module provides you with the support, practice, and guidance needed to bring all facets of your being into the single focus of samyama. Using a unique Kripalu teaching methodology that integrates modifications, variations, and hands-on assists, you learn how to make the benefits of meditation and creative asana practice accessible to your students.

This module includes

- An integrated practice of postures, pranayama, and relaxation to enhance meditation
- A core set of asanas, with modifications, variations, and assisting techniques
- Simple yet effective tools to access the meditative states of dharana and dhyana
- Insight into the broad spectrum of meditation approaches and their benefits
- Discussion on how yoga and meditation can affect the healing, growth, and transformation processes.

**TUITION** \$1,049, plus room & meals. For more information, contact us at [ksya@kripalu.org](mailto:ksya@kripalu.org) or 800.848.8702.

JUNE 26–JULY 3 | TUESDAY–WEDNESDAY

## Kripalu Yoga in the Schools Teacher Training

*Janna Delgado and Iona M. Smith*

**FOR** educators and yoga teachers interested in bolstering their skills and enriching the lives of high school students through yoga.

Yoga can be a profound vehicle for cultivating adolescents' self-knowledge, self-acceptance, and self-expression. In this training, based on research done by the Kripalu Institute for Extraordinary Living's Yoga in the Schools initiative, you learn skills for teaching teens, and find out how to effectively partner with high schools, nonprofits, and after-school programs.

**NOTE** This training is open to 200-hour-certified yoga teachers from any Yoga Alliance-registered school.

**TUITION** \$879, plus room & meals. For more information, contact us at [ksya@kripalu.org](mailto:ksya@kripalu.org) or 800.848.8702.

**FIND OUT MORE** [kripalu.org/kyis](http://kripalu.org/kyis)



**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](http://jonathanfoust.com)

**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](http://myoga.com)



**JANNA DELGADO, RYT 500**, is an Ayurvedic Yoga Specialist, Kripalu Yoga teacher trainer, and AFAA-certified personal trainer and fitness instructor. She is a

Kripalu faculty member and Program Leader for Kripalu Yoga in the Schools.



**IONA M. SMITH, MED, CYT 500**, is Program Leader for Kripalu Yoga in the Schools. She is also an R&R Retreat faculty member

at Kripalu.

JUNE 19–28 | FRIDAY–SUNDAY

## Integrating Ayurveda into Yoga Teaching

BALANCING THE DOSHAS

*Larissa Hall Carlson and John Douillard*



This course deepens your knowledge of the relationship between yoga and Ayurveda, with classes focused on cultivating prana (life force), agni (inner fire), and ojas (vigor). While here, you participate in daily sadhanas, carve silent time for self-study, and integrate your skills in insightful supervised practicums.

You also

- Learn key postures, breathing practices, and meditation techniques for balancing psychophysical constitutions (doshas)
- Experience the different movements of prana, including prana, udana, samana, apana, and vyana

- Cultivate useful Ayurvedic tools to adjust yoga class sequencing and personalize private sessions that are based on the season, time of day, season of life, and basic doshic imbalances.

**NOTE** See this program on the Kripalu website for required and recommended reading and important information about prerequisites.

**TUITION** \$1,049, plus room & meals. For more information, contact us at [ksya@kripalu.org](mailto: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](http://larissacarlson.com)

**JOHN DOUILLARD, DC**, renowned leader and innovator in the field of Ayurveda, directs the LifeSpa Ayurvedic Retreat Center in Boulder, Colorado, and has formulated his own line of organic health-core products. [lifespa.com](http://lifespa.com)

AUGUST 7–16 | FRIDAY–SUNDAY

## Leading Vinyasa

BREATHE, FEEL, FLOW

*Coby Kozlowski*

Deepen your teaching and increase your appeal to students who want more challenge in their practice, while also learning to offer vinyasa to students of different experience levels. Learn to create innovative sequences and establish powerful philosophical themes that support your students both on and off the mat.

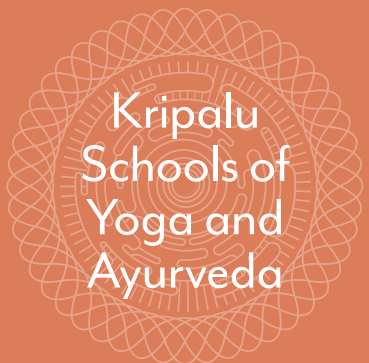
Using the koshas, coordination of breath and movement, and witness consciousness as a framework, you examine vinyasa flow through a compassionate lens. During this module, you

- Explore how the Kripalu methodology can be applied to vinyasa
- Learn how to lead three levels of vinyasa
- Use asana as a gateway to deep states of inner focus
- Learn energetic alignment principles
- Explore modifications that can make this practice available to students of different abilities
- Dive into yoga philosophy that allows you to live flow on and off the mat.

**TUITION** \$1,049, plus room & meals. For more information, contact us at [ksya@kripalu.org](mailto: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](http://cobyk.com)





## Kripalu Schools of Yoga and Ayurveda

## 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 Kripalu Foundations of Ayurveda.

### THREE TRAINING OPTIONS

#### 200-Hour Kripalu 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 Certification\*

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

#### 650-Hour Ayurvedic Health Counselor Certification

Combined with Kripalu 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
- 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/ksya](https://kripalu.org/ksya)

\* Formerly titled as our 500-hour training. Yoga Alliance has updated the nomenclature for advanced training programs leading to a total of 500 hours. Our 300-hour trainings build on any Yoga Alliance-approved 200-hour yoga teacher training for 500 hours of training.

# yoga **JOURNAL** LIVE! at Kripalu

NOVEMBER 20–22 | FRIDAY–SUNDAY

## BREATHING ROOM

A VINYASA WEEKEND OF POWER AND PLAY

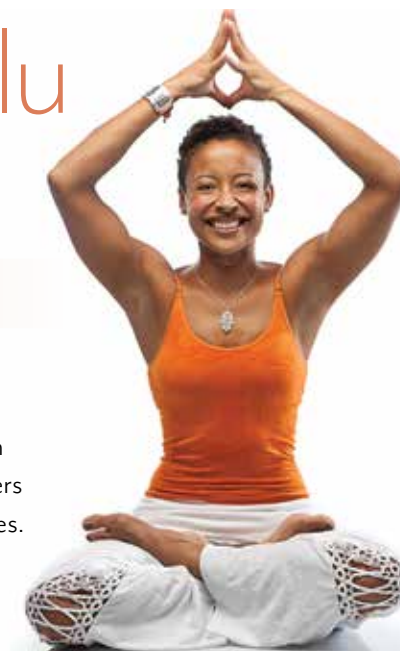
copresented by Kripalu and *Yoga Journal*

Dive into the flow with a celebration of vinyasa, featuring beloved teachers from a wide range of yoga traditions and styles. This weekend of power and play offers everything from slow, meditative movement to vigorous, heat-building sequences.

FIND OUT MORE [➔ yjevents.com/kripalu](https://yjevents.com/kripalu)

Also, experience the best of Kripalu with some of our top yoga and Ayurveda teachers at these other Yoga Journal LIVE! events:  
• New York City, April 23–27 • San Diego, June 25–29 • Estes Park, Colorado, September 27–October 4 • Hollywood, Florida, November 12–15

FIND OUT MORE [➔ yjevents.com](https://yjevents.com)



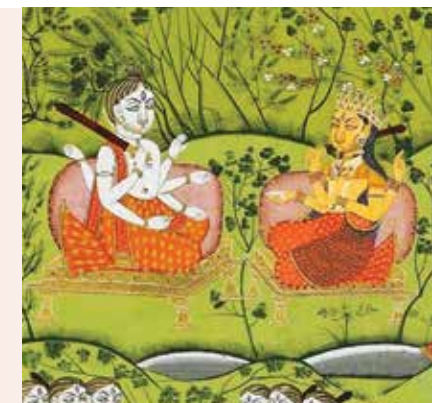
## Don't miss these other special events!

AUGUST 2–7 | SUNDAY–FRIDAY

### The Embodied History of Yoga

David Gordon White and Yoganand Michael Carroll

Learn how you can integrate yoga's rich history into your own practice in this workshop with David Gordon White, a world authority on the history of yoga and South Asian religions, and Yoganand Michael Carroll, Dean of the Kripalu School of Yoga and longtime teacher trainer. Through the study of yogic symbolism, an exploration of archetypes, and so much more, you'll gain practical instruction on embodying the lineage of yoga in a contemporary practice. Find out more on page 94.



OCTOBER 6–9 | TUESDAY–FRIDAY

### Kripalu's 24th Annual Yoga Teachers Conference

Enhance your teaching with complementary practices drawn from yoga and Ayurveda. Conference presenters and keynote speakers include world-renowned experts in their field. Learn new approaches to share with students and clients, brush up on self-care techniques, and get re-inspired.



# Kripalu Healing Arts



## New! Shankara Facial

Western skin science and ancient Ayurvedic wisdom unite to create our new Shankara Facial, a unique treatment that nourishes and refreshes the skin and brings harmony to your dosha (Ayurvedic constitution). The plants, herbs, and essential oil used in our Shankara Facials enhance your innate beauty and strengthen your spirit from the inside out.

Experience a deeper kind of wellness.

### CHOOSE FROM

- Relaxing massage and bodywork
- Transformative energy work
- Ayurvedic treatments and consultations
- Insightful wellness consultations
- Nourishing facials



**BOOK YOUR TREATMENT TODAY**  
**888.738.1822**

We recommend making your reservation two weeks in advance.

**FIND OUT MORE** about services, consultations, and packages at [kripalu.org/healingarts](https://kripalu.org/healingarts)

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

# On-site | Online Programs

A dynamic blend  
of two modes of study.

See upcoming On-site | Online  
programs on the following pages.



## 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.



On-Site | Online  
Programs

“The beauty of mindful yoga is that it doesn’t require flexibility, strength, or grace. It’s an equal-opportunity tool, available to everyone.”

— Bo Forbes

JULY 6–DECEMBER 6, 2015

## Beyond Emotional Balance: A Curriculum for Human Growth

BO FORBES

CE credits.

The World Health Organization states that by the year 2030, depression and anxiety will be one of the biggest health problems on our planet. How can we change this trajectory and live more fully and deeply? At this time in history, emerging research in neuroscience can reshape our paradigms for healing. And when we integrate this research with practices from yoga, mindfulness, integrative psychology, and body-based therapies, we create a blueprint for emotional balance and optimal living.

Psychologist, yoga teacher, yoga therapist, and author Bo Forbes draws from her extensive experience in mind-body medicine to help you

- Identify limiting paradigms and belief systems
- Access your own bio-available resource for change
- Empower the three key body systems that build resilience
- Learn tools to regulate empathy, create healthy boundaries, improve relationships, and more.

You are nourished by an extraordinary community as you integrate reflective practices, breathing exercises, postural adjustments, mindful asana, restorative postures, connective tissue work, and powerful therapeutic tools that create the building blocks for embodied awareness.

**NOTE** This course will be filmed. Please visit this program on the Kripalu website for more information.

**TUITION** \$1,299 plus \$75 technology fee. Add 5 midweek nights room & meals; see page 112.



**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](http://boforbes.com)

### FIVE MONTHS OF BLENDED LEARNING

ONE 5-DAY ON-SITE IMMERSION:  
JULY 12–17, 2015

12 ONLINE MODULES OF AT-HOME STUDY

Find out more [kripalu.org/neuroscience](http://kripalu.org/neuroscience)

JULY 20–NOVEMBER 4, 2015

## Crafting the Resilient Life

Dr. Maria Sirois

Create a life of strength and positivity.

**FOR** those interested in building skills to deal with everyday setbacks or major life upheavals, whether personally or in a professional practice. CE credits.

Every day, we can choose to grow, and to focus on the practices and attitudes that enable us to cultivate and sustain healthy transformation. Through the science of resilience and the study of happiness, we build a foundation for optimal living in times of stress, loss, and sudden change.

You learn

- What resilience is and how to foster it
- Why happiness matters and how it increases well-being
- Practical tools from Positive Psychology, including mindfulness, happiness boosters, and re-storying
- How shifts in attitude can restructure difficult moments into positive growth
- Learn to move through challenging times into a more serene life—one in which you flourish no matter what.

**TUITION** \$899 plus \$75 technology fee. Add 6 midweek nights room & meals; see page 112. (web code CTRL-152)

To integrate your experience more fully, we suggest extending your stay by a day or more in Kripalu’s R&R Retreat program.



**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](http://mariasirois.com)

### 15 WEEKS OF BLENDED LEARNING

TWO 3-DAY ON-SITE IMMERSIONS:  
JULY 26–29, 2015, AND  
NOVEMBER 1–4, 2015

FOUR ONLINE MODULES OF AT-HOME STUDY

Find out more [kripalu.org/resilientlife](http://kripalu.org/resilientlife)

# Why Yoga and Mindfulness Work

Yoga has tremendous potential to enhance our emotional well-being. When we feel anxious or depressed, it’s tempting to view our emotional difficulties as proof that we’re unstable. I frequently hear people say, “I don’t have what it takes to be happy,” “I’ve been depressed all my life,” or “I’ve always been anxious, as long as I can remember—I’ll never learn to relax.” This reaction to emotional pain

is understandable, especially if it’s been a long time since we’ve experienced anything different. But over time, our response solidifies. It can lock our emotional wiring—the way our brain cells are wired to communicate and respond to experience—onto the anxiety and depression settings. Therapeutic yoga, mindfulness, and movement therapy can help reverse our habitual responses to difficulty. They give us a new collection of tools and experiences that reverberate deep into the mind-body network. How, exactly, do they do this?

When practiced in a contemplative way, yoga draws our focus from the world outside us (the one that requires continual action) and transfers it deep into the mind, brain, and body, where the roots of anxiety, depression, and disconnection lie. Naturally, this puts us

into immediate and intimate contact with our deep-rooted issues. We might want to escape from our pain. Yet, when we can hang in there a little longer, something happens. We regulate our breath and relax our muscles, which calms the agitation that can come from immersion in challenging experiences. We draw our attention inside and become exquisitely present with our issues, our pain. At the same time, we’re also in our bodies and in the present moment. And suddenly, or slowly by degrees, our narrative—the story that says “I am anxiety,” or “Depression’s a permanent part of me”—begins to lose traction and become less compelling. This allows us, even for a moment, an experience of *not anxiety* or *not depression*, and the brain and body respond by laying down new “tracks.” What’s key here is that this new adaptation can take as few as five minutes. And when we do this regularly over time, we develop the emotional muscles to resist the stubborn pull of our reactions. We cease to let them define us.

Beyond these benefits, therapeutic yoga, mindfulness, and movement therapy offer something more. They give us a firsthand, embodied experience of our fluctuating emotional landscapes. We can feel how emotions ebb and flow—how they really are short-lived, passing states of awareness. With even a brief interlude of not being anxious or depressed, we can begin to suspect that anxiety and depression *are not who we are*; they’re just powerful emotional patterns that draw us in. We can replace these anxious or depressed emotional patterns with healthier ones. And because yoga’s experiential practices involve both the mind and the body, the insight they create isn’t simply mental; it’s *embodied insight*, which has a more lasting effect on anxiety and depression.

Each year in teacher training, I hold free group clinics for people with anxiety, depression, chronic pain, and other mind-body issues. For a 75-minute span of time, they are not anxious, depressed, or in pain. Faces previously tense with anxiety are, during and after the practice, smoothed with calm. The slow movements and hunched posture of those with depression become infused with energy. The light that shines in their eyes afterward never fails to move me. And this happens through simply entering the body with awareness, and having the faith to stay for a while. The beauty of mindful yoga is that it doesn’t require flexibility, strength, or grace. It’s an equal-opportunity tool, available to everyone.

**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](http://boforbes.com)



## Celebrating 10 years of transformation!

JUNE 1–JULY 17, 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 now 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 112. (web code IWLB-152)



**ARUNI NAN FUTURONSKY** is a Kripalu Yoga teacher, life coach, and faculty member for Kripalu R&R Retreat and Healthy Living programs. [coacharuni.com](http://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](http://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 in Pittsfield, Massachusetts.

#### SEVEN WEEKS OF BLENDED LEARNING

ONE 5-DAY ON-SITE IMMERSION:  
JUNE 7–12, 2015

SIX WEEKS OF ONLINE SUPPORT AT HOME

Find out more [kripalu.org/weightloss](http://kripalu.org/weightloss)

OCTOBER 19, 2015–SEPTEMBER 30, 2016

### Certificate in Positive Psychology

DR. TAL BEN-SHAHAR,

Dr. Maria Sirois, and Megan McDonough

**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 112. (web code CPP5-151)



**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](http://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](http://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](http://wholebeinginstitute.com)

#### 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](http://kripalu.org/cipp)

# Practice, Practice, Practice

Reflections on the path to a healthier life.

I've lost weight many times, but I've never been able to keep it off. But last summer, I was at a point where I knew I had to get in better shape, so I enrolled in The Kripalu Approach to Diet: An Integrative Weight-Loss Program.

I had no idea what to expect, but I felt completely welcomed and accepted. I approached the program as a class, and our homework was to practice what we were learning. Aruni suggested we consider yoga, meditation, and journaling, among other things. She encouraged us to try new and different things, so I meditated and wrote in my journal—and I continue to practice both every day. They have made a huge difference for me, and I'm grateful that I was willing to try something new.

I knew that when I got home after the five days at Kripalu, I'd have to deal with life's challenges differently. The six weeks of online support, and especially the weekly phone calls with faculty and students, were enormously helpful in reinforcing the need to practice.

My most eye-opening discovery that came from the program was that it isn't really a weight thing for me. What I learned was that I've never let myself feel my feelings—I used food to suppress them. Through the program, I learned that “the best way out is always through,” and that sums it up for me. Before Kripalu, I didn't know there was a way out. When I got upset, I would eat. Now, I take a deep breath and look at what's happening and acknowledge my feelings. When I choose to have food that I know I need to limit, I practice enjoying what I have and not judging myself for having it. My goal is to feel light and free—today, tomorrow, and into the future.

In order to make serious changes in my life, I had to invest in myself, and give myself the opportunity to get some new tools and, most importantly, to use them. I soaked it all in like a sponge. “Practice” is the word that encapsulates my Kripalu experience. You take a deep breath, ease into it, and do that over and over, and, eventually, change occurs.



**Who she is:** Sharon S.

**From:** Ellicott, Maryland

**Participated in:** The Kripalu Approach to Diet: An Integrative Weight-Loss Program

# Kripalu<sup>®</sup> Making an Impact

## Coming back home to yoga

My passion for yoga began when I participated in the Kripalu Yoga in the Schools program at my high school in Great Barrington, Massachusetts. I loved knowing there was a time during the day when I would get to decompress and move my body before returning to the hectic environment that is high school. I maintained my yoga practice throughout college in Boston, including during my study abroad.

It is in my nature to share my positive energy, ideas, and knowledge with others. I figured a wonderful way to do that was to become a teacher of yoga. A year after I graduated from college, I was at Kripalu for yoga teacher training.

Now that I'm a certified Kripalu Yoga teacher, I've come full circle—I've been assisting in Kripalu Yoga in the Schools classes back at my old high school. I find it fascinating to see the transformation in the students as they become increasingly comfortable with themselves and with each other.

One of my goals as a yoga teacher is to make yoga more accessible for all kinds of people. I've been exploring offering a class through a local youth project, and I'm also teaching a donation-based community class. It's so inspiring to see people find ease in their bodies and minds. Every time I prepare for and teach a class, I learn more about the yoga tradition and about myself.

—Sandra H., Great Barrington, Massachusetts

The Kripalu Yoga in the Schools project has impacted more than 4,700 students, giving them tools for self-regulation, self-esteem, and community building. To support this mission-driven initiative, visit

➔ [kripalu.org/makeagift](https://kripalu.org/makeagift)

Find out about the Kripalu Yoga in the Schools Teacher Training at

➔ [kripalu.org/kyis](https://kripalu.org/kyis)



## 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.**

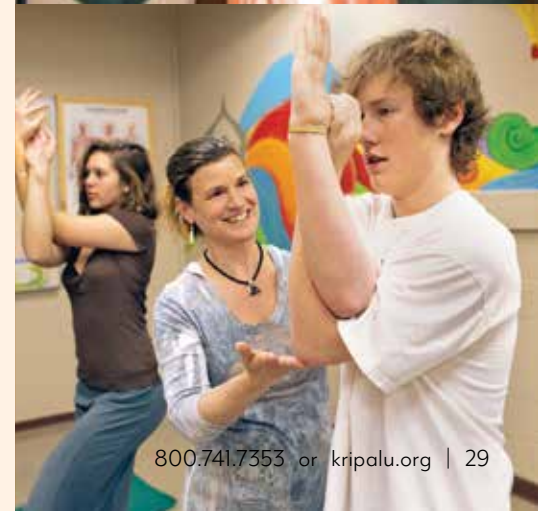
- Each year, we welcome nearly 40,000 guests to Kripalu for experiences that empower, inspire, and uplift.
- We award almost \$500,000 annually through our Scholarship Program so that those with financial need may experience Kripalu.
- The Kripalu Yoga in the Schools program offers lifelong tools for resilience and well-being to middle- and high-school students.
- The Kripalu Yoga in the Schools Teacher Training certifies yoga teachers to share yoga with teens.
- Kripalu's Teaching for Diversity fund provides financial support for yoga teachers who choose to bring their gifts to underserved populations.
- The Kripalu Institute for Extraordinary Living combines the gifts of yoga with scientific validation, developing and studying yoga programs to transform schools and health care.
- The Kripalu Institute for Extraordinary Living has partnered with Kripalu Healthy Living to pilot our newest program, The Kripalu Approach to Healthy Living, an evidence-based approach to supporting the whole person—mind, body, heart, and spirit.

.....  
**You help make these mission-driven programs possible.**  
.....

Become a donor ➔ [kripalu.org/makeagift](https://kripalu.org/makeagift)



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





# Invited Presenters

## Study with the best.

Kripalu invited 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.



Gabrielle Bernstein

“The voice of spirit has been beckoning you for years. Now it’s time to listen.”  
—Gabrielle Bernstein

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

- Ayurveda, p. 32
- Bodywork/Energy Healing, p. 33
- Creative Expression, p. 36
- Fitness and the Outdoors, p. 42
- Health and Wellness, p. 48
- Neuroscience and Psychology, p. 54
- Professional Development, p. 58
- Relationships, p. 62
- Self-Discovery, p. 66
- Yoga and Meditation, p. 80

Prefer to choose your programs by date? See the calendar of programs on page 108.

Find programs by your favorite presenter on page 116.

From left to right: Martha Beck, Christiane Northrup, Shiva Rea, Mike Dooley, Helen LaKelly Hunt and Harville Hendrix, and Joan Borysenko.





Ayurveda



**JUNE 7-11**  
SUNDAY-THURSDAY

### Ayurvedic Face, Head, and Foot Massage Training

*Hilary Garivaltis*

**FOR** bodyworkers and aestheticians. Ayurvedic massage restores a sense of calm and balance to the body and nourishes the skin and connective tissue. Learn about specific energy points in each region and how to use oils and masks for individualized treatments.

The training covers facial, head, and foot massage. We also spend time on Ayurvedic fundamentals, including the five elements, the three doshas, and the energy points on the body called marmas. Come be nurtured and guided by skilled practitioners and enjoy ample practice time. Ceremony and the use of mantra, or sacred sound, create a calm and healing environment within which to work.

**NOTE** This course is designed for bodyworkers and aestheticians; others, please direct inquiries to Hilary Garivaltis at hgarivaltis@hotmail.com.

**TUITION** \$338. Add 4 midweek nights room & meals; see page 112. (web code AFHF-151)



**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](http://hilarygarivaltis.com)

**AUGUST 30-SEPTEMBER 4**  
SUNDAY-FRIDAY

### Food, Fitness, and Summer Fun, the Ayurvedic Way

*Larissa Hall Carlson and Healthy Living Faculty*

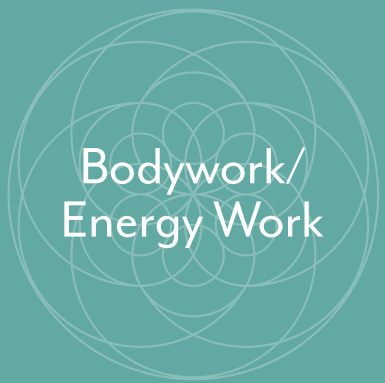
**FOR** everyone. **CE** credits. Celebrate the last days of summer with fresh food, outdoor fun, and an exploration of Ayurveda, India's traditional science of self-care. The Dean and faculty of the Kripalu School of Ayurveda invite you to relish the close of the season on the lake and in the woods, in a program that includes

- Cooking demonstrations of cooling Ayurvedic recipes
- Connecting with the rejuvenating power of nature on hikes in the shady Berkshire hills
- A discussion of the five elements of Ayurveda during a kayak adventure across the lake
- An evening campfire
- Restorative outdoor yoga sessions.

Savor the sweetness of summer, and gain a new appreciation for the nourishment available to us in nature, exercise, good food, and good company.

**TUITION** \$409. Add 5 midweek nights room & meals; see page 112. (web code RRFF-151)

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



Bodywork/  
Energy Work



**JUNE 26-28** | FRIDAY-SUNDAY

### Lotus Palm Thai Yoga Massage for Everyone

*Sukha Wong*

**FOR** everyone, no bodywork experience necessary. **CE** credits.

When you give a great massage, you feel more alive, aware, and joyous. Enhance your well-being and the well-being of your family and friends with the gift of loving touch.

Thai Yoga Massage is an accessible form of assisted hatha yoga, combining meditation, yoga, and compassion. You don't have to be an expert to produce outstanding results. The Lotus Palm system makes learning easy, and teaches you how to tap into your own innate abilities to give a sensational massage. Learn how to deliver a complete 60-minute massage for shoulders, head, back, hands, legs, abdomen, and feet, using safe, effective techniques that anyone can master.

Perfect for people without any bodywork experience, this training is invaluable as continuing education for massage practitioners.

**TUITION** \$230. Add 2 weekend nights room & meals; see page 112. (web code TYM-151)

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



*Sukha Wong*

**JUNE 28-JULY 3** | SUNDAY-FRIDAY

### Lotus Palm Thai-Style Reflexology and Foot Massage

*Sukha Wong*

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

Lotus Palm Thai-style reflexology and foot massage is an energizing and invigorating massage of the lower legs and feet that promotes general health and well-being. This East-meets-West approach involves hands-on stretching and massage to open the sen (energy) lines and a reflexology stick to stimulate points on the soles of the feet that correspond to the internal organs.

- In this workshop, you learn
- The history of Thai reflexology
  - How to perform a 60-minute Thai-style reflexology and foot massage
  - Two-handed palm movements, stretches, circular massage movements, and thumb-pressure techniques
  - A Thai Yoga Massage opening and closing sequence
  - Proper body mechanics for the practitioner.

Learn to give a unique Thai-style reflexology and foot massage that leaves the receiver relaxed, balanced, and invigorated. This is more than a foot rub!

**NOTE** Tuition includes a manual and reflexology stick for the workshop.

**TUITION** \$430. Add 5 midweek nights room & meals; see page 112. (web code TRFM-151)

**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](http://lotuspalm.com)

**KRIPALU SCHOOL OF AYURVEDA**

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

[kripalu.org/ksa](http://kripalu.org/ksa)

## Evidence-Based Qigong

A GENTLE PATH TO PHYSICAL, MENTAL, AND SPIRITUAL STRENGTH

Yang Yang with special guest Yang Ying

**JUNE 19–21** | FRIDAY–SUNDAY **2-DAY WEEKEND PROGRAM**

**JUNE 21–26** | SUNDAY–FRIDAY **5-DAY IMMERSION**

FOR everyone. **CE** credits.

Cultivate lasting tranquility, balance, happiness, and vitality through evidence-based qigong. These static and dynamic meditative exercises are appropriate for people of all ages, physical abilities, and skill levels. The nurturing, relaxing, and core-strengthening benefits of qigong hold up even under the realities and stresses 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 workshops are fun, accessible, and specifically designed to give you the tools you need to heal yourself.

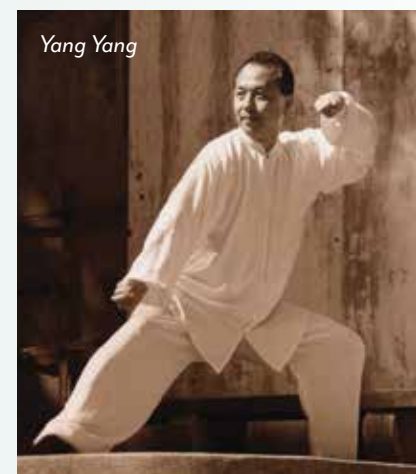
For those interested in teaching qigong, the weekend program provides 8.5 of the requisite 32 hours toward Level I instructor certification. The longer program provides 23.5 hours and is designed as an immersion training, allowing you more time to work with Dr. Yang and deepen your understanding of the material.

**NOTE** See this program on the Kripalu website for recommended reading and listening and information about certification.

**TUITION** 2-day \$220. Add 2 weekend nights room & meals; see page 112. (web code TTQC-152)

**TUITION** 5-day \$395. Add 5 midweek nights room & meals; see page 112. (web code TTQC-153)

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



Yang Yang

**YANG YANG, PHD**, founder of the Center for Taiji and Qigong Studies, is a researcher and clinical specialist at Memorial Sloan-Kettering in New York City. [centerfortaiji.com](http://centerfortaiji.com)



**YANG YING**, a longtime qigong practitioner, was the featured solo instrumentalist for the National Song and Dance Ensemble of China. [yangying-music.com](http://yangying-music.com)

**JULY 17–19** | FRIDAY–SUNDAY

## Reclaim Your Health

MEDICAL QIGONG FOR HEALING

Deborah Davis

FOR men and women at all fitness levels. **CE** credits.

Discover the two most popular and powerful Chinese qigong therapies for detoxifying the body and increasing health: Qigong Walking and the Six Healing Sound therapies.

Qigong walking is famous in China, where it is used to heal cancer, chronic disease, and depression. Deborah Davis teaches the Xi Xi Hu method from northern China, traditionally employed to heal cancer in all stages of development. She also shares the Chinese medical theory of disease and the use of complementary medicine in China.

The Six Healing Sound therapies are powerful cleansing practices that can be used for overall health and to heal specific diseases. Ancient Taoist masters found that certain sounds resonate and help to clear the organs both physically and emotionally. Deborah also introduces Five Element theory, so you can better understand how to use the six sounds for self-healing or with clients.

**REQUIRED READING AND VIEWING** Deborah Davis, *Women's Qigong for Health and Longevity* (Shambhala) and her DVD, *The Spirit of Qi Gong*.

**NOTE** This course is a requirement for Women's Qigong and Intuitive Healing certification. Students taking it for certification will have additional evening hours.

**TUITION** \$235. Add 2 weekend nights room & meals; see page 112. (web code WQHL-151)

**JULY 19–24** | SUNDAY–FRIDAY

## Women's Qigong and Intuitive Healing

Deborah Davis

FOR women of all ages and fitness levels. **CE** credits.

Qigong has been a source of self-healing for thousands of years. Everyone can learn to harness and direct qi energy for vitality and stress reduction, and to prevent and heal disease.

Come learn Dynamic Woman Qigong, designed specifically for a woman's body to help build stamina, strengthen the legs and pelvis, prevent breast cancer, and nourish the reproductive organs. We'll also cover basic Chinese medical theory and important acupuncture points and meridians. This approach is appropriate for women at all stages of life, to aid in fertility, menopause, and aging.

**NOTE** See this program on the Kripalu website for recommended reading and viewing and information about certification.

**TUITION** \$395. Add 5 midweek nights room & meals; see page 112. (web code WQHL-152)

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



**DEBORAH DAVIS, LAC, MAOM**, is an acupuncturist, qigong instructor, and medical intuitive. She is author of *Women's Qigong for Health and Longevity* and its companion DVD. [womensqigong.com](http://womensqigong.com)



**AUGUST 2–7** | SUNDAY–FRIDAY

## Positional Therapy

CLINICAL APPLICATIONS

Lee Albert

FOR those who have taken Positional Therapy 1 or 2. **CE** credits.

Take the skills you gained in Positional Therapy 1 or 2 and learn how to apply them to common neuromuscular conditions. Lee Albert simulates clinical conditions, taking you step by step through the process of evaluation, treatment protocols, and wellness plans to improve or eliminate neuromuscular pain patterns.

Gain a greater understanding of how to use positional therapy effectively to get the results you want, through learning

- How to assess common neuromuscular conditions
- How to treat causes, not just symptoms
- Specific protocols that Lee uses for thoracic outlet, sciatica, neck pain, headaches, plantar fasciitis, carpal tunnel syndrome, fibromyalgia, and more
- Specific home wellness plans for each condition
- Ways to successfully integrate yoga, non-weight-resistant strength training, and other holistic wellness practices.

**RECOMMENDED READING** See this program on the Kripalu website.

**NOTE** Tuition includes a training manual.

Tuition: \$380. Add 5 midweek nights room & meals; see page 112. (web code PTTT-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*. [lealbert.com](http://lealbert.com)



**AUGUST 21–23** | FRIDAY–SUNDAY

## Healer Within Practice Leader Training

MEDICAL QIGONG CERTIFICATION

Roger Jahnke

FOR everyone. **CE** credits.

Share mind-body energetics in your community as a Healer Within™ Practice Leader. Mind-body and energy-medicine methods—qigong, tai chi, and yoga—are gaining popularity in spas, yoga centers, hospitals, schools, social-service agencies, corporations, the military, prisons, and faith-based ministries. Healer Within Qigong is accessible and can be woven into any existing mind-body practice, making it more powerful for healing, stress mastery, and disease prevention.

In this training, you learn to present all of the qigong methods in the Healer Within, including

- Body practices
- Breathing practices
- Self-massage
- Meditation-mindfulness.

The Institute of Integral Qigong and Tai Chi has trained nearly 1,000 teachers and practice leaders. Attend this program for certification or simply to learn these outstanding wellness tools.

**NOTE** Tuition includes Roger Jahnke's book, *The Healer Within*. You will receive a certificate following the training.

**TUITION** \$255. Add 2 weekend nights room & meals; see page 112. (web code THW-151).

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



Roger Jahnke

**AUGUST 23–28** | SUNDAY–FRIDAY

## Qigong and Tai Chi

MASTER STRESS, ENLIGHTEN THE MIND, TAP UNIVERSAL ENERGY

Roger Jahnke

FOR all levels. **CE** credits.

Come feel the qi! You can thrive at the pinnacle of your physical, emotional, and spiritual potential by tapping into qi, also known as universal/divine energy, life force, or prana.

Ancient yogis and qigong masters discovered that gentle body movements, paired with focused breathing and mind centering, are a magic formula to neutralize stress, heal disease, create supreme personal energy, and access inner peace. The essence is refining the connection between your energetic and neurologic self, a practice the Chinese call qigong.

This transformational immersion program explores Nine Phase Qigong (Jiu Jieduan) for the ultimate qigong experience. Explore the miracles that occur through qi cultivation and learn to practice the Tenth Phase—transmitting qi. Get started right now by visualizing the outcome you seek from this retreat.

**RECOMMENDED READING** Roger Jahnke, *The Healing Promise of Qi*.

**TUITION** \$420. Add 5 midweek nights room & meals; see page 112. (web code QTC-151)



**ROGER JAHNKE, OMD**, is a doctor of Chinese medicine with 30 years of clinical practice and 45 years as a teacher of qigong and tai chi. [feeltheqi.com](http://feeltheqi.com)

## Creative Expression



Megha Nancy Buttenheim

JUNE 7-12 | SUNDAY-FRIDAY

### Let Your Yoga Dance Teacher Training for Special Populations

Megha Nancy Buttenheim

Thousands of people yearn to move their bodies, dance, and do yoga—the elderly; people with Parkinson's, multiple sclerosis, arthritis, or Alzheimer's; breast cancer survivors; and others with special needs who might feel marginalized and unable to move as freely as they would like. Let Your Yoga Dance® is a fabulous workout and a delightful experience that's adaptable for each student's needs, providing therapeutic benefits—physical, mental, emotional, and spiritual.

In this training, learn how to

- Work with special populations
- Create yoga, breath, and dance experiences in and around chairs
- Provide a rich, complete, and powerful Let Your Yoga Dance class for those who need to remain seated
- Empower your students with spontaneity, creativity, and fun
- Focus on the individual needs of each participant
- Practice teaching in a safe, caring, and joyful environment.

