Explore the Power of You

120+
Programs with world-renowned presenters

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

Our Mission is to Empower People and Communities to Realize Their Full Potential Through the Transformative Wisdom and Practice of Yoga.
DON’T MISS!

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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.

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)

On-Site | Online Programs
A dynamic blend of two modes of study—immerse yourself in the Kripalu Experience and then keep learning at home.

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.

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

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.
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.

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.

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 YogoDance® 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
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

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**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
Kripalu Healthy Living Programs

Transform your health, transform your life.

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
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, or visit 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.

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

* 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.

JUNE 28–JULY 24 MONTHLONG INTENSIVE
Coby Kozlowski and Yogananand 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 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

Yogananand 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

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

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

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.

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

• Discussion on how yoga and meditation can affect the healing, growth, and well-being of adolescents.

• Insight into the broad spectrum of meditation approaches and their benefits.

• A core set of asanas, with modifications, variations, and assisting techniques.

• An integrated practice of postures, pranayama, and relaxation to enhance meditation.

This module includes:

• 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.

• A set of asanas, with modifications, variations, and assisting techniques.

• A simple yet effective tool to access the meditative states of prana and pranayama.

• A 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 ksysa@kripalu.org or 800.848.8702.

Guiding Meditation for Transformational Yoga Teaching

EXPLORING THE WORLD WITHIN

Jonathan Foust (Sudhir) and Michelle Dalbec

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

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.

• 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 ksysa@kripalu.org or 800.848.8702.

Kripalu Yoga in the Schools Teacher Training

Larissa Hall Carlson and John Douillard

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

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

• Experience the different movements of prana, agni, and ojas.

• While here, you participate in daily sadhanas, carve silent time for self-study, and integrate your skills in insightful supervised practicums.

• Dive into yoga philosophy that allows you to live flow on and off the mat.

• Explore modifications that can make this practice available to students of different abilities.

• Experience the different movements of prana, udana, samana, apana, and vyana.

• Use asana as a gateway to deep states of inner focus.

• Explore how the Kripalu methodology can be applied to vinyasa themes that support your students both on and off the mat.

• Use prana as a gateway to deep states of inner focus.

• 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 ksysa@kripalu.org or 800.848.8702.

Leading Vinyasa

BREATHE, FEEL, FLOW

Coby Koizowski

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 the Kripalu methodology in vinyasa.

• Use the koshas in vinyasa to support the practice, while also deepening your understanding of the koshas.

• Use the koshas in vinyasa to support the practice, while also deepening your understanding of the koshas.

• Use the koshas in vinyasa to support the practice, while also deepening your understanding of the koshas.

• Use the koshas in vinyasa to support the practice, while also deepening your understanding of the koshas.

Tuition: $1,049, plus room & meals. For more information, contact us at ksysa@kripalu.org or 800.848.8702.

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

JUNE 26–JULY 3 | TUESDAY–WEDNESDAY

Kripalu Yoga in the Schools Teacher Training

Janna Delgado and Jona 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 ksysa@kripalu.org or 800.848.8702.

FIND OUT MORE kripalu.org/ksys
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

* 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 350-hour trainings build on any Yoga Alliance–approved 200-hour yoga teacher training for 500 hours of training.
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.

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

Kripalu Healing Arts

Experience a deeper kind of wellness.
On-site | Online Programs

A dynamic blend of two modes of study.

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.

See upcoming On-site | Online programs on the following pages.
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 anxious,” 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 long 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—as 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. And because yoga’s experiential practices involve both the mind and the body, the insight they create isn’t simple 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 posture of those with depression become infused with energy. The light that shines in their eyes afterward never fails to move me. And posture of those with depression become infused with energy. The light that shines in their eyes afterward never fails to move me. And posture of those with depression become infused with energy. The light that shines in their eyes afterward never fails to move me. And posture of those with depression become infused with energy. The light that shines in their eyes afterward never fails to move me. And posture of those with depression become infused with energy. The light that shines in their eyes afterward never fails to move me. And posture of those with depression become infused with energy. The light that shines in their eyes afterward never fails to move me. And posture of those with depression become infused with energy. The light that shines in their eyes afterward never fails to move me. And posture of those with depression become infused with energy. The light that shines in their eyes afterward never fails to move me. And posture of those with depression become infused with energy. The light that shines in their eyes afterward never fails to move me. And posture of those with depression become infused with energy. The light that shines in their eyes afterward never fails to move me. And posture of those with depression become infused with energy. The light that shines in their eyes afterward never fails to move me. And posture of those with depression become infused with energy. The light that shines in their eyes afterward never fails to move me. And posture of those with depression become infused with energy. The light that shines in their eyes afterward never fails to move me.
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.

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

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

Tuition $799 plus $75 technology fee. Add 5 midweek nights room & meals; see page 112. (web code IWLB-152)


Tuition $4,450 plus $150 technology fee. Add 10 midweek nights room & meals; see page 112. (web code CP5-151)

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

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

Lisa B. Nelson, MD, is a 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

Find out more kripalu.org/wlloss

Six weeks of online support at home

EIGHT ONLINE MODULES OF AT-HOME STUDY

Find out more kripalu.org/weightloss

Dr. Tal Ben-Shahar

Explore what it truly means to be happy.

FOUr 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 CP5-151)

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

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

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

11 MONTHS OF BLENDED LEARNING

Two 5-day on-site immersions:


Find out more kripalu.org/weightloss

Who is she: Sharon S.
From: Ellicott, Maryland
Participated in: The Kripalu Approach to Diet: An Integrative Weight-Loss Program

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 looked it all in like a sponge. “Practice” is the word that encapsulates my Kripalu experience. Take a deep breath, ease into it, and do that over and over, and, eventually, change occurs.

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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

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

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

Become a donor kripalu.org/makeagift
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.

“

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

—Gabrielle Bernstein

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

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 $358. 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

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 $429. Add 5 midweek nights room & meals; see page 112. (web code RFF-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.

Kripalu | BODYWORK/ENERGY HEALING

JUNE 7–11
SUNDAY–THURSDAY

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Hilary Garivaltis

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Kripalu | BODYWORK/ENERGY HEALING

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, awake, 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.

Hilary Garivaltis

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!

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

FOR everyone; no bodywork experience necessary. CE credits.

Lotus Palm Thai-Style Reflexology and Foot Massage

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FOR everyone; no experience required. CE credits.

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• 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!

TUITION $450. Add 5 midweek nights room & meals; see page 112. (web code TRM-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

Sukha Wong
Evidence-Based Qigong

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.

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 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 teaches 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 Q Gong.

NOTE: This course is a requirement for Women’s Qigong and Intuitive Healing. 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)

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.

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 acupunc-
ture 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 information about certification.