**NOTE** Tuition includes a manual. In order to receive a diploma, students must take Let Your Yoga Dance Teacher Training, Module 1, either before or after Special Populations training. Please see this program on the Kripalu website for other important information.

**TUITION** \$575. Add 5 midweek nights room & meals; see page 112. (web code KDGM-151)

**MEGHA NANCY BUTTENHEIM, MA, E-RYT 500**, founding director of Let Your Yoga Dance® LLC, is a longtime teacher trainer at Kripalu. [letyouryogadance.com](http://letyouryogadance.com)

JUNE 21-26 | SUNDAY-FRIDAY

### Let Your Yoga Dance Teacher Training

CHAKRA FUSION, MODULE 2

Megha Nancy Buttenheim

**FOR** students who have completed Module 1.\*

Practice at home to gain confidence following Module 1 and return to complete your training in a learning environment of compassion for self and for others—kindness is key. Module 2 includes

- In-depth mentoring, skill-building, and practice
- Continued study of meditation in motion
- Ways to deal with your inner critic
- Applied yamas and niyamas
- Music appreciation
- Leading hour-long Let Your Yoga Dance classes for your peers
- Techniques for promotion and marketing to build your business.

After successful completion of your final practice-teaching session, you will be a fully certified Let Your Yoga Dance instructor.

**NOTE** To graduate, it is necessary to take both Modules 1 and 2. Bring your manual and music playlist from Module 1 for practice teaching. Please see this program on the Kripalu website for other important information and recommended reading and listening.

**TUITION** \$515. Add 5 midweek nights room & meals; see page 112. (web code DT-2151)

\*Module 1 training is being held at Kripalu May 17-22; visit the Kripalu website for more information or to register.

JUNE 7-12 | SUNDAY-FRIDAY

### Sharing Your Life Story

FROM THE PAGE TO THE STAGE

Ann Randolph

**FOR** all levels.

Everything in your life, from the mundane to the extraordinary, is a story waiting to be told. This workshop is an invitation for you to discover your unique and powerful story. Michel de Montaigne, the great personal essayist, said, "Every man has within himself the entire human condition."

Writing from your deepest source, you gain insight and self-understanding that can bring peace and healing. You then make the leap from page to stage, sharing your words orally and uncovering the power of story to transform your life and your listeners.

Through improvisation, writing exercises, and group discussion, you find your authentic voice and deeply explore your personal narrative, within a supportive, fun, and dynamic creative environment. Experiment with personal essay, memoir, solo performance, and/or the practice of journaling. All levels are welcome.

**RECOMMENDED READING** Deena Metzger, *Writing for Your Life* and Steven Pressfield, *The War of Art*.



**TUITION** \$350. Add 5 midweek nights room & meals; see page 112. (web code SYLS-151)

**ANN RANDOLPH** is a gifted and innovative writer-performer who has been hailed by critics as "revolutionary, Whitmanesque, and a tour de force." [annrandolph.com](http://annrandolph.com)

JUNE 21-26 | SUNDAY-FRIDAY

### Groundation Celebration

A MOVEMENT AND WRITING IMMERSION

Sienna Creasy and Nadine McNeil

**FOR** all levels.

Experience "groundation"—a potent Jamaican way of life that refers to being balanced, grounded, and centered within your dharma. In celebration, we approach practice as a prayer, a way of giving thanks and reconnecting to our purpose.

This dynamic workshop integrates drums, rhythm, movement, and writing, in a space of empowerment and conscious communication. We'll begin with a supportive surrender practice; rise into writing, breath, joy, and release; and soften into sharing, cultivating courage, and living our intentions.

Get grounded and rekindle your fire with

- Nurturing, restorative yoga practices and awakening Prana Vinyasa Flow practices
- Intentional writing exercises that create space for transformation
- Fun, integrative, and therapeutic movement combining trance dance, kriyas, and self-expression
- A powerful closing ceremony to celebrate the journey we shared.

**TUITION** \$220. Add 5 midweek nights room & meals; see page 112. (web code RTR-151)



**SIENNA CREASY (ZEN REBEL)**, certified Prana Vinyasa Yoga instructor and founder of Root2Rise Conscious Retreats, works with Island Outpost Hotels

in Jamaica. [siennayoga.com](http://siennayoga.com)



**NADINE MCNEIL, MA**, worked for the United Nations for 20 years at locations throughout the world. She is designing a yoga program supporting those

who serve others in their daily work. [universalempress.com](http://universalempress.com)

JULY 5-10 | SUNDAY-FRIDAY

### Wild Hips, Gypsy Heart

BELLY DANCE AS SELF-EMPOWERMENT

Melina of Daughters of Rhea

**FOR** women; beginners are welcome.

Unleash your primal energies and learn to move your hips in a million ways as Melina shares her family's ancient belly-dance secrets. Using poetic yet precise instruction, somatic storytelling, chakra imagery, rhythm response, and principles of ancient Greek dance, Melina teaches beautiful and empowering belly-dance movements. You learn strong and graceful meditative poses; wild, sublime shimmies; graceful hands and arms; traveling steps; and body isolations galore.

Each day, Melina introduces fun, easy-to-follow combinations in her signature Greco-Turkish style. You learn

- The basics of belly dance with an emphasis on energizing breath
- Proper posture and body alignment
- How to divinely present and balance a prop on your head
- Artful whirling with veils
- How to play finger cymbals and tambourines while dancing.

No previous dance experience is required, only bare feet, an open heart, and the readiness to celebrate life, creativity, community, and your vibrant self.

**NOTE** Eat lightly before opening night.

**TUITION** \$335. Add 5 midweek nights room & meals; see page 112. (web code AABD-151)



**MELINA OF DAUGHTERS OF RHEA (MELINDA PAVLATA), PHD**, is a second-generation belly-dance artist, circus performer, choreographer, writer, and cofounder of Daughters of Rhea Belly Dance Company. [daughtersofrhea.com](http://daughtersofrhea.com)





**JULY 26-31**  
SUNDAY-FRIDAY  
**JourneyDance**  
**Teacher Training**  
**Intensive**  
MODULE 1  
Toni Bergins

**FOR** dance enthusiasts, including yoga teachers, dance instructors, and movement therapists. **CE** credits.

Enter the flow of JourneyDance™ with Toni Bergins, founder of JourneyDance, and senior training staff. At this level, it's all about exploring your experience through the evocative and emotional cleansing process that you will eventually bring to others. You discover

- How to embody JourneyDance qualities
- The synergy of the chakras and the elements
- The structure and flow of the JourneyDance experience
- Our methods of movement, imagery, guidance, and leadership
- How to create musical landscapes that support powerful experiences
- The processes and rituals of JourneyDance.

**NOTE** Tuition includes a manual and the JourneyDance Starter Kit. See this program on the Kripalu website for additional information and program preparation instructions. Register for both Module 1 and Module 2 (November 8-13) at the same time and receive a 10 percent tuition discount.

**TUITION** \$485. Add 5 midweek nights room & meals; see page 112. (web code JDTT-1151)

**TONI BERGINS, MED**, artistic alchemist and founder of JourneyDance™, has helped thousands of people find emotional well-being through transformational dance. [journeydance.com](http://journeydance.com)

**JULY 10-12** | FRIDAY-SUNDAY

**Salsa and Yoga**

**RELAX, RENEW, AND CUT LOOSE**

Catherine Calderon with special guest Ronnie Roc

**FOR** everyone; no previous dancing or yoga experience required.

Return to a state of ease and inner peace through yoga, then hit the dance floor and free your spirit to the intoxicating rhythms of salsa! With Catherine Calderon's playful, easy-to-follow instructions, even "can't-drag-me-onto-the-dance-floor" types will be struttin' their stuff in no time.

The combination of the expansive, ecstatic celebration of Latin music and dance, and the reflective, relaxing aspects of yoga offers a powerful opportunity for freedom.

- Unwind, release stored tension, and deeply renew through yoga postures, breathing, and relaxation.
- Experience the exuberant joy and captivating rhythms of salsa.
- Explore how the spiritual and cultural evolution of salsa complements the path of yoga.
- Learn chanting from the yogic and Afro-Cuban traditions and to open the door to Spirit.

Catherine is known for her enthusiasm, passion, and fun-loving approach. Come dance with the Spirits!

**TUITION** \$240. Add 2 weekend nights room & meals; see page 112. (web code SYRR-151)

**CATHERINE CALDERON**, a filmmaker, yoga teacher, and professional salsa dancer, has been practicing yoga and dance for more than 30 years.

[shambhalayogadance.com](http://shambhalayogadance.com)

**RONNIE ROC** is a multi-percussionist, keyboardist, and producer, steeped in the rhythms and history of African, Brazilian, Haitian, and Afro-Cuban music.

**JULY 5-10** | SUNDAY-FRIDAY

**Unmasking Your Soul**

**RENEW YOURSELF THROUGH PAINTING AND COLLAGE**

Linda Novick

**FOR** all levels.

Reconnect with the free and open child you used to be as you uncover and embrace your innate creativity. When we were little, we delighted in painting, and in cutting and pasting images on paper. We expressed ourselves with abandon and without self-judgment.

Our tools on this journey are artwork, gentle yoga, and conscious breathing. In the safe space of our classroom, you use watercolor paint, photos, and collage to explore within. No previous experience with yoga or art is required.

In this workshop, you learn to

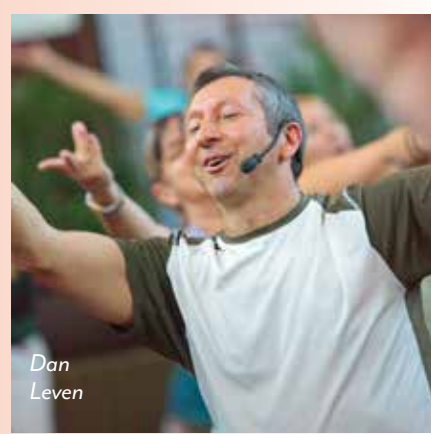
- Let go of self-criticism and judgment
- Allow creativity to flow
- Release expectations of how things "should" be
- Use yogic breathing to calm the nervous system, and practice simple yoga stretches and postures
- Get your hands dirty and feel the sheer joy of creating.

Return home with wonderful works of art connected to your deepest wisdom and your unmasked soul.

**NOTE** See this program on the Kripalu website for recommended reading and a list of what to bring.

**TUITION** \$385. Add 5 midweek nights room & meals; see page 112. (web code UYS-151)

**LINDA NOVICK, MFA**, is an artist, author, art educator, and Kripalu Yoga teacher who has taught hundreds of people to paint. [yogapaint.com](http://yogapaint.com)



**JULY 17-24** | FRIDAY-FRIDAY

**Shake Your Soul**  
**Teacher Training**

**THE YOGA OF DANCE**

Dan Leven with adjunct faculty Heather Bilotta and Sage Peeler

**FOR** everyone.

Rediscover your instinct to move and dance with soul and passion. Shake Your Soul® is a dynamic dance experience that transforms and heals participants and teachers alike. Both a health practice and a spiritual practice, it awakens your sense of joy, freedom, grace, strength, and vitality.

This teacher training develops the skills you need to guide this soulful dance experience in your community. Come learn

- A comprehensive dance repertoire, inspired by the body's inherent fluid nature, that awakens the natural dancer in everyone
- Dynamic, organic class sequences that empower the body and free the spirit
- Improvisational movement exercises that encourage love of movement and the joy of dancing with others.

Join Dan Leven, a master teacher with nearly 40 years of experience training teachers, and bring this powerful movement experience home.

**NOTE** Tuition includes a manual and training DVD. This is Level 1 of Dan Leven's two-part Shake Your Soul teacher training. Level 2 must be completed within 18 months to retain your certification. For more information, please visit [leveninstitute.com](http://leveninstitute.com).

**TUITION** \$995. Add 5 midweek nights room & meals; see page 112. (web code SYSTT-152)

**DAN LEVEN, RSMT**, a Kripalu faculty member for more than 35 years, trains Somatic Movement Therapists through his Shake Your Soul® and SomaSoul® programs. [leveninstitute.com](http://leveninstitute.com)

See the Kripalu website for additional presenter bios.

**JULY 19-24** | SUNDAY-FRIDAY

**Second Chance Mindfulness**

**REINVIGORATE YOUR MEDITATION PRACTICE WITH MUSIC**

David Harp

**FOR** all levels.

Does your meditation practice need a booster shot—or maybe you want to start meditating but don't know where to begin? Music might be the key! David Harp has taught hundreds of thousands of people to meditate, and more than a million to play musical instruments, through his entertaining and interactive Mindfulness Through Music™ program.

Learn how to

- Play Celtic flute, blues-rock harmonica, and percussion instruments, in small and large groups, simultaneously practicing real-world mindfulness applications
- Understand the cognitive science that underlies a sustainable mindfulness practice and how to build Mental Muscle™ based upon this knowledge
- Deepen compassion and awareness
- Express spiritual joy in a new and accessible way.

Students say David's specialties include "making simple what other teachers make complicated," and creating methods that are perfect for those who have tried before, without success.



Tuition \$335. Add 5 midweek nights room & meals; see page 112. (web code SCMY-151)

**DAVID HARP, MA**, has taught more than 100,000 people to meditate and a million more to play harmonica through his workshops and his many books. [harmonica.yoga.com](http://harmonica.yoga.com)

**JULY 12-17** | SUNDAY-FRIDAY

**Drawing Closer to Nature**

Peter London

**FOR** all levels.

Spend time in the beauty of the Berkshires savoring the wonder of summer flowers, meadows, woodlands, and streams, and creating art from your experiences. When you draw closer to nature through art, you also draw closer to your Self. You uncover a deeper unity that brings about a rich, authentic, and grace-filled artistic expression while cultivating harmony in the rest of your life.

Engaging mind, body, and spirit, you employ simple materials and methods, including drawing, painting, and collage, to reflect upon and interpret the ways of nature that have particular meaning for you.

Peter London has taught this holistic approach to thousands of people, including artists, art teachers, and "art phobics." He creates a supportive community to help you deepen your experience with nature and express that more fully in your art and life.

**RECOMMENDED READING** Peter London, *No More Secondhand Art* and *Drawing Closer to Nature* and T.C. McLuhan, *The Way of the Earth: Encounters With Nature in Ancient and Contemporary Thought*.



**NOTE** Tuition includes art supplies.

**TUITION** \$335. Add 5 midweek nights room & meals; see page 112. (web code DCTV-151)

**PETER LONDON** is an artist, master teacher, and author of *Drawing Closer to Nature* and *No More Secondhand Art*. [peterlondon.us](http://peterlondon.us)



AUGUST 2-7 | SUNDAY-FRIDAY

**Creative Writing Sampler**

A WEEK OF PRACTICE AND PLAY

Heather Sellers

FOR everyone.

Expand your writing practice and deepen your focus by tapping into new, creative, healthy habits. This program is for beginners, rusty old-timers, and anyone who wants to enjoy writing more.

Through instruction, professional examples, in-class power-start practices, and optional sharing, you

- Learn three simple tricks to create room for a writing practice in your busy day
- Jump-start your practice with writer's recipes—and be amazed at what you can create in 10 minutes
- Explore a fresh way to begin writing, using the “see it, draw it, know it, be it” method
- Access the wisdom and power of your creativity by learning how to gently set judgment-mind aside
- Experience the power of writing as meditation
- Discover three new revision strategies that really work.

Take away new creative work and fresh techniques to try at home.

**RECOMMENDED READING** Heather Sellers, *Page After Page* and *Chapter After Chapter*.

**TUITION** \$300. Add 5 midweek nights room & meals; see page 112. (web code CWS-151)



**HEATHER SELLERS, PHD**, is the author of numerous books, including three volumes on the craft of writing. An award-winning teacher, she is a professor of English at Hope College.

heathersellers.com

AUGUST 9-14 | SUNDAY-FRIDAY

**The Art of the Creative Process**

A WORKSHOP FOR WRITERS, ACTORS, MUSICIANS, AND VISUAL ARTISTS

Robert Fritz

FOR all levels.

Supercharge your creative process in a program that focuses on writing, theater, screenplay structure, keys to innovation, form, and the best way to position yourself as a creator. This isn't a finger-painting approach; Robert Fritz offers the mechanics, orientation, and spirit of the creative process as practiced by professionals with deadlines and budgets. You get hands-on experience with entire cycles of the creative process—from inception to completion—and profound insight on how to apply these principles in all aspects of your life. This program covers

- An overview of the creative process
- Three-act structures
- Thinking in pictures
- Using contrasts for drama
- Visual forms/assemblages
- Your life as a creation.

This highly successful process has been used to create arts, science, technology, and so much more. Discover how you can apply this process to your work and life.

**RECOMMENDED READING** Robert Fritz, *Your Life as Art* and *Elements*.

**TUITION** \$350. Add 5 midweek nights room & meals; see page 112. (web code TACP-151)



**ROBERT FRITZ** is an award-winning filmmaker, composer, and best-selling author of *The Path of Least Resistance*. robertfritz.com



Jovinna Chan

AUGUST 16-21 | SUNDAY-FRIDAY

**Passion, Life, and Dance**

A SOUL'S JOURNEY

Jovinna Chan

FOR everyone, regardless of physical ability, fitness, or dance experience.

Fall in love with yourself as you move and dance. Offering transformation and fun in equal measure, this program introduces an accessible practice that opens the mind, relaxes the body, and awakens the soul. Dance can be your connection to the Divine when you allow movement to bring the sacred into everyday life.

Explore solo self-expression, duets, and larger group dynamics. Using the teachings of Soul Motion™ and other creative-movement inquiries, Jovinna Chan guides you to

- Get fully into your body
- Release fear, inhibition, and judgment
- Cultivate awareness, presence, and stillness
- Make meaningful contact with yourself and others
- Express yourself spontaneously and authentically
- Move in ways that feel nourishing and supportive.

Through dance, learn how to honor your essence and stay open to inspiration. Practice living passionately and dance yourself back home.

**TUITION** \$295. Add 5 midweek nights room & meals; see page 112. (web code SMDP-151)

**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

AUGUST 21-23 | FRIDAY-SUNDAY

**Writing in Fire**

A DELIBERATE EXPLORATION OF LANGUAGE LIBERATION

Dominique Christina

FOR everyone.

Writing is a balm. It is medicine, a meditation beckoning to your deepest, widest self. In a world thick with 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. In this workshop, you

- Engage language in more deliberate and creative ways through guided writing exercises
- Experience storytelling (poetry) as medicine
- Explore language as the keeper of culture.

Say yes to Dominique's invitation to interrogate, unpack, and demystify language with deliberate intention. Come and let the light enter. You need only the willingness to explore what's inside and extract the poetry that lives there.

**TUITION** \$225. Add 2 weekend nights room & meals; see page 112. (web code WFDE-151)



**DOMINIQUE CHRISTINA, MA, MEd**, is an educator and two-time World Women's Poetry Slam winner who hears to her own wide heart in her writing. dominiquechristina.com

AUGUST 28-30 | FRIDAY-SUNDAY

**Voice of Truth**

YOGA FOR CONFIDENCE, CALM, AND CREATIVITY

Jurian Hughes

FOR all levels. CE credits.

Yoga is a powerful tool for unlocking your authentic voice and building the courage to share it with the world. Through innovative and fun yoga exercises that include breathing, sounding, chanting, and moving, learn to awaken untapped resources of vitality, creativity, and calm.

Jurian Hughes, a Kripalu Yoga teacher and longtime professional theater actor and coach, has designed an inspiring and welcoming workshop to help you open, discharge, and strengthen the third and fifth chakras, energetic centers of the body related to personal power and communication.

This weekend, you

- Learn breathing techniques that increase physical and emotional power, energy, and peace
- Tap into creativity through the playful coupling of yoga and sound
- Explore yoga postures that cultivate freedom and ease.

Come as you are to chant, sound, and move your way to well-being and bliss.

**TUITION** \$225. Add 2 weekend nights room & meals; see page 112. (web code YOY-151)

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



Jurian Hughes

AUGUST 23-28 | SUNDAY-FRIDAY

**Qoya**

AN EMBODIED PILGRIMAGE TO THE WILD WOMAN WITHIN

Rochelle Schieck

FOR women.

Qoya empowers every woman to trust her inner wisdom, to feel and follow the physical sensation of truth in her own body. The science and art of embodying your soul, Qoya is based on the idea that, through movement, ritual, community, and pilgrimage, you remember that your essence is wise, wild, and free.

Qoya creator Rochelle Schieck has designed a program that includes

- Daily Qoya classes that combine yoga, dance, and sensual movement
- Ways to find movements your body loves that balance masculine and feminine energy
- Rituals, self-care, and conscious community-building to honor, nurture, and express your soul.

The map to your life lives in your body. Learn to read that map so that you can access your body's wisdom in everyday life and deepen your connection to self, others, and the world.

**TUITION** \$325. Add 5 midweek nights room & meals; see page 112. (web code QEP-151)



**ROCHELLE SCHIECK** created Qoya, a practice that teaches people how to embody soul with movement, honor soul with ritual, and express soul in community.

loveqoya.com



You might also be interested in...

• Life is A Verb, p. 69



# Fitness and the Outdoors

**JUNE 14-19 | SUNDAY-FRIDAY**

## Swingolf

### DYNAMIC YOGA MOTION ON THE GOLF COURSE

*Les Bolland*

**FOR** golfers of all ages and experience.

Welcome to a holistic golf approach that incorporates yoga, muscle-opening shiatsu massage, breathing, and an emphasis on mental and physical harmony. Coached by Swingolf® creator and tournament-playing professional Les Bolland, you discover your own natural, dynamic, and flowing swing. From the very first moment, you're having fun and learning how to play a better game with less effort.

Swingolf is healthy for body and mind, and can lower blood pressure, increase stamina, and improve flexibility. With Swingolf training, you also experience

- Less practice with better results
- Increased consistency
- Mental, physical, and spiritual harmony.

This workshop covers putting, chipping, pitching, bunker shots, iron and wood play, and golf-course strategy.

**NOTE** Greens fees (approximately \$25) are payable at the golf course each day. See this program on the Kripalu website for other important information.

**TUITION** \$495. Add 5 mid-week nights room & meals; see page 112. (web code GMM-152)

**LES BOLLAND**, a member of the British Professional Golfers Association and veteran of the European tournament player's circuit, has studied yoga and shiatsu for more than 20 years. [swingolf.net](http://swingolf.net)



**AUGUST 2-7 | SUNDAY-FRIDAY**

## ChiRunning

### A MINDFUL APPROACH TO AN ANCIENT SPORT

*Danny Dreyer*

**FOR** all levels. **CE** credits.

Experience the sport of running as a mindful practice. In this immersion, you learn to listen to your body, breathe well, and make a moving meditation out of every stride. ChiRunning® integrates the inner focus of tai chi, putting the emphasis on body alignment and relaxation rather than strength and power.

Runners of all levels, from beginners to marathoners, are welcome. With the support of Danny Dreyer's humorous and gentle teaching style, you discover how to

- Run with less effort than you ever imagined
- Take the struggle out of learning to run with grace and ease
- Prevent injuries
- Build a sustainable running and walking practice that will be with you for the rest of your life.

**RECOMMENDED READING** Danny Dreyer and Katherine Dreyer, *ChiRunning*.

**TUITION** \$425. Add 5 midweek nights room & meals; see page 112. (web code CHAS-151)

**DANNY DREYER**, the creator of ChiRunning® and ChiWalking®, has 33 years of experience running, racing ultramarathons, and coaching thousands of people in intelligent movement. [chirunning.com](http://chirunning.com)

**JULY 17-19 | FRIDAY-SUNDAY**

**AUGUST 21-23 | FRIDAY-SUNDAY**

## Float Your Yoga

### A STAND UP PADDLEBOARD WEEKEND

*Ryan and Juliet Burch*

**FOR** people with at least 2 years of yoga experience who are able to swim in lake water.

Experience the freedom of an outdoor classroom, the sensation of a floating yoga mat, and the holistic benefits of a harmonious yoga practice. Float Your Yoga is a unique stand up paddleboard (SUP) blend of movement, balance, strength, and playfulness in one of the world's most popular water sports.

This program offers

- SUP skills and water safety
- Self-transformation by conquering fear, dissolving doubt, and building confidence
- Improved balance and stability through core strengthening
- Mindful connection and exploration of the outdoors and the rhythms of nature.

Step outside your routine and try something new in this invigorating arena of laughter, love, and trust that awakens your spirit.

**NOTE** Please see this program on the Kripalu website for important information about board and safety equipment rentals.

**TUITION** \$250. Add 2 weekend nights room & meals; see page 112. (web code: July FYY-151, August FYY-152)



**RYAN BURCH AND JULIET BURCH, LMT, RYT**, are co-owners of SUPfari Adventures Cape Cod. Ryan, a lifelong nature lover and water steward, is a veteran harbormaster on Cape Cod. Juliet is a Kripalu YogaDance® instructor. [supfariadventures.com](http://supfariadventures.com)



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](http://kripalu.org/makeagift)

COME  
HOME TO  
YOURSELF.

Our signature R&R  
Retreat program  
provides the ideal  
opportunity to  
experience the best  
of Kripalu. With the  
flexibility and freedom  
to create a uniquely  
individual experience,  
it offers something for  
everyone.

[kripalu.org/rr](http://kripalu.org/rr)



JULY 24–26 | FRIDAY–SUNDAY

## Circuit of Change

A REVOLUTIONARY MINDBODY IMMERSION

Brian Delmonico

FOR all levels. CE credits.

Catalyze change in all areas of your life by using movement to increase awareness and tap into infinite possibilities. This weekend with Circuit of Change founder Brian Delmonico combines key elements of yoga, meditation, martial arts, and gymnastics, along with guided group discussions, outdoor adventures, and transformative learning.

A mind-body expert who brings more than 20 years of experience, insight, and intuitive healing, Brian invites you to take risks, transcend obstacles, and go beyond self-imposed limitations. In this workshop, you

- Let go of fear, pressure, and anxiety
- Create space for positive thoughts and behaviors
- Bring awareness, gratitude, and positivity to the surface
- Experience self-love and vulnerability
- Deepen your mind-body connection
- Celebrate your greatness.

**NOTE** Classes are taken barefoot and on special mats, which will be provided. Please bring running shoes for the group trail run.



**TUITION** \$235. Add 2 weekend nights room & meals; see page 112. (web code COC-151)

**BRIAN DELMONICO**, former All-American, Big Ten champion gymnast and Ironman triathlete, is founder of Circuit of Change, a life-changing system of movement, fitness, and personal evolution. [circuitofchange.com](http://circuitofchange.com)

AUGUST 30–SEPTEMBER 4 SUNDAY–FRIDAY

## ChiRunning Levels 1 and 2

THE MINDFUL PRACTICE OF EFFORTLESS,  
INJURY-FREE RUNNING

Kathy Griest

FOR runners of all abilities. CE credits.

Experience a revolutionary running technique that combines the inner focus of tai chi with running. By blending body alignment with relaxation, you learn to run with ease and fluidity, transforming running from a sport to a mindful practice. Designed for all abilities, from total beginners to seasoned runners, this program makes the ChiRunning® experience fun and easy to grasp.

Once you have the basics, take your workouts to the next level with instruction on mastering pelvic rotation, speed workouts, working more efficiently on hills, and focusing on cadence.

Running does not have to cause injuries. Danny Dreyer, founder of ChiRunning says, “It’s not running that hurts your body. It’s the way you run that does the damage.” No matter how you run now, you will run with much less effort after this program.

**NOTE** Come dressed to run. This class is not appropriate for people with debilitating injuries.

**RECOMMENDED READING AND VIEWING** Danny Dreyer, *ChiRunning: A Revolutionary Approach to Effortless, Injury-Free Running*, book and DVD.



**TUITION** \$275. Add 5 midweek nights room & meals; see page 112. (web code CHRNT-151)



**KATHY GRIEST**, now in her eighth year of teaching at Kripalu, has successfully taught the ChiRunning® method to thousands of people, with profound results.

The Kripalu  
Approach  
acknowledges small,  
incremental changes,  
practiced consistently,  
as the profound  
stepping stones of true  
transformation.

BY ARUNI NAN  
FUTURONSKY

# The Kripalu Approach

The Kripalu Approach has been developed over decades, in workshops off the mat and in yoga classes on the mat. Thousands of students and classes later, our approach to living skillfully emerges as unique, specific, and profoundly transformational; it informs our way of being in the world.

Rooted in the idea of Self-Observation Without Judgment, our model has two primary pillars: radical compassion and the right use of will. These two elements, practiced together, can create sustainable life change in any arena.

This model does more than modify behavior; it shifts, at the core, the issues that drive us.

For example, in *The Kripalu Approach to Diet:*

An Integrative Weight-Loss Program, the real question becomes not “How can I change my eating habits?” but rather “What am I really hungry for?” Our relationship with food can express deeper aspects of our process.

### RADICAL COMPASSION

Cultivating the capacity to notice our behavior, without judgment or expectation, both on and off the mat, opens the doorway to unlimited possibility. Compassion is the key. No change—whether it’s around diet, exercise, yoga practice, lifestyle, or relationship—can be sustained through the force of self-discipline alone. Yes, the will is needed, yet our actions must be grounded in radical acceptance.

Our human flaws, when accepted with relaxed ease, become the doorway to our true nature. Through the lens of compassion, we quiet our minds and allow our inner wisdom to emerge to support and generate change.

### RIGHT USE OF WILL

The right use of will is the second essential piece in this model. Obviously, if you want something to be different, you have to change your behavior. How do we best take actions that realign us with this flow of energy and aid us in continuing to access our hearts?

Neuroscience tells us that consistency is the driver of brain change, that just five to seven minutes of meditation, done regularly, changes the chemistry of the brain. So often, we overcommit and focus only on the outcome of our experiment. We lose both patience for and sight of the journey itself. That inspiration returns when we instead choose to do less, get quiet, and relax the push around practice. This isn’t easy—we are such human doers! Returning to human *beingness* realigns us.

### SMALL, POWERFUL CHANGES

The Kripalu Approach acknowledges small, incremental changes, practiced consistently, as the profound stepping stones of true transformation. There is no getting it “right,” no checking things off your to-do list. This is a relaxed yet rigorous journey that cultivates compassion, curiosity, and fascination with your process. For example, in crafting this article, it dawned on me that I could utilize the Kripalu Approach in writing it. As I practiced breathing, relaxing, and being present with my ever-changing attitude (willingness, excitement, resistance, or dread), I found that relaxation and breath were the key to moving forward.

The Kripalu Approach is one of mindful experimentation. Breathe. Relax. Feel. Watch. Allow. Show up just as you are. As your actions come into unity with your intentions, all change becomes possible.

**Aruni Nan Futuronsky** is a Kripalu Yoga teacher, life coach, and faculty member for Kripalu R&R Retreat and Healthy Living programs.





**JUNE 28–JULY 3** | SUNDAY–FRIDAY  
**JULY 19–24** | SUNDAY–FRIDAY  
**AUGUST 16–21** | SUNDAY–FRIDAY

## YOGA SUMMER CAMP

AN OUTDOOR ADVENTURE FOR ADULTS

*Michelle Dalbec, Janna Delgado, and Healthy Living Faculty*

**FOR** all levels.

Longing to relive the carefree days of summers past? Reconnect with the simple pleasures of good company, good food, and the great outdoors in Kripalu's summer camp for adults. Turn off your cell phone, step away from the hectic pace of life, and embark each day on fun adventures.

Activities include

- All-levels hiking on Yokun Ridge
- Kayaking on Lake Mahkeenac
- A field trip to Ramblewild for outdoor adventure and stress-reduction experiences
- Dancing and drumming
- An evening bonfire
- Free time to relax by the lake
- Outdoor Kripalu Yoga classes and great Kripalu meals.

Healthy living is about more than eating right and exercising. It's about connecting to the wildness that lives inside and outside of you. Satisfy your soul this summer—without having to pitch a tent!

**TUITION** \$449. Add 5 midweek nights room & meals; see page 112. (web codes: June RRYC-151, July RRYC-152, August RRYC-153)



**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.



**JANNA DELGADO, RYT 500**, is an Ayurvedic Yoga Specialist, Kripalu Yoga teacher, and AFAA-certified

personal trainer and fitness instructor. She is a Kripalu faculty member and Program Leader for Kripalu Yoga in the Schools.



**JUNE 19–21** | FRIDAY–SUNDAY  
*Randal Williams and Kacey Wilson*

**JULY 10–12** | FRIDAY–SUNDAY  
**AUGUST 14–16** | FRIDAY–SUNDAY  
*Randal Williams and Erin Casperon*

## Hiking and Yoga

**FOR** all levels. **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 multilevel 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 112. (web codes: June RRHY-151, July RRHY-152, August RRHY-153)



**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.



**KACEY WILSON** spent a year as an intern for the Kripalu Schools of Yoga and Ayurveda and previously served as an outdoor trip leader for college students.



**ERIN CASPERON, E-RYT 500**, an Ayurvedic Health Counselor and Kripalu Yoga teacher, has many years of experience hiking in New England and has summited all 48 4,000-foot mountains in New Hampshire.



**JUNE 12–14** | FRIDAY–SUNDAY  
*Ray Crist and Susannah Gale*

**JULY 3–5** | FRIDAY–SUNDAY  
**AUGUST 7–9** | FRIDAY–SUNDAY  
*Jennifer Reis and Mark Roule*

## Kayaking and Yoga

**FOR** all levels. **CE** credits.

Get outside and go with the flow! Enjoy the serenity and fun of kayaking in the beautiful Berkshires. Join our knowledgeable guides for flat-water kayaking and Kripalu Yoga, designed to reconnect you with yourself and with nature.

You experience

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

Whether you are an experienced kayaker or an eager beginner, this program offers a joyful immersion in sun, water, and inner and outer peace.

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

**TUITION** \$259. Add 2 weekend nights room & meals; see page 112. (web codes: June RRYK-151, July RRYK-152, August RRYK-153)



**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 workshop presenter, and director of Munai Yoga Studio.



**JENNIFER REIS, E-RYT 500, LMT**, teacher trainer for Kripalu and creator of Five Element Yoga®, explores the elements

through kayaking, paddle boarding, swimming, hiking, and meditating in nature.



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



## Health and Wellness

**JUNE 11-14** | THURSDAY-SUNDAY

**JULY 12-17** | SUNDAY-FRIDAY

### Revitalizing Cleanse

NOURISHING BODY, MIND, AND SPIRIT

*Alison Shore Gaines*

FOR everyone. CE credits.

Revitalize with a nurturing cleanse that offers a balance of nutrition information, lifestyle practices, and mindfulness as a foundation for your whole life. 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** June 11-14 \$370. Add 1 midweek night and 2 weekend nights room & meals; see page 112. (web code RJF-154)

July 12-17 \$560. Add 5 midweek nights room & meals; see page 112. (web code RJF-155)



**ALISON SHORE GAINES**, a pioneer in the field of holistic cleansing, is trained in yoga, holistic nutrition, and body-centered counseling. [sacrednourishment.com](http://sacrednourishment.com)

**JUNE 19-21** | FRIDAY-SUNDAY

### Fit Soul, Fit Body

NINE KEYS TO A HEALTHIER, HAPPIER YOU

*Brant Secunda and Mark Allen*

FOR everyone. CE credits.

Celebrate the summer solstice in an extraordinary weekend designed to bring hope and purpose to your life and give you the skills you need to be successful on your journey. Based on their best-selling book, *Fit Soul, Fit Body*, this program combines the immensely successful training techniques of six-time Ironman champion Mark Allen with the wisdom of world-renowned Huichol Indian shaman and healer Brant Secunda.

Clear the emotional and physical obstacles that stand in the way of good health and spiritual fitness. Learn how to

- Incorporate the Divine into your everyday practices
- Explore the soul-body connection
- Set appropriate goals
- Feed both body and soul.

Start on your path to living a longer, more fulfilled life.

**TUITION** \$230. Add 2 weekend nights room & meals; see page 112. (web code FSFB-151)



**BRANT SECUNDA** is an author and world-renowned shaman and healer in the Huichol Indian tradition. [shaminism.com](http://shaminism.com)



**MARK ALLEN**, six-time Ironman world champion, has been called the "World's Fittest Man" by *Outside* magazine. [fitsoul-fitbody.com](http://fitsoul-fitbody.com)



**JUNE 21-23** | SUNDAY-TUESDAY

### Cooking for Health with Moosewood Restaurant

*David Hirsch*

FOR everyone. CE credits.

Early summer is a great time to enjoy the bounty of a new season. This class focuses on dishes that are not only delicious and easy to prepare, but also reflect the latest thinking on good nutrition.

David Hirsch has been involved with the famed Moosewood Restaurant in Ithaca, New York, for more than 30 years. He found that cooking for both health and pleasure made the creation of the Moosewood Restaurant cookbooks a wonderful experience. David looks forward to sharing a full spectrum of menu offerings with dishes that are globally inspired and adventurous (but not difficult)—including vegan, gluten-free, and eclectic choices.

Rather than hands-on cooking, this program features cooking demonstrations and discussions. Come expand your repertoire of healthy meals, increase your confidence in the kitchen, and savor the opportunity to enjoy all the foods prepared in class.

**RECOMMENDED READING** Moosewood Collective, *Moosewood Restaurant Cooking for Health*.



**TUITION** \$245. Add 2 midweek nights room & meals; see page 112. (web code MRSS-151)

**DAVID HIRSCH** is the coauthor of 12 Moosewood Collective cookbooks. [moosewoodcooks.com](http://moosewoodcooks.com)



**JUNE 26-28** | FRIDAY-SUNDAY

### Summer Deep Clean

*John Bagnulo*

CE credits.

Here's the wake-up call your body needs! Join nutritionist, food expert, and popular Kripalu presenter John Bagnulo for a deep cleanse designed to clear your energy-zapping metabolic clutter. This retreat includes

- Hiking and wild edible plant identification (often some of the best plants for health)
- Lectures on the best foods to assist with detoxification and increased energy
- Shared meals centered around ancestral foods (find out more about ancestral foods and why they're helpful when you get here)
- Ample time outside sessions for yoga practice and saunas.

Your body will thank you!

**NOTE** Participants should be able and willing to eat a diet of mostly fruits and vegetables, and be capable of hiking on moderate to steep hills for three to four hours.

**TUITION** \$230. Add 2 weekend nights room & meals; see page 112. (web code SDC-151)

**JOHN BAGNULO, MPH, PHD**, registered dietitian, sports nutritionist, and assistant professor for the past 18 years, teaches at the Center for Mind-Body Medicine. [johnbagnulo.com](http://johnbagnulo.com)



**JULY 3-5** | FRIDAY-SUNDAY

### Journey to Wholeness

BALANCING BODY, MIND, AND SPIRIT

*Heidi E. Spear and Elizabeth Boham*

FOR all levels. CE credits.

Yoga philosophy describes our five bodies: physical, energetic, mental, wisdom, and bliss. To experience health and enduring youthfulness, we must feel balanced in all these aspects of who we are. Through lecture, discussion, meditation, guided deep relaxation, and gentle yoga, we explore ways to tap into our natural healing potential.

In this weekend, you learn

- Simple dietary changes that can have a profound impact on health
- Optimal foods and nutrients for health and vitality
- How to meditate and de-stress the mind
- Keys to hormonal balance
- Yoga postures to release tension
- How to make choices from a place of wisdom and inner guidance
- How to connect to bliss, joy, ease, creativity, love, and spaciousness.

Take home practical tools to address weight issues, migraines, chronic pain, digestive problems, sleeplessness, mood swings, memory loss, heart disease, cancer, and more.

**RECOMMENDED READING** Mark Hyman, *UltraPrevention* and *The Blood Sugar Solution*; Heidi E. Spear, *The Everything Guide to Chakra Healing*.

**TUITION** \$210. Add 2 weekend nights room & meals; see page 112. (web code JWSP-151)



**HEIDI E. SPEAR, MA, ABD** is a Kripalu Yoga teacher and a relaxation specialist at the UltraWellness Center in Lenox, Massachusetts. [heidispear.com](http://heidispear.com)



**ELIZABETH BOHAM, MD, MS, RD**, practices functional medicine at the UltraWellness Center in Lenox, Massachusetts, and is on the faculty of the Institute for Functional

Medicine. [drboham.com](http://drboham.com)

JUNE 14–18 | 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 and 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 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 112. (web code NPF-151)

**NOTE** To find out if you qualify for this program and to register, please contact the National Parkinson Foundation at 800.473.4636 or helpline@parkinson.org. Find out more at [www.parkinson.org/retreat](http://www.parkinson.org/retreat).



**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.



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



Annie B. Kay

AUGUST 9–14 | 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 and 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.

Gain an in-depth understanding of which foods, cooking methods, and herbs and spices help to promote health, vitality, and mental clarity. 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 112. (web code RRMN-153)



**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.



**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.

“This program is a foundational step toward positive change in our country's health.” —Donna M., Sherborn, Massachusetts

JUNE 21–26 | SUNDAY-FRIDAY

## Nutrition Intensive for Health Professionals

Annie B. Kay, Kathie Madonna Swift, Lisa B. Nelson, and special guest Drew Ramsey

Experience Kripalu's approach to nutritional wellness.

FOR everyone, including physicians, nurses, nutritionists, registered dietitians, and other health-care professionals seeking personal and professional development. CE credits.

Expand your skills by exploring the Kripalu approach to whole-foods healing and clinical nutrition, with Kripalu's world-class team of leaders in integrative nutrition and whole-person health. Deepen your understanding of nutritional healing as you learn

- Past and present food theories, nutritional discoveries, and controversies
- Core nutritional systems and how they relate to common chronic syndromes and diseases
- The psycho-physiological mechanisms through which yoga and other mind-body practices support lifestyle change
- Kripalu's approach to mindful eating
- The foundations of Ayurveda
- The dynamic relationship between digestion and health, and the critical role nutrition plays for the brain and heart
- How to use whole foods, dietary supplements, and mind-body nutrition therapeutically
- Culinary approaches for common health conditions.

**NOTE** There is a \$75 charge for CMEs.

**TUITION** \$549. Add 5 midweek nights room & meals; see page 112. (web code RRNI-152)



**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.



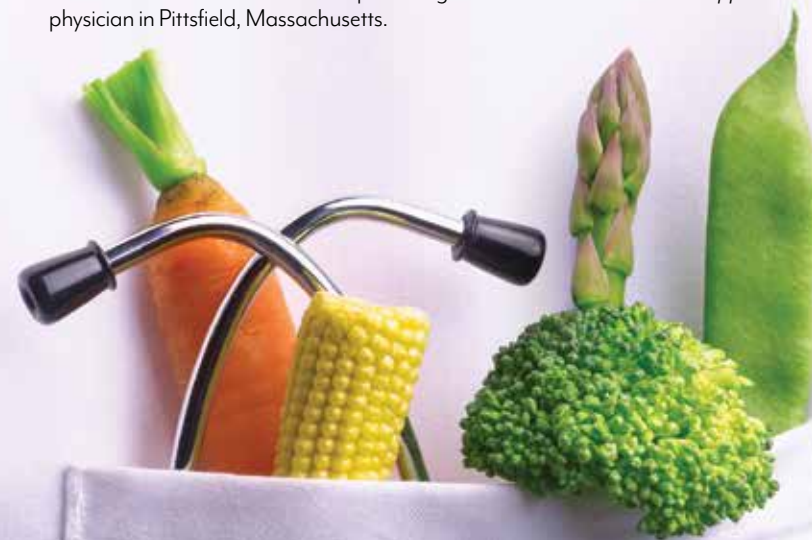
**KATHIE MADONNA SWIFT, MS, RDN, LDN, FAND**, is an integrative clinical nutritionist, Food As Medicine educator, author of *The Swift Diet*, and nutrition blogger.



**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 in Pittsfield, Massachusetts.



**DREW RAMSEY, MD**, is a psychiatrist, author, and farmer. He is cofounder of National Kale Day and author of *50 Shades of Kale* and *The Happiness Diet*.



AUGUST 2–7 | 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 chose or 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 life.

**TUITION** \$409. Add 5 midweek nights room & meals; see page 112. (web code RRRR-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.



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

JULY 12-17 | SUNDAY-FRIDAY

### Transformative Self-Care

CONTINUUM MOVEMENT, MINDFULNESS, AND OSTEOPATHY

Bonnie Gintis



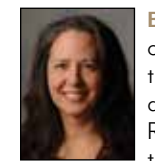
FOR everyone. Explore the radical possibilities in health and well-being available when you combine the principles of osteopathic treatment, the practices of Continuum Movement, and mindfulness meditation. Bonnie Gintis is an osteopathic physician, an authorized Continuum Movement teacher, and a Mindfulness-Based Stress Reduction instructor. She invites you to cultivate awareness of internal experience through breath, sound, meditation, and movement, and learn how to integrate these practices into daily life.

Designed for those who have worked with Bonnie before as well as new students, this program emphasizes experiential learning as you explore

- The valuable messages stress is sending us
- Why eyes are for more than vision
- Inner resources for resilience, adaptability, and change
- How to step outside your preconceived notions about your body
- Tools for accessing your inner healing realm and restoring trust in the wisdom of your body.

**RECOMMENDED READING** Bonnie Gintis, *Engaging the Movement of Life*.

**TUITION** \$495. Add 5 midweek nights room & meals; see page 112. (web code TOSC-151)



**BONNIE GINTIS, DO**, is an osteopathic physician who teaches Continuum Movement and Mindfulness-Based Stress Reduction worldwide. She is the author of *Engaging the Movement of Life*. [bonniegintis.com](http://bonniegintis.com)

JULY 29-31 | WEDNESDAY-FRIDAY

### Your Natural Posture

A NEW APPROACH TO MUSCULOSKELETAL HEALTH

Esther Gokhale

FOR everyone.

Learn how to live with the utmost serenity in body and spirit. Exploring your natural posture can bring a profound sense of ease and comfort to your yoga practice and daily movement. Led by the founder of the Gokhale Method, this program looks at every aspect of how you move, on and off the mat, weaving anthropological knowledge with the ancient tradition of asana to deepen your understanding of the body and its relationship to gravity.

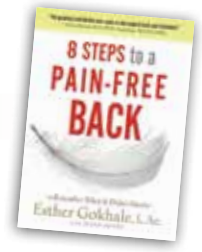
Learn intellectually and kinesthetically how to integrate natural alignment into your yoga routine, and how to sit, stand, lie down, and bend in ways that respect your spine. Esther Gokhale offers an exceptional blend of scientific and esoteric approaches to musculoskeletal health.

**RECOMMENDED READING** Esther Gokhale, *8 Steps to a Pain-Free Back*.



**TUITION** \$225. Add 2 midweek nights room & meals; see page 112. (web code NAMH-151)

**ESTHER GOKHALE**, creator of the Gokhale Method, sees her mission as providing posture and movement re-education to help people eradicate unnecessary pain. [gokhalemethod.com](http://gokhalemethod.com)



AUGUST 6-9 | THURSDAY-SUNDAY

### Hands of Light Healing

THE FUNDAMENTALS OF BRENNAN HEALING SCIENCE

Melanie Roche

CE credits.

This transformational Brennan Healing Science® program teaches a system of energy work that combines hands-on healing techniques with spiritual and psychological processes.

Under the guidance of expert healer and teacher Melanie Roche, you learn

- The anatomy and physiology of the human energy-consciousness system
- How to read the aura
- To sense people's energy issues through their personal objects
- Energy exercises to keep your own energy field healthy and balanced
- Self-healing techniques
- Brennan Healing Science chelation, a hands-on healing technique that clears, charges, and balances the energy field
- Ways of integrating these techniques into daily life.

Through lecture, meditation, group work, and individual exercise, open your latent ability to perceive the human energy field, and return home able to sense how energy and consciousness are one and the same.

**RECOMMENDED READING** Barbara Brennan, *Hands of Light or Light Emerging*.

**NOTE** This program requires a mandatory participation form. See the Kripalu website for more information.



**MELANIE ROCHE, MA**, is a healer in private practice who works with clients worldwide, treating symptoms as a doorway to a joyful and creative life. [melanieroche.com](http://melanieroche.com)

**TUITION** \$250. Add 1 midweek night and 2 weekend nights room & meals; see page 112. (web code FBHS-151)

AUGUST 23-28 | SUNDAY-FRIDAY

### Detox for Health and Healing

Annie B. Kay, Kathie Madonna Swift, and Healthy Living Faculty

Your jump-start for renewal.

FOR everyone. CE credits.

Explore the art and science of detox, and experience a yoga-inspired approach to renewing your body, mind, and spirit. Detoxification is a natural body process that is supported by making choices to enhance your body's natural resilience, while minimizing toxicity from stress, poor diet, and the environment. Learn a multidimensional approach to cleansing your whole being through

- A simple, nutritionally balanced detox diet
- Recognizing and addressing the common causes of toxic overload that can impact digestion and vitality
- Clearing unhelpful mental patterns, realigning with the rhythms of nature, and conscious communication
- Creating a sustainable detox kitchen with culinary nutrition tips
- Yoga on and off the mat to assist the detox process
- Strategies for emotional detox.

Symptoms that are often improved by an integrated detox program include headaches, brain fog/poor concentration, fatigue, joint pain, sugar cravings, digestive problems, muscle aches, acne, and eczema.



**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.



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

**TUITION** \$399. Add 5 midweek nights room & meals; see page 112. (web code RRDT-153)

AUGUST 21-23 | FRIDAY-SUNDAY

### Building Resilient Bones

AN INTEGRATED APPROACH

Lisa B. Nelson and Erin Casperson

FOR all levels. CE credits.

Building resilient bones requires more than just calcium, and the process begins far earlier than you might imagine. In this integrated program, you explore current scientific research, along with the wisdom of Ayurveda, to help you build a diet and lifestyle that optimizes bone health.

Combining Western physiology, Ayurvedic theory, and the practices of yoga and self-care, this program provides

- The current medical model for bone health
- Traditional Ayurvedic wisdom for building healthy bones
- A diet plan to support strength in the entire body
- Daily yoga classes to balance the nervous system
- Self-care practices including self-massage with oil
- Simple meditation and breathing techniques.

This program gives you the knowledge and tools you need to create and maintain healthy bone tissue.



**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 in Pittsfield, Massachusetts.



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

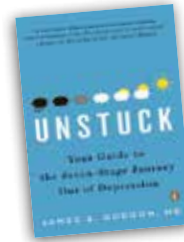
**TUITION** \$225. Add 2 weekend nights room & meals; see page 112. (web code BRB-151)

AUGUST 28-30 | FRIDAY-SUNDAY

### Getting Unstuck

MOVING BEYOND DEPRESSION, ANXIETY, AND CHRONIC ILLNESS

James S. Gordon



FOR everyone. CE credits. You can get unstuck and heal yourself—emotionally, physically, and spiritually. Increase your sense of control and overall health and wholeness, solve problems you've struggled with, and mobilize your capacity for self-healing. In this program, we

- Learn and practice a range of evidence-based mind-body techniques designed to wake us up to our problem-perpetuating patterns and move us forward in our lives
- Explore self-care techniques such as meditation, guided imagery, movement, dance, nutrition, drawing, and dialogue
- Use these approaches to deal with confusion, anxiety, depression, and post-traumatic stress disorder, as well as chronic medical conditions such as pain, hypertension, and diabetes.

Once you practice these techniques, you can introduce them to friends, family, clients, and patients.

**RECOMMENDED READING** James S. Gordon, *Unstuck: Your Guide to the Seven-Stage Journey Out of Depression*.

**TUITION** \$235. Add 2 weekend nights room & meals; see page 112. (web code MBDA-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](http://cmbm.org)

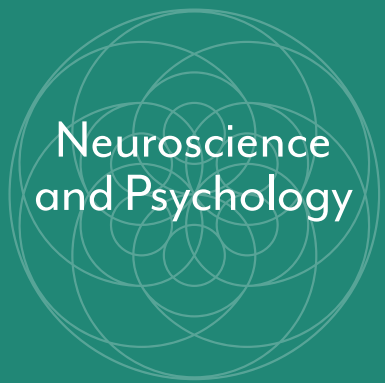
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**You might also be interested in...**

- Reclaim Your Health, p. 35
- Women's Qigong and Intuitive Healing, p. 35
- Mindfulness-Based Eating Awareness Training for Professionals, p. 58



# Neuroscience and Psychology

JUNE 5-7 | FRIDAY-SUNDAY

## The Language of the Nervous System

### BECOMING FLUENT IN POLYVAGAL THEORY

Deb Dana and Deb Grant

FOR psychotherapists and other helping professionals. CE credits.

As therapists, we know that experiences of safety, danger, and life threat become woven into personal narratives, beyond conscious control. Polyvagal Theory is essential for understanding the effects of trauma and how the autonomic nervous system influences and shapes this process.

Explore how Polyvagal Theory can impact your work with clients. How can we change or re-pattern the functioning of the autonomic nervous system? Can we consciously influence the drive to survive that so often competes with the urge to connect with others?

Combining somatic movement with experiential and didactic approaches, we learn to

- Develop basic fluency in the language of Polyvagal Theory
- Safely recognize and influence the patterns and nuances of the polyvagal response system
- Effectively and compassionately use Polyvagal Theory with clients.

TUITION \$240. Add 2 weekend nights room & meals; see page 112. (web code PPPT-151)



**DEB DANA, LCSW**, is a founding member of Island Institute for Trauma Recovery, which specializes in addressing complex traumatic stress. [iitrme.com](http://iitrme.com)



**DEB GRANT, LCSW, RSME**, is a psychotherapist, somatic movement educator, and yoga teacher who helps clients heal from complex traumatic stress. [debgrant.net](http://debgrant.net)

JUNE 7-12 | SUNDAY-FRIDAY

## Treating Complex Trauma with EMDR Therapy

### WORKING WITH THE BODY AND ATTACHMENT

Deany Lalotis

FOR mental-health clinicians who have completed the basic course in EMDR therapy. CE credits.

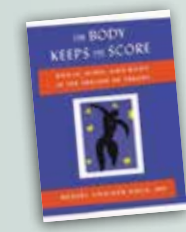
This training is for experienced EMDR clinicians who want to deepen their skills in working with complex developmental trauma. Deany Lalotis emphasizes working with the body and how attachment issues manifest in somatic symptoms. You also learn how to better resource clients before and during processing to optimize treatment results.

Come learn to

- Identify and work with somatic patterns to facilitate corrective experiences and reprocessing of memories
- Help restore attachment-related gestures and movements to optimize your clients' capacity to be more fully embodied in self-other relations
- Apply negative beliefs to body-oriented phenomena
- Resource traumatized clients to better prepare them for memory work
- Work on your own attachment-related experiences, so you can be with your clients in a moment-to-moment way.

TUITION \$675. Add 5 midweek nights room & meals; see page 112. (web code TCT-151)

**DEANY LALOTIS, LICSW**, is an internationally recognized trainer, clinical consultant, and EMDR practitioner. She specializes in the treatment of traumatic stress disorders and attachment issues. [deanylalotis.com](http://deanylalotis.com)



JULY 19-24 | SUNDAY-FRIDAY

## Trauma, Body, and the Brain

### RESTORING THE CAPACITY FOR RHYTHM AND PLAY

BESSEL VAN DER KOLK

and Steven Gross

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

Neuroscience research shows that awareness of physical sensations forms the very foundation of human consciousness. Since trauma alters people's relationship to their bodies and shakes the foundations of the human organism, healing can only occur if that organism can be made to feel safe, powerful, and effective. Yoga and other body-based practices do just that.

This workshop explores

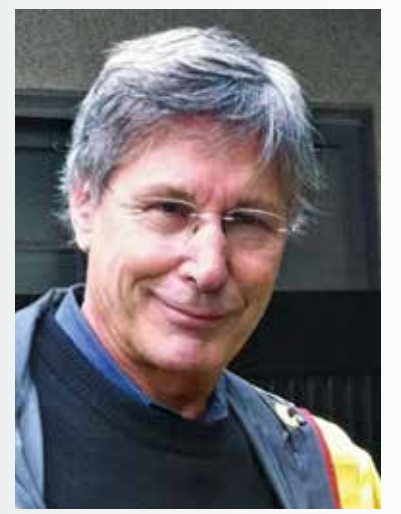
- What neuroscience teaches about self-awareness and trauma
- The nature and essence of human attachment
- New psychotherapeutic treatments to help people integrate traumatic memories
- An array of body-centered approaches for dealing with trauma, including EMDR, yoga, play, dance, theater work, and tai chi.

These techniques help people come into the present moment and shift out of fear and hyperarousal. This allows them to resolve traumatic memories, promote mastery over the post-traumatic legacy of constriction, disconnection, and loss, and reclaim authority over their lives.

TUITION \$450. Add 5 midweek nights room & meals; see page 112. (web code OTSP-151)



**STEVEN GROSS, MSW**, is the founder and chief playmaker of the Life is good.® Playmakers, a nonprofit organization that helps children overcome poverty, violence, and illness through the power of play and optimism. [ligplaymakers.org](http://ligplaymakers.org)



**BESSEL VAN DER KOLK, MD**, is a clinical psychiatrist, professor of psychiatry at Boston University School of Medicine, and medical director of the Trauma Center in Boston. [traumacenter.org](http://traumacenter.org)

JULY 17-19 | FRIDAY-SUNDAY

## Introduction to Positive Psychology

Maria Sirosis

FOR everyone. CE credits.

A happier, healthier, richer life is available to each of us. By exploring the science of optimal functioning—including research from the fields of Positive Psychology, neuroscience, and mind-body medicine—we can begin to create a life that centers on what works. We address each of the five realms crucial to well-being (spiritual, physical, intellectual, relational, and emotional) and ground our learning in the ancient wisdom available to us through meditation and yoga.

Create a life that moves you toward greater health, happiness, meaning, and overall well-being by gathering the tools, practices, and attitudes that make a profound difference, including the

- Positivity spiral
- Math of happiness: how much is genetic and how to boost it daily
- Science of appreciation, gratitude, and optimism
- Art of mindfulness practice, and how it amplifies happiness
- Barriers that make change difficult and the attitudes and practices that help us overcome them
- Technology of sustaining positive transformation over time.

**RECOMMENDED READING** Tal Ben-Shahar, *Happier*; Martin Seligman, *Authentic Happiness*; Brene Brown, *The Gifts of Imperfection*.

TUITION \$225. Add 2 weekend nights room & meals; see page 112. (web code ITPP-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](http://mariasirois.com)





**JULY 31–AUGUST 2** | FRIDAY–SUNDAY

## This Very Moment

### MINDFULNESS IN PSYCHOTHERAPY

Ronald D. Siegel

**FOR** psychotherapists, human-service professionals, and others interested in personal development. **CE** credits.



Mindfulness has been successfully practiced for more than 2,500 years and is a deceptively simple way of alleviating human suffering. Mental-health professionals are now discovering that mindfulness holds great promise for their personal development, as a way to enhance therapeutic relationships, and as a useful intervention for a variety of psychological difficulties. In this program, you learn

- How to practice mindfulness inside and outside the clinical hour
- Guidelines for tailoring mindfulness techniques to specific individuals and conditions
- How to use mindfulness to augment cognitive behavioral, psychodynamic, and systemic treatment
- A step-by-step mindfulness-based program for working with anxiety, chronic pain, and stress-related medical disorders
- Ways to deal with the obstacles and challenges that arise when working with emotional difficulties in yourself and others.

**TUITION** \$225. Add 2 weekend nights room & meals; see page 112. (web code MFPS-151)

**RONALD D. SIEGEL, PSYD**, assistant clinical professor of psychology at Harvard Medical School, is author of *The Mindfulness Solution*, coauthor of *Back Sense*, and coeditor of *Mindfulness and Psychotherapy*.

**AUGUST 16–21** | SUNDAY–FRIDAY

## Internal Family Systems Therapy

### EMBODYING THE HEALING WISDOM

Richard C. Schwartz and Sarah Stewart



**FOR** everyone, including therapists, non-therapists, and seasoned IFS practitioners. **CE** credits.

The world's religions teach that there is an untarnished essence within us, a Self from which wisdom, healing, and spiritual energy flow. We rarely experience this Self because it is obscured by self-protective psychological mechanisms, or lost in the fear, pain, and shame of past trauma.

The Internal Family Systems (IFS) model helps you access the Self and bring its natural compassion and confidence into daily life. People who have used IFS report profound shifts in previously constraining feelings and beliefs. IFS introduces you to a detailed map of your psyche, including all subpersonalities and their inner conflicts. The Self then forms healing relationships with each of them.

Whether you want to deepen your skills or do personal work, this program—open to therapists, non-therapists, and seasoned IFS practitioners—offers the opportunity for transformative inner exploration and learning.

**TUITION** \$525. Add 5 midweek nights room & meals; see page 112. (web code IFS-151)

**RICHARD C. SCHWARTZ, PHD, LMFT**, is a marriage and family therapist, author, and creator of the Internal Family Systems model. [selfleadership.org](http://selfleadership.org)

**SARAH STEWART, PSYD**, is a nationally recognized expert in trauma and addiction with a unique interest in nature and the interconnectedness of all sentient beings.

**AUGUST 2–5** | SUNDAY–WEDNESDAY

## New Beliefs, New Brain

### NEUROSCULPTING FOR STRESS RELIEF

Lisa Wimberger

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



How does a healthy brain handle stress? It reacts and responds in the moment, then releases the emotional energy without letting it leave permanent traces in the neural tissue. In this program, you learn effective practices, supported by neuroscientific research, for managing, healing, and resisting the harmful effects of stress. Lisa Wimberger, who credits her meditation practice with helping her through the experience of being hit by lightning and clinically dying, has designed a program that helps you

- Clear away unhealthy patterns that reinforce stress and replace them with healthy behaviors
- Identify limiting beliefs and the neurological patterns associated with them
- Use the breath to strengthen a healthy response to difficult situations
- Create a neurological overlay to balance existing conditioning.

#### RECOMMENDED READING AND LISTENING

See this program on the Kripalu website.

**TUITION** \$250. Add 3 midweek nights room & meals; see page 112. (web code NSRP-151)



**LISA WIMBERGER, MA, MBTI, NSF**, is author of *New Beliefs, New Brain* and founder of the Neurosculpting Institute. She specializes in teaching neurosculpting for trauma. [neurosculptinginstitute.com](http://neurosculptinginstitute.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, and interns—who are passionate about our mission.

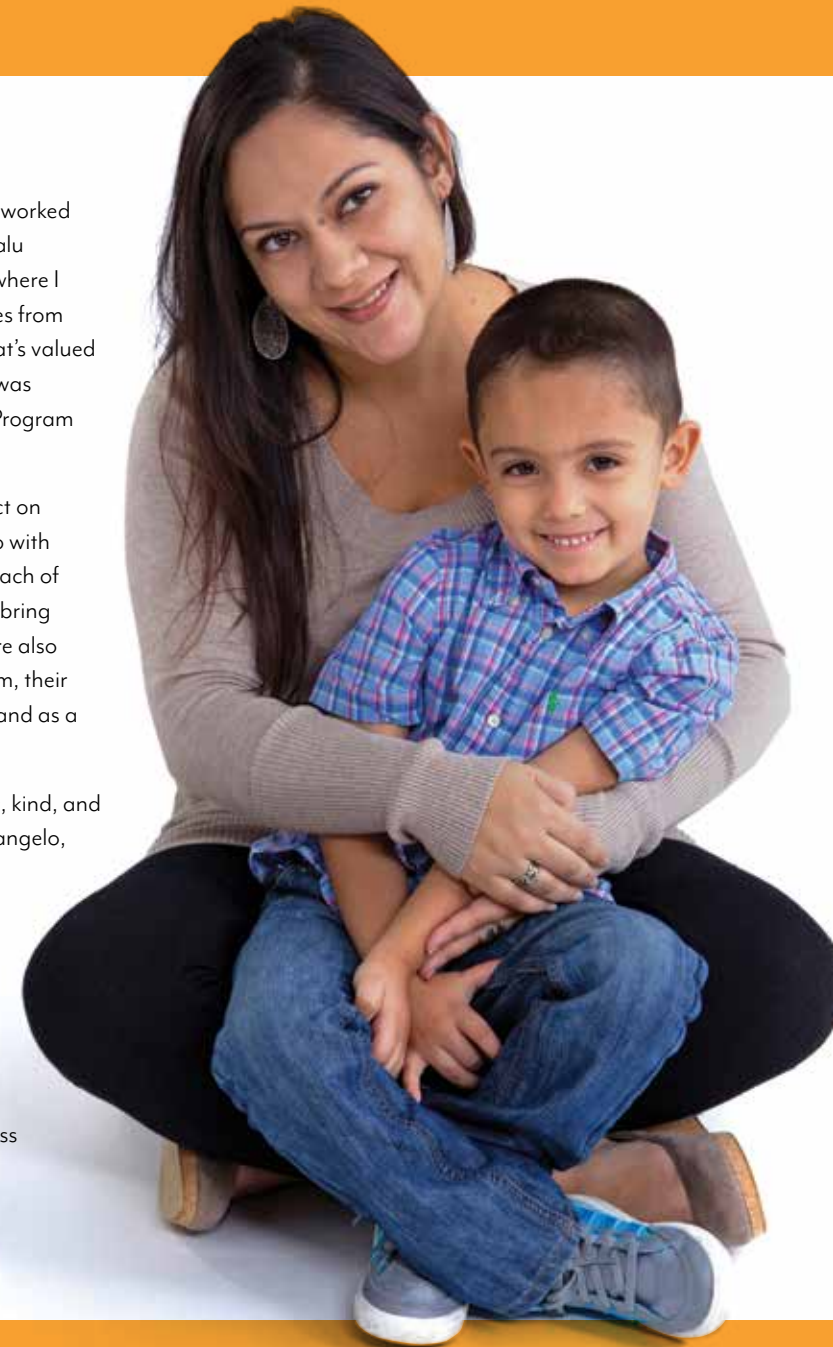
## A bilingual mom learns the language of yoga

I first came to Kripalu because I had a few family members who worked here. I didn't really know what yoga was, but the people at Kripalu seemed so relaxed and connected, and I knew this was exactly where I wanted to be. I'm bilingual—my family came to the United States from Colombia when I was seven years old—and that's something that's valued at Kripalu. When I got a job in the Registrations Department, I was nervous but ecstatic to finally be here. A year later, I joined the Program Development team.

Each different role I hold within my position inspires me. I interact on a daily basis not just with programmers and presenters, but also with other departments, and I learn something new every day from each of them. I love knowing that I'm supporting presenters so they can bring their work to Kripalu and impact so many lives. My coworkers are also a huge inspiration to me—their passion for what we do as a team, their creativity, and the support I receive from them, as an employee and as a friend.

Being at Kripalu has shown me what it looks like to be authentic, kind, and compassionate, and how to teach my five-year-old son, Michelangelo, what that means. I've learned how to make time for myself, an important lesson when you're from a country where family comes first, before anything—including yourself.

At first, I didn't think yoga was for me. I was embarrassed about trying it, or maybe afraid. But I started taking classes and it was totally different than I'd expected. I started sharing it with Michelangelo, and now he loves doing yoga with me. I'm grateful every day for all that I've learned at Kripalu and can pass on to those around me. I wouldn't want to work anywhere else.



**Who they are:** Yuri H. and her son, Michaelangelo

**Who she is:** Program Development Coordinator at Kripalu

**From:** Pittsfield, Massachusetts

## You might also be interested in...

- **Stepping Out of Your Comfort Zone and Other Acts of Courage**, p. 79



## Professional Development

JULY 5-10 | SUNDAY-FRIDAY

### Mindfulness-Based Eating Awareness Training for Professionals

Jean Kristeller and Andrea Lieberstein

**FOR** mental-health and health-care professionals. **CE** credits.

Mindfulness-Based Eating Awareness Training (MB-EAT), developed by Jean Kristeller and supported by NIH-funded research, addresses mindless and stress-related eating, disordered eating patterns, and obesity. This workshop provides intensive training in the application of the MB-EAT intervention program in clinical settings.

Informed by Jon Kabat-Zinn's Mindfulness-Based Stress Reduction work and the principles of food-intake regulation, the MB-EAT program employs mindfulness meditation, eating exercises, didactic instruction, and self-reflection to cultivate awareness and a more balanced and positive relationship to eating and weight.

Those with a substantive mindfulness meditation practice and related professional/clinical experience are eligible to receive the full manual and are qualified to teach the MB-EAT program. Others receive an introduction to the practices of MB-EAT and gain valuable tools, approaches, and information.

**NOTE** Tuition includes the *Eating for Awareness* CD set. Attendance at this workshop does not automatically qualify you to teach the MB-EAT program. See this program on the Kripalu website for more information.

**TUITION** \$670. Add 5 midweek nights room & meals; see page 112. (web code MBEAT-151)

JULY 5-12 | SUNDAY-SUNDAY

### LifeForce Yoga Practitioner Training for Depression and Anxiety, Level 1

Amy Weintraub with special guests Richard P. Brown and Patricia Gerbarg

**FOR** yoga teachers and health professionals. **CE** credits.

Learn an evidence-based yoga protocol from the authors of *Yoga for Depression*; *Yoga Skills for Therapists*; and *How to Use Herbs, Nutrients, and Yoga in Mental Health Care*. These practices can safely release chronic physical tension and repressed emotion. Through yoga, discussion, and practice-teaching sessions, you

- Design one-on-one yoga sessions for anxiety, depression, PTSD, and bipolar disorder
- Learn breathing and meditation practices for addressing dysthymia and anxiety-based depression
- Add somatic strategies to your clinical practice and yoga classes that increase your clients' self-awareness, self-acceptance, self-esteem, and ability to cope
- Experience techniques that you can teach your clients and students to do at home.

Amy Weintraub and a faculty of yoga and mental-health professionals are joined for one day by medical doctors Richard P. Brown and Patricia Gerbarg, who teach their Breath~Body~Mind® advanced breathing techniques.

**NOTE** Tuition includes a manual. This program has extended hours and is part of a certification course. For course prerequisites, please visit [yogafordepression.com](http://yogafordepression.com).

**TUITION** \$960. Add 2 weekend nights and 5 midweek nights room & meals; see page 112. (web code LFYD-151)

⊕ **COMBINE THIS PROGRAM** with LifeForce Yoga for Depression and Anxiety: I Am Bliss and So Are You, July 3-5, for a 10 percent tuition discount for each program; see page 85.



**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](http://indstate.edu)



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

[mindfuleatingtraining.com](http://mindfuleatingtraining.com)



**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](http://yogafordepression.com)

See this program on the Kripalu website for additional presenter bios.

JULY 12-17 | SUNDAY-FRIDAY

### Yoga for Cancer Teacher Training

Tari Prinster

**FOR** 200-hour yoga teachers, health-care professionals, and others with relevant background and training. **CE** credits.

Become a yoga teacher equipped to understand the unique needs and challenges of cancer patients and survivors. Tari Prinster's y4c method is an approach to teaching yoga that addresses specific physical conditions, invites curiosity, and gives emotional support to those touched by cancer. Through lectures, demonstrations, discussions, practice-teaching sessions, and individualized feedback, you learn

- The science behind yoga
- Basics of cancer treatments and side effects
- How and why yoga strengthens the immune system
- Tips on starting a cancer survivor program
- Appropriate and inappropriate poses.

Tari has offered this training for more than 10 years and trained more than 1,000 yoga teachers and health-care practitioners. Go home inspired to expand your teaching, and ready to offer smart, safe, and caring yoga classes in private or group settings.

**NOTE** Eight hours of required reading to meet the 45 hours needed for **CE** credits is assigned throughout the training, including two hours of pre-training reading and assignment. These will be e-mailed two weeks prior to the program.



**TUITION** \$695. Add 5 midweek nights room & meals; see page 112. (web code YCTT-152)

**TARI PRINSTER**, a cancer survivor, yoga teacher, and regular presenter at Yoga Journal conferences, was featured in the documentary *Yogawoman*. [y4c.com/teacher-training](http://y4c.com/teacher-training)

JULY 26-31 | SUNDAY-FRIDAY

### Yoga for Seniors Teacher Training

Carol Krucoff and Kimberly Carson

**FOR** yoga teachers who have completed a 200-hour teacher training. **CE** credits.

Learn strategies for adapting yoga practice to older minds, bodies, and spirits in a training that combines the traditional wisdom of yoga with the best contemporary scientific knowledge about the physiology of aging. Seniors represent the fastest-growing sector of the population, creating an increasing demand for well-trained yoga teachers.

Each day of this training involves

- A balance of lecture, movement, small-group work, practice-teaching sessions, and discussion
- Learning about common ailments and complex medical challenges affecting older adults
- Conceptual models for skillfully adapting postures and practices.

In a safe, effective teaching environment, students earn Yoga Alliance CEUs and have the opportunity to integrate with a larger community committed to learning what it means to age well.