TUITION: $395. 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 qigong therapy, is author of Live Pain-Free without Drugs or Surgery. leealbert.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 neurovascular 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 neurovascular 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 neurovascular 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, lymphangitis, and more
• Specific home wellness plans for each condition

WAYS to successfully integrate qigong, non-weight-resistant strength training, and other holistic wellness practices.

RECOMMENDED READING: See this program on the Kripalu website.

NOTE: Certification includes a training manual.

TUITION: $380. Add 5 midweek nights room & meals; see page 112. (web code PTTT-152)

AUGUST 21–23 | FRIDAY–SUNDAY
Healer Within Practice Leader Training MEDICAL QIGONG CERTIFICATION
Roger Jahnke

FOR everyone. CE credits.

Share mind-body energies 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 certifi-
cate following the training.

TUITION: $295. Add 2 weekend nights room & meals; see page 112. (web code THW-151).

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 yoga and qigong masters discovered that gentle body movements, paired with focused breathing and mind centering, are a means 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 (ji xia zhu) for the ultimate qigong experience. Explore the miracles that occur through qigong cultivation and learn to practice the Ten 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. faithiq.com

Kripalu | BODYWORK/ENERGY HEALING 800.741.7353 or kripalu.org | 35
Creative Expression

**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 is 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 sessions. Please see this program on the Kripalu website for important information and recommended readings.

**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

**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

**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 sessions. Please see this program on the Kripalu website for important information and recommended readings.

**Tuition:** $575. Add 5 midweek nights room & meals; see page 112. (web code KdGM-151)

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

letyouryogadance.com

**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.

**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

**JUNE 21-26 | SUNDAY-FRIDAY**

**Grounding Celebration**
A MOVEMENT AND WRITING IMMERSION
Sienna Creasy and Nadine McNiel

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 re-connecting to our purpose.

This dynamic workshop integrates drums, rhythm, movement, and writing, in a space of empowerment and conscious communication. We 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, lyrists, 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 (Z E N R E BELL), certified Prana Vinyasa Yoga instructor and founder of Zennah Rebell Conscious Retreats, works with Island Outpost Hotels in Jamaica 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. universalexpress.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 swirling 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:** $355. Add 5 midweek nights room & meals; see page 112. (web code AAPD-151)

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

800.741.7353 or kripalu.org | 37
JULY 26-31  
SUNDAY-FRIDAY

JourneyDance Teacher Training Intensive

MODULE I  
Toni Bergins

FOR dance enthusiasts, including yoga teachers, dance instructors, and movement therapists. C.T. 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 and 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 8-15) at the same time and receive a 10 percent tuition discount.

TUITION $485. Add $5 midweek nights room & meals; see page 112. (web code JDT-151)

Toni Bergins, MED, artistic alchemist and founder of JourneyDance™, has helped thousands of people find emotional well-being through transformational dance. 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-dance-me-onto-the-dance-floor” types will be strutting 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 midweek nights room & meals; see page 112. (web code SYR-151)

Catherine Calderon, a filmmaker, yoga teacher, and professional salsa dancer, has been practicing yoga and dance for more than 30 years.

Ronnie Roc is a multi-pianist, keyboardist, and producer, steeped in the rhythms and history of African, Brazilian, Haitian, and Afro-Cuban music.

JULY 5-10 | FRIDAY-SUNDAY

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. yogaqv.com

JULY 17-24 | FRIDAY-SUNDAY

Shake Your Soul Teacher Training

THE YOGA OF DANCE

Dan Leven with adjunct faculty Heather Blitzz and Sage Pastor

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 and sharing with others
• How to build Mental Muscle™ based upon this knowledge
• How to build Mental Muscle™ based upon this knowledge
• How to build Mental Muscle™ based upon this knowledge
• Deeper unity that brings about a rich, authentic, and inspiring community

Join Dan Leven, a master teacher with nearly 40 years of experience teaching dancers, 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 levennisstitute.com.

TUITION $1995. Add 5 midweek nights room & meals; see page 112. (web code SYSTT-152)

Dan Leven, Kripalu faculty member for more than 35 years, trains Somatic Movement Therapists through his Shake Your Soul® and SomaSoul® programs. levennisstitute.com

See the Kripalu website for additional programs and housing options.

JULY 19-24 | SUNDAY-FRIDAY

Second Chance Mindfulness

REINVOKE 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 harmonicas, 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 SCMV-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. harmonicyoga.com

JULY 12-17 | SUNDAY-FRIDAY

Drawing Closer to Nature

Peter London

FOR all levels.

Spend time in the beauty of the Berkshires soaking up 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 inspiring community.

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 draw closer to your world—with nature and express that more fully in your art and life.


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

800.741.7353 or kripalu.org | 39
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 CW-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.
http://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-pointing 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/assembleages
• 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.
rutherfordz.com

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, releases 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 MotionTM 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 SM-151)

JOVINNA CHAN, E-RYT 500, is a yoga teacher trainer, dance and creative movement facilitator, and co-founder 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 mediation 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, unparse, 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 WFD-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 YOV-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

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 physi-
cal 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 pilgrim-
age, 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.
liveqoya.com

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

You might also be interested in...
• Life is A Verb, p. 69
800.741.7353 or kripalu.org | 41

Kripalu  | CREATIVE EXPRESSION
ChiRunning

A MINDFUL APPROACH TO AN ANCESTRAL 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.

Tuition: $425. Add 5 midweek nights room & meals; see page 112. (web code: July FYY-151, August FYY-152)

DANNY DREYER, the creator of ChiRunning® and ChiWalking®, has 35 years of experience running, racing ultramarathons, and coaching thousands of people in intelligent movement.
chirunning.com
THE MINDFUL PRACTICE OF EFFORTLESS, INJURY-FREE RUNNING
Chirunning Levels 1 and 2
Kathy Griest

FOR runners of all abilities. CE credits.
Experience a revolutionary running technique that com-
bines 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.

Tuition: $255. 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

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: $275. 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

AUGUST 30–SEPTEMBER 4 | SUNDAY–FRIDAY
ChiRunning Levels 1 and 2
Kathy Griest

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:
  - The right use of will is the second essential piece in
    the framework. 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 allow 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 exercise. 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 be-
s! Returning to human beings realigns us.

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

RIGHT USE OF WILL
The right use of will is the second essential piece in
this model. Obviously, if you want something to be
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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, releasing, and being present
with my ever-changing attitude (willfulness, excite-
ment, resistance, or dread). I found that
relaxation and breath were the key to moving
forward.
The Kripalu Approach is one of mindful
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.

Tuition: $275. Add 2 weekend nights room & meals; see page 112.
WEB CODE: CHRTN-151
KATHY GRIEST, now in her eighth
year of teaching at
Kripalu, has success-
fully taught the Chirun-
ning’ method to
thousands of people, with
profound results.

BY ARUNI NAN
FUTURONSKY

The Kripalu Approach
ACKNOWLEDGES SMALL, INCREMENTAL CHANGES, PRACTICED CONSISTENTLY, AS THE PROFOUND STEPPING STONES OF TRUE TRANSFORMATION.
YOGA SUMMER CAMP
AN OUTDOOR ADVENTURE FOR ADULTS

For all levels.

Michela Dalbec, Janna Delgado, and Healthy Living Faculty

Longing to relieve 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 Rumblebowl for outdoor adventure and stress-reduction experiences
- Drumming and dancing
- 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 RRKY-151, July RRKY-152, August RRKY-153)

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)

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 RRHY-151, July RRHY-152, August RRHY-153)
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
- Keys to hormonal balance
- Mind-blowing results
- Ample time outside sessions for yoga practice and saunas.

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.
TUTION $230. Add 2 weekend nights room & meals; see page 112. (web code FSBF-151)

JUNE 21-23 | SUNDAY-TUESDAY
Cooking for Health with Moosewood Restaurant
David Hirsh
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 Hirsh 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.
TUTION $245. Add 2 midweek nights room & meals; see page 112. (web code MRRS-151)
DAVID HIRSCH is the coauthor of 12 Moosewood Collective cookbooks.

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

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
- 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.
TUTION $210. Add 2 weekend nights room & meals; see page 112. (web code WSP-151)
HEIDI E. SPEAR, MA, ABD is a Kripalu Yoga teacher and a relaxation specialist at the UltraWellness Center in Lenox, Massachusetts. heidispear.com

ALISON SHORE Gaines, a pioneer in the field of holistic cleansing, is trained in yoga, holistic nutrition, and body-centered counseling.
SacredNourishment.com

BRANT SECUNDA is an author and world-renowned shaman and healer in the Huichol Indian tradition. alkimism.com

MARK ALLEN, six-time Ironman champion, has been called the “World’s Fittest Man” by Outside magazine. fisoul-fitbody.com

Health and Wellness

800.741.7353 or kripalu.org | 49
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 breakouts 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.

JUNE 14–18 | SUNDAY–THURSDAY

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 $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 The Mindful Table, 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.

“A person is healthy when he is able to enjoy life to its maximum.”—Jose Saramago

AUGUST 9–14 | 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.

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 The Mindful Table, 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.

DREW RAMSEY, MD, is a psychiatrist, author, and farmer. He is cofounder of The Happiness Diet.

LISA B. NELSON, MD, is a psychiatrist, author, and farmer. He is cofounder of The Happiness Diet.

“Practice the things you have learned and received and the teaching you have been given, for making these your own, you will indeed grow in grace, having a firm foundation in the truth.”—Philippians 4:9 (NIV)

Challenges in the course include:
• 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 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 $509. Add 5 midweek nights room & meals; see page 112. (web code RRRR-151)

MARI S. SIOYD, 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 N. FUTURONSKY is a Kripalu Yoga teacher, life coach, and faculty member for Kripalu R&R Retreat and Healthy Living programs.

“aruninan@kripalu.org”

JUNE 21–26 | SUNDAY–FRIDAY

Facing Cancer with Courage

Maria Sirois, Aruni Nan Futuronsky, and Healthy Living Faculty

No matter what you were diagnosed with or what treatment options you chose or are choosing, facing cancer is life-changing. Find inspiration in this transformative 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 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

Tuition $409. Add 5 midweek nights room & meals; see page 112. (web code RRRR-151)

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

“aruninan@kripalu.org”
**Transformative Self-Care**

**JULY 12–17 | Sunday-Friday**

**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 as you explore your natural posture
- Strategies for emotional detox
- A simple, nutritionally balanced detox diet
- Simple meditation and breathing techniques.
- Self-care practices including self-massage
- Daily yoga classes to balance the nervous system
- A range of evidence-based practices for anxiety, depression, and chronic illness
- Building resilient bones
- Reclaim Your Health

**JULY 29–31 | Wednesday-Friday**

**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 teaches you everything you need to know until you’ve moved, and 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.

**Recommended Reading** Esther Gokhale, *Hands of Light Healing Science*;

Melanie Roche

CE credits.

- 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 chakras, 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 exercises, 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*.

**Tuition** $250. Add 1 midweek night and 2 weekend nights room & meals; see page 112.

**August 6–9 | Thursday-Sunday**

**Hands of Light Healing Science**

Melanie Roche

CE credits.

- A yoga 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.

**Tuition** $225. Add 2 weekend nights room & meals; see page 112.

**August 23–28 | Sunday-Friday**

**Detox for Health and Healing**

Annie B. Kay, Kathia 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 bodily 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
- Cleaning unhealthy mental patterns, realigning with the rhythms of nature, and conscious communication
- Creating a sustainable detox kitchen with culinary nutrition tips
- Yoga and 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.

**Tuition** $399. Add 5 midweek nights room & meals; see page 112.

**Recommended Reading** Annie B. Kay, RS, LDN, RYT, is Lead Nutritionalist at Kripalu, author of *Every Bite Is Divine*, and an important voice in whole-foods nutrition and yoga.

KATIE 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 2 weekend nights room & meals; see page 112.

**August 28–30 | Friday-Sunday**

**Getting Unstuck**

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 well-being, 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, yoga, 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** $325. Add 2 weekend nights room & meals; see page 112.

**Recommended Reading** 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
and psychology

• Effectively and compassionately use Polyvagal Theory with clients.
• Develop basic fluency in the language of Polyvagal Theory

Combining somatic movement with experiential and didactic approaches, we learn to re-pattern the functioning of the autonomic nervous system? Can we consciously influence 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 personal narratives, beyond conscious control. Polyvagal Theory is essential for understanding As therapists, we know that experiences of safety, danger, and life threat become woven into and attachment issues.

and EMdr practitioner. She specializes in the treatment of traumatic stress disorders

• Work on your own attachment-related experiences, so you can be with your clients in a
• Resource traumatized clients to better prepare them for memory work
• Help restore attachment-related gestures and movements to optimize your clients’
• Identify and work with somatic patterns to facilitate corrective experiences and treatment results.

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 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 OTSP-151)

Deanly Laliotis, Licsw, is a founding member of Island Institute for Trauma Recovery, which specializes in addressing complex traumatic stress. deanylaliotis.com

Deb Dana and Deb Grant

JUNE 5-7 | FRIDAY–SUNDAY

The Language of the Nervous System

BECOMING FLUENT IN POLYVAGAL THEORY

FOR psychotherapists and other helping professionals. CE credits.