**RECOMMENDED READING AND VIEWING** T. K. V. Desikachar, *The Heart of Yoga* and Kimberly Carson and Carol Krucoff, *Relax into Yoga* (DVD).

**NOTE** Tuition includes a manual.

**TUITION** \$520. Add 5 midweek nights room & meals; see page 112. (web code TYSTT-151)



**CAROL KRUCOFF, E-RYT 500**, is a yoga therapist at Duke Integrative Medicine, and codirector of the Yoga for Seniors teacher training. [healingmoves.com](http://healingmoves.com)



**KIMBERLY CARSON, MPH, E-RYT**, is a yoga therapist at Oregon Health & Science University and codirects trainings at Duke Integrative Medicine. [yogaofawareness.org](http://yogaofawareness.org)



JULY 26-31 | SUNDAY-FRIDAY

### Breath~Body~Mind Teacher Training, Level 1

Richard P. Brown, Patricia Gerbarg, and Joy Bennett

**FOR** health-care professionals, therapists, yoga teachers, and schoolteachers working with stressed and traumatized populations. **CE** credits.

Breath~Body~Mind integrates ancient and modern trauma-sensitive techniques to rapidly balance stress-response systems for self-care and healing others. Developed by medical doctors Richard P. Brown and Patricia Gerbarg, Breath~Body~Mind has proven benefits for health-care professionals, patients, military veterans, and survivors of mass disasters.

Training and results include

- Movement, breathing, meditation, practice-teaching, neurophysiology, research, and clinical issues
- Unique techniques to calm central fear-processing networks and reduce physical/psychological symptoms of anxiety, depression, and post-traumatic stress disorder
- Modules on working in military settings and on working with children
- Improved mental focus, energy, productivity, sleep, empathy, connectedness, and joy.

**NOTE** Tuition includes a manual and CDs. See this program on the Kripalu website for required and recommended reading and information about prerequisites.

**TUITION** \$700. Add 5 midweek nights room & meals; see page 112. (web code BBMTT-152)

**RICHARD P. BROWN, MD**, is an associate professor of psychiatry at Columbia University and a certified teacher of aikido, qigong, yoga, and meditation. [breath-body-mind.com](http://breath-body-mind.com)

**PATRICIA GERBARG, MD**, assistant clinical professor of psychiatry at New York Medical College, researches the efficacy of mind-body practices for post-traumatic stress disorder and survivors of mass disasters. [breath-body-mind.com](http://breath-body-mind.com)

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

# Kripalu Nutrition and Food Philosophy

At Kripalu, we believe it is possible to transform your health by deepening your awareness and understanding of food and nourishment. The Kripalu Approach to nutrition combines knowledge gained from current research with the wisdom of the yogic tradition, which views food as a source of prana, or life force. Our nutrition and food philosophy is grounded in four elements: quality, discernment, intention, and connection.

## QUALITY

We encourage you to select the most nutritious, least processed, freshest foods—local, seasonal, and organic—whenever possible. These foods, as part of a flavorful plant-based diet, create more energy and vitality for you and your loved ones, and align you with the rhythms of nature.

## DISCERNMENT

We support diverse dietary choices, and we believe that you have the ability to be the best source of wisdom for your body's unique needs. The instincts that guide you toward healing and balance naturally arise when you approach eating through the practices of mindfulness and compassionate self-observation.

## INTENTION

When we bring gratitude, joy, curiosity, and love to everything we cook and eat, we are reminded that food is a powerful medicine and a source of life-giving energy. The act of eating becomes a celebration, and we are inspired to share this with others.

## CONNECTION

As we become aware of the ways our food choices and consumption affect our relationships with the environment, society, and the people closest to us, we strengthen our sense of interconnectedness with the planet and our fellow human beings.

JULY 26–31 | SUNDAY–FRIDAY

## Yoga Ed. Professional Institute 1 Foundations

TEACHING CHILDREN'S YOGA

Joan Nichols

**FOR** yoga teachers and educators with strong yoga experience. **CE** credits.

Learn how to use yoga to connect with kids in a classroom setting. This transformative training focuses on yoga for children in pre-K through fifth grade (ages 3 to 12) and equips you with the basic principles and tools you need to effectively teach children in an academic environment.

In this program, you learn

- Yoga techniques to promote children's physical, mental, and emotional health
- How to read and relate to children through understanding anatomy, physiology, child development, and learning domains
- Ways to effectively tailor yoga classes to meet children's varying needs.

**NOTE** Tuition includes a 350-page digital manual, a Yoga Ed. tote bag, a zip drive with 24 premade lesson plans for each grade, and a Yoga Ed. Color Overview with stickers and pen.

**TUITION** \$650. Add 5 midweek nights room & meals; see page 112. (web code YETC-151)



**JOAN NICHOLS, E-RYT**, is a Yoga Ed. trainer who has spent the past decade teaching yoga to children and adolescents in the Rochester, New York, school systems.

## Other trainings you might be interested in...

- Nutrition Intensive for Health Professionals, p. 51
- Mindful Yoga Therapy for Veterans: A Yoga Teacher Training, p. 82
- Psychology of the Chakras, p. 94
- Integrative Yoga Therapy Professional Yoga Therapist Training Program, p. 103
- Yoga Teacher Tune-Up Series, p. 104

AUGUST 16–21 | SUNDAY–FRIDAY

## Principle-Based Partner Yoga Level I Teacher Training

Elysabeth Williamson



**FOR** students with at least one year of yoga practice. **CE** credits.

Principle-Based Partner Yoga™ is a visionary healing art that combines ancient yogic wisdom with contemporary mind-body understanding. The only in-depth partner yoga training available, this course offers skills that expand the traditional practice of yoga into the realm of relationship and authentic connection with others.

Level I topics include

- The principles of Partner Yoga
- Cultivating clear, compassionate, and confident touch
- Partner alignment skills for strength, balance, and flexibility
- Skillful assisting and adjusting, partner vinyasa, inversions, and mirrored postures
- Designing postures, flows, and group practices
- Safely navigating partner inversions and aerial postures
- Warm-ups, including Thai Yoga Massage techniques
- Partner and group meditations
- Healthy boundaries, safety guidelines, and ethics.

Partner Yoga is an accelerated path to directly experience the root principle of yoga—union. Come inspire your practice and your life while gaining tools to expand yourself personally and professionally.

**REQUIRED READING** See this program on the Kripalu website.

**NOTE** Tuition includes a manual and follow-up support for facilitating your first Partner Yoga workshop. Please bring a journal.

**TUITION** \$495. Add 5 midweek nights room & meals; see page 112. (web code PBPYTT-151)



**ELYSABETH WILLIAMSON** is founder of Principle-Based Partner Yoga™, author of *The Pleasures and Principles of Partner Yoga*, and creator of Partner Yoga Touch, an iPhone app. [partneryoga.net](http://partneryoga.net)

## Stay connected.

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



#kripalu #kripalulove





## Relationships

JUNE 5-7 | FRIDAY-SUNDAY

### Mothers, Daughters, and the Heroic Journey

Meg Agnew, Cindy L. Parrish, and SuEllen Hamkins

For mothers and their daughters ages 9-12.

Mothers, you can be a vital part of your daughter's coming-of-age journey. The creators of this weekend invite you and your daughter to come deepen your connection with each other and gain resources to foster closeness in the years ahead.

Using theater games, visual arts, writing, and sharing, we

- Explore what it means to thrive as an adolescent girl, by looking back at who you were at that time
- Get to know ourselves better through the questions, Who am I right now? and What is nurturing this vision of myself?
- Experience the power of invoking ancestral support
- Join in a mothers-only discussion group while your daughters explore who they might become in playful and meaningful ways.

**NOTE** Children in this program must be accompanied by a parent or adult who is registered for the program.

**TUITION** Adults \$230. Add 2 weekend nights room & meals; see page 112. (web code MDH-151) Kids \$195. Add 2 weekend nights room & meals; call for rates. (web code MDHK-151)



**MEG AGNEW**, movement theater artist and educator, leads transformative programs for actors and movers of all ages. She has one stepdaughter and two granddaughters.

[heroicgirlz.com](http://heroicgirlz.com)



**CINDY L. PARRISH, PHD**, is a renowned educator, novelist, playwright, and award-winning filmmaker. She has two daughters. [heroicgirlz.com](http://heroicgirlz.com)



**SUELLEN HAMKINS, MD**, is mother to two daughters and coauthor of *The Mother-Daughter Project: How Mothers and Daughters Can Band Together, Beat the Odds and Thrive Through Adolescence*.

[suellenhamkins.com](http://suellenhamkins.com)

JULY 31-AUGUST 2 | FRIDAY-SUNDAY

### Intimacy as a Spiritual Path

A RETREAT FOR COUPLES

Richard Borofsky and Antra Kalnins Borofsky

FOR all couples.

Love is the ultimate renewable resource. To be sustainable, the quality of love in an intimate partnership must continually evolve, becoming more precise, mindful, compassionate, and wise—eventually blossoming into a spiritual path. Explore six ways to grow your intimate partnership into a spiritual practice:

- Learn to abide timelessly together in the present
- Open to receive and give abundant, unconditional, omnipresent love
- Expand compassion to include all that is vulnerable or unloved in yourself and your partner
- Rejoice in the grace of sexuality
- Meet each other in humility, truth, and mutuality to foster a bond that transcends differences
- See and speak to each other as the Beloved.

Grow your love into a deeper, more spiritual connection in a weekend that includes couple mindfulness practices, dialogue, humor, music, and group sharing.

**TUITION** \$225. Add 2 weekend nights room & meals; see page 112. (web code ISP-151)



**RICHARD BOROFSKY, EDD, AND ANTRA KALNINS BOROFSKY, EDM**, have been a couple for 45 years. Founders and directors of the Center for the Study of Relationship in Cambridge, Massachusetts, they provide couples therapy and workshops on the practice of relationship. [beingtogether.com](http://beingtogether.com)

for 45 years. Founders and directors of the Center for the Study of Relationship in Cambridge, Massachusetts, they provide couples therapy and workshops on the practice of relationship. [beingtogether.com](http://beingtogether.com)



JULY 17-19 | FRIDAY-SUNDAY

### Mother-Daughter Yoga Weekend

Sarahjoy Marsh

FOR women and their daughters (ages 13 and up) at all yoga levels. CE credits.

Join Sarahjoy Marsh for a nourishing getaway that celebrates the feminine spirit! Spend quality time together in a supportive community while doing something special for yourselves.

Through yoga, meditation, and group experiences, we



- Renew our capacity for playfulness and camaraderie
- Experience insight, laughter, and nurturing
- Realize simple ways to bring greater vibrancy into our lives
- Rediscover our innate capacity for self-renewing love and wisdom.



**TUITION** \$210. Add 2 weekend nights room & meals; see page 112. (web code MDYW-152)

**SARAHJOY MARSH, MA, RYT 500**, is a pioneer of East/West integrated approaches for recovery and founder of the outreach program Living Yoga. [sarahjoyyoga.com](http://sarahjoyyoga.com)

AUGUST 9-13 | SUNDAY-THURSDAY

### Wired for Relationship

Stan Tatkin and Tracey Boldermann-Tatkin

FOR everyone interested in relationship success. CE credits.

Why not use all the tools at your disposal to ensure the long-term happiness and success of your relationship? This program draws from neuroscience theories and research models that can help you and your partner (present or future) operate as a two-person psychological system that is truly mutual and collaborative.

Gain hands-on experience with techniques scientifically proven to create secure and high-functioning relationships, so you can

- See through the fog of infatuation
- Understand the biological underpinnings of relationship connection
- Screen partners for a good match
- Recognize your own and your partner's relationship styles
- Move toward secure functioning with your partner
- Play well and fight well together
- Form mutually satisfying and lasting commitments.

**RECOMMENDED READING** Stan Tatkin, *Wired for Love: How Understanding Your Partner's Brain and Attachment Style Can Help You Defuse Conflict and Build a Secure Relationship*.

**TUITION** \$375. Add 4 midweek nights room & meals; see page 112. (web code WFR-151)

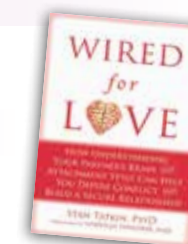


**STAN TATKIN, PSYD, MFT**, author of *Wired for Love*, *Your Brain on Love*, and *Love and War in Intimate Relationships*, developed the Psychobiological Approach to Couple

Therapy® (PACT). [stantatkin.com](http://stantatkin.com)



**TRACEY BOLDERMANN-TATKIN** has served as the director of various philanthropic family foundations. Sensitivity to family systems guides her work as co-executive of the PACT Institute.



## INTEGRATE YOUR EXPERIENCE

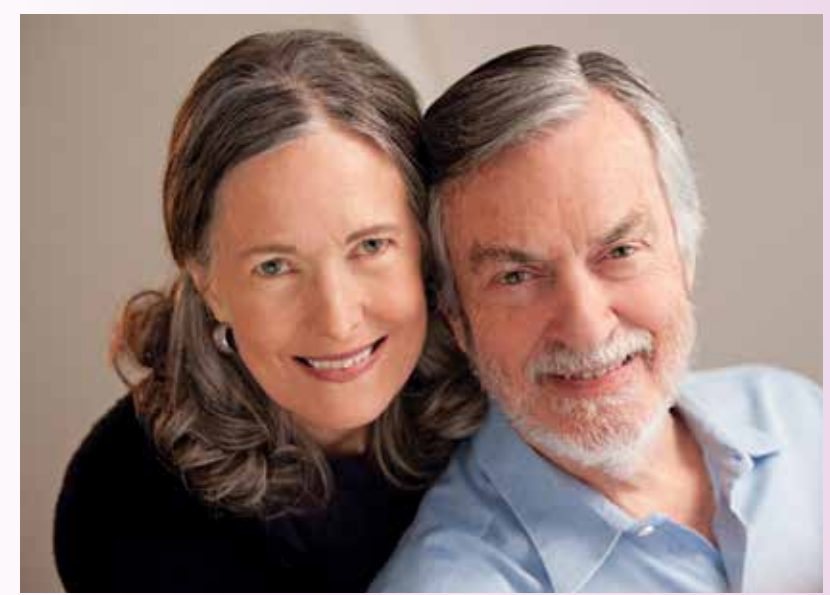
Kripalu's Healing Arts are a powerful addition to any program. Our professional therapists are renowned for combining expert technique with caring presence to facilitate just the right experience for you.

[kripalu.org/healingarts](http://kripalu.org/healingarts)



“We cannot experience life in its fullness unless we have an intimate relationship with another human being and, beyond that, a feeling of connection with the world around us.”

— Harville Hendrix and Helen LaKelly Hunt



JUNE 26–28 | FRIDAY–SUNDAY

### Getting the Love You Want

A WORKSHOP FOR COUPLES

#### HARVILLE HENDRIX AND HELEN LAKELLY HUNT

FOR couples of all orientations, length of commitment, and stages of life.

Take your relationship to the next level in a workshop based on the best-selling book *Getting the Love You Want: A Guide for Couples*. This book has helped hundreds of thousands of people experience the profound connection that

- Heals childhood and relational wounds
- Activates undeveloped potential
- Spurs spiritual growth.

Harville Hendrix and his wife, Helen LaKelly Hunt, guide you and your partner to deeper levels of connection and wholeness using Imago Relationship Therapy, a transformational approach that allows you to experience new levels of safety and appreciation. Restoring passion and hope to your relationship, Imago brings you healing, wholeness, and spiritual growth.

**NOTE** Tuition includes a manual. This program has an intensive schedule with extended hours. It may be difficult to participate in other Kripalu events or receive Healing Arts services.

**TUITION** \$350. Add 2 weekend nights room & meals; see page 112. (web code GLYW-151)

**HARVILLE HENDRIX, PHD, AND HELEN LAKELLY HUNT, PHD**, founded Imago Relationships International and are the co-authors of 10 books, including three *New York Times* best-sellers. [harvilleandhelen.com](http://harvilleandhelen.com)

AUGUST 14–16 | FRIDAY–SUNDAY

### Partner Yoga for Mothers and Daughters

Elysabeth Williamson and Lisa Cannizzaro

FOR mothers and their daughters, ages 14 and up; all levels of yoga practice welcome, including beginners. CE credits.

Mothers and daughters, come renew and celebrate the deep bond between you as you let go of old patterns in your physical body, your emotional body, and your relationships. Yoga is a powerful tool for dissolving these habitual patterns that no longer serve you.

Using the power of breath, healing touch, and partner yoga, Elysabeth Williamson and her daughter, Lisa Cannizzaro, teach you to

- Be with and see yourself and each other in new, refreshing ways
- Support each other with healing touch and partner practices
- Actively listen with compassion and clarity
- Sit in back-to-back partner meditations, recognizing each other as souls in human form.

Affirm your ever-evolving relationship based on mutual respect and friendship.

#### RECOMMENDED READING AND MEDIA

Elysabeth Williamson, *The Pleasures and Principles of Partner Yoga*; Partner Yoga Touch iPhone/iPad app.

**TUITION** \$225. Add 2 weekend nights room & meals; see page 112. (web code PYMD-151)



**ELYSABETH WILLIAMSON** is founder of Principle-Based Partner Yoga™, author of *The Pleasures and Principles of Partner Yoga*, and creator of Partner Yoga Touch, an iPhone app. [partneryoga.net](http://partneryoga.net)



**LISA CANNIZZARO, MS**, daughter of Elysabeth Williamson, has been a yoga and partner yoga practitioner for 10 years. She is a speech/language pathologist in Burlington, Vermont.

# bring the kids...

JUNE 28–JULY 3 | SUNDAY–FRIDAY

### CircusYoga Community 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
- Basic circus skills: juggling, diabolo, devil sticks, spinning plates, and more
- Clowning and physical comedy
- Balancing in asanas and on a tightwire
- Thai Yoga Massage
- Creative movement and dance.

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. Children may not participate in this program without a parent or guardian present.

**TUITION** Adults \$325. Add 5 midweek nights room & meals; see page 112. (web code CIRC-153) Kids \$185. Add 5 midweek nights children’s housing; call for rates. (web code CIRC-154)



**ERIN MAILE O’KEEFE AND KEVIN O’KEEFE** developed CircusYoga and Flying Partner Yoga out of their love for yoga, circus, connection, and play. [circusyoga.org](http://circusyoga.org)

JULY 24–26 | FRIDAY–SUNDAY

AUGUST 14–16 | FRIDAY–SUNDAY

AUGUST 28–30 | FRIDAY–SUNDAY

### Deep Play for Kids

Missy Brown

FOR kids ages 6–12.

Calling all kids! Take part in fun activities that combine playfulness with mindfulness. Discover who you are, practice thoughtful connection, feel seen and heard, and have a blast as you

- Find your inner voice by playing name games to build community and cultivate healthy relationships among new friends
- Create an obstacle course that symbolizes challenges in real life, then brainstorm ways to overcome those challenges
- Express yourself without the labels of right or wrong, good or bad
- Draw or write in a journal to document your experience
- Hike and collect beautiful objects to build a labyrinth
- Practice simple yoga movements, breathing, relaxation techniques, and guided visualization.

Parents, this program supports children in learning the best ways to navigate through their lives. Being at Kripalu together creates a foundation for exploring health and wellness with your child.

**TUITION** \$200. Add 2 weekend nights children’s housing; call for rates. (web codes: DPK-151, DPK-152, DPK-153)



**MISSY BROWN, RYT**, is certified in Yoga Ed.™ and Creative Kids Yoga and Movement, and teaches a variety of children’s classes, as well as mentoring parents and teachers.

JULY 3–5 | FRIDAY–SUNDAY

JULY 31–AUGUST 2 | FRIDAY–SUNDAY

### YogArts for Kids

Craig Hanauer

FOR kids ages 5–11.

Calling all kids who love to collect things from nature, do art projects, and make new friends. Come learn yoga, get your face painted, play, walk in the woods, and make fresh discoveries everywhere you go.

YogArts is an integration of yoga, creative arts, and fun. Parents, don’t be surprised if your kids refuse to leave!

**TUITION** \$205. Add 2 weekend nights children’s housing; call for rates. (web codes: CPYA-152, CPYA-153)



**CRAIG HANAUER**, a NYS-certified creative arts therapist, art teacher, and Kripalu Yoga teacher, is committed to the health and empowerment of children. [everykidsyoga.com](http://everykidsyoga.com)

### KIDS AT KRIPALU

Unless otherwise noted, children in these programs must be accompanied at Kripalu by a parent or guardian who is registered for a program or an R&R Retreat. Kids meet for morning and afternoon sessions while parents are in their programs. Families are together at meal-times, in the evenings, and overnight.

**FIND OUT MORE** about kids at Kripalu: [kripalu.org/kidsatkripalu](http://kripalu.org/kidsatkripalu)



## Self-Discovery



JUNE 5-7 | FRIDAY-SUNDAY

## Yoga Retreat for Women of Color

LOVE, PRAY, DANCE

Maya Breuer with Monique Schubert, Gail Parker, and Kiesha Battles

CE credits.

Take a journey in the spirit of Sankofa, a word from the Akan language of Ghana that means to reach back and reclaim your past so you can move forward with joy and purpose. Explore your spirit-self and your ancestors' teachings through love, prayer, and dance.

This weekend, you

- Practice yoga, conscious breathing, and meditation
- Learn to accept and love your body through dance
- Explore the holistic ways of the ancestors for health, mindfulness, and relaxation
- Express yourself in sister share circles.

Guided by the heart of Sankofa, join with women of color to connect body, mind, and spirit with joy, laughter, sister talk, and creative expression.

**TUITION** \$245. Add 2 weekend nights room & meals; see page 112. (web code YWC-151)



**MAYA BREUER, E-RYT 500**, is an activist, artist, and originator of the Yoga Retreat for Women of Color™ with a sacred-feminine approach to yoga. [mayabreuer.com](http://mayabreuer.com)



**GAIL PARKER, PHD, RYT**, is a licensed psychologist. She integrates the healing power of yoga and meditation into her work. [drgailparker.wordpress.com](http://drgailparker.wordpress.com)



**MONIQUE SCHUBERT, RYT**, is a visual artist, Kripalu Yoga teacher, and educator. She creates opportunities for people to share community and contemplation through yoga and art.



**KIESHA BATTLES, E-RYT 200**, is a Subtle Yoga-inspired instructor and Zen practitioner with a master's degree in Asian studies.

JUNE 5-7 | FRIDAY-SUNDAY

## Transformational Breath

RECLAIM YOUR SUPERPOWERS

Judith Kravitz

FOR everyone.

Within each of us are unlimited gifts and powers that have been buried or left untapped. Judith Kravitz invites you to use your own breath to uncover and connect with these inner gifts.

Learn how to

- Increase your energy (prana) and gain better health and balance
- Maximize the benefits of oxygen
- Enjoy more relaxation, less stress, and an easier flow in your life
- Integrate negative patterns in the subconscious
- Transcend limiting beliefs
- Access higher levels of awareness.

Transformational Breath® is a powerful self-healing modality that utilizes a full, relaxed breath originating in the lower abdomen, and repeats inhalation and exhalation without pausing. Using this method, you can resolve deep emotional issues stored in the subconscious, express the extraordinary aspects of your Self, and actualize your superpowers.

**NOTE** See this program on the Kripalu website for recommended reading and listening, and a list of what to bring.

**TUITION** \$250. Add 2 weekend nights room & meals; see page 112. (web code RCYB-151)



**JUDITH KRAVITZ, DM**, a breathwork master, has been facilitating breathing programs since the 1970s and has taught in more than 20 countries.

[transformationalbreath.com](http://transformationalbreath.com)

## YOGA ON AND OFF THE MAT

Embrace your practice—wherever you are. Find out more on the Kripalu blog.

→ [kripalu.org/onandoffthemat](http://kripalu.org/onandoffthemat)

JUNE 7-12 | SUNDAY-FRIDAY

## Embodying the Dream

THE PRACTICE OF ARCHETYPAL DREAMWORK

Marc Bregman and Christa Lancaster

FOR everyone. CE credits.

Archetypal Dreamwork is a deep process that changes people from the inside out—heart, body, and mind. The power of the work lies in the remarkable precision of the dream itself, which carries the knowledge of what each person needs to heal.

Archetypal Dreamwork taps into the loving, divine presence in dreams that is working to bring the unconscious into conscious awareness and illuminate the next step in each soul's growth.

Connect more directly with your soul as you

- Enact your dreams and experience them reverberating through heart and body, while other group members support you by playing various dream roles
- Participate in the dreams of others, gaining insights for your life and greater compassion for the human condition
- Embrace a new perspective that allows for more acceptance and self-love
- Learn to recognize the difference between your reactive emotions and the true feelings that lead to transformation.

**RECOMMENDED READING** See this program on the Kripalu website.

**TUITION** \$325. Add 5 midweek nights room & meals; see page 112. (web code AD-151)



**MARC BREGMAN** founded Archetypal Dreamwork in 1973 and is the cofounder and co-director of North of Eden and the Center for Archetypal Dreamwork. [northofeden.com](http://northofeden.com)



**CHRISTA LANCASTER** is a master Archetypal Dreamwork therapist and the cofounder and codirector of North of Eden and the Center for Archetypal Dreamwork. [northofeden.com](http://northofeden.com)

JUNE 12-14 | FRIDAY-SUNDAY

## Way of the Sacred Woman

RESTORING HEALTH, CREATIVITY, AND VITALITY

Christine Page

FOR women.

Reconnect to your true power and purpose as a woman. Learn to tap into the creativity, inspiration, sense of well-being, and fulfillment already within you. Way of the Sacred Woman is a workshop for learning and sharing, inspiring you to bring health, harmony, and pleasure back into your life.

Experience what it's like to

- Reconnect to the strength that comes from Mother Earth
- Stop taking on the emotional pain of others
- Embrace your sensual self without fear
- Trust the intuitive voice of your heart
- Birth a healthy future for coming generations
- Fall in love with yourself all over again.



**TUITION** \$225. Add 2 weekend nights room & meals; see page 112. (web code WSW-151)

**CHRISTINE PAGE, MD**, a pioneer in the field of women's health care, is the author of seven books, including *The Healing Power of the Sacred Woman*. [christinepage.com](http://christinepage.com)

JUNE 12-14 | FRIDAY-SUNDAY

### Beyond Past Lives

HEALING AND TRANSFORMATION THROUGH PAST-LIFE REGRESSION

Mira Kelley



**FOR** everyone. Transform your health and relationships and gain clarity on your life purpose through the powerful process of past-life regression. This in-depth exploration

of your past, parallel, and future life experiences empowers you to understand and embrace your soul lessons, shift your consciousness, and create change. You learn to

- Connect with your higher Self
- Receive guidance
- Open up to emotional and physical healing.

This highly experiential and engaging workshop features meditations, immersive regression sessions, discussions, personal sharing from Mira Kelley, and stories from her clients about their life-altering discoveries. Whether you have prior experience with past-life regression or are a newly curious adventurer, you can learn who you have been, receive healing and answers for present challenges, and create your greatest future potential. Return home transformed, empowered, inspired, and connected with the highest aspects of your soul.

**RECOMMENDED READING** Mira Kelley, *Beyond Past Lives*.

**NOTE** Bring a journal.

**TUITION** \$225. Add 2 weekend nights room & meals; see page 112. (web code BPL-151)



**MIRA KELLEY** is a world-renowned expert on past-life regression, a storyteller, and the best-selling author of *Beyond Past Lives*. [mirakelley.com](http://mirakelley.com)

JUNE 12-14 | FRIDAY-SUNDAY

### The One Thing Holding You Back

UNLEASHING THE POWER OF EMOTIONAL CONNECTION

Raphael Cushnir



**FOR** everyone. Do you have an unrealized dream? Are you ready to tap into your full potential? A reservoir of unfelt emotion might be preventing you from manifesting your greatest life vision. Resisting this emotion can sabotage prayer, affirmations, and other personal growth techniques. Finding and feeling this emotion infuses your mission with Spirit and makes you truly unstoppable.

Raphael Cushnir has pioneered a method of emotional connection that everyone can master in just one weekend. Grounded in both contemporary neuroscience and the ancient wisdom traditions, Raphael's method brings immediate and lasting results. You can use this emotional connection to overcome lifelong struggles with everything from career, self-esteem, and relationships to weight and addiction.

Designed to help you fall in love with every moment of your life, this workshop leads to the personal accomplishment you've longed for and that will empower you to serve the world.

**TUITION** \$240. Add 2 weekend nights room & meals; see page 112. (web code HECB-151)

JUNE 14-19 | SUNDAY-FRIDAY

### Total Immersion for Total Transformation

Raphael Cushnir

**FOR** everyone. Get ready for five intense days of ecstatic rebirth. Raphael Cushnir creates a safe and gentle environment in which to explore emotional-release work, journaling, small-group exercises, meditation, movement, yoga, chant, collage, subtle-energy practices, and mind-heart attunements. You'll also design a unique transformational experience all your own.

This program is for you if you are 100 percent willing to

- Determine the aspects of your life that are calling for healing and change
- Begin that healing and change on the very first day of the workshop
- Commit to an action plan for its completion
- Take a giant leap forward in consciousness
- Create and support a like-minded community committed to the same leap.

Take home a practical road map for real-life integration, plus benefits you'll experience immediately—and for the rest of your life.

**TUITION** \$350. Add 5 midweek nights room & meals; see page 112. (web code MLYL-151)

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



**RAPHAEL CUSHNIR** is an author who lectures and coaches worldwide. His books include *The One Thing Holding You Back* and *Surfing Your Inner Sea*. [cushnir.com](http://cushnir.com)



JUNE 12-14 | FRIDAY-SUNDAY

### The REVEAL Immersion

UNVEILING THE DIVINE FEMININE

Christiane Northrup, Megan Watterson, Kate Northrup, Rochelle Schieck, and Maya Azucena

**FOR** women. REVEAL is a sacred invitation to experience and embody the divine feminine. It's about abandoning our fears, but never ourselves, and stripping down to the truth of who we really are. It's remembering that the source of unfaltering love is within us.

Through ritual, dance, and fiery soul-talks, we

- Illuminate sacred texts of the divine feminine and anchor into our soul-voice
- Offer ourselves radical permission to blaze brightly with divine love
- Amplify our intrinsic value and worth as women and magnify the immense power of our sexual energy to heal and manifest
- Integrate thoughts and experiences with movement, returning to the wisdom present in the body
- Dance to sultry vocals and inspirational lyrics that empower us to take our soul-work into the world.

Together, we light up and mirror back each other's brightness to re-enter our lives wholly changed.

**TUITION** \$325. Add 2 weekend nights room & meals; see page 112. (web code RTI-151)



**CHRISTIANE NORTHRUP, MD**, an OB/GYN, is a leading authority in the field of women's health and a *New York Times* best-selling author. [drnorthrup.com](http://drnorthrup.com)



**MEGAN WATTERSON** is the author of *Reveal: A Sacred Manual For Getting Spiritually Naked* and coauthor of *How To Love Yourself (And Sometimes Other People)*. [meganwatterson.com](http://meganwatterson.com)



**KATE NORTHRUP** is the best-selling author of *Money, A Love Story: Untangle Your Financial Woes and Create the Life You Really Want*. [katnorthrup.com](http://katnorthrup.com)



**ROCHELLE SCHIECK** created Qoya, a practice that teaches people how to embody soul with movement, honor soul with ritual, and express soul in community. [loveqoya.com](http://loveqoya.com)



**MAYA AZUCENA**, an award-winning singer known for making music that uplifts the soul, has appeared at TEDxWomen, One Billion Rising, and other conferences.

JUNE 14-19 | SUNDAY-FRIDAY

### Life Is a Verb

SIX PRACTICES FOR LIVING AND WORKING MORE MINDFULLY

Patti Digh



**FOR** everyone. What would you be doing today if you had only 37 days to live? Could you answer that question with "Exactly what I'm doing now"? This

program helps you get closer to that answer through movement, art-making, and guided exploration.

Engage your brain, body, and creative spirit through

- Art processes focused on discovery, not product
- Guided discussions on mindfulness and intentional choices
- Ways to see the extraordinary in the ordinary again
- Six practices for mindful living and how to embed them into your life.

**TUITION** \$345. Add 5 midweek nights room & meals; see page 112. (web code LIVE-151)



**PATTI DIGH** is the author of eight books on cultural and emotional literacy, mindfulness, and intention, including *Life Is a Verb* and *The Geography of Loss*. [37days.com](http://37days.com)

**KRIPALU COMPASS**  
Get inspiring essays, recipes, and more in your inbox each month.  
[kripalu.org/compass](http://kripalu.org/compass)

JUNE 17-19 | WEDNESDAY-FRIDAY

### Animal Wisdom

LEARNING FROM THE SPIRITUAL LIVES OF ANIMALS

Linda Bender

FOR everyone.

What do animals have to teach us about love, courage, and healing? Learn a form of communication that moves beyond words, time, or space. With help from the animals, enter the richness of your own experience, reconnecting to your unique gifts and treasures. Move into your heart center, where wisdom, well-being, and true power reside.

In this workshop, you

- Explore scientific findings on unexplained animal powers and gifts
- Learn sacred sound techniques, sensory experiences in nature, meditation, and powerful heart practices
- Dive deeply into communication with animals, nature, and each other
- Learn how animals can enrich your life emotionally and spiritually
- Practice techniques from Zulu and Aboriginal traditions
- Explore meditations that awaken the heart, soul, and “psychic animal” within.

**RECOMMENDED READING** Linda Bender, *Animal Wisdom: Learning from the Spiritual Lives of Animals*.



**TUITION** \$225. Add 2 midweek nights room & meals; see page 112. (web code AWLS-151)

**LINDA BENDER, DVM**, has devoted her life to the rescue, rehabilitation, and protection of wildlife. She is author of *Animal Wisdom: Learning from the Spiritual Lives of Animals*. [lindabender.org](http://lindabender.org)



JUNE 22-26 | MONDAY-FRIDAY

### Journey Into the Labyrinth

WALKING THE PATH OF INSIGHT

Deborah Ketter and Lars Howlett

FOR everyone; no yoga experience needed.

Explore the labyrinth as a sacred form of walking meditation and a pathway to healing, creativity, and personal transformation. When we set out on the curving path of the labyrinth, we begin a journey of rejuvenation and self-reflection. We also explore the self-nurturing practices of yoga nidra, pranayama, and qigong as additional pathways toward self-knowledge and inner wisdom.

Designed for artists, teachers, leaders, caregivers, and everyone looking to rest and renew, this workshop includes

- Group labyrinth walks
- Presentations on the history, design, and uses of labyrinths
- Ways to draw basic labyrinth patterns and create temporary and permanent installations.

**NOTE** Tuition includes a labyrinth workbook.

**TUITION** \$320. Add 4 midweek nights room & meals; see page 112. (web code LYJW-151)



**DEBORAH KETTER, E-RYT 500**, is a Kripalu Yoga teacher, artist, and certified Veriditas labyrinth facilitator who builds labyrinths and facilitates labyrinth walks as a meditative process. [deborahketter.com](http://deborahketter.com)



**LARS HOWLETT** studies, designs, and teaches on labyrinths alongside leading experts in sacred geometry and walking meditation. [discoverlabyrinths.com](http://discoverlabyrinths.com)

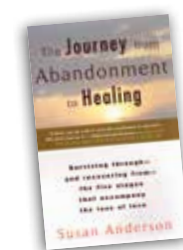


JUNE 26-28 | FRIDAY-SUNDAY

### Abandonment to Healing

OVERCOME YOUR PATTERNS OF SELF-SABOTAGE

Susan Anderson



FOR everyone. **CE** credits.

Abandonment is a primal fear and can be the underlying cause of emotional distress and self-sabotage. This weekend, psychotherapist and author Susan Anderson shares powerful mind-body exercises that act like physical therapy for the brain. Learn how to

- Heal primal abandonment
- Overcome patterns of abandonholism (being attracted to the unavailable)
- Reverse self-abandonment, the primary source of self-defeating patterns
- Accept being loved and stop letting insecurity and neediness disrupt your relationships
- Overcome procrastination, avoidance, inertia, and other Outer Child patterns
- Build your career, self-esteem, confidence, and social life
- Trim excess emotional weight, clutter, debt, and anxiety
- Bounce back from depression and low energy.

Susan excels at creating safe, open, life-changing processes within groups. Professionals will learn abandonment recovery techniques to take back to their clients.

**RECOMMENDED READING** Susan Anderson, *Taming Your Outer Child*, *The Journey from Abandonment to Healing*, and *Black Swan: The Twelve Lessons of Abandonment Recovery*.

**TUITION** \$215. Add 2 weekend nights room & meals; see page 112. (web code JFAH-151)



**SUSAN ANDERSON** has devoted 30 years of clinical experience and groundbreaking research to helping people resolve abandonment wounds and overcome self-sabotage.

[abandonment.net](http://abandonment.net)

JUNE 26-28 | FRIDAY-SUNDAY

### Healing Heart and Soul

CLEARING BLOCKS TO WELL-BEING THROUGH PAST-LIFE EXPLORATION

Ainslie MacLeod

FOR everyone.

Take a journey of discovery to understand and transform traumatic events from prior incarnations, allowing you to move through blocks to happiness, fulfillment, and well-being. We all carry fears, phobias and limiting beliefs that stem from trauma in previous lifetimes. The key to creating profound change in this life is to clear past-life memories, so you can move forward unhindered by the past.

In this program, you learn how to

- Eradicate fears regarding decision-making
- Overcome limiting beliefs that keep you from achieving your true potential
- Identify and release physical resonances from past lives
- Heal the effects of rejection and other emotional hurts
- Lead a more authentic, meaningful life.

This workshop might be of particular interest to those who seek practical and effective ways to live a more fulfilling life, as well as people who wish to overcome fears, phobias, and unexplained anxieties.

**TUITION** \$240. Add 2 weekend nights room & meals; see page 112. (web code HYS-151)



**AINSLIE MACLEOD** is an internationally acclaimed psychic and award-winning author of *The Instruction* and *The Transformation*. [soul-world.com](http://soul-world.com)

JUNE 28-JULY 3 | SUNDAY-FRIDAY

### Refilling Your Well

JOIN THE SELF-CARE REVOLUTION

Priti Robyn Ross

FOR all levels, including beginners. **CE** credits.

Make the choice to awaken your spirit and set yourself free! Come refill your well with nurturing activities that ease your stress, increase your joy, and replenish your soul. You deserve to give yourself this sacred time-out to cultivate a lasting sense of inner peace.

This workshop includes

- Healing yoga, deep relaxation, breathwork, yoga nidra, and mindful walking meditation on the beautiful Kripalu grounds
- Creative journaling, guided imagery, and joyful movement to awaken your inner peacemaker
- Exercises to explore maitri, the act of loving-kindness toward the self
- Teachings on the physiology of stress and its effect on the mind and body
- Simple, potent self-renewal practices that can be integrated into your daily life.

In this safe container, discover how the extraordinary power of self-care can create sustaining, lifelong balance; authentic well-being; and deep fulfillment.

**NOTE** Bring a meaningful picture or photo for the group altar.

**TUITION** \$350. Add 5 midweek nights room & meals; see page 112. (web code ROW-151)



**PRITI ROBYN ROSS, E-RYT 500**, Kripalu Yoga teacher and international workshop leader for more than 20 years, is passionate about supporting others to awaken to their full potential. [lifeasayoga.com](http://lifeasayoga.com)

JUNE 19-21 | FRIDAY-SUNDAY

### Awakening Your Divine Self

A WORKSHOP IN MASTERY

Paul Selig

FOR everyone.

Don't miss this opportunity to work directly with Paul Selig and his channeled Guides to make transformative breakthroughs on your spiritual journey. In his widely read works of channeled material, Paul describes a program for personal and planetary evolution to help humankind awaken to its divine nature. This weekend, he introduces techniques to heal yourself and others, develop and sustain higher levels of consciousness, and release emotional blocks that keep you from manifesting your higher nature.

In a workshop that includes channeled lectures, attunements, and energy activations, you

- Receive individual instruction from Paul's Guides
- Attune to higher frequencies in a way that you can trust and feel
- Learn how to send and receive healing energies
- Develop your abilities as an empath
- Free yourself from limitation and fear
- Gain tools to transform your life and awaken to your divine nature.



**TUITION** \$265. Add 2 weekend nights room & meals; see page 112. (web code AYDS-151)

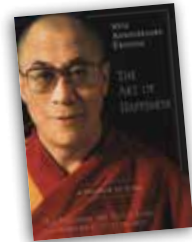
**PAUL SELIG** is an award-winning author, psychic, and channel. [paulselig.com](http://paulselig.com)

JUNE 26–28 | FRIDAY–SUNDAY

### The Art of Happiness

Howard C. Cutler

FOR everyone. CE credits.



Learn the fundamental principles of the Art of Happiness method, based on the international best-seller *The Art of Happiness: A Handbook for Living*, by the Dalai Lama and Howard C. Cutler.

This powerful, science-based approach to happiness combines traditional Buddhist wisdom with contemporary Western science and psychology.

Recent research has found that increasing your level of happiness leads to a multitude of personal rewards, including better physical and emotional health, longer life, improved relationships, stronger marriages, enhanced mental functioning, increased creativity, greater career success, and higher income.

With lectures, lively discussions, and practical hands-on exercises, explore

- Key points of the Art of Happiness
- Powerful techniques and exercises drawn from the latest research in neuroscience and Positive Psychology
- The inextricable link between happiness, kindness, and compassion.

**RECOMMENDED READING** See this program on the Kripalu website.

**TUITION** \$225. Add 2 weekend nights room & meals; see page 112. (web code AOH-151)



**HOWARD C. CUTLER, MD**, is a psychiatrist, *New York Times* best-selling author, and leading expert on the science of human happiness.

[theartofhappiness.com](http://theartofhappiness.com)

JULY 10–12 | 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.

**RECOMMENDED READING** See this program on the Kripalu website.

**TUITION** \$305. Add 2 weekend nights room & meals; see page 112. (web code WSRR-152)



**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](http://reneetrudeau.com)

JULY 17–19 | FRIDAY–SUNDAY

### A Women's Spiritual Retreat

LEARNING HOW TO LOVE OURSELVES

JOAN BORYSENKO and Karen Drucker

FOR women. CE credits.

Learning to love ourselves is a psychological and a spiritual journey. The root of human suffering is self-judgment and the belief that something is wrong with us, which can translate into anxiety, depression, addiction, and burnout.

Whether this is your first time with Joan and Karen or you've been to this program before, come join us for a retreat that is as unique each time as the people who participate. Step into the radiance of who you really are and

- Work with common mental habits at a spiritual level
- Engage with music that reprograms our emotional DNA
- Gain insight into patterns that keep us from experiencing our full potential
- Transform negative emotions and limiting beliefs into spiritual energy
- Practice body-based inquiry and present-centered awareness
- Enjoy the beauty of nature, nourishing food, and soul friends
- Sing, laugh, and return home with a "faith-lift"!

**TUITION** \$245. Add 2 weekend nights room & meals; see page 112. (web code WSR-151)



**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](http://joanborysenko.com)



**KAREN DRUCKER**, a master of communicating presence and spirituality through music, has recorded 14 CDs of inspirational music and is author of *Let Go of the Shore*. [karendrucker.com](http://karendrucker.com)

"Opportunities happen with the possibility of making a huge jump toward the life your essential self wants to live."

— Martha Beck



JULY 24–26 | FRIDAY–SUNDAY

### Tracking Your One Magical Life

MARTHA BECK

FOR everyone. CE credits.

Would you like to live authentically, release old behavior patterns, and tap into an infinite well of comfort and compassion? Discover how to access limitless resources of power, creativity, peace, purpose, and joy.



**TUITION** \$395. Add 2 weekend nights room & meals; see page 112. (web code TYML-151)

**MARTHA BECK, PHD**, is an internationally renowned life coach and author. Her latest book is *Finding Your Way in a Wild New World*. [marthabeck.com](http://marthabeck.com)

This weekend, you

- Learn to drop the "tameness" of socialization that holds you back from living freely and authentically
- Track and find the "wild self" that has always guided you toward your optimal life path
- Use your wild mind to invent creative, often unprecedented solutions to the practical problems you face in the "real world."

Return home ready to activate the skills you learn in this workshop in every aspect of your life.

**RECOMMENDED READING** Martha Beck, *Finding Your Way in a Wild New World: Reclaim Your True Nature to Create the Life You Want*.

JULY 31–AUGUST 2 | FRIDAY–SUNDAY

### Bhakti on the Mat

Sean Johnson and the Wild Lotus Band

FOR all levels; some experience with vinyasa yoga recommended.

Is your soul longing for a shot of inspiration? Have you hit a rut in your yoga practice? Bring more juice, depth, and imagination to your life and yoga by integrating asana with bhakti yoga, the yoga of devotion.

This weekend,

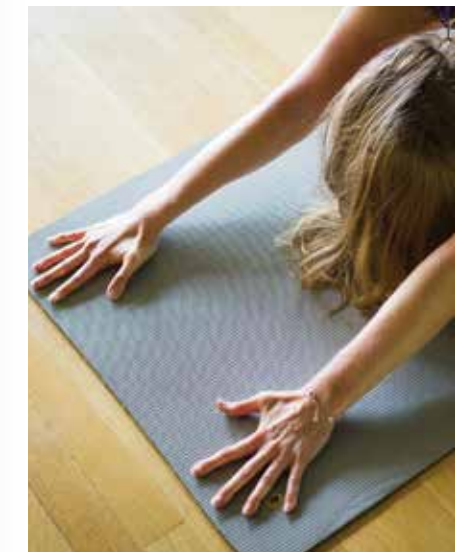
- Explore a vinyasa yoga practice that turns asana into a meaningful ritual that reminds you what's most important in life
- Awaken the child inside you with stories from the mythic world of India told in a fun, contemporary way
- Open your heart to a soulful and modern approach to kirtan music that merges ancient mantras with rock, gospel, and world grooves.

Yoga, dharma talks, stories, and guided journal writing are all accompanied by the live grooves of Alvin Young and Gwendolyn Colman—the Wild Lotus Band.

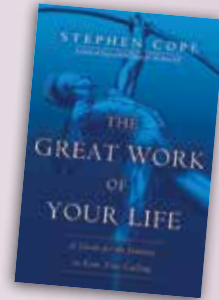
**TUITION** \$265. Add 2 weekend nights room & meals; see page 112. (web code BOTM-151)



**SEAN JOHNSON**, yoga teacher and kirtan artist, and the Wild Lotus Band are celebrated as a guiding voice of bhakti yoga in the West. [seanjohnsonkirtan.com](http://seanjohnsonkirtan.com)



“You only get yourself when you lose yourself to some great work.” — Stephen Cope



JULY 31–AUGUST 2 | FRIDAY–SUNDAY

## The Great Work of Your Life

THE YOGA OF THE BHAGAVAD GITA

STEPHEN COPE

FOR all levels, including beginners.  
CE credits.

Most of us will never be monks or nuns. While longing for a rich spiritual life, we will live out our lives in the context of work, family, financial concerns, and the challenges of aging. Is there a way to use the conflicts and struggles of daily life to cultivate an inner life of spirit? The Bhagavad Gita, the Hindu devotional work that translates as “Song of God,” answers a resounding “yes” to that question.

In this workshop, we explore karma yoga, the yoga of action. Each day includes asana practice, lecture, discussion, and exercises aimed at allowing us to experience life as a profound spiritual practice.

Join the founder of the Kripalu Institute for Extraordinary Living to explore the living tradition of yoga.

**TUITION** \$295. Add 2 weekend nights room & meals; see page 112. (web code GJTC-152)

**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*.



JULY 31–AUGUST 2 | FRIDAY–SUNDAY

## Four Seconds

ALL THE TIME YOU NEED TO STOP COUNTER-PRODUCTIVE HABITS AND GET THE RESULTS YOU WANT

Peter Bregman



FOR everyone. CE credits.

A happy and peaceful mind, success at work, and meaningful relationships are all available to you. Learn how four seconds, the length of a deep breath, is all it takes to replace

bad habits and reactions with more productive behaviors.

Blending personal anecdotes with practical advice and hands-on exercises, Peter Bregman guides you in

- Understanding your self-sabotaging behaviors
- Recognizing when you're about to do something counterproductive
- Employing simple techniques that bring you back to center
- Establishing truly effective habits that increase your capacity to act powerfully in the world and make the impact you desire.

**RECOMMENDED READING** Peter Bregman, *Four Seconds: All the Time You Need to Stop Counter-Productive Habits and Get the Results You Want*.

**TUITION** \$255. Add 2 weekend nights room & meals; see page 112. (web code ATYN-151)

**PETER BREGMAN, MBA, MCC, RYT**, teaches people how to lead and how to live. He is the best-selling author of *Four Seconds: All the Time You Need to Stop Counter-Productive Habits and Get the Results You Want*. [peterbregman.com](http://peterbregman.com)

AUGUST 7–9 | FRIDAY–SUNDAY

## The Opening the Heart Workshop

Linda Aranda, Jon Berenson, Donna Macomber, and Peter Watson

FOR everyone. CE credits.

The Opening the Heart (OTH) philosophy recognizes that true health is based on a holistic model that includes mind, body, and spirit. Drawing on a unique blend of contemporary Positive Psychology and ancient wisdom traditions, you engage the body's natural energies in exercises designed to help you

- Heal past trauma
- Work through blocked emotions
- Disentangle from the past and reconnect with core truths
- Learn to live more fully from the heart.

Exploring deep areas of the self requires the security of a safe environment, in which participants receive respectful, loving, individual attention. The leaders of the OTH workshop have many years of experience in providing these essentials.

**NOTE** A questionnaire will be sent with your confirmation and needs to be returned prior to the program.

**TUITION** \$230. Add 2 weekend nights room & meals; see page 112. (web code OHW-151)



**LINDA ARANDA** has been leading the Opening the Heart Workshop for 20 years.

**JON BERENSON, PHD**, is a clinical psychologist with 30 years of experience in private practice.

**DONNA MACOMBER** has facilitated the Opening the Heart Workshop since 1990 and has a private counseling practice.

**PETER WATSON**, leader of the Opening the Heart Workshop since 1989, directed the Core Studies Program at Interface in Cambridge, Massachusetts. [openingtheheartworkshop.com](http://openingtheheartworkshop.com)

AUGUST 7–9 | FRIDAY–SUNDAY

## Mindfulness for Lawyers

Jurian Hughes, Maria Sirois, and Bruce Sherman

FOR lawyers; no yoga or meditation experience required. MCLE credits available.

Learn how to cultivate health, happiness, and meaning, even in a high-stress career. This workshop, developed by and for lawyers, teaches simple, effective tools to minimize stress, increase resilience, and help you better serve yourself, your family, and your clients.

Experts in yoga, meditation, and Positive Psychology, address the competition, perfectionism, and emotional burnout inherent in the profession, and offer

- Powerful stress-relieving techniques that can be practiced in minutes at home or at work
- Evidence-based research on yoga and meditation and a chance to experience their benefits
- Ways to build successful relationships and cultivate a healthy sense of compassion
- Tools to increase your effectiveness as an advocate, negotiator, and counselor
- A strategy to integrate these skills into daily life.

**NOTE** This program is appropriate for newly admitted and experienced attorneys and qualifies for 6 MCLE credits in New York only; available in other states on a case-by-case basis. Financial aid is available for New York attorneys. For more information, see this program on the Kripalu website.

**TUITION** \$395. Add 2 weekend nights room & meals; see page 112. (web code MFL-151)



**JURIAN HUGHES, E-RYT 500, MFA**, is a Kripalu Yoga teacher trainer, a Let Your Yoga Dance® trainer, and a faculty member at Kripalu. [jurianhughes.com](http://jurianhughes.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](http://mariasirois.com)



**BRUCE SHERMAN, JD**, a litigator for more than 35 years, believes that mindfulness, yoga, and Positive Psychology can alleviate stress and improve the lives of lawyers.

# Set Your Intention

The right intention creates a ripple effect of long-lasting impact. Kripalu's \$15 for 2015 scholarship fundraiser is your chance to help generate opportunities for everyone to experience Kripalu.

→ [give.kripalu.org/15for15](http://give.kripalu.org/15for15)

Thank you.





**AUGUST 7-9 | FRIDAY-SUNDAY**

**Amplify Your Intuition**  
**GABRIELLE BERNSTEIN**

**FOR** everyone.  
 Do you get excited when you experience synchronicity and flow? For instance, just as you think of someone, they call you—or you hum a song in your head, and then it comes on the radio. These moments are reminders that you are connected to an inner guidance system; you’re on the right track. The flow of synchronicity always leads you to healing and growth.

Learn to take ownership of your hidden intuitive powers and use them for the highest good.

*New York Times* best-selling author and international speaker Gabrielle Bernstein teaches you how to amplify your intuition and keep guidance flowing freely. She calls on the teachings of A Course in Miracles, combining them with powerful Kundalini Yoga and meditation practices that open you to inner wisdom.

**TUITION** \$350. Add 2 weekend nights room & meals; see page 112. (web code AMI-151)

**GABRIELLE BERNSTEIN**, named “a new thought leader” by Oprah Winfrey, is an international speaker, Kundalini Yoga teacher, and best-selling author of *May Cause Miracles* and *Miracles Now*. [gabbyb.tv](http://gabbyb.tv)

“A miracle is a shift in perception. The moment that we choose to perceive our life with love, we can create miraculous change.”

— Gabrielle Bernstein

**AUGUST 14-16 | FRIDAY-SUNDAY**

**Talk Your Way to Health and Happiness**

**Neha Sangwan**



**FOR** everyone.  
 Do you say yes when you really mean no? Are you waiting for someone else to change in order to get what you want? It only takes one person to change the outcome of a conversation, and that person is you.

Join medical doctor Neha Sangwan for a weekend of self-reflection and practical tools to transform your ability to communicate with even the most challenging personalities. In addition to explaining the physiological connection between your ability to communicate, your stress level, and your health, this workshop teaches you to

- Listen to your body and interpret its signals to better manage stress
- Engage right-brain creativity to expand your perspective
- Effectively articulate frustration and disappointment
- Talk to people instead of *about* them
- Make agreements that stick
- Address specific communication challenges.

**RECOMMENDED READING AND ASSIGNMENT**  
 See this program on the Kripalu website.

**TUITION** \$250. Add 2 weekend nights room & meals; see page 112. (web code TWHH-151)



**NEHA SANGWAN, MD**, is an internal medicine physician who empowers people by teaching practical communication tools to strengthen relationships, decrease stress, and create the life they want. [doctorneha.com](http://doctorneha.com)



**AUGUST 14-16 | FRIDAY-SUNDAY**

**Playing the Matrix and Getting What You (Really) Want**

**MIKE DOOLEY**

**FOR** everyone.  
 Discover how conscious creation and deliberate living can spark major life changes. Some people have described attending this weekend program as the best decision of their lives. Countless others have said it changed everything—from perspectives, to game plans, to vastly improved happiness. At the end of the program, you take home your own private, customized road map, complete with simple, essential action-steps to perform in the days, weeks, and months ahead.

Even if you’re not sure yet what you really want, come learn exactly what to do to find your niche, and get excited about life again. You deserve everything your heart desires! Let Mike Dooley show you how powerful you are and how to make the life you dream of a reality.

**TUITION** \$370. Add 2 weekend nights room & meals; see page 112. (web code PTM-151)

**MIKE DOOLEY** is the author of inspirational books published in 25 languages, and was a featured teacher in the international phenomenon *The Secret*. [tut.com](http://tut.com)



“Think of every single thing that we ‘have to’ do to get through a day as something that we ‘get to’ do... before our turn is over. Everything is a gift.”

— Mike Dooley

Redesign and Renovation at Kripalu

As part of our commitment to serve our guests, we have recently completed new facility upgrades.

- Our Front Terrace has been expanded to add new outdoor space for programs and yoga practice
- A new monarch butterfly garden has been planted next to our labyrinth
- We’ve installed new water filtration systems for all hot and cold water dispensers and food prep areas, and more water bottle filling stations
- New carpeting and paint can be found in many areas of the building.

**Look for these and other upgrades on your next visit!**





## Electronics @ Kripalu

While we fully embrace the evolution of technology and its extraordinary usefulness in our modern world, at Kripalu, we believe that true connection with self, others, and the surrounding environment requires a different form of communication.

We invite you to truly unplug. Slow down, develop authentic connections, and use the opportunity to be truly present with who you are and those who are with you.

We offer several areas where the use of electronic devices is permitted, but our hope is that all guests will support each other by limiting their use of digital technology in order to contribute to our nurturing and healing environment.



**AUGUST 21–23** | FRIDAY–SUNDAY

### Navigating Change

INTEGRATING ENDINGS, INITIATING BEGINNINGS

Christine Warren

This program teaches you to navigate life's changes with wisdom, power, and grace. Consciously explore lessons from your past, wisdom offered in the present, and visionary potentials for your future. You learn to

- Gather strength and wholeness from each stage of your journey
- Complete your past and understand the purpose of integrating endings
- Traverse the in-between time of “the mystery,” where old forms have died and new ones have not yet been born
- Create an inspired life vision that is the natural expression of your innermost being
- Manifest your vision through intention, spiritual attunement, quantum physics, and metaphysics
- Move through transitions with inspiration and joy.

Group rituals in nature, music, movement, and a community of loving support combine to create an unforgettable weekend of change.



**TUITION** \$235. Add 2 weekend nights room & meals; see page 112. (web code NC-151)

**CHRISTINE WARREN** has been a national trainer, transformational life coach, counselor, and teacher on spirituality and personal transformation for 35 years. [christinewarrenworkshops.com](http://christinewarrenworkshops.com)

**AUGUST 28–30** | FRIDAY–SUNDAY

### Reform Your Inner Mean Girl

FREE YOURSELF FROM  
NEGATIVE SELF-TALK

Christine Arylo

**FOR** women.

Break free of negative self-talk and self-sabotage and find more love, happiness, and success.

This fun and revolutionary workshop teaches you how to turn down the volume on your inner critic (a.k.a. your Inner Mean Girl), so you can hear—and act on—your inner wisdom.

When you transform your relationship with yourself, *everything* changes. Learn to

- Stop being so hard on yourself
- Rewire self-sabotaging habits (everything from perfectionism to setting unrealistic expectations) and replace them with self-empowering ones
- Take back control of your mind, emotions, relationships, and choices
- Tell the difference between the voices of your inner critic and your inner wisdom
- Transform overwhelm, anxiety, and stress so that you don't get derailed
- Find compassion for yourself when things don't go perfectly.



**TUITION** \$256. Add 2 weekend nights room & meals; see page 112. (web code IMGR-151)

**CHRISTINE ARYLO** is a transformational teacher and best-selling author of *Madly in Love with ME* and *Reform Your Inner Mean Girl: 7 Steps to Stop Bullying Yourself & Start Loving Yourself*. [chooseselflove.com](http://chooseselflove.com)



**AUGUST 28–30** | FRIDAY–SUNDAY

### The Evolution of Forgiveness

Terri Daniel

**FOR** everyone.

We know we're supposed to forgive, but how many of us have learned actual techniques for doing so? What does it mean to forgive, and why is it so important? Using guided visualizations, interactive group exercises, storytelling, and ritual, we work with higher guidance to assist us in “un-judging” ourselves and others.

This program includes

- A new understanding of forgiveness—what it is, and what it is not
- Guided visualizations for releasing anger, blame, and judgment
- Interactive group processes to open the heart and establish trust
- Channeled writing exercises
- Rituals to release the energies of fear and victimhood.

By letting go of blame, healing emotional wounds, and releasing fear-based beliefs, a new form of forgiveness emerges in which there are no victims and no perpetrators, only souls journeying together on a path to wisdom and awareness.



**TUITION** \$215. Add 2 weekend nights room & meals; see page 112. (web code EOF-151)

**TERRI DANIEL**, author, hospice chaplain, and intuitive counselor, assists individuals to discover a more spiritually spacious understanding of forgiveness, death, and beyond. [danieldirect.net](http://danieldirect.net)



**AUGUST 30–SEPTEMBER 2** | SUNDAY–WEDNESDAY

### Mindful Recovery

MOVING BEYOND THE ADDICTION TO SELF

Kevin Griffin and Bill Alexander

**FOR** everyone.

Twelve Step literature says that selfishness and self-centeredness are at the root of our addictions. Buddhist teachings show how clinging to an illusory self causes stress, agitation, and frustration. In this retreat, learn ways to loosen ties to this destructive grasping while gaining tools for self-care.

Over the past decade, mindfulness teachings and practices have transformed the landscape of the recovery world. Guided by two of the seminal figures in the mindful recovery movement, this program includes meditation instruction, storytelling, Twelve Step teachings, and a diverse array of insights from across the Buddhist tradition. Don't miss this unique opportunity to spend a few days with Kevin Griffin and Bill Alexander in their first-ever mindful recovery event.

**TUITION** \$295. Add 3 midweek nights room & meals; see page 112. (web code MRBA-151)



**KEVIN GRIFFIN** trained as a Community Dharma Leader at Spirit Rock Meditation Center. He is author of *One Breath at a Time: Buddhism and the Twelve Steps*. [kevingriffin.net](http://kevingriffin.net)



**BILL ALEXANDER**, storyteller and writer, is ordained in the lineage of Thich Nhat Hanh. His book, *Ordinary Recovery*, has been called a “recovery classic.”

**AUGUST 30–SEPTEMBER 4** | SUNDAY–FRIDAY

### Stepping Out of Your Comfort Zone and Other Acts of Courage

Lisa Loustaunau

**FOR** everyone.

Healing, growth, and personal empowerment require a willingness to engage with the unknown and go to your edge. This workshop is an invitation to take risks, dig deeper, challenge misconceptions, move energy, express feelings, reveal truth, and live more courageously.

Each of us developed physical and psychological adaptations that allowed us to navigate childhood, but which now block energy and keep us from being our real selves. Explore how those adaptations keep you stuck in predictable ways of thinking, feeling, and acting. Strengthen your capacity to feel more alive, using Core Energetics body-centered techniques, including

- Expressive movement
- Body reading
- Breathing, grounding, dyad, and group work.

This program creates a safe container in which to express a full range of feelings, open your heart, and experience deeper connections to yourself and others.

**NOTE** This program encompasses deep emotional work.

**TUITION** \$426. Add 5 midweek nights room & meals; see page 112. (web code OCZ-151)



**LISA LOUSTAUNAU, MFA, CCEP** is Director of Education at the Institute of Core Energetics and a process facilitator and teacher of body-psychotherapy worldwide. [lisaloustaunau.com](http://lisaloustaunau.com)

### You might also be interested in...

- *Passion, Life, and Dance*, p. 40
- *Writing in Fire*, p. 41
- *Fit Soul, Fit Body*, p. 48
- *Getting Unstuck*, p. 53
- *The Language of the Nervous System*, p. 54
- *Yoga and Shamanism*, p. 84
- *The Yoga of Plants*, p. 87
- *The Still, Small Voice Within*, p. 97



## Yoga and Meditation

JUNE 5-7 | FRIDAY-SUNDAY

### Getting Present

YOGA AND MEDITATION FOR THIS MOMENT

Kelly Morris

FOR all levels. CE credits.

Live life more fully and joyfully by developing the ability to be present all the time, anywhere. Get connected and get out of your own head with a set of practical tools that help you stay grounded in the only thing that exists—this very moment.

Through a combination of active and restorative asanas, time-proven meditations, engaging group discussions, lectures, and Q&A sessions, Kelly Morris teaches you how to

- Be present whenever you wish and gain access to everything that's happening right now
- Stay present when faced with challenging emotions and people
- Return to your life calm, confident, and grounded in this new ability.

The state of being fully present can be reached by the newest beginner and by the most advanced practitioner.



**TUITION** \$225. Add 2 weekend nights room & meals; see page 112. (web code GPYM-151)

**KELLY MORRIS, E-RYT**, is founder of the renowned Conquering Lion yoga teacher training in New York City. [conqueringlionyoga.com](http://conqueringlionyoga.com)

JUNE 5-7 | FRIDAY-SUNDAY

### Yoga for Healthy Hips

Terry Roth Schaff and Purnima Singh

FOR all levels, including beginners. CE credits.

Do you feel pain in your hips when you move? Do you suspect you have arthritis of the hips? Have you ever had a hip injury or hip replacement? This program is designed for people with arthritis, osteoporosis, bursitis, neurological disorders, those recovering from hip replacements, and older people who find yoga on the mat too strenuous, as well as yoga teachers, students, and medical professionals.

Come learn

- What happens to your hips as you age
- How to care for your hips and prevent injuries
- Safe yoga exercises to practice on your own
- More about your body so that you can enjoy yourself and age gracefully.

Terry Roth Schaff and Purnima Singh have taught body awareness and therapeutic yoga classes at Manhattan Physical Medicine and Rehabilitation in New York City, developing an in-depth curriculum of body care for people of all ages.

**RECOMMENDED READING** See this program on the Kripalu website.

**TUITION** \$265. Add 2 weekend nights room & meals; see page 112. (web code YHH-151)



**TERRY ROTH SCHAFF** heads the medical yoga therapy department at Manhattan Physical Medicine, developing therapeutic yoga sequences for people with injuries and physical challenges. [medcalyogatherapy.com](http://medcalyogatherapy.com)



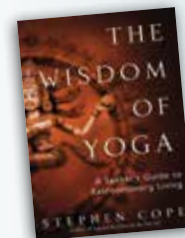
**PURNIMA SINGH, DPT**, has practiced the art of combining physical therapy with yoga for more than 10 years, focusing on holistic healing of orthopedic and neurological conditions.

JUNE 5-7 | FRIDAY-SUNDAY

### The Wisdom of Yoga

A CLASSIC KRIPALU YOGA AND MEDITATION RETREAT

STEPHEN COPE



FOR all levels. CE credits.

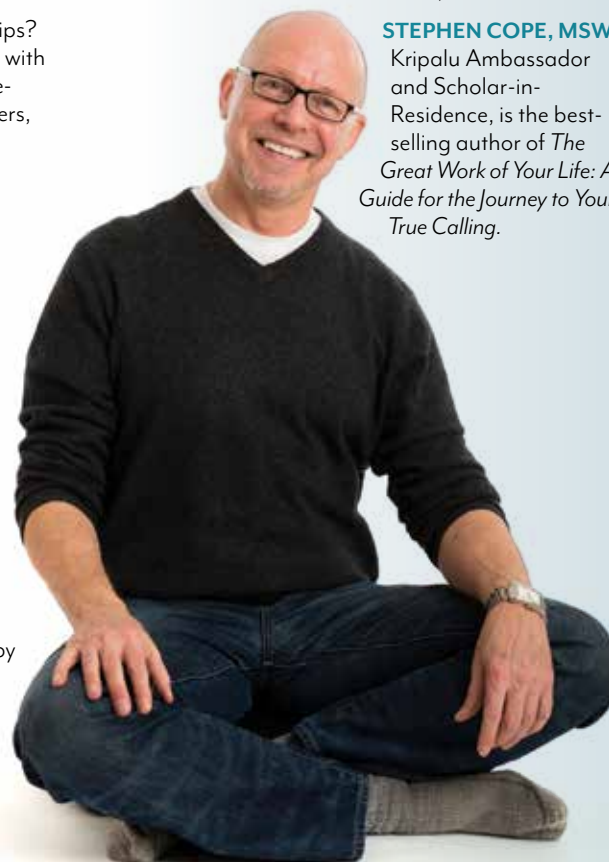
Are you longing for quiet, peace of mind, spiritual reinvigoration, and reconnection with Self? Senior Kripalu teacher

Stephen Cope invites you to a delicious, practice-oriented weekend of gentle Kripalu Yoga with meditation in motion, deep relaxation, sitting and walking meditations, periods of silence, devotional chanting, and inspirational dharma talks focused on the wisdom of our lineage.

Choose to slow down. Breathe. Dive deep into the heart of Kripalu Yoga and explore the simple power of the practice of being present. Come home to yourself in a retreat that highlights contemplative practice and yoga's timeless wisdom.

**TUITION** \$295. Add 2 weekend nights room & meals; see page 112. (web code WOY-151)

**STEPHEN COPE, MSW**, Kripalu Ambassador and Scholar-in-Residence, is the best-selling author of *The Great Work of Your Life: A Guide for the Journey to Your True Calling*.



JUNE 7-10 | SUNDAY-WEDNESDAY

### Transform, Relax, and Rejuvenate

AN INTRODUCTION TO YOGA, MEDITATION, AND DEEP RELAXATION

Vandita Kate Marchesiello

FOR those new to yoga and meditation. CE credits.

It's never too late to discover the profound healing benefits of yoga, meditation, and deep relaxation. In a weekend of gentle yoga and meditation, deep progressive relaxation (yoga nidra), and mindful nature walks, you learn

- Gentle yoga stretches to create ease in your body
- Ways to cultivate healthier breathing and sleeping patterns
- How to integrate yoga techniques throughout your day for radiant health.

Come relax, refresh, and rejuvenate. Consider bringing a friend or family member—supporting each other when you return home can make a world of difference.

**NOTE** See this program on the Kripalu website for more information and what to bring.



**TUITION** \$255. Add 3 midweek nights room & meals; see page 112. (web code TRR-151)

**VANDITA KATE MARCHESIELLO, E-RYT 500**, is a Kripalu faculty member and creator of the best-selling CDs *Transform, Relax, and Rejuvenate*; *Yoga with Vandita*; and *Vandita Chants*. [yoganowandthen.com](http://yoganowandthen.com)



JUNE 12-14 | FRIDAY-SUNDAY

### Spanish-English Yoga Immersion

Rina Jakubowicz

FOR all levels.

Yoga means union. Come celebrate how different languages and cultures can blend together to make one beautiful yoga family. This immersion includes

- Yoga philosophy and practices to honor our similarities and our differences
- Stirring music and gentle vinyasa to access inner peace
- Interactive discussions and fun activities to learn yoga postures and cues in both Spanish and English
- Communication techniques that incorporate words, body, and intuition
- Yoga classes taught in both languages.

Este fin de semana de yoga, vamos a reunir la comunidad para mostrar que las diferentes culturas y lenguajes pueden unirse y hacer una sola familia de yoga. Moviendo tu cuerpo, expandiendo tu respiración y sintiendo tu corazón, levantarás tu alma. Con la música con ritmo y la vinyasa con cariño, nos divertiremos para llegar a sentir esa paz interna que todos podemos lograr.



**TUITION** \$225. Add 2 weekend nights room & meals; see page 112. (web code SEYI-151)

**RINA JAKUBOWICZ**, founder of Rina Yoga, is a bilingual yoga teacher, Reiki practitioner, motivational speaker, author, and television host. [rinajakubowicz.com](http://rinajakubowicz.com)



JUNE 14–19 | SUNDAY–FRIDAY

## Mindful Yoga Therapy for Veterans

### A YOGA TEACHER TRAINING

Suzanne Manafort and Robin Gilmartin

FOR yoga teachers. CE credits.

Learn how to bring the life-changing benefits of yoga to veterans with trauma-related psychological challenges. Mindful Yoga Therapy is an Embodyoga®-based, empirically informed, clinically tested program comprised of five practices: pranayama, asana, yoga nidra, meditation, and gratitude. Each practice is a tool that veterans can use to manage the symptoms of post-traumatic stress. Together, they form a comprehensive system, or toolbox, that can carry veterans into a life of strength and resilience.

This training covers

- Why yoga works in trauma recovery
- The nervous system and the use of yoga as a complementary therapeutic methodology
- The toolbox and its five practices
- Asana variations
- Veteran and military culture
- A 12-week protocol specifically designed for veterans
- How to bring Mindful Yoga Therapy into the world.

**TUITION** \$375. Add 5 midweek nights room & meals; see page 112. (web code MYTV-151)

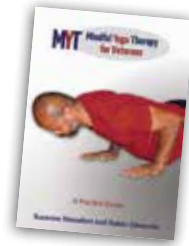


**SUZANNE MANAFORT, E-RYT 500**, is founder and director of Mindful Yoga Therapy. Currently, 10,000 veterans and 47 VA hospitals nationwide use her programs.

[mindfullyogatherapy.org](http://mindfullyogatherapy.org)



**ROBIN GILMARTIN, LCSW**, has worked with veterans for 20 years and was clinical director of a residential PTSD program for veterans in Connecticut.



JUNE 14–16 | SUNDAY–TUESDAY

## OmGym Suspension Yoga

### RECREATE YOUR RELATIONSHIP WITH GRAVITY

Sarah Kellett

FOR all levels. CE credits.

Elevate your asana practice—literally! OmGym® Suspension Yoga™ is a multisensory immersion in supported asana. Explore a playful mix of aerial and grounded yoga postures that enhance the stretching, strengthening, balancing, and restoration of the body, mind, and spirit.