JUNE 7-12 | SUNDAY–FRIDAY

Treating Complex Trauma with EMDR Therapy

WORKING WITH THE BODY AND ATTACHMENT

Deanly Laliotis

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. Deanly Laliotis 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)

Deanly Laliotis, Licsw, is an internationally recognized trainer, clinical consultant, and EMDR practitioner. She specializes in the treatment of traumatic stress disorders and attachment issues. deanlylaliotis.com

JULY 17-19 | FRIDAY–SUNDAY

Introduction to Positive Psychology

Maria Sirios

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; Brené Brown, The Gifts of Imperfection.

Tuition $225. Add 2 weekend nights room & meals; see page 112. (web code TTPP-151)

DEANLY LALIOTIS, LICSW, is an internationally recognized trainer, clinical consultant, and EMDR practitioner. She specializes in the treatment of traumatic stress disorders and attachment issues. deanlylaliotis.com

JULY 19-24 | FRIDAY–SUNDAY

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. lifegoodplaymakers.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

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. mariasiros.com

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

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 I’ve 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.

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, NSFP, is author of New Beliefs, New Brain and founder of the Neurosculpting Institute. She specializes in teaching neurosculpting for trauma.

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.

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
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 an endless and stress-related eating, disorders eating patterns, and obesity. This program provides extensive 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 Dysphoria, Yoga Skills for Therapists, and How to Live 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’ll 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 available 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 yogaforgedpression.com.
Tuition $950. Add 2 weekend nights and 5 midweek nights room & meals; see page 112. (web code LFDY-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.

July 12–17 | Sunday–Friday
Yoga for Cancer Teacher Training
Tari Prinzter
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 Prinzter’s M-YC 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 take away tools to enhance and care 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 PRINZTER, a cancer survivor, yoga teacher, and regular presenter at Yoga Journal conferences, was featured in the documentary Breath-body-mind.com

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 traumatized and traumatized populations. CE credits.
Breath-Body-Mind integrates ancient and modern trauma-sensitive techniques to rapidly access and disperse 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 medical 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
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
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 food is a powerful medicine and a source of life-giving energy. The act of eating becomes a celebration, and you 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.

Other trainings you might be interested in...
- Nutrition Intensive for Health Professionals, p. 51
- Mindful Yoga Therapy for Veterans: A Yoga Teacher Training, p. 62
- Psychology of the Chakras, p. 94
- Integrative Yoga Therapy: Professional Yoga Therapist Training Program, p. 103
- Yoga Teacher Tune-Up Series, p. 104

JULY 26–31 | SUNDAY–FRIDAY
Yoga Ed. Professional Institute I 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.

Intensive 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-pamphlet 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-351)

August 9–15 | Sunday–Friday
Principle-Based Partner Yoga Level I Teacher Training
Elysebeth 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 vinyasas, 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: $4195. Add 5 midweek nights room & meals; see page 112. (web code PBPYTT-151)

Elysebeth 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

August 16–21 | Sunday–Friday
Principle-Based Partner Yoga Level II Teacher Training
Elysebeth 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 II 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 vinyasas, 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: $4195. Add 5 midweek nights room & meals; see page 112. (web code PBPYTT-151)

Elysebeth 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

#kripalu #kripalulove

Stay connected.
Find us online for resources, articles, videos, recipes, and more—read, watch, and share.
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
• Experience the power of invoking ancestral support
• Join in a mothers-only discussion group with each other and gain resources to foster

and sharing, we
• 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 unfurled 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
Adults $250. 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.
herocgirl.com

CINDY L. PARRISH, PHD, is a renowned educator, novelist, playwright, and award-winning filmmaker. She has two daughters. herocgirl.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

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 unfurled 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.

biergitrgether.com

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

CINDY L. PARRISH, PHD, is a renowned educator, novelist, playwright, and award-winning filmmaker. She has two daughters. herocgirl.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

AUGUST 9–13 | SUNDAY–THURSDAY

Wired for Relationship
Stan Tatkin and Tracey Boldemann-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.


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

Tracey Boldemann-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.


Tuition
$310. Add 2 weekend nights room & meals; see page 112. (web code MDW-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
“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 LALKELLY HUNT


- 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**: $330. Add 2 weekend nights room & meals; see page 112. (web code: GIVW-151)

**HARVILLE HENDRIX, PHD, AND HELEN LALKELLY HUNT, PHD**, founded Imago Relationship International and are the co-authors of 10 books, including three New York Times best-sellers. harvilleandhelen.com

**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.

Circus Yoga, 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 tightrope
- Tai Yoga Massage
- Creative movement and dance.

The CircusYoga community welcomes people of all ages and abilities who embrace the principles of inclusion, connection, compassion, and empathy. Learn how to live from a more playful, resilient, expressive place, and surprise yourself by what you can do!

**NOTE**: In this program, children and adults are paired, and each participant participates. Adults must be 18 years old. Please contact Erin Maile O’Keefe with any questions.

**TUITION**: $225. Add 2 weekend nights room & meals; see page 112. (web code: CIRC-153)

**ERIN MAILE O’KEEFE** and **KEVIN O’KEEFE**, developed CircusYoga and Flying Partner Yoga out of their love for yoga, circus, connection, and play. circussyoga.org

**JULY 24–26 | 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
- Hire 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**, RT, 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.
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

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

GAIL PARKER, PHD, RYT, is a licensed psychologist. She integrates the healing power of yoga and meditation into her work. dgailparker.wordpress.com

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 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

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 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)

CHRISTINA PAGE is 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

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, is a Subtle Yogi, a master Archetypal Dreamwork therapist and the cofounder and codirector of North of Eden and the Center for Archetypal Dreamwork. northofeden.com

YOGA ON AND OFF THE MAT
Embrace your practice wherever you are. Find out more on the Kripalu blog.

kripalu.org/onandoffthemat
**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 lives empowers you to understand and embrace your soul lessons, shift your consciousness, and create change.

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

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**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 roadmap 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 MLV-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

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**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 unexpressed 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)

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**June 12–14 | Friday–Sunday**

**The REVEAL Immersion**

**Unveiling the Divine Feminine**

Christiane Northrup, Meggan 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 unaltering 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 soulwork 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)

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**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)

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**MIRAZOEL.COM** is an author who lectures and coaches worldwide. His books include *The One Thing Holding You Back* and *Surfing Your Inner Sea.* cushnir.com

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**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

**Meggan Watterson** is the author of *Rituals: A Sacred Manual For Getting Spiritually Naked* and co-author of *How To Love Yourself (And Sometimes Other People).* megganwatterson.com

**Kate Northrup** is the best-selling author of *Money, A Love Story* and *Yourself (And Sometimes Other People).* katenorthrup.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

**Maya Azucena** is an award-winning singer known for making music that uplifts the soul, has appeared at TEDWomen, One Billion Rising, and other conferences.
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 in 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 will:
- 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 I12. (web code AYDS-151)

PAUL SELIG is an award-winning author, psychic, and channel. paulselig.com

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 animal’s unique 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 will:
- 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. 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 I12. (web code LYW-151)

DEBORAH KETTER, E-RYT 500, is a Kripalu Yoga teacher, artist, and certified Vinitas labyrinth facilitator who builds labyrinths and facilitates labyrinth walks as a meditative process. deborahketter.com

LARS HOWLETT studies, designs, and teaches on labyrinths alongside leading experts in sacred geometry and walking meditation. 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 abandonsholism (being attracted to the unavailability)
- 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.