Highlights of this retreat include

- The basics of the OmGym Suspension Yoga Method, including setup, adjustment, safety strategies, and self-supporting techniques
- Easy self-assists for key asanas, making the benefits of each pose more accessible
- An expanded take on a traditional yoga experience, on and off the ground
- Methods that help reduce pain and tension, encourage spinal decompression, increase joint mobility, build balance and coordination, and slow the aging process
- An emotionally and physically liberating practice.

The OmGym Suspension System comfortably supports the body as you discover easy ways to perform challenging poses, conquer fears, and overcome boundaries.

**NOTE** This course can be applied toward the practicum requirements of the OmGym Teacher Certification Program. Read more at [omgym.com](http://omgym.com).

**TUITION** \$280. Add 2 weekend nights room & meals; see page 112. (web code OSYR-151)



**SARAH KELLETT, E-RYT 500**, is a certified conditioning specialist and the founder of OmGym® International and creator of OmGym® Suspension Yoga™. [omgym.com](http://omgym.com)

JUNE 14–19 | SUNDAY–FRIDAY

## Igniting the Fire of Yoga

### A TRANSFORMATIONAL RETREAT

Yoganand Michael Carroll

FOR all levels. CE credits.

In the company of supportive community, experience a life-changing retreat skillfully guided by longtime practitioner and teacher Yoganand Michael Carroll.

Ancient yoga texts speak of two lights within the body: the moon in the crown of the head, symbolizing the rational self, and the sun in the pelvis, representing the emotions. The conflict between these two forces causes all life's pain and suffering. Through postures and pranayama, the yogi converts sun energy into yogagni, the fire of yoga. This fire rises up and dissolves the moon back into the witness, the seed of the Self. When the sun and moon disappear, the yogi becomes the whole universe.

This transformational retreat includes

- Plenty of asana and pranayama practice
- Esoteric teachings that make a lot of sense
- Information and techniques to deepen your practice when you return home
- Hope and inspiration for your spiritual journey.

**TUITION** \$355. Add 5 midweek nights room & meals; see page 112. (web code ITFY-151)

**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](http://pranakriya.com)



Paulie Zink

JUNE 19–21 | FRIDAY–SUNDAY

## Yin and Yang Yoga

### STILLNESS, ALCHEMY, POWER, AND FLOW

Paulie Zink

FOR all levels. CE credits.

Paulie Zink's approach to yoga is about finding and following your unique individual path—opening to your intuitive heart and discovering the artist inside you.

Explore the deeper dimensions of Yin and Yang Yoga, practicing postures inspired by the movements of animals and poses that activate the elemental forces within your energetic field. Yin Yoga promotes flexibility and healing, develops the flow of energy in your body, and enlivens your innate ability to move with fluidity, power, and grace. Through this practice, you

- Fully engage your connection with the natural world
- Awaken to your spontaneous and playful spirit
- Find the motion that arises from stillness
- Transcend the boundaries of assumed limitations
- Learn how to “be” yoga, living it in your day-to-day activities and interactions.

**TUITION** \$225. Add 2 weekend nights room & meals; see page 112. (web code YYYYT-151)



**PAULIE ZINK**, founder of Yin Yoga and a three-time international martial arts grand champion, is renowned for his fluidity, flexibility, and artistry of motion. [pauliezink.com](http://pauliezink.com)

JUNE 19–22 | FRIDAY–MONDAY

## Embodied Compassion

### BUDDHIST PRACTICES FOR AWAKENING THE HEART

Lama Willa Miller with Bill and Susan Morgan

FOR everyone. CE credits.

Learn to access the compassion that lives below the surface of your thoughts and feelings. This inherent compassion is a source of strength and resilience, with the possibility to heal, restore, and even free you from suffering. Real compassion is not a state of the heart that drains you of energy. It is energizing rather than depleting, and embodied rather than mental.

During this retreat, in addition to mindfulness and compassion meditations, you learn how to

- Experience innate compassion in body, mind, and heart
- Practice self-compassion
- Hold your own and other's sufferings with greater ease
- Avoid compassion burnout
- Recognize your unique psychological barriers to compassion.

Guided by experienced meditation teachers and psychotherapists, explore a deep compassion that can be accessed and developed using Buddhist techniques of meditation, contemplation, and somatic awareness.

**TUITION** \$275. Add 2 weekend nights and 1 midweek night room & meals; see page 112. (web code TWB-151)



**LAMA WILLA MILLER, PHD**, a teacher in the Tibetan Buddhist tradition, is the founder and spiritual director of Natural Dharma Fellowship in Boston. [naturaldharma.org](http://naturaldharma.org)



**BILL MORGAN, PSYD, AND SUSAN MORGAN, CNS**, have been leading mindfulness retreats since 2000, and recently completed a four-year meditation retreat. Bill is a clinical psychologist with a private practice in Cambridge, Massachusetts, and Susan is a psychotherapist who consults with mental-health practitioners interested in deepening therapeutic presence. [billandsusan.org](http://billandsusan.org)

JUNE 23–26 | TUESDAY–FRIDAY

## Mindfulness as a Life-Changing Practice

### TRANSFORMING NEGATIVE HABITS TO CULTIVATE HAPPINESS

Terry Fralich

FOR all levels. CE credits.

Mindfulness is a skill-based path that can powerfully enhance your life. Terry Fralich has developed a unique approach to the practice of mindfulness, which he has taught to more

than 15,000 people throughout the United States and Australia.

Learn to transform negative emotions, habits, and reactions using

- Five core skills that weave together in a beautiful practice you can use right away
- A strategy to better manage your stress
- The latest advances in neuroscience regarding changing your brain and transforming unhealthy patterns
- Accessible mindfulness practices
- Meditation techniques that open you to more confidence, joy, and love.

Leave refreshed and energized, with a clear understanding of how mindfulness practice leads to more stable happiness and well-being in these challenging times.

**RECOMMENDED READING** Terry Fralich, *The Five Core Skills of Mindfulness: A Direct Path to More Confidence, Joy and Love*.

**TUITION** \$230. Add 3 midweek nights room & meals; see page 112. (web code CLH-151)



**TERRY FRALICH, LCPC, JD**, is a clinical counselor who has studied extensively with the Dalai Lama, other leading Tibetan teachers, and prominent Western pioneers of mindfulness. [mindfulnesscenter.org](http://mindfulnesscenter.org)

## WORDS FROM THE WISE

Aha moments can be life-changing. Find out more on the Kripalu blog.

➔ [kripalu.org/wisewords](http://kripalu.org/wisewords)

JUNE 28–JULY 3 | SUNDAY–FRIDAY

## Oneness and Yoga Immersion

Kathy Holmes

FOR all levels.

Learn to embody transformational teachings through yoga, meditation, and Deeksha, the Oneness Blessing. The Oneness Blessing is a global phenomenon that is bringing permanent awakening to people throughout the world. It is given by placing hands on the recipient's head, or simply by intent.

The yoga offered in this immersion is based on fundamental principles of alignment and is both safe and therapeutic. In addition to opening your body through simple, balanced movement, you learn how to

- Release emotional blocks
- Free yourself from a conflicted mind
- Awaken to higher states of consciousness
- Cultivate a deep bond with your personal Source
- Enhance your life force with powerful breathing and chakra-clearing techniques
- Lead Oneness Blessing groups and offer Deeksha to others.

Immerse yourself in divine grace and grow beyond your perceived limitations.

**NOTE** Upon completion, you will be a certified Oneness Blessing facilitator, able to offer the Oneness Blessing to others. This course is a prerequisite for classes at Oneness University in India.

**TUITION** \$375. Add 5 midweek nights room & meals; see page 112. (web code JOR-151)



**KATHY HOLMES** is a yoga teacher, certified Awakened Oneness trainer, and national organizer for the Oneness University in India. [onenessusa.org](http://onenessusa.org)



Ray Crist

JUNE 28–JULY 3 | SUNDAY–FRIDAY

## Yoga and Shamanism

Ray Crist and Jamee Curtice

FOR all levels.

Yoga practiced “through the shaman’s eyes” and paired with shamanic ceremony is a healing and transformational experience. Ray Crist leads all-levels yoga from a shamanic perspective, teaching you to move healing energy as you practice. During yoga sessions, Ray is joined by an indigenous shaman from Peru who clears stagnated energies from each participant’s luminous field. The shaman also offers a Despacho Ceremony and leads Earth Keepers rites. Jamee Curtice shares Inca shamanism and leads a Soul Retrieval.

Through yoga and shamanic ceremony you transform old wounds into power, becoming balanced, vibrant, and fully present in the now. Learn how to

- Clear blocks from your energy field
- Practice yoga with new awareness
- Balance the energy body
- Walk like a shaman in the modern world.

**TUITION** \$425. Add 5 midweek nights room & meals; see page 112. (web code YAS-151)



**RAY CRIST** is a Kripalu Yoga teacher and an apprentice of three shamans from lineages as old as the Inca civilization and the Amazon jungle shamans.



**JAMEE CURTICE** is an energy medicine healer and teacher of the Andean traditions who trained with shamans and curanderos in Peru.

Ray and Jamee will be joined by an indigenous shaman from Peru.

JUNE 28–JULY 3 | SUNDAY–FRIDAY

## The Bliss Connection

GENTLE YOGA AND YOGA NIDRA

Rudy Peirce

FOR all levels; no prior yoga experience required. CE credits.

Experience a flowing, mindful yoga practice and profoundly relaxing yoga nidra. With Rudy Peirce’s clear, compassionate direction, you journey into the subtle dimensions of the self that the ancient yogis called koshas, or sheaths. The energy body, mental body, wisdom body, and bliss body each hold a key to unlocking your natural state of ease and freedom.

Learn how to

- Access all life’s subtleties, gifts, and mysteries
- Resolve physical, mental, and spiritual confusion
- Interrupt and unravel the knots and stress patterns that cause disease, chronic pain, depression, and anxiety
- Heal disconnection, conflict, dissatisfaction, and suffering.

As you create balance in the body-mind, your true self emerges. Discover how to embody your bliss and live in harmony.



**TUITION** \$325. Add 5 midweek nights room & meals; see page 112. (web code APNM-151)

**RUDY PEIRCE, MA, E-RYT 500**, a Kripalu Yoga teacher since 1983, guides accessible, gentle yoga, and is creator of a four-CD set, *The Gentle Series*. [gentleyogi.com](http://gentleyogi.com)

JULY 3–5 | FRIDAY–SUNDAY

## Fly Camp

FINDING FREEDOM THROUGH INVERSIONS AND LIFTS

Dana Flynn

FOR everyone.

Spread your wings and fly! Explore inversions and lifts with care and playfulness, finding safe ways to practice challenging poses that lift your body, heart, and spirit. Come discover what it means to take risks, step to your edge, and fly in all areas of your life. Dana Flynn and her Lotus Fly Team co-counselors, Victor Colletti and Lauren Magarelli, bring their expertise in flight, chanting, and support.

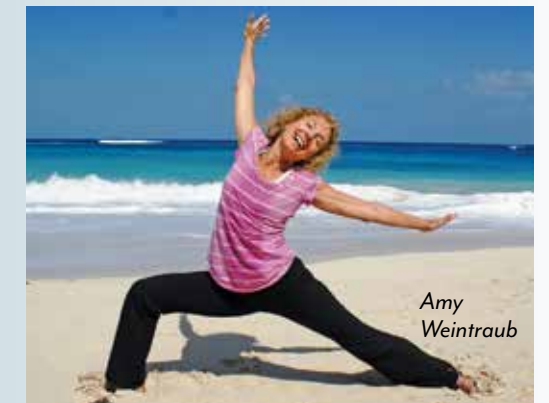
In Fly Camp, you learn

- Deep and powerful yogic breathing practices
- Inner lifts, or bandhas, to create lightness in the body
- How to stack the body for safe takeoffs and landings
- Sacred mantras to invoke freedom and happiness
- How to dance and be playful with your difficulties.



**TUITION** \$225. Add 2 weekend nights room & meals; see page 112. (web code FCFF-151)

**DANA FLYNN** is cofounder of Laughing Lotus Yoga Centers and Lotus Flow Yoga. She brings an ecstatic expression of movement, music, and community to her classes. [laughinglotus.com](http://laughinglotus.com)



Amy Weintraub

JULY 3–5 | FRIDAY–SUNDAY

## LifeForce Yoga for Depression and Anxiety

I AM BLISS AND SO ARE YOU

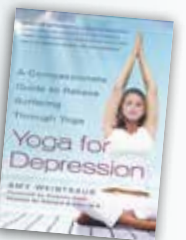
Amy Weintraub

FOR everyone. CE credits.

Come home to the joy that is your birthright. Beneath your aches, pains, and shifting moods, you are bliss. Let Amy Weintraub, author of *Yoga for Depression*, guide you through self-inquiry with practices that release whatever blocks you from remembering who you truly are. When you meet yourself shining in the mirror at the end of this workshop, you’ll be amazed!

Amy offers accessible poses, pranayama, and yoga nidra, along with practices drawn from nondual and tantric traditions, including

- LifeForce Yoga® Bliss Meditation
- Mudras to awaken joy
- Mantras for courage and strength
- Meditation and pranayama to clear the chakras and cultivate love and compassion
- Sacred dance
- Self-inquiry in dyads.



Many of these practices are suitable for use in a clinical setting. Healing professionals are invited to learn tools for their own self-care, as well as for those they serve.

**RECOMMENDED READING/LISTENING/VIEWING** See this program on the Kripalu website.

✚ **COMBINE THIS PROGRAM** with LifeForce Yoga Practitioner Training for Depression and Anxiety: Level 1, July 5–12, for a 10 percent tuition discount for each program; see page 58.

**TUITION** \$280. Add 2 weekend nights room & meals; see page 112. (web code YTBB-152)

**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. [yogafordpression.com](http://yogafordpression.com)

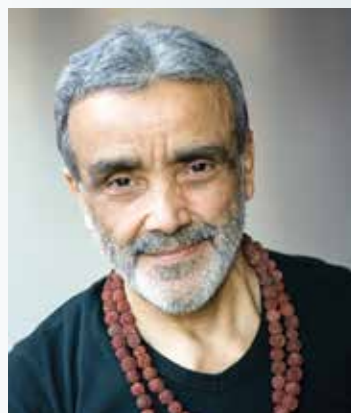
## THE KRIPALU KITCHEN

Enjoy recipes and culinary adventures.

➔ [kripalu.org/kripalukitchen](http://kripalu.org/kripalukitchen)



Dharma Mittra



JULY 3-5 | FRIDAY-SUNDAY

## Dharma Yoga Purification Intensive

DHARMA MITTRA

FOR all levels. CE credits.

Explore yoga as a path to purification and refinement of the body, mind, and soul. All the divinely realized techniques that you practice culminate in a purifying fire that burns away resistance and helps prepare you for self-realization—the ultimate goal of all yoga.

This weekend intensive includes spiritual discourse along with

- A complete practice of asana (yoga postures)
- The most efficient pranayama (breathing exercises)
- Meditation and deep healing relaxation
- Chanting of mantras
- Kriyas (purification techniques)
- Yoga nidra (deep yogic sleep).

For 50 years, Dharma Mittra has been sharing the classical tools he received directly from his guru and honed through steady practice and teaching. Come walk the enlightened path of Dharma Yoga with its namesake, and dive deep into transformative practices sure to take your yoga to the next level.

**TUITION** \$285. Add 2 weekend nights room & meals; see page 112. (web code DYPI-151)

**DHARMA MITTRA**, a legendary yoga teacher who founded the first independent school of yoga in New York City in 1975, created the Master Yoga Chart of 908 Postures. [dharma-yoga-center.com](http://dharma-yoga-center.com)

JULY 3-5 | FRIDAY-SUNDAY

## Deepen Your Practice

Jurian Hughes and Jovinna Chan

FOR all levels. CE credits.

Do you love yoga? Would you thrive in a nurturing and creative environment where you can explore and deepen your practice? Are you seeking tools and techniques to relieve stress? The dynamic duo of Jurian Hughes and Jovinna Chan invite you to take your practice to the next level. In this fun, enriching immersion experience, learn to trust your body's wisdom and find grace and power on and off the mat.

Your retreat includes

- Yoga methodology appropriate for all bodies, ages, and levels
- Breathing techniques to deepen your experience of postures
- Posture variations and modifications for individual needs and growth
- Restorative yoga poses to support integration and relaxation
- Creative posture sequences to take home with you.

This journey promises to enrich your life, revolutionize your understanding of yoga, and inspire you to continue growing on your path.

**TUITION** \$275. Add 2 weekend nights room & meals; see page 112. (web code WYR-151)

**JURIAN HUGHES, E-RYT 500, MFA**, is a Kripalu Yoga teacher trainer, a Let Your Yoga Dance® trainer, and a faculty member at Kripalu. [jurianhughes.com](http://jurianhughes.com)

**JOVINNA CHAN, E-RYT 500**, is a yoga teacher trainer, dance and creative movement facilitator, and cofounder of Shakti Initiation leadership program. [jovinna.com](http://jovinna.com)



Jurian Hughes and Jovinna Chan



Pam Montgomery

JULY 3-5 | FRIDAY-SUNDAY

## The Yoga of Plants

EXPERIENCE THE UNITIVE STATE OF PLANTS AND PEOPLE

Pam Montgomery and Annie B. Kay

FOR everyone.

Plants and people have evolved together for millennia. The symbiotic relationship we share with plants supports our very life. By experiencing true communication and communion with plants, we express our union with all of life.

In this dynamic workshop that includes some outdoor sessions, you learn how to

- Communicate with plants through light, sound, and felt sensation
- Meet a personal plant ally
- Practice plant spirit yoga
- Use dream journeying to visit where plant spirits live
- Open your heart to plants
- Heal through "greenbreath"
- Experience an avenue to spirit via profound union with plants.

Receive a plant blessing and add a whole new dimension to your practice through the Yoga of Plants.

**RECOMMENDED READING** Pam Montgomery, *Plant Spirit Healing*.

**TUITION** \$225. Add 2 weekend nights room & meals; see page 112. (web code YOP-151)



**PAM MONTGOMERY**, author of *Plant Spirit Healing*, is an international healing and herbal practitioner and operator of Partner Earth Education Center in Vermont. [partnereartheeducationcenter.com](http://partnereartheeducationcenter.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](http://everybiteisdivine.com)

JULY 5-10 | SUNDAY-FRIDAY

## Transformational Vinyasa Yoga

THE BODY AND BEYOND

Lesley Desaulniers

FOR people with min. 6 months yoga experience. CE credits.

Transformational Vinyasa Yoga uses body, breath, and mind to help you find energy, contentment, and focus. This unique and inspiring workshop takes you on a journey to serenity and self-awareness.

- Experience the dynamic healing power of vinyasa practiced to live music.
- Find greater strength, stability, and freedom in your poses.
- Learn to release old habits, fears, conditioning, and other obstacles to joy.
- Renew energy, passion, and purpose through real-world spiritual teachings and esoteric anatomy explorations.
- Practice meditations for health, happiness, and peace.

Join renowned yoga teacher Lesley Desaulniers and guest musical artist Anjula Prasad for a workshop enlivened by music, meditation, chanting, and soulful, sweaty vinyasa.



**TUITION** \$300. Add 5 midweek nights room & meals; see page 112. (web code TVBB-151)

**LESLEY DESAULNIERS**, co-owner of Prema Yoga in Brooklyn, New York, is known for her energizing, soulful, and inspiring classes. She has studied yoga and meditation since 1996. [lesleyd.com](http://lesleyd.com)

JULY 5-10 | SUNDAY-FRIDAY

## Yoga for the Rest of Us and Beyond

Peggy Cappy

FOR all levels, including yoga teachers who want to lead adaptive yoga. CE credits.

Study with master yoga teacher Peggy Cappy, host of the PBS series *Yoga for the Rest of Us*. If you're new to yoga or have physical limitations, it's easy to begin right where you are with accessible yoga postures. In this workshop, you learn

- Warm-ups to ease the body into motion
- Essential yoga poses and methods to gradually increase a pose's challenge and intensity
- Meditation practices and relaxation techniques
- Simple, powerful breathing exercises
- A practice you can take home.

Peggy's knowledgeable and inspired approach draws on her extensive experience teaching students and training yoga teachers.

**RECOMMENDED READING AND VIEWING** Peggy Cappy, *Yoga for All of Us* and any of the seven DVDs in Peggy's *Yoga for the Rest of Us* series.



**TUITION** \$325. Add 5 midweek nights room & meals; see page 112. (web code YFRU-152)

**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](http://peggycappy.com)



JULY 6–10 | MONDAY–FRIDAY

## Soma Prana Vinyasa

THE YOGA OF REGENERATION

SHIVA REA with special guests John de Kadl, Benjy Wertheimer, and Gaura Vani

FOR all levels, including yoga teachers. CE credits.

Join vinyasa pioneer Shiva Rea for a Soma Prana Vinyasa™ immersion into the art of regenerative (soma) yoga and meditation. Ancient sages understood soma as the “revivifying nectar,” the essence of longevity and healing. Accompanied by the live music and kirtan of the Hanumen, this flowing approach to lunar, or yin, yoga transforms stress and cultivates ojas (vitality).

This immersion includes

- Chandra Namaskar and Prana Vinyasa Lunar Namaskars (Moon Salutations)
- Soma Prana Vinyasa sequences for flexibility and longevity
- Lunar Mudrasanas (long holds) and Sahaja Vinyasa (natural spontaneous movement)
- Mantra, mudra, and visualization indoors and in nature
- Lunar breath flows and other prana kriyas
- Radical Relaxation Lounge, with poetry inspired by tantra, bhakti, and universal wisdom
- Self-massage with balls and rejuvenating Ayurveda-based practices.

You'll take home a practice of 20 minutes to an hour that you can do on your own.

**NOTE** This program offers optional teacher training credit. For information about teacher certification, visit shivarea.com.

**TUITION** \$450. Add 4 midweek nights room & meals; see page 112. (web code SPV-151)

JULY 10–12 | FRIDAY–SUNDAY

## Prana Vinyasa

MOVEMENT ALCHEMY FOR LIVING FLOW

SHIVA REA

FOR all levels. CE credits.

Immerse yourself in the movement alchemy system of Prana Vinyasa Yoga, developed by Shiva Rea. Starting with Friday night's hip-opening, grounding vinyasa, Shiva takes you on a journey to ignite, transform, and balance your life energy with rejuvenating practices from the Prana Vinyasa repertoire.

This weekend includes

- Ways to create living flow in daily life
- Four complete Prana Vinyasa sequences from the foundation, elemental, chakra, and rasa vinyasa pathways that weave foundational earth, fluid power, inner fire, and the nectar of backbends throughout the workshop
- Saturday night Yoga Trance Dance
- Healing meditations from tantra and bhakti yoga.

Whether you are new to vinyasa or a Prana Flow teacher, come recalibrate your system to the rhythms of life. Take home inspiring poetry, music playlists, and access to Shiva's Living in Rhythm online program.

**TUITION** \$300. Add 2 weekend nights room & meals; see page 112. (web code PVMA-151)

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



SHIVA REA is a leading innovator in the evolution of Prana Flow® Yoga and author of the book *Tending the Heart Fire*. [shivarea.com](http://shivarea.com)

See this program on the Kripalu website for additional presenter bios.

Evening Event

SATURDAY, JULY 11, 8:00 PM

### Yoga Trance Dance with Shiva Rea and DJ Nagaraja

FOR registered guests only; no guaranteed seating.



JULY 10–12 | FRIDAY–SUNDAY

## Iyengar Yoga for Back Care

Elise Browning Miller

FOR beginners (min. 3 months) to yoga teachers. CE credits.

Find relief from chronic back pain using yoga. Elise Browning Miller teaches how yoga postures, when practiced with the correct emphasis, can be extremely successful in alleviating conditions ranging from minor neck and lower back tension to severe scoliosis.

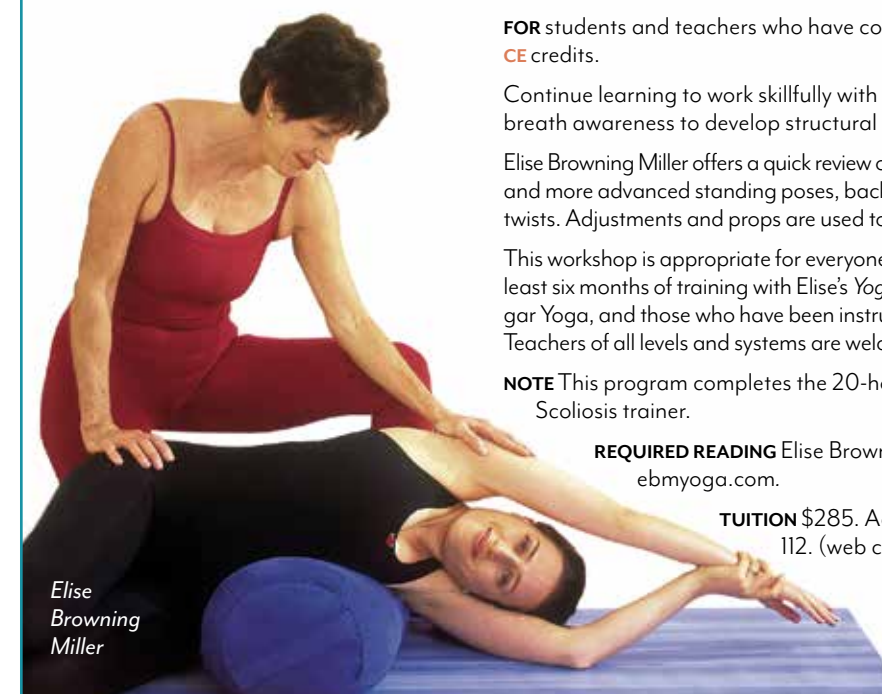
This program addresses

- How to use yoga to increase strength and flexibility in the back, focusing on the relationship between the spinal column, pelvis, and shoulder blades
- Beneficial classical and modified asanas for back conditions, including lower back pain, disc disease, sciatica, upper back and neck tightness, and scoliosis
- Anatomy, as it relates to the poses taught.

Elise's precise, down-to-earth teaching encourages students to draw on inner knowing and move safely beyond perceived limitations.

**REQUIRED READING** Elise Browning Miller, *Yoga for Back Care*, available at [ebmyoga.com](http://ebmyoga.com).

**TUITION** \$230. Add 2 weekend nights room & meals; see page 112. (web code IYBC-151)



Elise Browning Miller

JULY 12–14 | SUNDAY–TUESDAY

## Yoga for Scoliosis Part I

Elise Browning Miller

FOR people with scoliosis, and yoga teachers. CE credits.

Discover all the ways in which Iyengar Yoga can be used to meet the challenges of scoliosis. This internationally acclaimed workshop with senior Iyengar instructor Elise Browning Miller includes

- Information and anatomical background on scoliosis
- Optimal yoga postures for scoliosis and ways of adapting postures for each person's individual needs
- The psychological consequences of scoliosis
- Adjustments and props
- An emphasis on lengthening the spine and aligning the body with breath awareness.

Through a variety of yoga practices and poses, people with scoliosis can develop greater structural alignment, become more symmetrical, and find the balance point that allows the scoliosis curve to coexist with gravity. Students learn practices to improve posture and increase flexibility and strength. Yoga teachers leave with the necessary skills and confidence to offer a beginning yoga practice to those with scoliosis.

**REQUIRED READING** Elise Browning Miller, *Yoga for Scoliosis*, available at [ebmyoga.com](http://ebmyoga.com).

**NOTE** For those interested in becoming a certified Yoga for Scoliosis Trainer, this workshop fulfills the first 10 of the 20 hours required to get started on Elise's Yoga for Scoliosis training program. For more information, contact [elise@ebmyoga.com](mailto:elise@ebmyoga.com) or visit [yogaforscoliosis.com](http://yogaforscoliosis.com).

**TUITION** \$260. Add 2 midweek nights room & meals; see page 112. (web code TYSS-151)

JULY 14–17 | TUESDAY–FRIDAY

## Yoga for Scoliosis Part II

Elise Browning Miller

FOR students and teachers who have completed Part I, and others as described below. CE credits.

Continue learning to work skillfully with scoliosis by combining yoga postures with breath awareness to develop structural alignment and create more normal symmetry.

Elise Browning Miller offers a quick review of the basics from Part I, and emphasizes beginning and more advanced standing poses, back strengtheners and backbends, inversions, and twists. Adjustments and props are used to assist participants in working with their scoliosis.

This workshop is appropriate for everyone who has completed Part I, those who have at least six months of training with Elise's *Yoga for Scoliosis* DVD, continuing students of Iyengar Yoga, and those who have been instructed by one of Elise's Yoga for Scoliosis trainers. Teachers of all levels and systems are welcome and invited to bring students with scoliosis.

**NOTE** This program completes the 20-hour course requirement to become a Yoga for Scoliosis trainer.

**REQUIRED READING** Elise Browning Miller, *Yoga for Scoliosis*, available at [ebmyoga.com](http://ebmyoga.com).

**TUITION** \$285. Add 3 midweek nights room & meals; see page 112. (web code TYST-151)

✦ **COMBINE** two back-to-back or all three of Elise's July programs for a 10 percent tuition discount for each program. Please call to register.



ELISE BROWNING MILLER, MA, a senior Iyengar Yoga teacher and therapeutic recreation therapist, is a founding director of the California Yoga Center. [ebmyoga.com](http://ebmyoga.com)

## YOGA, MEDITATION, AND NATURE RETREATS WITH JILLIAN PRANSKY

JULY 10–12 | FRIDAY–SUNDAY

## Rooted, Relaxed, and Radiant

Jillian Pransky

FOR all levels. CE credits.

Yogis believe the seat of wisdom is in the heart center, not the head. Through the practices of yoga and meditation, and by synchronizing your body and mind with nature, you grow more grounded and relaxed. The body revitalizes and the mind quiets, becoming more receptive. As you move into this relaxed state, compassion, intuition, and creativity flow more easily, and the heart blooms wide open.

Offered in the beauty of Kripalu's natural environment, this retreat provides the perfect combination of yoga, meditation, and time in nature. Jillian Pransky weaves together slow-flow vinyasa, restorative poses, mindfulness, and a walking meditation under the wide-open sky to leave you grounded, expansive, and with a deeper connection to yourself and the world.

**RECOMMENDED LISTENING** Jillian Pransky, *Relaxmore* (CD).

**TUITION** \$210. Add 2 weekend nights room & meals; see page 112. (web code YDR-151)



**JILLIAN PRANSKY, E-RYT 500**, is director of Restorative Therapeutic Yoga teacher training for YogaWorks, and creator of the DVD *Calm Body*,

*Clear Mind* and the CD *Relaxmore*. [jillianpransky.com](http://jillianpransky.com)

JULY 12–17 | SUNDAY–FRIDAY

## Calm Body, Clear Mind, Content Heart

Jillian Pransky

FOR all levels. CE credits.

Discover the state yogis call “true happiness.” Contentment doesn't come by chance—it's a behavior, a conscious decision, a choice you make each moment of your day. Happiness is an “inside job,” because energy follows thought. And while yogis teach that this state of contentment is your birthright, it takes steadfast practice to live this way.

In this workshop, you learn to

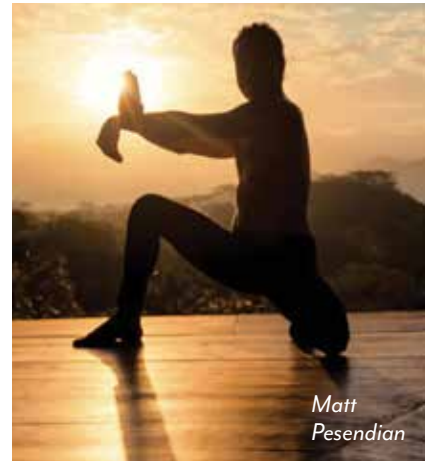
- Be simultaneously grounded and wide open, rooted and blooming
- Linger longer in a natural state of openness and contentment
- Recognize and return to a deeper state of relaxation any time you feel disconnected
- Take your practice off the mat and into your life.

Jillian Pransky weaves mindful vinyasa yoga, restorative yoga, and deep relaxation with metta (loving-kindness) meditation, mudita (joy) meditation, and nature walks to help you grow beyond habitual patterns. As your body and heart relax, you naturally open to new possibilities.

**RECOMMENDED LISTENING** Jillian Pransky, *Relaxmore* (CD).

**TUITION** \$300. Add 5 midweek nights room & meals; see page 112. (web code BORY-151)

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



Matt Pesendian

JULY 10–12 | FRIDAY–SUNDAY

## Shadow Yoga Basics

Matt Pesendian

FOR all levels. CE credits.

Experience the art of harmonizing the five layers of our being: the physical, energetic, emotional, wisdom, and spirit bodies. Shadow Yoga, founded by Shandor Remete, is a unique hatha yoga system that utilizes three Standing Prelude Forms, rhythmic breathing, bandhas (energetic locks), and the system of marma (trigger points).

This weekend intensive introduces the basic practices, principles, and philosophy of Shadow Yoga, including

- Energetic anatomy
- Dasa Chalana (joint warm-ups)
- Jiva Chalana (churning of the inner self)
- Basic Shadow Yoga standing postures
- Uddiyana bandha (navel lock) to bring awareness to the core, train breath control, promote blood/lymph circulation, build inner heat, and tone the organs and brain.

Shadow Yoga is designed to tend your inner fire for meditation, healing, and living your path.

**RECOMMENDED READING** Shandor Remete, *Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga*.

**TUITION** \$225. Add 2 weekend nights room & meals; see page 112. (web code SYB-151)



**MATT PESENDIAN** is a licensed acupuncturist who has been practicing the art of hatha yoga for 25 years and qigong for 15 years. [mattpesendian.com](http://mattpesendian.com)

JULY 17–19 | FRIDAY–SUNDAY

## Yoga Rocks Revolution

Eric Paskel

FOR all levels. CE credits.

Yoga Rocks Revolution has the potential to shape the rest of your life. The first steps are identifying where you are, where you want to go, and how to get there.

Get ready to move—mentally and physically—in a weekend of asana practice, writing, lecture, and interactive exercises. You learn to

- Transform your everyday yoga practice into a transcendental experience
- Translate the physical aspects of your practice into thoughts, feelings, and behaviors that represent your truth
- Travel through your relationships to assess yourself, others, and the impact they have on your life.

Change doesn't occur without outstanding effort and courage. If you want freedom, take yourself to a place that can only be achieved through revolution.

**RECOMMENDED READING** A. Parthasarathy, *Fall of the Human Intellect* and *Vedanta Treatises*.

**TUITION** \$225. Add 2 weekend nights room & meals; see page 112. (web code YRR-151)



**ERIC PASKEL, MA, MFCC, CYT**, has been teaching yoga since 1988. A licensed therapist and certified sports counselor, he owns eight Yoga Shelter studios.

JULY 19–24 | SUNDAY–FRIDAY

## Sacred Passage

MEDITATING WITH NATURE AS YOUR PARTNER

John P. Milton

FOR everyone.

Learn universal principles and practices that help you relax, cultivate presence, and refine your senses—with nature as your partner and guide. John Milton shares 12 Principles of Natural Liberation as the heart of an interfaith pathway of spiritual cultivation.

The workshop includes

- Qigong energy practices that are easy to learn, suitable for all ages, and designed to deepen your experience of energetic connection to all of life
- Tai chi for liberation
- Meditative tools to establish a deep and lasting connection with Source awareness
- A daily period of solo time in nature to practice what you've learned and deeply connect with inner and outer nature.

Participants report an enhanced ability to handle stress, increased creativity, and a renewed experience of joy. This program concludes with a reflective dialogue and concrete practices to help integrate your experience into everyday life.

**TUITION** \$395. Add 5 midweek nights room & meals; see page 112. (web code SAPA-151)



**JOHN P. MILTON** is one of the founders of the modern environmental movement and author of *Sky Above, Earth Below: Spiritual Practice in Nature*. [sacredpassage.com](http://sacredpassage.com)



JULY 19–24 | SUNDAY–FRIDAY

## Five Element Yoga Teacher Training

Jennifer Reis

FOR yoga teachers and experienced yoga students. CE credits.

Five Element Yoga® invites you to celebrate with yoga postures, balance your energy with breathing and mudras, detoxify with self-massage, and find deep rest and inner peace with Divine Sleep® Yoga Nidra. Drawing from the traditions of Kripalu Yoga, yoga therapy, Ayurveda, and traditional Chinese medicine, Five Element Yoga is designed to help each person find their natural rhythms.