TUITION $215. Add 2 weekend nights room & meals; see page I12. (web code FAH-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

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 I12. (web code HYS-151)

AINSIE MACLEOD is an internationally acclaimed psychic and award-winning author of The Instruction and The Transformation. ainsiemacleodworld.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 refi! 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 mindfulness walking meditation on the beautiful Kripalu grounds
- Creative journaling, guided imagery, and joyful movement to awaken your inner prank-maker
- Exercises to explore matri, 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 sustained, 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 I12. (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. lifeasyoga.com

Kripalu | SELF-DISCOVERY

800.741.7353 or kripalu.org | 71
theartofhappiness.com

• Key points of the Art of Happiness
success, and higher income.
increased creativity, greater career
riages, enhanced mental functioning,
improved relationships, stronger mar-
rewards, including better physical
leads to a multitude of personal

Recent research has found that
with contemporary Western science
based approach to happiness com-

Living

Howard C. Cutler

The Art of Happiness
JUNE 26–28
FOR everyone. CE credits.
Learn the funda-
mental principles
of the Art of Happi-
ness method,
based on the
international
best-seller _The Art of Happi-
ness: A Handbook for
Living, by the Dalai Lama and How-
card C. Cutler. This powerful, science-
based approach to happiness com-
bines 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
leads to a multitude of personal

Joy Beck

A New Way of Being
WOMEN’S SELF-RENEWAL RETREAT
RENEÉ PETTerson 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
t, and renewal? Rennie 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)

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 WSRB-151)

JULY 10-12 | FRIDAY–SUNDAY

“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

This weekend, you
- Learn to drop the “tarneness” of socialization that holds you back
- Track and find the “wild self” that has always guided you toward your optimal life path
- Use your wild mind to invent

Mother’s Guide to Self-Renewal.
The

Joan Borysenko

and a pioneer in mind-body

Martha Beck, PhD

is a Harvard Medical School–trained biologist, a licensed psychologist, and a pioneer in mind-body medicine. joanborysenko.com

Karen Drucker

is 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. karenrdrucker.com

RENÉE PETTerson TRUDEAU is an internationally recognized life-balance coach, president of Career Strategists, and author of _The Mother’s Guide to Self-Renewal_ renuepetren الا porterudeu.com

RECOMMENDED READING See this program on the Kripalu website.
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_.
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 spirituality? 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 $235. Add 2 weekend nights room & meals; see page 112. (web code GTC-J152)

Four Seconds
ALL THE TIME YOU NEED TO STOP COUNTERPRODUCTIVE 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 Counterproductive Habits and Get the Results You Want.
TUITION $235. Add 2 weekend nights room & meals; see page 112. (web code ATYN-115)

The Great Work
— Stephen Cope

Thank you.
Kripalu | SELF-DISCOVERY

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

Thank you.
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. dotcomneha.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

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**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.

For everyone.

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** $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

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**“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

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**“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
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 according to the opportunity to be truly present with who you are and those who are with you.

We invite you to truly unplug. Slow down, develop authentic connections, and use the environment to be truly present with self, others, and the surrounding environment requires a different form of communication.

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AUGUST 18–20 | 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
• Trace 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 I12.
(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

AUGUST 24–26 | 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 reverential workshop teaches you how to turn 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 I12.
(web code MKR-151)
CHRISTINE ARYLO is a transformational coach 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

AUGUST 28–30 | FRIDAY–SUNDAY
The Evolution of Forgiveness
Terr 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 $235. Add 2 weekend nights room & meals; see page I12.
(web code EDF-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

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 truths, 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 $425. Add 5 midweek nights room & meals, see page I12.
(web code OCZ-151)
LISA LOUSTAUNAU, MFA, CCEP, Director of Education at the Institute of Core Energetics and a process facilitator and teacher of body-psychotherapy worldwide. kripalu.org

FOR

• The Yoga of Plants, p. 87
• Fit Soul, Fit Body, p. 48
• Writing in Fire, p. 41
• System, p. 54
• Yoga and Shamanism, p. 84
• The Yoga of Plants, p. 87
• The Still, Small Voice Within, p. 97

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

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Kripalu | SELF-DISCOVERY
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 wherever 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 GPPY-151)

**KELLY MORRIS, E-RYT,** is founder of the renowned Conquering Lion yoga teacher training in New York City. conqueringlionyoga.com

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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. medicalyogatherapy.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.

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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,** is a Kripalu faculty member and creator of the best-selling CDs Transform, Relax, and Rejuvenate; Yoga with Vandita; and Vandita Chants. yogawawandian.com

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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.
- Yoga philosophy and practices to honor our similarities and our differences.
- How to integrate yoga techniques throughout your day for radiant health.
- 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, levantaras 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 SEY-151)

**RINA JAKUBOWICZ,** founder of Rina Yoga, is a bilingual yoga teacher, Reiki practitioner, motivational speaker, author, and television host. rinajakubowicz.com
SUSANNE 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

ROBIN GILMARTIN, LCSW, has worked with veterans for 20 years and was clinical director of a residential PTSD program for veterans in Connecticut.

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

SARAH KELLETT, E-RYT 500, is a certified yoga therapist and the founder of OmGym® International and creator of OmGym® Suspension Yoga. omgym.com

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 trauma-related psychological challenges.

Mindful Yoga Therapy is an Embodysana®-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 tool kit, 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
- 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 M6TV-151)

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 Embodysana®-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 tool kit, that can carry veterans into a life of strength and resilience.

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- 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)

JUNE 19–22 | JUNE 14–19
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 Embodysana®-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 tool kit, that can carry veterans into a life of strength and resilience.

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- 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 M6TV-151)

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 mindful- ness 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 compassion compassions

www.mindfulyogatherapy.org

Terry Fralich, The FiveCanyon and Mindfulmama, has 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 stability and well-being in these challenging times.

RECOMMENDED READING: Terry Fralich, The FiveCanyon and Mindfulmama, has more than 15,000 people throughout the United States and Australia.