Explore Five Element Yoga practice while gaining the skills necessary to create powerful classes and workshops. You learn how to

- Nourish your whole being with joyous movement and deep relaxation
- Develop the elemental qualities of grounding, fluidity, transformation, compassion, freedom, and unity
- Guide students deep within the matrix of their being
- Bring new and potent tools onto your mat and into your life that cultivate inner harmony, health, happiness, peace, and potential.

**RECOMMENDED LISTENING** See this program on the Kripalu website.

**NOTE** Tuition includes a manual.

**TUITION** \$395. Add 5 midweek nights room & meals; see page 112. (web code FEYTT-151)

**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. [jenniferreisyoga.com](http://jenniferreisyoga.com)

JULY 17-19 | FRIDAY-SUNDAY

## Introduction to Meditation

*Bhavani Lorraine Nelson*

FOR everyone. 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 workshop 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.

**NOTE** You may bring your own meditation cushion or bench.



**TUITION** \$215. Add 2 weekend nights room & meals; see page 112. (web code ITMR-151)

**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](http://bhavanilorrainenelson.com)

JULY 19-24 | SUNDAY-FRIDAY

## Camp Kula

*Nikki Vilella, Alex Auder, and Erin Dudley*

FOR students who have practiced regularly for min. 2 years, and teachers of all styles of yoga.

Does the idea of going back to camp fill you with glee, or freak you out? At Camp Kula, we've nixed the wedgies and mean girls, and replaced them with an eclectic mix of yogic studies, rounded out with feasting in the Kripalu Dining Hall, hiking the wooded Berkshire trails, and relaxing in the sauna.

At Kula, our practice is a vigorous, highly creative vinyasa form that focuses primarily on asana, but we know that yoga's esoteric teachings have just as much to offer. During this intensive, we examine the workings of your physical and subtle self, exploring diverse topics such as bandhas, Vedantic philosophy, yoga nidra, meditation, and chakra studies—and bring it all home with two sweaty Kula Flow classes daily. Expect to float home—body, mind, and spirit thoroughly worked over and soaring.

**TUITION** \$355. Add 5 midweek nights room & meals; see page 112. (web code KYHI-151)



**NIKKI VILELLA** is a senior teacher at Kula Yoga Project in New York City, co-

owner of Kula Williamsburg, and director of Kula's 200-hour teacher training program. [kulayoga.com](http://kulayoga.com)



**ALEX AUDER**, a teacher at Kula Yoga Project, is known for her precise align-

ment cues, intelligent sequencing, practical philosophy, and hands-on assists.



**ERIN DUDLEY**, a senior teacher at Kula Yoga Project, draws inspira-

tion from the passion of Ashtanga vinyasa, the rigorous intelligence of Iyengar Yoga, and her love of movement.



JULY 24-26 | FRIDAY-SUNDAY

## Love Your Life

A TRANSFORMATIVE YOGA AND WELLNESS WEEKEND

ELENA BROWER and Aviva Romm

FOR all levels. CE credits.

Do your body, health, finances, and relationships sometimes feel out of control? This workshop is a reminder that you are the author of your health and your life. Join beloved yoga teacher Elena Brower and renowned medical doctor and herbalist Aviva Romm for an extraordinary weekend of truth, health, love, and self-awareness, brimming with practical teachings on food, natural medicine, and vibrant living.

Throughout this weekend, you learn to

- Clear inner obstacles to happiness, health, and success
- Eat for lasting wellness and release any shame, overwhelm, or confusion about eating
- Love and move your body
- Use herbs and supplements to support your newfound well-being.

Enjoy yoga, meditation, and movement classes with Elena; experience Aviva's wisdom on wellness; and leave feeling replenished, invigorated, and informed about how to maintain your well-being.

**TUITION** \$240. Add 2 weekend nights room & meals; see page 112. (web code LYH-151)

**ELENA BROWER** has been teaching yoga and meditation since 1999. Coauthor of *Art of Attention*, she creates potent online coursework and produced the film *On Meditation*. [elenabrower.com](http://elenabrower.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](http://avivaromm.com)



JULY 26-31 | SUNDAY-FRIDAY

## Forrest Yoga Festival

Erica Mather, Jambo Truong, Allison English, Brian Campbell, and Kelley Rush

FOR all levels. CE credits.

Forrest Yoga is a healing, all-levels practice created by Ana Forrest that rests on the pillars of breath, strength, integrity, and spirit. Experience fun and invigorating asana workshops and individual master classes with top Forrest Yoga teachers, highlighting their individual skills and passions.

Each morning features asana practice taught by two workshop leaders, with hands-on assists from the other three. In the afternoons and evenings, you gain exposure to every workshop leader's areas of expertise, including

- Forrest Yoga modifications for pregnant women, the elderly, and those with limited mobility
- Accessing your intuition and your inner empathy
- Music
- Yoga nidra and developing a home practice
- Anatomy and physiology
- Massage
- Hands-on assisting
- "Restorative" Forrest Yoga
- Advanced asana.

Bring your curiosity about Forrest Yoga and a willingness to have fun and transform!

**NOTE** Bring a journal and drums, flutes, rattles, and noisemakers if you have them.

**TUITION** \$395. Add 5 midweek nights room & meals; see page 112. (web code FYFW-151)



**ERICA MATHER, MA, E-RYT**, is a Forrest Yoga Guardian, lifelong teacher, and creator of the Adore Your Body System for ending body-image challenges. [www.ericamather.com](http://www.ericamather.com)



**JAMBO TRUONG** is a consultant in integrated health and complementary medicine, with a special interest in functional anatomy and neurophysiology.



**ALLISON ENGLISH** is a certified Forrest Yoga teacher who travels the world as one of Ana Forrest's assistant teachers and business consultants. [yogabyallison.com](http://yogabyallison.com)



**BRIAN CAMPBELL** is a Forrest Yoga Guardian passionate about teaching people how to use bodywork and yoga to empower vitality and relieve pain. [bodyworkyoga.com](http://bodyworkyoga.com)



**KELLEY RUSH** has been teaching yoga since 1995 and is a Forrest Yoga Mentor and Guardian. She has studied Forrest Yoga, Iyengar Yoga, Viniyoga, and vinyasa.

JULY 26-31 | SUNDAY-FRIDAY

## Fluid Mind and Spirit

AN INTRODUCTION TO AWAKENED LIVING

*Kevan Gale*

FOR all levels. CE credits.

How can you bring clarity to your mind, openness to your heart, and contentment to your soul? In a word, how can you be more awake? Explore life's fluid nature using a grounded, soulful approach to Tibetan Buddhist meditation techniques. This workshop takes a contemporary look at classic topics like the Six Paramitas and the Four Noble Truths, and offers guided vinyasa yoga practice in a dynamic, flowing style.

The Fluid immersion includes

- Four preliminary meditation practices designed to elicit deep reflection
- Daily asana practice
- Guided meditation
- Techniques for establishing a regular meditation practice at home
- Yoga nidra (the yoga of deep relaxation)
- Tools for applying yoga philosophy to everyday circumstances.

Return home renewed in body, fresh in mind, and calm in spirit.

**RECOMMENDED READING** Dalai Lama, *How to Practice: The Way to a Meaningful Life*.

**TUITION** \$325. Add 5 midweek nights room & meals; see page 112. (web code FMS-151)



**KEVAN GALE, E-RYT 500**, is co-owner of Stil Studio in greater Boston and creator of Fluid Yoga and EnLiving. [kevangale.com](http://kevangale.com)

## TWEET ABOUT IT

Join us on Twitter for the latest in #yoga, #health, and #wellness.



[twitter.com/kripalucenter](https://twitter.com/kripalucenter)





JULY 31–AUGUST 7 | FRIDAY–FRIDAY

## Psychology of the Chakras

A 7-DAY INTENSIVE

Anodea Judith

FOR all levels. CE credits.

Are you ready for an initiatory journey into the sacred centers of yourself? Are you prepared to cross the archetypal rainbow bridge that connects everything into one indivisible whole? In this transformational intensive, you immerse yourself for one whole day in each chakra as you

- Encounter your chakras through guided trance journeys
- Learn yoga postures, breathing techniques, and partner poses for each chakra
- Explore your psychological history in the context of the chakras
- Engage in ceremonies to reclaim power and acknowledge divinity
- Celebrate with song, dance, laughter, art, and sacred community.

2015 marks the 30-year anniversary of this workshop, a pilgrimage that participants over the past three decades have described as life-changing. No experience is necessary, but the willingness to open and change is a must.

**NOTE** Tuition includes a manual. See this program on the Kripalu website for a message from the presenter and additional program information.

**TUITION** \$795. Add 2 weekend nights and 5 midweek nights room & meals; see page 112. (web code POC-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](http://sacredcenters.com)

PRESENTED BY THE KRIPALU SCHOOL OF YOGA

AUGUST 2–7 | SUNDAY–FRIDAY

## The Embodied History of Yoga

David Gordon White and Yoganand Michael Carroll

FOR all levels. CE credits.

The inner landscapes of the subtle body are windows into the 4,000-year-old experiment we call yoga. In this workshop, David Gordon White surveys how changing paradigms in ancient, medieval, and modern India have affected the yogic experience. He presents new themes each day, supplemented by images from South Asian art. Following David's themes, Yoganand Michael Carroll offers practical instruction on embodying the lineage of yoga in a contemporary practice.

Discover how you can integrate yoga's rich history into your personal practice, through

- The study of yogic symbolism and its application to practitioners today
- The paradigms of chariot warfare, Ayurveda, demonology, goddess worship, sacred geography, alchemy, and the time-space continuum
- Deep introspection and personal exploration in a safe community
- Morning practice led by Yoganand, illuminating material covered the previous day
- Partner and group discussions.

AUGUST 7–9 | FRIDAY–SUNDAY

## Mythology and Sacred Geometry in Asana

Rama Jyoti Vernon

FOR all levels, from beginners to experienced students and yoga teachers.

Practicing yoga improves health and creates peace of mind—that's well known to most Westerners. But for those who yearn to add meaningful depth to their lives, yoga holds even greater riches. In the practice of asana, our bodies assume geometrical forms known as yantras. These yantras are force fields of energy—condensed, crystallized experiences of the Divine that draw consciousness like a magnet from the outer to the inner worlds.

This weekend, master teacher Rama Jyoti Vernon offers her unique approach to yoga, anchored in knowledge of the Yoga Sutras and integrally focused on the breath. Through asana, interactive lectures, and discussion, Rama emphasizes

- Posture practice with philosophy, mythology, and yantras woven in
- The five pranas within asana
- Concentration on the breath.



**DAVID GORDON WHITE, PHD**, is a world authority on the history of yoga and a specialist in South Asian religions.

**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](http://pranakriya.com)

**TUITION** \$395. Add 5 midweek nights room & meals; see page 112. (web code EHY-151)

**FIND OUT MORE** about the Kripalu School of Yoga on page 14.



**RAMA JYOTI VERNON**, author of *Yoga: The Practice of Myth and Sacred Geometry*, is a yoga instructor whose teachings shaped the foundation of contemporary yoga. [ramajyotivernon.com](http://ramajyotivernon.com)

**RECOMMENDED READING** Rama Jyoti Vernon, *Yoga: The Practice of Myth and Sacred Geometry*.

**TUITION** \$225. Add 2 weekend nights room & meals; see page 112. (web code YPM-151)

AUGUST 9–14 | SUNDAY–FRIDAY

## Therapeutic Chair Yoga

Terry Roth Schaff

FOR all levels. CE credits.

Therapeutic Chair Yoga (TCY) offers an alternative yoga practice for anyone who finds floor yoga poses too demanding, including those suffering from mobility issues and medical conditions such as osteoarthritis, joint replacements, spinal stenosis, herniated disks, degenerative disk disease, SI joint derangement, piriformis syndrome, and sciatica.

Intended for people living with medical conditions and those who treat them, this workshop teaches you how to safely use TCY to improve joint and muscle health, reduce pain, improve posture and balance, and reduce injuries.

TCY was originally developed for seniors and is now a component of the spinal care program at Manhattan Physical Medicine and Rehabilitation in New York City, where Terry Roth Schaff and her colleagues have used it to treat hundreds of patients.

**RECOMMENDED READING** Please see this program on the Kripalu website.

**TUITION** \$395. Add 5 midweek nights room & meals; see page 112. (web code TCYW-151)

**TERRY ROTH SCHAFF, E-RYT**, heads the medical yoga therapy department at Manhattan Physical Medicine and Rehabilitation in New York City and is author of *Yoga for a Healthy Spine*. [medcialyogatherapy.com](http://medcialyogatherapy.com)



AUGUST 9–14 | SUNDAY–FRIDAY

## Foundations of Svaroopa Yoga

Vidyadevi Stillman and Margo Gebraski

FOR all levels. CE credits.

Come discover an entirely different way to live in your body, through a yoga style that decompresses your spine. Svaroopa® Yoga techniques and teachings offer profound inner experiences in just a few days. This full-immersion program includes classes, anatomy training, partner poses, chanting, and meditation. You learn

- The primary poses and principles of Svaroopa Yoga
- Hands-on adjustments to help others with their poses
- Key tantric sutras and how they relate to the physical openings you are experiencing

This program guarantees deep opening on all levels: physical, mental, emotional, and spiritual. Upon satisfactory completion, you are qualified to teach introductory Svaroopa Yoga classes.

**REQUIRED READING** (during course) Wynn Kapit and Lawrence M. Elson, *The Anatomy Coloring Book*, 4th Edition.

**NOTE** The intensive nature of this workshop precludes participation in other Kripalu events or Healing Arts services. Please see this program on the Kripalu website for additional information.

**TUITION** \$675. Add 5 midweek nights room & meals; see page 112. (web code FSU-151)

**VIDYADEVI STILLMAN** (formerly Bombay Stillman) is Svaroopa® Yoga's premier trainer. She has studied and taught with Svaroopa Yoga originator Swami Nirmalananda (Rama Berch) for 20 years. [svaroopayoga.org](http://svaroopayoga.org)

**MARGO GEBRASKI, CSYT, E-RYT 500**, teaches classes at her studio, Yoga Rhythms, in Lisle, Illinois. A yoga practitioner for more than 30 years, she brings a spiritual depth, ease, and lightness to her teaching. [yoga-rhythms.com](http://yoga-rhythms.com)



AUGUST 9–14 | SUNDAY–FRIDAY

## The Art of Masterful Living

EMBODYING THE FIVE ELEMENTS THROUGH YOGA

Todd Norian

FOR all practitioners with previous yoga experience. CE credits.

Masterful living depends on maintaining an inner balance of the five elements—earth, water, fire, air, and sky. When you're out of balance, you might feel contracted (too much earth), "under water" or emotionally stressed out (too much water), unmotivated (not enough fire), anxious and fearful (too much air), or ungrounded (too much sky). Todd Norian's Ashaya Yoga® promotes a flowing integration of all five elements that leaves you feeling balanced, strong, confident, peaceful, and ready to engage with life with an open heart.

During this retreat,

- Safely practice asanas using the therapeutic techniques of Ashaya Yoga
- Nurture and rejuvenate yourself with restorative poses
- Transform negative beliefs through journaling, contemplation, and group process
- Raise your vibration through mantras, pranayama, meditation, and kirtan chanting
- Connect with others in a supportive community.

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

**TUITION** \$480. Add 5 midweek nights room & meals; see page 112. (web code AYBA-151)

**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](http://ashayayoga.com)

AUGUST 14-16 | FRIDAY-SUNDAY

## Immerse Yourself

A BAPTISTE YOGA PROGRAM

Brandon Compagnone

FOR all levels.

Find your authentic practice, free your true self, and transform your life in this weekend immersion in Baptiste Yoga. Baptiste Yoga is designed to empower you with the training, rigor, and insight you need to break through to a new kind of strength, vitality, freedom, and power.

Senior Baptiste instructor Brandon Compagnone harnesses a potent and energizing physical practice, along with meditation and self-inquiry as the tools of transformation. Whether you're new to yoga or a seasoned practitioner, Brandon invites you to take on something bigger—in your physical practice and in your life.



**TUITION** \$215. Add 2 weekend nights room & meals; see page 112. (web code BVP-151)

**BRANDON COMPAGNONE**, owner of Baptiste affiliate studio Shiva Shakti Power Vinyasa Yoga in Northampton, Massachusetts, is a powerful teacher and leader of Baptiste Yoga. [baptisteyoga.com](http://baptisteyoga.com)



AUGUST 16-21 | 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 nights room & meals; see page 112. (web code YDRR-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. [jenniferreisyoga.com](http://jenniferreisyoga.com)



AUGUST 16-21 | SUNDAY-FRIDAY

## Yoga Therapy

A HEALING TRADITION FOR EVERYONE

JJ Gormley-Etchells

FOR all levels, including health-care professionals. CE credits.

Whether or not you practice yoga, you can gain new perspectives and avenues for well-being through the age-old wisdom of India's spiritual sages. JJ Gormley-Etchells' teacher, T. K. V. Desikachar, translated ancient philosophical templates into practical yoga therapy tools, whose effectiveness is supported by contemporary science.

In this intensive program, you learn

- Three templates for healing that are grounded in ancient yogic texts
- How to apply these tools to your own dis-eases of body, energy, mind, and spirit
- Ways to apply the templates and appropriate tools in service to others.

Experience for yourself the healing power of yoga therapy—whether you're looking for alternative healing philosophies for your own life, or seeking fresh insights into holistic treatments for your patients and clients.

**TUITION** \$325. Add 5 midweek nights room & meals; see page 112. (web code YTHT-151)



**JJ GORMLEY-ETCHELLS, RYT-500**, yoga educator and yoga therapist, has studied Ashtanga, Iyengar, Kundalini, Anusara, and Viniyoga, drawing on what she loves from each tradition. [yoginiji.com](http://yoginiji.com)

AUGUST 16-21 | SUNDAY-FRIDAY

## The Still, Small Voice Within

MEDITATION, FOCUSING, AND INTUITION TRAINING

Jonathan Foust (Sudhir)

FOR all levels. CE credits.

Albert Einstein said, "No problem can be solved from the same level of consciousness that created it." To climb out of any rut, resolve problems, or sense your path from a new perspective, you have to shift your awareness. This retreat is designed to immerse you in practices that generate such a shift.

Vipassana (insight meditation) teaches you to pause and recognize what is present, allowing you to see with increasing clarity into the nature of things. Focusing is a tool that trains the mind to investigate what arises from the field of direct sensation, offering access to wisdom and compassion. Combined, these two techniques generate a unique in-depth experience of awakened heart and mind

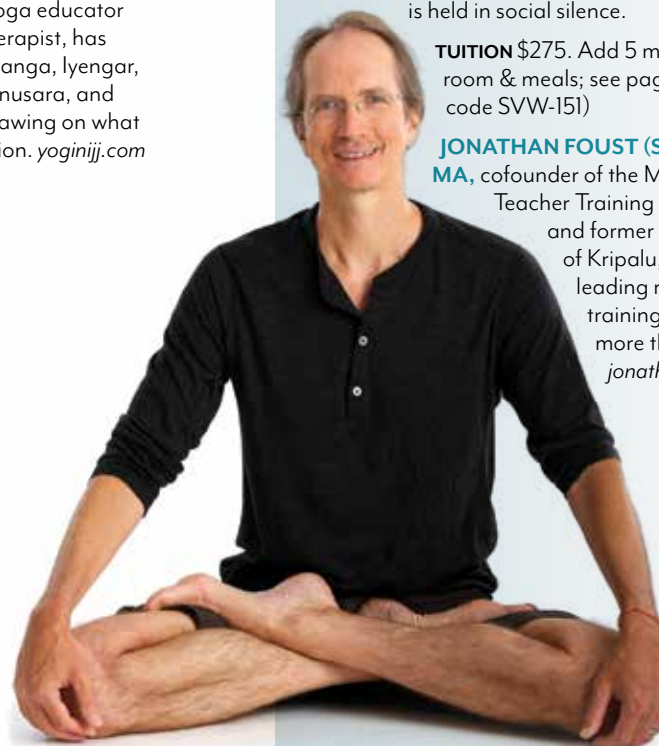
Through practice, talks, presentations, exercises, and discussion, you dive into self-inquiry and develop skills to carry with you for the rest of your life.

**RECOMMENDED LISTENING** Jonathan Foust, *Body-Centered Inquiry: Meditation Training to Awaken Your Inner Guidance, Vitality and Loving Heart* CD set.

**NOTE** This retreat is intensive and may preclude other activities. Much of the retreat is held in social silence.

**TUITION** \$275. Add 5 midweek nights room & meals; see page 112. (web code SVW-151)

**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](http://jonathanfoust.com)



AUGUST 21-23 | SUNDAY-FRIDAY

## Yoga Tune Up Therapy Ball Immersion

STRATEGIES FOR SELF-CARE

Jill Miller and Dinneen Viggiano

FOR all levels; no yoga or massage experience necessary. CE credits.

Live better in your body, pain free. This program empowers you to adopt a simple, effective self-care regimen and puts the power of self-massage into your own hands. Yoga Tune Up® Therapy Balls offer immediate relief and can be used as an adjunct to yoga, Pilates, athletics, injury prevention, injury recovery, or day-to-day maintenance.

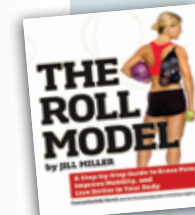
In this immersion, you learn

- Whole-body ball choreography, approved by physical therapists, pain medicine specialists, and chiropractors to affect profound changes in the body
- How to become anatomically fluent with your own body, identifying bony landmarks, muscular attachments, fascia geography, and pain physiology
- Ways that movement educators and manual therapists can use therapy ball sequences to expand their teaching toolkits and introduce embodied anatomy concepts to students in a fun way.

**NOTE** Tuition includes a course manual and Yoga Tune Up Therapy Balls.

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

**TUITION** \$255. Add 5 midweek room & meals; see page 112. (web code YTU-151)



AUGUST 23-28 | SUNDAY-FRIDAY

## Core Integration Immersion

Jill Miller and Dinneen Viggiano

FOR yoga teachers, advanced yoga practitioners, Pilates and fitness teachers, massage therapists, dancers, and personal trainers. CE credits.

This life-changing immersion offers practical tools for effectively integrating core work into your practice and teaching. Through embodied anatomy exercises, you systematically travel within to explore the key structures that mobilize and stabilize your spine.

Using Jill Miller's innovative Yoga Tune Up® techniques, strengthen, stretch, and restore every last myofascial fiber while you

- Learn accessible pranayama (breathing) techniques to directly experience your respiratory diaphragm, psoas, and more
- Practice pain-erasing self-massage with Yoga Tune Up therapy balls
- Learn how to apply core work to your personal practice or movement routine
- Deconstruct and demystify nauli kriya and uddiyana bandha.

Jill's unique empowerment exercises address emotional blocks that can obscure core work. She invites you to find confidence and competence in working with your center so that you can inspire others to do the same.

**NOTE** Tuition includes Yoga Tune Up Therapy Balls, Coregeous Ball, and a course manual.

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

**TUITION** \$495. Add 5 midweek room & meals; see page 112. (web code CII-151)

**JILL MILLER, E-RYT**, pain-relief and wellness expert, is the author of *The Roll Model*, and is a contributing expert on the Oprah Winfrey Network. [yogatuneup.com](http://yogatuneup.com)



**DINNEEN VIGGIANO** is a certified Yoga Tune Up® teacher, craniosacral therapist, certified nutritional consultant, and an active board member for the New York Coalition for Healthy School Food. [phytolistic.com](http://phytolistic.com)

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

AUGUST 21–23 | FRIDAY–SUNDAY

## Shakti and Meditation

INVOKING THE POWER OF THE INNER BELOVED

SALLY KEMPTON

FOR everyone.

Explore meditation as a path of love and intimacy with your inner Divine Self. This program transforms your experience of meditation by showing you how to stand in the source of love within yourself and walk your unique path to the inner Beloved.

Sally Kempton shares insights and practices to deepen your relationship to Spirit, manifested as the Beloved—inside yourself and with others. You learn

- Devotional meditation practice
- How to invoke the inner Beloved as a personal archetype and in your encounters with others
- What keeps you from experiencing the Beloved within and how to melt those blocks
- Mystical love, stages of consciousness, and how to navigate them
- How working with a partner can open you to mystical experience
- Inner secrets of deity practice
- How to empower your capacity for ecstasy.

**TUITION** \$245. Add 2 weekend nights room & meals; see page 112. (web code SMIP-151)

**SALLY KEMPTON** is a master teacher of meditation and transformative wisdom. A former swami in the Vedic tradition, she is author of *Meditation for the Love of It*. [sallykempton.com](http://sallykempton.com)



AUGUST 21–23 | FRIDAY–SUNDAY

## Refine Your Flow

A YOGAWORKS IMMERSION

Jodie Rufty, Sarah Bell, and Jeanmarie Paolillo

FOR all levels.

Want to deepen and refine your asana practice, and get a glimpse into how yoga can empower your soul? Explore the world of flow in a YogaWorks immersion that emphasizes vinyasa-based practice, proper alignment, safe sequencing, and excellent teaching. Led by three senior YogaWorks teachers, this program focuses on the foundations of asana, encouraging everyone to find breath, alignment, and freedom in each pose.

Discover how yoga philosophy is woven into asana practice as you learn

- The dynamics of YogaWorks sequencing
- How to get the most from your practice
- The benefits of hands-on adjustments
- A new perspective on yoga through an introduction to the Yoga Sutras, the philosophical underpinnings of yoga.

Come enjoy an illuminating, well-rounded YogaWorks weekend.

**TUITION** \$260. Add 2 weekend nights room & meals; see page 112. (web code RYF-151)

**JODIE RUFTY**, senior trainer and manager of trainer development for YogaWorks in New York City, is coauthor of *The Art of Yoga Sequencing*.



**SARAH BELL, E-RYT**, is creator of Speaking of Yoga, a voice workshop for yoga teachers, and has been a teacher trainer for YogaWorks since 2005.



**JEANMARIE PAOLILLO**, author of *The Vibe-A-Thon*, is a senior teacher, teacher trainer, and mentor for YogaWorks.



Jodie Rufty

AUGUST 23–28 SUNDAY–FRIDAY

## Ally Your Yogi Mind

PRINCIPLES TO OPTIMIZE YOUR PRACTICE

Heidi Sormaz

FOR all levels. CE credits.

Turn your mind into an ally in a workshop that blends Forrest Yoga, Yin Yoga, and mindfulness meditation. Heidi Sormaz encourages you to work with your mind as specifically as you work with your body, helping you break the habits that keep you stuck in your body and your life.

Learn to release conditioned mental blocks through a series of practice principles that include

- Mindfulness techniques for getting clear
- Accepting what is
- Cultivating compassion.

Heidi teaches you to take those practice principles into three different environments: sitting meditation, Yin Yoga, and yang yoga (Forrest Yoga). These yogi-mind principles build on each other throughout the week, resulting in optimal progress, contentment, and aliveness.

**TUITION** \$345. Add 5 midweek nights room & meals; see page 112. (web code AYY-151)

**RECOMMENDED READING** Sharon Salzberg, *Real Happiness: The Power of Meditation* and Tara Brach, *Radical Acceptance: Embracing Your Life With the Heart of a Buddha*.



**HEIDI SORMAZ, PHD, E-RYT 500**, is the founder of Fresh Yoga Studios in New Haven, Connecticut. She is a Forrest Yoga mentor and teacher.

[freshyoga.com](http://freshyoga.com)

## KRIPALU VIDEO

Insights on yoga, conscious living, and holistic principles.

➔ [kripalu.org/video](http://kripalu.org/video)

AUGUST 23–28 SUNDAY–FRIDAY

## A Buddhist Healing Ritual

DAKINI'S HEART-ESSENCE CHÖD AND EMPOWERMENTS

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.

Healing Chöd rituals consist of music, prayers, and mantras in the sacred sounds of Sanskrit and Tibetan, transformative mudras and offerings, and meditation to cut through the destructive emotions and repel negative energies and obstacles. Empowerments are given to further increase healing blessings.

Dakini's Heart-Essence Chöd is based on the female Buddha, Vajrayogini. It originated with the 10th-century Indian yogi Mahasiddha Naropa, and was passed down to Lama Migmar's guru, Chogye Trichen Rinpoche, also the guru of His Holiness the Dalai Lama.

**TUITION** \$295. Add 5 midweek nights room & meals; see page 112. (web code BHR-151)

**LAMA MIGMAR TSETEN** was born in Tibet in 1956. He is Buddhist chaplain at Harvard University and director of the Sakya Institute in Cambridge, Massachusetts. [lamamigmar.net](http://lamamigmar.net)



AUGUST 23–28 SUNDAY–FRIDAY

## At Play with the Radiance Sutras

A MEDITATION RETREAT AND TEACHER TRAINING

Lorin Roche and Coby Kozlowski

FOR all levels, optional meditation teacher training for yoga teachers. CE credits.



Meditation is one of life's great pleasures, a vacation in the vibrant present. There are hundreds of meditation techniques, and when you find the style that fits your inner nature, meditation feels like the most natural thing in the world. This retreat explores the luminous and juicy teachings of *The Radiance Sutras*, Lorin Roche's new translation of the *Vijnana Bhairava Tantra*, an ancient yoga text that describes 112 meditation practices for touching the sacred in daily life. The teachings are playful, instinctive, down-to-earth, and transcendent.

Meet yourself where you are in a retreat that emphasizes naturalness, spontaneity, and being at home in the universe. You learn

- A wide variety of meditation practices
- How meditation can be more restful than sleep
- Skills for handling emotions and sensations that arise in meditation
- Techniques to blend meditation and movement.

**NOTE** See the Kripalu website for additional information on the meditation teacher training option available to yoga teachers.

**TUITION** \$310. Add 5 midweek nights room & meals; see page 112. (web code TRS-151)



**LORIN ROCHE, PHD**, has been teaching meditation since 1968. He is the author of *Meditation Made Easy* and *Whole Body Meditations*. [lorinroche.com](http://lorinroche.com)

**COBY KOZLOWSKI, MA, E-RYT**, Kripalu faculty member and founder of Karma Yoga Leadership Intensive™ and Souluna Life Coach Certification™, is the author of *Wave Rider*. [cobyk.com](http://cobyk.com)

# Yoga within reach.



Kripalu's impact reaches beyond our walls to bring healing and transformation to those in need across the country and around the globe. Our Teaching for Diversity program supports teachers who bring yoga to underserved populations.

[kripalu.org/makeagift](https://kripalu.org/makeagift)

**AUGUST 23-28 | SUNDAY-FRIDAY**

## Meditation

PURE, SIMPLE, DIRECT

**RICHARD MILLER**

FOR all levels. CE credits.

Meditation invites you to step through the door of the known and awaken to your essential nature in this and every moment. Awaken to what is beautiful, undeniable, and ever-present around and within you. Here, searching ends; fear, suffering, and anxiety dissolve; and you discover unshakable peace, love, and joy, no matter your circumstances. This is the realization of enlightenment in daily life.

Richard Miller engages the teachings of nondual yoga through periods of silent and guided meditation, gentle body movement, breath sensing, co-meditation, self-inquiry, interactive dialogue, and direct instruction. These wisdom teachings impart deep relaxation while revealing nondual presence as the mystery of being and pure awareness. Here, you find yourself and the world at peace.

**RECOMMENDED LISTENING** See this program on the Kripalu website.

**TUITION** \$450. Add 5 midweek nights room & meals; see page 112. (web code MPSD-151)

**RICHARD MILLER, PHD**, has dedicated his life for more than four decades to the prevention and alleviation of suffering and helping people awaken to their essential wholeness. *irest.us*



Brad Waites

**AUGUST 23-28 | SUNDAY-FRIDAY**

## Mastering Safety

A WORKSHOP FOR YOGA TEACHERS

**Brad Waites**

FOR yoga teachers of all traditions. CE credits.

Quick! Name the most important safety point of the asanas you led in your last class. If you aren't sure of your answer, this workshop is a fun, informative way to achieve clarity.

As a teacher, your first responsibility is student safety. Come learn

- Important safety points for standing poses, inversions, twists, backbends, and forward bends, based on a deeper understanding of anatomy and physiology
- The first thing to lead in each asana before giving other alignment cues (and why)
- How to develop "a teacher's eye"—that ability to scan the room and know who needs help
- How to lead students with clarity, precision, and compassion.

Each participant will teach the group and receive supportive, individualized feedback. Regardless of your current level of experience, leave with an array of tools to ensure student safety without compromising deep exploration.



**TUITION** \$396. Add 5 midweek nights room & meals; see page 112. (web code SFYP-151)

**BRAD WAITES, E-RYT 500**, director and lead faculty member of the College of Purna Yoga Vancouver, specializes in teaching the art and science of safety. *bradwaites.ca*

**AUGUST 28-30 | 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, which 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.

**NOTE** Tuition includes Megha's *Introduction to Yoga and Meditation* DVD.

**TUITION** \$235. Add 2 weekend nights room & meals; see page 112. (web code ITYM-152)

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



Megha Nancy Buttenheim



Seane Corn

**AUGUST 28-30 | FRIDAY-SUNDAY**

## Empower Flow Yoga

AN INVIGORATING AND SOULFUL VINYASA WORKSHOP

**SEANE CORN**

FOR all levels; a solid understanding of Sun Salutations is recommended. CE credits.

Seane Corn offers a potent, no-nonsense, yet humorous approach to yoga on and off the mat. Her Empower Flow practice takes yoga beyond the physical and deep into the psychological, intuitive, and emotional bodies.

Move through different levels of flow practice to inform, strengthen, and detoxify your bodymind. In each session, Seane guides you in a unique and creative sequence of Sun Salutes A and B, twists, standing poses, backbends, forward bends, and arm balances.

You learn how to

- Transition properly through the poses
- Cultivate elasticity in the muscles, tendons, and connective tissue
- Breathe in a way that feeds your practice.

Be prepared to sweat! Return home feeling cleansed, strengthened, and motivated—and ready to stand in your power.

**RECOMMENDED READING** See this program on the Kripalu website.

**TUITION** \$275. Add 2 weekend nights room & meals; see page 112. (web code BBVF-151)

**SEANE CORN** is known for her impassioned activism, self-expression, and inspirational teaching style, which incorporates the physical and mystical aspects of yoga. *seanecorn.com*



JULY 5–10 | SUNDAY–FRIDAY

## Yoga for the Absolute Beginner

Cristie Newhart and Michelle Dalbec with 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 members 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 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 112. (web code RRMV-152)



**CRISTIE NEWHART** a 500-Hour Kripalu Yoga teacher, yoga therapist, and teacher trainer for the Kripalu School of Yoga, also leads Healthy Living programs and R&R Retreat workshops at Kripalu.



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



**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*

AUGUST 28–30 | FRIDAY–SUNDAY

## Tantra Vinyasa

AWAKENING THE SUBTLE FORCES OF AN EMPOWERED LIFE

Katie Silcox

FOR all levels. **CE** credits.

Dive into tantra's core teachings on the gunas, the three essential elements for unlocking life mastery: stability (tamas), passion (rajas), and clarity (sattva). Explore how different approaches to yoga influence these subtle forces and how to use this knowledge to address health, unfold higher potentials, and fulfill your life purpose.

Discover how the ancient practices of tantra and Ayurveda can unravel suffering and leave you with a sense of true empowerment, in this program that includes

- An overview of tantric principles on the gunas
- Techniques that activate the soul's latent power: accessible yet powerful asanas, pranayama, kriyas, bandhas, and mudras
- Yoga sequences designed to awaken you to the gunas in their positive forms
- Basic Ayurvedic mind-emotion theory, with a personal assessment of your dominant type
- The role of the gunas in your evolution and personal mission.

**RECOMMENDED READING** Katie Silcox, *Healthy, Happy, Sexy: Ayurveda Wisdom for Modern Women*.

**TUITION** \$225. Add 2 weekend nights room & meals; see page 112. (web code TVSF-151)



**KATIE SILCOX, CAS, RYT 500**, author of the book *Healthy, Happy, Sexy: Ayurveda Wisdom for Modern Women*, is a nationally recognized yoga teacher, Ayurvedic practitioner, and health writer. *katiesilcox.com*

AUGUST 30–SEPTEMBER 4

SUNDAY–FRIDAY

## The Awakened Introvert

MINDFULNESS SKILLS FOR THRIVING IN AN EXTROVERTED WORLD

Arnie Kozak

FOR introverts (and extroverts who want to develop their introvert qualities). **CE** credits.

Does the loud, hectic pace of life overwhelm you? Do you want to grow the introvert qualities of introspection, connection, and calm abiding while minimizing the tendency to ruminate and become overstimulated? Mindfulness is integral to being an awakened introvert and nurturing those qualities within you. Mindfulness can help both introverts and extroverts live in the world with more peace and equanimity.