Learn to transform negative emotions, habits, and reactions using:
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- Leave refreshed and energized, with a clear understanding of how mindfulness practice leads to more stability and well-being in these challenging times.
**Oneness and Yoga Immersion**

**Kathy Holmes**

**FOR all levels.**

Learn to embody transformational teachings through yoga, meditation, and Deekska, 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 Deekska 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

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**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)

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**JULY 5–12 | Sunday–Sunday**

**Flying Freedom through Inversions and Lifts**

**Dana Flynn**

**FOR everyone.**

spread your wings and fly! explore inversions and lifts with care and playful-ness, 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-directors, 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 FCFP-151)

**DANA FLYNN** is a certified Yoga Alliance Instructor and a MacArthur Foundation grant recipient. She brings an ecstatic expression of movement, music, and community to her classes. laughinglotus.com

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**July 3–5 | Friday–Sunday**

**LifeForce Yoga for Depression and Anxiety**

**Amy Weintraub**

**FOR everyone.**

Come home to the joy that is your birthright. Beneath your aches, pains, and shifting moods, you are bliss. Amy Weintraub, author of LifeForce 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.

**copying 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 YTB-151)

**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

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**June 28–July 3 | Sunday–Friday**

**The Bliss Connection**

**GENTLE YOGA AND YOGA NIDRA**

**Rudy Peirce**

**FOR all levels; no prior yoga experience required.**

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 PERECE, MA, E-RYT 500,** is a Kripalu Yoga teacher since 1983, guides accessible, gentle yoga, and is creator of a four-CD set, The Gentle Series.

gentle.org
JULY 3–5 | FRIDAY–SUNDAY
Dharama 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 nirdos (deep yoga sleep)
For 50 years, Dharama 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 Dharama Yoga with its namesake, and dive deep into transformative practices sure to take your yoga to the next level.
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
JOVINNA CHAN, E-RYT 500, is a yoga teacher trainer, dancer and creative movement facilitator, and co-founder of Shakti Initiation Leadership program. jovinna.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
JOVINNA CHAN, E-RYT 500, is a yoga teacher trainer, dancer and creative movement facilitator, and co-founder of Shakti Initiation leadership program. jovinna.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 $500. Add 5 midweek nights room & meals; see page 112. (web code TBVW-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. lesyd.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, is known for her best-selling PBS series Yoga for the Rest of Us. peggycappy.com
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

JULY 5–10 | SUNDAY–FRIDAY
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. partnereartheducationscenter.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. everybitesavory.com

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• Practice plant spirit yoga
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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. partnereartheducationscenter.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. everybitesavory.com

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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 $500. Add 5 midweek nights room & meals; see page 112. (web code TBVW-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. lesyd.com
**Soma Prana Vinyasa**

**THE YOGA OF REGENERATION**

**SHIVA REA** with special guests John de Kadt, Benji Workheimer, and Gauna 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 Hanumens, this flowing approach to lunar, or yin, yoga transforms stress and cultivates ojas (vitality).

This immersion includes:
- Chandra Namaskar and Prana Vinyasa Lunar Namaskaras (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
- Lunar Mudrasanas (long holds) and Sahaja Vinyasa (natural spontaneous movement)
- Chandra Namaskar and Prana Vinyasa Lunar Namaskaras (Moon Salutations)

**This immersion includes**
- One week of immersion in ancient yogic arts and practices
- A journey to the Heart Fire. Y oga and author of the book
- Shiva Rea with special guests John de Kadt, Benji Workheimer, and Gauna Vani
- Evening Event: SATURDAY, JULY 11, 8:00 PM Yoga Trance Dance with Shiva Rea and DJ Nagaraja
- NOTE: This program offers optional teacher training credit. For information about teacher certification, visit shivarea.com.

**TUITION** $450. Add 2 weekend nights room & meals; see page 112. (web code SPV-151)

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**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 soma 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.

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**July 6–10 | Monday–Friday**

**SOMA PRA VINYASA**

**The Yoga of Regeneration**

**Shiva Rea** with special guests John de Kadt, Benji Workheimer, and Gauna 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 Hanumens, this flowing approach to lunar, or yin, yoga transforms stress and cultivates ojas (vitality).

This immersion includes:
- Chandra Namaskar and Prana Vinyasa Lunar Namaskaras (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 2 weekend nights room & meals; see page 112. (web code SPV-151)

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**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:
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- Four complete Prana Vinyasa sequences from the foundation, elemental, chakra, and soma 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.
YOGA, MEDITATION, AND NATURE RETREATS WITH JILLIAN PRANSKY

JULY 10-12 | FRIDAY–SUNDAY

Rooted, Relaxed, and Radiant
Jillian Pransky
FOR all levels. CE credits.
Yoga 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 BY THE Kripalu 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).
TUTION $210. Add 2 weekend nights room & meals; see page 112. (web code YDR-151)

JULY 12-17 | SUNDAY–FRIDAY

Calm Body, Clear Mind, Content Heart
Jillian Pransky
FOR all levels. CE credits.
Discover the state yoga call “true happiness.” Contentment doesn’t come by choice—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 yoga 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
• Longer 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, mudra (energetic locks), and the system of marmas (trigger points). This workshop intensive introduces the basic practices, principles, and philosophy of Shadow Yoga, including:
• Energetic anatomy
• Vata Chalana (joint warm-ups)
• Pitta 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 breath/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.
TUTION $225. Add 2 weekend nights room & meals; see page 112. (web code SYB-151)

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 marmas (trigger points). This workshop, designed for beginners, teaches the basic practices, principles, and philosophy of Shadow Yoga, including:
• Mic breathing, bandhas (energetic locks), and the system of marmas (trigger points)
• Basic Shadow Yoga standing postures
• Uddiyana bandha (navel lock) to bring awareness to the core, train breath control, promote breath/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.
TUTION $225. Add 2 weekend nights room & meals; see page 112. (web code SYB-151)

JULY 17-19 | FRIDAY–SUNDAY

Yoga Rocks Revolution
Eric Pascal
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 resolution.

RECOMMENDED READING
A. Parthasarathy, Full of the Human Intellect and Vedanta Tattvas.
TUTION $225. Add 2 weekend nights room & meals; see page 112. (web code YRR-151)

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Eric Pascal is a licensed therapist and certified sports counselor, he owns eight Yoga Shelter studios.

JULY 17-19 | FRIDAY–SUNDAY

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
• Meditation 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.

TUTION $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

JULY 17-19 | FRIDAY–SUNDAY

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 breath 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 joyful 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, happiness, peace, and potential.

RECOMMENDED LISTENING
See this program on the Kripalu website.
NOTE: Tuition includes a manual.
TUTION $395. Add 5 midweek nights room & meals; see page 112. (web code FEYT-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

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
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 $225. 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.

bhavani@kripalu.org

JULY 19-24 | SUNDAY-FRIDAY

Camp Kula

Niki Vilella, Alex Auiler, and Erin Dudley

FOR students who have practiced regularly for 5+ 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 movement, known for its rigor and intelligence of the body.

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.

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 $305. Add 5 midweek nights room & meals; see page 112. (web code KYHI-151)

NIKI 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. kula.yoga

ALEX AUILER, a teacher at Kula Yoga Project, is known for her love of the ancient science of Ayurveda, and her ability to draw on the clinical expertise of her herbalist background.