In this program, you learn

- Basic mindfulness skills through formal and informal meditation practices
- A repertoire of energy management and restoration techniques
- Self-protective strategies for coping with the extroverted demands of work and life
- To embrace, celebrate, and rule your quiet domain
- To refine your mind and appreciate your strengths of slow, deep, connected thinking.

This empowering week offers mindful self-exploration, humor, poetry, discussion, and creative methods for cultivating your introvert talents.

**RECOMMENDED READING** Arnie Kozak, *The Awakened Introvert: Practical Mindfulness Skills to Help You Maximize Your Strengths and Thrive in a Loud and Crazy World*.

**TUITION** \$315. Add 5 midweek nights room & meals; see page 112. (web code MML-151)



**ARNIE KOZAK, PHD**, is a licensed psychologist and clinical assistant professor at the University of Vermont College of Medicine, and teaches at the Barre Center for Buddhist Studies. *exquisitemind.com*

# 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

FOR yoga teachers who have completed or are nearing completion of a 200-hour Yoga Alliance–registered program. **CE** credits.

Immerse yourself in one of the most established yoga therapy training courses available, focusing on the use of yoga as a true healing art. Yoga therapy can be applied in a wide variety of mainstream settings, including hospitals and health-care offices.

This foundational training includes

- The philosophy and psychology of yoga therapy
- Yoga practices, benefits, and contraindications for each system of the body and for specific health conditions
- The use of asana in healing musculoskeletal injuries
- Evaluation skills for assessing imbalance at the physical, energetic, psychological, and spiritual levels
- Movement techniques for developing strength and flexibility
- The essential principles of Ayurveda for yoga therapy
- In-depth exploration of the energy body
- Practical skills for supporting clients at the psychoemotional level, including stress management, relaxation, concentration, meditation, and yoga nidra
- Yoga-based awareness methods such as body mapping, mandala drawing, and guided imagery.

This two-week module introduces specific Integrative Yoga Therapy programs and sets you on the path toward certification.

**NOTE** See this program on the Kripalu website for important information, required reading, and recommended reading.

**TUITION** \$1,990. Add 9 midweek and 4 weekend nights room & meals; see page 112. (web code PYTO-1151)

AUGUST 10–23 | TWO-WEEK PROGRAM

### MODULE 2

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

FOR yoga teachers who have completed a 200-hour Yoga Alliance–registered program and Module 1 of the Integrative Yoga Therapy training program. **CE** credits.

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.

In Module 2, you

- Use a variety of formats for evaluation and body reading, so you can respond with appropriate yoga practices for optimal healing
- Receive in-depth instruction in selecting and adapting yoga therapy tools and techniques to provide a complete therapeutic practice for each individual, including asana, pranayama, mudra, affirmation, meditation, and yoga nidra
- Understand how to develop and implement a complete yoga therapy program directed toward the most common health conditions, such as high blood pressure, type 2 diabetes, arthritis, and back pain
- Learn therapeutic sequences that apply the principles of Ayurveda to yoga therapy and balance the subtle body
- Develop listening and dialogue skills to assist in opening clients to their own inner healing resources
- Observe one-on-one yoga therapy sessions by master therapists.

**NOTE** See this program on the Kripalu website for important information, required reading, and recommended reading.

**TUITION** \$1,895. Add 9 midweek and 4 weekend nights room & meals; see page 112. (web code PYTO-2151)



**JOSEPH LE PAGE**, founder and director of Integrative Yoga Therapy, has trained more than 3,000 teachers and therapists throughout the world. He has a background in Kripalu Yoga and Tibetan Buddhism. *iytyogatherapy.com*



**LILIAN LE PAGE** has been teaching yoga for 20 years, focusing on pranayama, mudra, bandha, and meditation. *iytyogatherapy.com*



**MARIA KALIMA, RN, MS, E-RYT 500**, is both a structural yoga therapist and an integrative yoga therapist. She has practiced yoga for more than 30 years.



**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. *jenniferreis.com*



**CATHY PRESCOTT** is director of Integrative Yoga Therapy's Home Study Program and serves as a mentor for the Professional Yoga Therapist Internship Program.

See this program on the Kripalu website for additional presenter bios.

AUGUST 9–10 | SUNDAY–MONDAY

## Yoga Nidra

THE THEORY AND PRACTICE OF CONSCIOUS RELAXATION

Beth Gibbs

FOR IYT training participants only.

This workshop provides a basic understanding of the history, theory, and benefits of yoga nidra, and teaches you to sequence a basic yoga nidra practice for stress reduction.

**TUITION** \$150. Add 1 midweek night room & meals; see page 112. (web code YNTP-151)

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

AUGUST 30–SEPTEMBER 4  
SUNDAY–FRIDAY

## Dynamic Gentle Yoga Teacher Training

Rudy Peirce

FOR yoga teachers and serious yoga students with min. 2 years of practice. CE credits.

Dynamic Gentle Yoga is dedicated to making yoga fun, accessible, and transformative for everybody, even those with minimal flexibility. Hone your yoga teaching skills and receive valuable feedback and support from a master trainer as you learn how to

- Help students safely strengthen and expand their range of motion
- Take students deeper into postures than they think they can go
- Create a potent, meditative experience that's both inspiring and encouraging
- Make your instructions clear, inviting, and relaxing
- Give your students a new sense of what's possible.

Learn a gentle, mindful approach to teaching yoga that is offered with care, humor, encouragement, and sensitivity.

**TUITION** \$390. Add 5 midweek nights room & meals; see page 112. (web code DGYTT-151)



**RUDY PEIRCE, MA, E-RYT 500**, a Kripalu Yoga teacher since 1983, guides accessible, gentle yoga, and is creator of a four-CD set, The Gentle Series. [gentleyogi.com](http://gentleyogi.com)



AUGUST 30–SEPTEMBER 4  
SUNDAY–FRIDAY

## Yoga Teacher Tune-Up Series

REFINING THE ASANAS

Mark Stephens

FOR beginning to advanced teachers of all traditions. CE credits.

Doing yoga makes life better, awakens us to our true self, makes us healthier, and brings deeper meaning to our lives. That's why we share this sublime gift as teachers. Yoga Teacher Tune-Up focuses on enhancing our knowledge and asana-teaching skills through an in-depth examination of more than 50 poses.

With each asana, we

- Explore the most effective ways of observing and assessing a diverse class
- Review modifications that make poses more accessible, safe, and sustainable
- Examine the foundation, transition into, refinement, transition out of, and integration of each asana
- Practice effective demonstrations and hands-on adjustments based on alignment principles, breath rhythm, and energetic actions.

Mark Stephens synthesizes insights from multiple yoga traditions with functional anatomy, biomechanics, and kinesiology. His challenging and comprehensive approach equips yoga teachers to guide students in informed and inspired ways.

**RECOMMENDED READING** Please see this program on the Kripalu website.

**TUITION** \$385. Add 5 midweek nights room & meals; see page 112. (web code RTA-151)



**MARK STEPHENS, MA, E-RYT 500**, a passionate and compassionate teacher, is author of three best-selling books for teachers: *Teaching Yoga*, *Yoga Sequencing*, and *Yoga Adjustments*. [markstephensyoga.com](http://markstephensyoga.com)

AUGUST 30–SEPTEMBER 4  
SUNDAY–FRIDAY

## Learn, Flow, Experiment, Repeat

A VINYASA IMMERSION

Goldie Graham

FOR all levels. CE credits.

In Goldie Graham's vinyasa immersion, the first order of business is to enjoy your practice. Since each body is unique and moves with its own intuitive beauty, Goldie believes that learning body awareness and moving naturally is more important than looking picture-perfect, and is actually the first step to proper alignment.

We'll spend mornings practicing with a particular focus; afternoon sessions include a hike that incorporates meditation and pranayama, or a second practice session. Areas of focus include G Flow, uplift to backbend, awesome arm balances, learning to slow down, and refine to redefine.

All classes are taught in a vinyasa style, accompanied by thoughtful music.

**NOTE** Yogitoes® or a towel to prevent slipping will enhance your experience.

**TUITION** \$325. Add 5 midweek nights room & meals; see page 112. (web code EFE-151)



**GOLDIE GRAHAM**, an international yoga instructor known for combining intuitive movement with precision and alignment, has been featured in *Yoga Journal*, *Runner's World*, and *Shape*. [goldieyoga.com](http://goldieyoga.com)

## You might also be interested in...

- Float Your Yoga, p. 43
- LifeForce Yoga Practitioner Training for Depression and Anxiety, p. 58
- Yoga for Cancer Teacher Training, p. 59
- Breath~Body~Mind Teacher Training, Level 1, p. 59
- Yoga for Seniors Teacher Training, p. 59
- Principle-Based Partner Yoga Level I Teacher Training, p. 61
- Yoga Retreat for Women of Color, p. 66
- Journey Into the Labyrinth, p. 70
- The Art of Happiness, p. 72
- Bhatki on the Mat, p. 73
- The Great Work of Your Life, p. 74



More than 100 CE and CME programs to choose from.



# Continuing Education CE and CME credits

Integrate your life, your career, and your practice with our many programs that offer Continuing Education (CE) and Continuing Medical Education (CME) credits.

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.*

Please note that credit fees are nonrefundable after the last day of your stay.

For more information, visit [kripalu.org/ccredits](http://kripalu.org/ccredits)

Look for CE and CME credits with program descriptions.



Berkshire AHEC

# Start planning your fall getaway now...



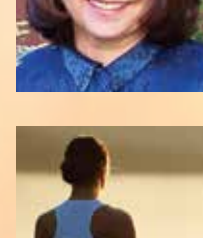
**SNATAM KAUR AND SOPURKH SINGH**  
**SEPTEMBER 4-7**  
**Peace in Our Hearts Through Kundalini Yoga**



**SUE HITZMANN**  
**OCTOBER 2-4**  
**MELT Self-Care Immersion**  
 Become Your Own Hands-Off Bodyworker



**DAVID WHYTE**  
**OCTOBER 16-18**  
**Stepping Stones**  
 Moving Toward a Robust Vulnerability



**JUDITH HANSON LASATER**  
**NOVEMBER 8-13**  
**Relax and Renew**  
 Learning to Teach Restorative Yoga, Level One



**FOOD AS MEDICINE**  
 A FEAST OF SCIENCE AND WISDOM  
**SEPTEMBER 18-22**  
*James S. Gordon, Kathie Madonna Swift, John Bagnulo, and more*



**GENEEN ROTH**  
**OCTOBER 9-11**  
**Women, Food, and God**  
 A Transformational Path



**BREATH IMMERSION 2015**  
 FROM SCIENCE TO SAMADHI  
**OCTOBER 18-23**  
*Stanislav Grof, Shirley Telles, Jessica Dibb, and more*



**FACING CANCER WITH COURAGE**  
**NOVEMBER 8-13**  
*Maria Sirois and Aruni Nan Futuronsky*



**TARA BRACH**  
**SEPTEMBER 25-27**  
**True Refuge**



**DANIEL J. SIEGEL**  
**OCTOBER 9-11**  
**Interpersonal Neurobiology**  
 Practices that Cultivate Connection and Well-Being



**ANGELA FARMER**  
**OCTOBER 30-NOVEMBER 1**  
**My Soul Is Returning to This Body**  
**NOVEMBER 1-4**  
**The Creative Path of Yoga**



**DAVID KESSLER AND MAUREEN HANCOCK**  
**NOVEMBER 13-15**  
**From Grieving to Believing**  
 The Soul in Transformation



**THE KRIPALU APPROACH TO DIET**  
 AN INTEGRATIVE WEIGHT LOSS PROGRAM  
**SEPTEMBER 7-OCTOBER 23**  
**(ON-SITE SEPTEMBER 13-18)**  
*Aruni Nan Futuronsky, Annie B. Kay, and Lisa B. Nelson*



**YOGA AND THE GREAT OUTDOORS**  
**OCTOBER 9-12**  
*Randal Williams and Michelle Dalbec*



**PANACHE DESAI**  
**OCTOBER 30-NOVEMBER 1**  
**Living a Soulful Life**  
 Practical Tools for Mastering the Material World



**KUNDALINI RISING**  
**NOVEMBER 27-29**  
 Live music with Spirit Voyage artists Ajeet Kaur, Nirinjan Kaur, and more

**SYMPOSIUM ON YOGA RESEARCH**  
**SEPTEMBER 28-30**  
 copresented by IAYT and the Kripalu Institute for Extraordinary Living



**SIANNA SHERMAN**  
**OCTOBER 9-12**  
**Mythic Yoga Flow**  
 Asana, Myth, Mantra, Mudra



**SOMATIC PSYCHOLOGY CONFERENCE**  
**NOVEMBER 1-6**  
*Jaci Hull, Ann Weiser Cornell, Brian and Marcia Gleason, and Noel Wight*

**KRIPALU'S 24TH ANNUAL YOGA TEACHERS CONFERENCE**  
**OCTOBER 6-9**  
**SAVE THE DATE!**

# Find Your Program by Date

**Sweet summertime!** 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. Whether you're looking for something vibrant or peaceful, energizing or simplifying, you'll find it this summer at Kripalu.



## JUNE

- 1 MON** **The Kripalu Approach to Diet: An Integrative Weight-Loss Program**  
Aruni Nan Futuronsky, Annie B. Kay, and Lisa B. Nelson p. 26
- 5 FRI** **The Language of the Nervous System: Becoming Fluent in Polyvagal Theory**  
Deb Dana and Deb Grant p. 54
- Transformational Breath: Reclaim Your Superpowers**  
Judith Kravitz p. 67
- Getting Present: Yoga and Meditation for This Moment**  
Kelly Morris p. 80
- Yoga Retreat for Women of Color: Love, Pray, Dance**  
Maya Breuer with Monique Schubert, Gail Parker, and Kiesha Battles p. 66
- Mothers, Daughters, and the Heroic Journey**  
Meg Agnew, Cindy L. Parrish, and SuEllen Hamkins p. 62
- The Wisdom of Yoga: A Classic Kripalu Yoga and Meditation Retreat**  
Stephen Cope p. 81
- Yoga for Healthy Hips**  
Terry Roth Schaff and Purnima Singh p. 80
- 7 SUN** **Sharing Your Life Story: From the Page to the Stage**  
Ann Randolph p. 37
- Treating Complex Trauma with EMDR Therapy: Working with the Body and Attachment**  
Deany Lalotus p. 54
- Transform, Relax, and Rejuvenate: An Introduction to Yoga, Meditation, and Deep Relaxation**  
Vandita Kate Marchesiello p. 81
- Embodying the Dream: The Practice of Archetypal Dreamwork**  
Marc Bregman and Christa Lancaster p. 67
- Let Your Yoga Dance Teacher Training for Special Populations**  
Megha Nancy Buttenheim p. 36
- Ayurvedic Face, Head, and Foot Massage Training**  
Hilary Garivaltis p. 32
- 11 THU** **Revitalizing Cleanse: Nourishing Body, Mind, and Spirit**  
Alison Shore Gaines p. 48
- 12 FRI** **Way of the Sacred Woman: Restoring Health, Creativity, and Vitality**  
Christine Page p. 67
- Beyond Past Lives: Healing and Transformation Through Past-Life Regression**  
Mira Kelley p. 68

- 12 FRI** **The One Thing Holding You Back: Unleashing the Power of Emotional Connection**  
Raphael Cushnir p. 68
- Spanish-English Yoga Immersion**  
Rina Jakubowicz p. 81
- Kayaking and Yoga**  
Ray Crist, Susannah Gale, and Healthy Living Faculty p. 47
- The REVEAL Immersion: Unveiling the Divine Feminine**  
Christiane Northrup, Meggan Watterson, Kate Northrup, Rochelle Schieck, and Maya Azucena p. 69
- 14 SUN** **A Wellness Retreat for People Living with Parkinson's and Their Care Partners**  
Maria Sirois, Aruni Nan Futuronsky, and Healthy Living Faculty p. 50
- Swingolf: Dynamic Yoga Motion on the Golf Course**  
Les Bolland p. 42
- Life Is a Verb: Six Practices for Living and Working More Mindfully**  
Patti Digh p. 69
- OmGym Suspension Yoga: Recreate Your Relationship with Gravity**  
Sarah Kellett p. 82
- Mindful Yoga Therapy for Veterans: A Yoga Teacher Training**  
Suzanne Manafort and Robin Gilmartin p. 82
- Igniting the Fire of Yoga: A Transformational Retreat**  
Yoganand Michael Carroll p. 82
- Total Immersion for Total Transformation**  
Raphael Cushnir p. 68
- 17 SUN** **Animal Wisdom: Learning from the Spiritual Lives of Animals**  
Linda Bender p. 70
- 19 FRI** **Evidence-Based Qigong: A Gentle Path to Physical, Mental, and Spiritual Strength**  
Yang Yang with special guest Yang Ying p. 34
- Fit Soul, Fit Body: Nine Keys to a Healthier, Happier You**  
Brant Secunda and Mark Allen p. 48
- Hiking and Yoga**  
Randal Williams and Kacey Wilson p. 47
- Embodied Compassion: Buddhist Practices for Awakening the Heart**  
Lama Willa Miller with Bill and Susan Morgan p. 83
- Yin and Yang Yoga: Stillness, Alchemy, Power, and Flow**  
Paulie Zink p. 83
- Awakening Your Divine Self: A Workshop in Mastery**  
Paul Selig p. 70
- 300-Hour Kripalu Yoga Teacher Training: Guiding Meditation for Transformational Yoga Teaching**  
Jonathan Foust (Sudhir) and Michelle Dalbec p. 16

- 19 FRI** **300-Hour Kripalu Yoga Teacher Training: Integrating Ayurveda into Yoga Teaching: Balancing the Doshas**  
Larissa Hall Carlson and John Douillard p. 17
- 21 SUN** **Evidence-Based Qigong: A Gentle Path to Physical, Mental, and Spiritual Strength**  
Yang Yang with special guest Yang Ying p. 34
- Cooking for Health with Moosewood Restaurant**  
David Hirsch p. 49
- R&R Retreat Special Event: Solstice Celebration**  
R&R Retreat Faculty p. 9
- Nutrition Intensive for Health Professionals**  
Annie B. Kay, Kathie Madonna Swift, Lisa B. Nelson, and special guest Drew Ramsey p. 51
- Let Your Yoga Dance Teacher Training: Chakra Fusion, Module 2**  
Megha Nancy Buttenheim p. 36
- Groundation Celebration: A Movement and Writing Immersion**  
Sienna Creasy and Nadine McNeil p. 37
- 22 MON** **Journey Into the Labyrinth: Walking the Path of Insight**  
Deborah Ketter and Lars Howlett p. 70
- 23 TUES** **Mindfulness as a Life-Changing Practice: Transforming Negative Habits to Cultivate Happiness**  
Terry Fralich p. 83
- 26 FRI** **Healing Heart and Soul: Clearing Blocks to Well-Being Through Past-Life Exploration**  
Ainslie MacLeod p. 71
- Getting the Love You Want: A Workshop for Couples**  
Harville Hendrix and Helen LaKelly Hunt p. 64
- The Art of Happiness**  
Howard C. Cutler p. 72
- Summer Deep Clean**  
John Bagnulo p. 49
- Lotus Palm Thai Yoga Massage for Everyone**  
Sukha Wong p. 33
- Abandonment to Healing: Overcome Your Patterns of Self-Sabotage**  
Susan Anderson p. 71
- Kripalu Yoga in the Schools Teacher Training**  
Janna Delgado and Iona M. Smith p. 17
- 28 SUN** **Refilling Your Well: Join the Self-Care Revolution**  
Priti Robyn Ross p. 71
- Oneness and Yoga Immersion**  
Kathy Holmes p. 84
- CircusYoga Community Retreat: The Human Art of Play**  
Erin Maile O'Keefe and Kevin O'Keefe p. 65

- 28 SUN** **Yoga and Shamanism**  
Ray Crist and Jamee Curtice p. 84
- The Bliss Connection: Gentle Yoga and Yoga Nidra**  
Rudy Peirce p. 85
- Lotus Palm Thai-Style Reflexology and Foot Massage**  
Sukha Wong p. 33
- Yoga Summer Camp: An Outdoor Adventure for Adults**  
Michelle Dalbec, Janna Delgado, and Healthy Living Faculty p. 46
- 200-Hour Kripalu Yoga Teacher Training: Monthlong Intensive**  
Coby Kozłowski and Yoganand Michael Carroll p. 15

## JULY

- 3 FRI** **YogArts for Kids**  
Craig Hanauer p. 65
- Fly Camp: Finding Freedom Through Inversions and Lifts**  
Dana Flynn p. 85
- LifeForce Yoga for Depression and Anxiety: I Am Bliss and So Are You**  
Amy Weintraub p. 85
- Dharma Yoga Purification Intensive**  
Dharma Mittra p. 86
- Kayaking and Yoga**  
Jennifer Reis and Mark Roule p. 47
- Deepen Your Practice**  
Jurian Hughes and Jovinna Chan p. 86
- The Yoga of Plants: Experience the Unitive State of Plants and People**  
Pam Montgomery and Annie B. Kay p. 87
- Journey to Wholeness: Balancing Body, Mind, and Spirit**  
Heidi E. Spear and Elizabeth Boham p. 49
- 5 SUN** **Yoga for the Absolute Beginner**  
Cristie Newhart and Michelle Dalbec, with special guest Yoganand Michael Carroll p. 102
- Mindfulness-Based Eating Awareness Training for Professionals**  
Jean Kristeller and Andrea Lieberstein p. 58
- Transformational Vinyasa Yoga: The Body and Beyond**  
Lesley Desaulniers p. 87
- Unmasking Your Soul: Renew Yourself Through Painting and Collage**  
Linda Novick p. 38
- Wild Hips, Gypsy Heart: Belly Dance as Self-Empowerment**  
Melina of Daughters of Rhea p. 37
- Yoga for the Rest of Us and Beyond**  
Peggy Cappy p. 87



**5** SUN **LifeForce Yoga Practitioner Training for Depression and Anxiety: Level I**  
*Amy Weintraub with special guests Richard P. Brown and Patricia Gerbarg* p. 58

**6** MON **Soma Prana Vinyasa: The Yoga of Regeneration**  
*Shiva Rea with the Hanumen* p. 88  
**Beyond Emotional Balance: A Curriculum for Human Growth**  
*Bo Forbes* p. 24

**10** FRI **Prana Vinyasa: Movement Alchemy for Living Flow**  
*Shiva Rea* p. 88  
**Hiking and Yoga**  
*Randal Williams, Erin Casperson, and Health Living Faculty* p. 47  
**Salsa and Yoga: Relax, Renew, and Cut Loose**  
*Catherine Calderon with special guest Ronnie Roc* p. 38  
**Iyengar Yoga for Back Care**  
*Elise Browning Miller* p. 89  
**Rooted, Relaxed, and Radiant: A Yoga, Meditation, and Nature Retreat**  
*Jillian Pransky* p. 90  
**A New Way of Being: Women's Self-Renewal Retreat**  
*Renée Peterson Trudeau* p. 72  
**Shadow Yoga Basics**  
*Matt Pesendian* p. 90

**12** SUN **Transformative Self-Care: Continuum Movement, Mindfulness, and Osteopathy**  
*Bonnie Gintis* p. 52  
**Yoga for Scoliosis Part I**  
*Elise Browning Miller* p. 89  
**Revitalizing Cleanse: Nourishing Body, Mind, and Spirit**  
*Alison Shore Gaines* p. 48  
**Calm Body, Clear Mind, Content Heart: A Yoga, Meditation, and Nature Retreat**  
*Jillian Pransky* p. 90  
**Drawing Closer to Nature**  
*Peter London* p. 39  
**Yoga for Cancer Teacher Training**  
*Tari Prinster* p. 59

**14** TUES **Yoga for Scoliosis Part II**  
*Elise Browning Miller* p. 89

**17** FRI **Introduction to Meditation**  
*Bhavani Lorraine Nelson* p. 92  
**Shake Your Soul Teacher Training: The Yoga of Dance**  
*Dan Leven with adjunct faculty Heather Bilotta and Sage Peeler* p. 39  
**Introduction to Positive Psychology**  
*Maria Sirois* p. 55  
**Reclaim Your Health: Medical Qigong for Healing**  
*Deborah Davis* p. 34

**17** FRI **Yoga Rocks Revolution**  
*Eric Paskel* p. 91  
**Float Your Yoga: A Stand Up Paddleboard Weekend**  
*Ryan and Juliet Burch* p. 43  
**Mother-Daughter Yoga Weekend**  
*Sarahjoy Marsh* p. 63

**A Women's Spiritual Retreat: Learning How to Love Ourselves**  
*Joan Borysenko and Karen Drucker* p. 72

**19** SUN **Five Element Yoga Teacher Training**  
*Jennifer Reis* p. 91  
**Trauma, Body, and the Brain: Restoring the Capacity for Rhythm and Play**  
*Bessel van der Kolk and Steven Gross* p. 55  
**Yoga Summer Camp: An Outdoor Adventure for Adults**  
*Michelle Dalbec, Janna Delgado, and Healthy Living Faculty* p. 46  
**Camp Kula**  
*Nikki Vilella, Alex Auder, and Erin Dudley* p. 92  
**Second Chance Mindfulness: Reinvigorate Your Meditation Practice with Music**  
*David Harp* p. 39  
**Women's Qigong and Intuitive Healing**  
*Deborah Davis* p. 34  
**Sacred Passage: Meditating with Nature as Your Partner**  
*John P. Milton* p. 91

**20** MON **Crafting the Resilient Life**  
*Maria Sirois* p. 24

**24** FRI **Circuit of Change: A Revolutionary MindBody Immersion**  
*Brian Delmonico* p. 44

**Love Your Life: A Transformative Yoga and Wellness Weekend**  
*Elena Brower and Aviva Romm* p. 92

**Tracking Your One Magical Life**  
*Martha Beck* p. 73

**Deep Play for Kids**  
*Missy Brown* p. 65

**26** SUN **Forrest Yoga Festival**  
*Erica Mather, Jambo Truong, Allison English, Brian Campbell, and Kelley Rush* p. 93

**Yoga Ed. Professional Institute I Foundations: Teaching Children's Yoga**  
*Joan Nichols* p. 61

**Fluid Mind and Spirit: An Introduction to Awakened Living**  
*Kevan Gale* p. 93

**Breath-Body-Mind Teacher Training, Level I**  
*Richard P. Brown, Patricia Gerbarg, and Joy Bennett* p. 59

**JourneyDance Teacher Training Intensive: Module I**  
*Toni Bergins* p. 38

**Yoga for Seniors Teacher Training**  
*Carol Krucoff and Kimberly Carson* p. 59

**26** SUN **200-Hour Kripalu Yoga Teacher Training: Monthlong Intensive**  
*Rudy Peirce and Cristie Newhart* p. 15

**27** MON **Integrative Yoga Therapy: Professional Yoga Therapist Training Program Module I**  
*Joseph Le Page with Maria KaliMa, Debra Jensen, Beth Gibbs, and Jennifer Reis* p. 103

**29** WED **Your Natural Posture: A New Approach to Musculoskeletal Health**  
*Esther Gokhale* p. 52

**31** FRI **YogArts for Kids**  
*Craig Hanauer* p. 65  
**Four Seconds: All the Time You Need to Stop Counter-Productive Habits and Get the Results You Want**  
*Peter Bregman* p. 74

**This Very Moment: Mindfulness in Psychotherapy**  
*Ronald D. Siegel* p. 56

**Bhakti on the Mat**  
*Sean Johnson and the Wild Lotus Band* p. 73

**The Great Work of Your Life: The Yoga of the Bhagavad Gita**  
*Stephen Cope* p. 74

**Intimacy as a Spiritual Path: A Retreat for Couples**  
*Richard Borofsky and Antra Kalnins Borofsky* p. 62

**Psychology of the Chakras: A 7-Day Intensive**  
*Anodea Judith* p. 94

## AUGUST

**2** SUN **New Beliefs, New Brain: Neurosculpting for Stress Relief**  
*Lisa Wimberger* p. 56

**ChiRunning: A Mindful Approach to an Ancient Sport**  
*Danny Dreyer* p. 42

**The Embodied History of Yoga**  
*David Gordon White and Yoganand Michael Carroll* p. 94

**Creative Writing Sampler: A Week of Practice and Play**  
*Heather Sellers* p. 40

**Positional Therapy: Clinical Applications**  
*Lee Albert* p. 35

**Facing Cancer with Courage**  
*Maria Sirois, Aruni Nan Futuronosky, and Healthy Living Faculty* p. 51

**6** THUR **Hands of Light Healing: The Fundamentals of Brennan Healing Science**  
*Melanie Roche* p. 52

**7** FRI **Amplify Your Intuition**  
*Gabrielle Bernstein* p. 76

**Mindfulness for Lawyers**  
*Jurian Hughes, Maria Sirois, and Bruce Sherman* p. 75

**The Opening the Heart Workshop**  
*Linda Aranda, Jon Berenson, Donna Macomber, and Peter Watson* p. 75

**Mythology and Sacred Geometry in Asana**  
*Rama Jyoti Vernon* p. 94

**Kayaking and Yoga**  
*Jennifer Reis and Mark Roule* p. 47

**300-Hour Kripalu Yoga Teacher Training: Leading Vinyasa: Breathe, Feel, Flow**  
*Coby Kozlowski* p. 16

**9** SUN **Yoga Nidra: The Theory and Practice of Conscious Relaxation**  
*Beth Gibbs* p. 103

**Wired for Relationship**  
*Stan Tatkin and Tracey Boldermann-Tatkin* p. 63

**The Mindful Table: A Kripalu Nutrition and Cooking Immersion**  
*Annie B. Kay and Jeremy Rock Smith* p. 50

**The Art of the Creative Process: A Workshop for Writers, Actors, Musicians, and Visual Artists**  
*Robert Fritz* p. 40

**Therapeutic Chair Yoga**  
*Terry Roth Schaff* p. 95

**The Art of Masterful Living: Embodying the Five Elements Through Yoga**  
*Todd Norian* p. 95

**Foundations of Svaroopaa Yoga**  
*Vidyadevi Stillman and Margo Gebraski* p. 95

**10** MON **Integrative Yoga Therapy Professional Yoga Therapist Training Program Module 2**  
*Joseph Le Page with Lilian Le Page, Maria KaliMa, Cathy Prescott, and Ellen Schaeffer* p. 103

**14** FRI **Immerse Yourself: A Baptiste Yoga Program**  
*Brandon Compagnone* p. 96

**Partner Yoga for Mothers and Daughters**  
*ElysaBeth Williamson and Lisa Cannizzaro* p. 64

**Playing the Matrix and Getting What You (Really) Want**  
*Mike Dooley* p. 77

**Deep Play for Kids**  
*Missy Brown* p. 65

**Talk Your Way to Health and Happiness**  
*Neha Sangwan* p. 76

**Hiking and Yoga**  
*Randal Williams, Erin Casperson, and Healthy Living Faculty* p. 47

**16** SUN **Yoga and Deep Relaxation Retreat: The Gift of Divine Sleep Yoga Nidra**  
*Jennifer Reis* p. 96

**Passion, Life, and Dance: A Soul's Journey**  
*Jovinna Chan* p. 40

**Principle-Based Partner Yoga Level I Teacher Training**  
*ElysaBeth Williamson* p. 61

**Yoga Therapy: A Healing Tradition for Everyone**  
*JJ Gormley-Etchells* p. 96

**The Still, Small Voice Within: Meditation, Focusing, and Intuition Training**  
*Jonathan Foust (Sudhir)* p. 97

**Internal Family Systems Therapy: Embodying the Healing Wisdom**  
*Richard C. Schwartz and Sarah Stewart* p. 56

**Yoga Summer Camp: An Outdoor Adventure for Adults**  
*Michelle Dalbec, Janna Delgado, and Healthy Living Faculty* p. 46

**21** FRI **Healer Within Practice Leader Training: Medical Qigong Certification**  
*Roger Jahnke* p. 35

**Writing in Fire: A Deliberate Exploration of Language Liberation**  
*Dominique Christina* p. 41

**Refine Your Flow: A YogaWorks Immersion**  
*Jodie Ruffy, Sarah Bell, and Jeanmarie Paillilo* p. 98

**Yoga Tune Up Therapy Ball Immersion: Strategies for Self-Care**  
*Jill Miller and Dinneen Viggiano* p. 97

**Building Resilient Bones: An Integrated Approach**  
*Lisa B. Nelson and Erin Casperson* p. 53

**Float Your Yoga: A Stand Up Paddleboard Weekend**  
*Ryan and Juliet Burch* p. 43

**Shakti and Meditation: Invoking the Power of the Inner Beloved**  
*Sally Kempton* p. 98

**Navigating Change: Integrating Endings, Initiating Beginnings**  
*Christine Warren* p. 78

**23** SUN **Detox for Health and Healing**  
*Annie B. Kay, Kathie Madonna Swift, and Healthy Living Faculty* p. 53

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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 6

#### EXPERIENCE KRIPALU, YOUR WAY

Your schedule is flexible—choose what and how much to do each day.

### Kripalu Healthy Living Programs PAGE 10

Discover a new level of wellness and vitality in programs that focus on the mind, body, heart, and spirit.

### Kripalu Schools of Yoga and Ayurveda PAGE 12

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 \$86–99.\***

### 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, \$113–147, to private, \$198–245.\***

### 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, \$172–199, to private, \$262–304.\***

### 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, \$192–268, to private, \$282–389.\***

*\*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.

4

## REGISTER

**ONLINE 24/7 [kripalu.org](http://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 workshop 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. Deadlines do apply. 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.

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.

### 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.

### LATE ARRIVALS

We encourage you to arrive by 6:30 pm if you plan to join us for dinner.

### 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. In the event of an emergency, our Campus Safety staff can assist with contacting local medical and emergency resources.

### 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](http://kripalu.org/children). **PLEASE NOTE** Our policy prohibits children from swimming in the lake during their program sessions. Kids may swim anytime when accompanied by a parent or guardian.



# Experience Kripalu Near You

Kripalu Affiliate Studios are dedicated to sharing the mission and vision of Kripalu with their home communities. 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 an 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**

yogaforlifecharlotte.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 Tooley

## VIRGINIA

### MCLEAN

#### **Dream Yoga Studio & Wellness Center**

dreamyogastudio.com

*Studio owner:* Luann Fulbright

## GERMANY

### WERL

#### **Kripalu Yoga Zentrum**

doctao.de

*Studio owner:* Iven Tao

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kripalu.jp

*Studio owner:* Toshiro Miura

All studios are independently owned and operated.



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### Mailing List

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# Off the mat with Kripalu faculty Larissa Hall Carlson

## What is your role at Kripalu?

As Dean of the Kripalu School of Ayurveda, I spread Ayurveda education throughout Kripalu. In addition to overseeing our Ayurvedic Health Counselor and Ayurvedic Yoga Teacher Training programs, I work with other Kripalu departments—Healthy Living, R&R Retreat, Healing Arts, and the Kripalu Kitchen—to ensure that our guests and staff are introduced to the simple, profound, and nourishing practices of Ayurveda.

## Why do you practice and teach Ayurveda?

Ayurveda has dramatically strengthened my health, invigorated my yoga practice, and enhanced my spiritual studies. I feel called to share these ancient healing tools, and I hope to spend my life empowering and encouraging people to live in harmony with the rhythms of nature.

## What inspires and motivates you?

Reading the classic texts of yoga and Ayurveda lights me up with perplexing inquiries, elaborate questions, uplifting perspectives, and grand revelations. I'm hooked.

## How has Kripalu resonated with you?

Kripalu has been my true home and haven. Being a part of this precious community of friends, peers, and teachers ensures continual encouragement to stay on the path of mindful living—which isn't always easy on my own.

## How do you spend your free time?

In the summer, I spend as much time as possible across the street at Tanglewood, the summer home of the Boston Symphony Orchestra. After a fulfilling day of practicing and teaching at Kripalu, I love picnicking on the lawn, lying under the stars, and listening to the tranquil sounds of the symphony. Connection to nature, meditation on sound, deep relaxation—for me, this is yoga off the mat!

.....  
Larissa Hall Carlson  
is Dean of the Kripalu  
School of Ayurveda.



Find out more  
about the Kripalu  
School of Ayurveda  
on page 18.

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For more information [kripalu.org](http://kripalu.org)

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### R&R RETREAT



Kripalu R&R Retreats offer the ideal blend of getaway, discovery, and personal time. Learn more on page 6.

### THE POWER OF YOGA



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