ERIN DUDLEY, a senior teacher at Kula Yoga Project, draws inspiration from the passion of Ayurveda, yoga, and meditation.

JULY 24-26 | SUNDAY-FRIDAY

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.

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 innerempt
- 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 $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 Iyengar Yoga, and her love of the rigorous intelligence of the body.

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.

july19-24@kripalu.org

JULY 26-31 | SUNDAY-FRIDAY

Fluid Mind and Spirit

AN INTRODUCTION TO A WAKENED LIVING

Kevan Gale

FOR all levels. CE credits.

How can we 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 yin 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 PMS-151)

KEVAN GALE, ERYT-500, is co-owner of Sati Studio in Greater Boston and creator of Fluid Yoga and EnLving.

kevan.gale@yogabyallison.com

TWEET ABOUT IT

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twitter.com/kripalucenter

800.741.7353 or kripalu.org | 93
A 7-DAY INTENSIVE

Anodea Judith

FOR all levels. CE credits.

For you to be ready for an integrative 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 5 midweek nights room & meals; see page 112. (web code EHY151)

FIND OUT MORE about the Kripalu School of Yoga on page 14.

JULY 31–AUGUST 7 | FRIDAY–FRIDAY

Psychology of the Chakras

Mythology and Sacred Geometry in Asana

AUGUST 2–7 | SATURDAY–SUNDAY

The Embodied History of Yoga

David Gordon White and Yogananad Michael Carroll

FOR all levels. CE credits.

The inner landscapes of the subtle body are windows into the 4,000-year-old world 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, Yogananad 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 Yogananad, illuminating material covered the previous day.
- Partner and group discussions.

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. yanrashy.com

TUITION $395. Add 5 midweek nights room & meals; see page 112. (web code EHY151)

FIND OUT MORE about the Kripalu School of Yoga on page 14.

AUGUST 9–14 | SUNDAY–SUNDAY

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, fibromyalgia 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 TCYW151)

TERRY ROTH SCHAFF, E-RYT 500, 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. medicalyogatherapy.com

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. ramajayoverton.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 YPM151)

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. ramajayoverton.com

MARGO GEBRASKI, CSYT, E-RYT 500, teaches classes at her studio, Yoga Rhythms, in Little, Laos. A yoga practitioner for more than 30 years, she brings a deep, easy, and lightness to her teaching. yogarhythms.com

VIDHYADEVI STILLMAN (formerly Bambay Stillman) is Svaroopa® Yoga’s premier trainer. She has studied and taught with Svaroopa Yoga originator Svami Nirmalananda (Rama Berch) for 20 years. svaroopayoga.org

AUGUST 9–14 | SUNDAY–SUNDAY

Foundations of Svaroopa Yoga

VIDHYADEVI STILLMAN and Margo Gебraski

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.


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 $567.5 Add 5 midweek nights room & meals; see page 112. (web code FS151)

TODD NAPIAN, RYS 200, teaches the heartfelt process of Svaroopa® Yoga. His approach enables the whole person to awaken others to their inherent potential for unlimited joy, vitality, and fulfillment.

TODD NAPIAN, RYS 200, founder of Ashaya Yoga, teaches with the heartfelt intention to awaken others to their inherent potential for unlimited joy, vitality, and fulfillment. ashaya-yoga.com

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

TUITION $480. Add 5 midweek nights room & meals; see page 112. (web code AYBA151)

THOUGHTS NAPIAN, RYS 500, founder of Ashaya Yoga, teaches with the heartfelt intention to awaken others to their inherent potential for unlimited joy, vitality, and fulfillment. ashaya-yoga.com

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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, breath- ing, hand mudras, and the profound healing rest of Divine Sleep® Yoga Nidra.

Tuition: $225. Add 5 midweek nights room & meals; see page 112. (web code YHT-TI15)

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: $225. Add 5 midweek nights room & meals; see page 112. (web code YDRR-TI15)

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

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 yoga 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: $225. Add 5 midweek nights room & meals; see page 112. (web code YHT-TI15)

JJ Gormley-Etchells, E-RYT 500, yoga educator and yoga therapist, has studied Aishthana, Iyengar, Kundalini, Anusara, and Vinyasa, drawing on what she loves from each tradition. yogajnj.com

August 21–25 | Sunday–Friday

Yoga Tune Up Therapy Balls Immersion

Strategies for Self-Care
JJ 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 in 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: $495. Add 5 midweek room & meals; see page 112. (web code CTI-15)

JJ 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

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

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, strength, 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-relieving self-massage with Yoga Tune Up® therapy balls
- Learn how to apply core work to your personal practice or movement routine
- Decompress and de-stress nikau and siddhiya bandhas

JJ’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, CoreGone 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 CTI-15)

Jill Miller and Dinneen Viggiano are certified Yoga Tune Up® teacher, craniosacral therapist, certified nutritional consultant, and an active board member for the New York Coalition for Healthy School Food.

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**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.

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

**SALLY KEMPTON** is a master teacher of meditation and transformational wisdom. A former swami in the Vedic tradition, she is known for her transformative wisdom. 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.

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

**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 work shop that blends Forrest Yoga, Yin Yoga, and mindfulness meditation. Heidi Sormaz encourages you to work with your mind as you 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 yoga-mind principles build on each other throughout the week, resulting in optimal progress, contentment, and aliveness.

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

**RECOMMENDED READING**
**Sharon Salzberg, Real Happiness: The Power of Meditation**

**LORIN ROCHE, PHD,** E-RYT, Kripalu faculty member and teacher trainer for YogaWorks, was born in Tibet in 1956. He is Buddhist chaplain at Harvard University and director of the Sakya Institute in Cambridge, Massachusetts. lamamigmar.net

**Lama Migmar Tseten** is a Buddhist Healing Ritual
**DAKINI’S HEART ESSENCE CHOÐ AND EMPOWERMENTS**

**DAKINI’S HEART ESSENCE CHOÐ AND EMPOWERMENTS**
**Lama Migmar Tseten**
FOR everyone.

Healing Choḍ 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 Choḍ is suitable for everyone, including those with chronic or mild illnesses. Healing Choḍ rituals consist of music, prayers, and mantras in the sacred sounds of Sanskrit and Tibetan, transformational 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.

Choḍ’s Heart-Essence Choḍ 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, Chogyer Trichen Rinpoche, also the guru of His Holiness the Dalai Lama.

**TUTUITION $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

**At Play with the Radiance Sutras**
**A MEDITATION RETREAT AND TEACHER TRAINING**

**Lori Roche and Coby Kozlowski**
FOR all levels, optional meditation teacher training for yoga teachers. CE credits.

Meditation is one of life’s greatest 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, Lori Roche’s new translation of the Vijnana Bhairava Tantra, an ancient yogic 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 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.

**TUTUITION $310. Add 5 midweek nights room & meals; see page 112.** (web code TRS-151)

**Kripalu VIDEO**
Insights on yoga, conscious living, and holistic principles.

**LORIN ROCHE, PHD**, has been teaching meditation since 1968. He is the author of Meditation Made Easy and Whole Body Meditations. 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

**Coby Kozlowski, MA, E-RYT**
**Kripalu faculty member and founder of Karma Yoga Leadership Intensive.**

**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.
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.

YOGA AND MEDITATION

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. Visit us kripalu.org/makeagift

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 SPVD-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 breathing 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 long-time teacher trainer at Kripalu. letyouryogadance.com

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 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. seane.com

See more. Do more. Love more.
Kripalu | 800.741.7353 or kripalu.org    |   101
August 28–30 | Friday–Sunday
Tantra Vinyasa
A WAKENING 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 mystery: 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-1151)

August 30–September 4 | Sunday–Friday
The Awakened Introtrovert
MINDFULNESS SKILLS FOR THRIVING IN AN EXTROVERTED WORLD
ARNE 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 extraverted 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.
TUITION: $315. Add 5 midweek nights room & meals; see page 112. (web code MML-1151)

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 a 200-hour Yoga Alliance–registered program and Module 1 of the Integrative Yoga Therapy training 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 asanas 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 psychosomatic 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 readings, and related reading.
TUITION: $1,985. 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 asanas, pranayama, mudra, affirmation, meditation, and yoga nidra.
• Understand how to develop and complete a yoga therapy program directed toward the most common health conditions, such as high blood pressure, type 2 diabetes, 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 readings, and recommended reading.
TUITION: $1,895. Add 9 midweek and 4 weekend nights room & meals; see page 112. (web code PYTO-2151)

COMBINE THESE PROGRAMS for a 10 percent tuition discount for each program.
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 teach yoga that is offered with care, humor, encouragement, and sensitivity. It combines the ease of restorative yoga with the intelligent sequencing of vinyasa yoga. Rudy Peirce, MA, E-RYT 500, is a Kripalu Yoga teacher since 1983, guides accessible, gentle yoga, and is creator of a four CD set, The Gentle Series. RudyPeirce.com

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

GOLDFIE GRAHAM, an internationally renowned yoga instructor known for combining intuitive movement with precision and alignment, has been featured in Yoga Journal, Runner’s World, and Shape. goldiefsoga.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 I, p. 59
• Yoga for Seniors Teacher Training, p. 59
• Principles-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
• Bhakti on the Mat, p. 73
• The Great Work of Your Life, p. 74
Start planning your fall getaway now…

SNATAM KAUR AND SOPURKH SINGH
Peace in Our Hearts Through Kundalini Yoga

FOOD AS MEDICINE
A Feast of Science and Wisdom
SEPTEMBER 18–22
James S. Gordon, Kathy Madonna Swift, John Bagnulo, and more

TARA BRACH
SEPTEMBER 25–27
True Refuge

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

SYMPOSIUM ON YOGA RESEARCH
SEPTEMBER 28–30
copresented by JAYT and the Kripalu Institute for Extraordinary Living

SUE Hitzmann
OCTOBER 2–4
MELT Self-Care Immersion
Become Your Own Hands-Off Bodyworker

GENEEN ROTH
OCTOBER 9–11
Women, Food, and God
A Transformational Path

DANIEL J. SIEGEL
OCTOBER 9–11
Interpersonal Neurobiology
Practices that Cultivate Connection and Well-Being

SIANNA SHERMAN
OCTOBER 9–12
Mythic Yoga Flow
Arama, Myth, Mantra, Mudra

YOGA AND THE GREAT OUTDOORS
OCTOBER 9–12
Randall Williams and Michelle Dalbec

BREATH IMMERSION 2015
FROM SCIENCE TO SAMADHI
OCTOBER 18–23
Stanislav Grof, Shirley Telles, Jessica Dibb, and more

BREATHING ROOM
A Vinyasa Weekend of Power and Play
NOVEMBER 20–22
copresented by Kripalu and Yoga Journal

KUNDALINI RISING
NOVEMBER 27–29
Live music with Spirit Voyage artists Ajet Kaur, Nirinjan Kaur, and more

DAVID WHYTE
OCTOBER 16–18
Stepping Stones
Moving Toward a Robust Vulnerability

ANGELA FARMER
OCTOBER 30–NOVEMBER 1
My Soul Is Returning to This Body
NOVEMBER 1–4
The Creative Path of Yoga

PANACHE DESAI
OCTOBER 30–NOVEMBER 1
Living a Soulful Life
Practical Tools for Mastering the Material World

BO FORBES
NOVEMBER 6–8
Yoga for the Nervous System

JUDITH HANSON LASATER
NOVEMBER 8–15
Relax and Renew
Learning to Teach Restorative Yoga, Level One

FACING CANCER WITH COURAGE
NOVEMBER 8–15
Maria Sirois and Aruni Nan Futuronsky

DAViD Kessler AND MAUREEN HANCOCK
NOVEMBER 13–15
From Grieving to Believing
The Soul in Transformation

Judith Hanson Lasater
NOVEMBER 8–13
Relax and Renew
Learning to Teach Restorative Yoga, Level One

DAVid KOssler AND MAUREEN HANCOCK
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From Grieving to Believing
The Soul in Transformation

SYMPOSIUM ON YOGA RESEARCH
SEPTEMBER 28–30
copresented by JAYT and the Kripalu Institute for Extraordinary Living

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 Anur Nanickarsvary, Anni B. Kay, and Gail Parker p. 26

5 Fri The Language of the Nervous System: Becoming Fluent in Polyvagal Theory Dlub-Dana and Dlub-Grant p. 54

12 Mon Transformational Breath: Reclaim Your Superpowers Judith Kravitz p. 67

Getting Present: Yoga and Meditation for This Moment Kaye Moore p. 80

Yoga Retreat for Women of Color: Love, Pray, Dance Maya Baura with Monique Schubert, Gail Parker, and Kuska Battles p. 66

Mothers, Daughters, and the Heroic Journey May Aguipe, Cindy L. Tollem, and Sudheri Hancock p. 62

The Wisdom of Yoga: A Classic Kripalu Yoga and Meditation Retreat Stephen Cope p. 81

Yoga for Healthy Mamas Terry Rich Schaff and Purnima Singh p. 80

7 SUN Shining Your Life Story: From the Page to the Stage Ann Randelphi p. 37

Treating Complex Trauma with EMDR Therapy: Working with the Body and Attachment Diary Labeone p. 54

Transform, Relaxes, and Rejuvenates: An Introduction to Yoga, Meditation, and Deep Relaxation Vandana Kate Marchesiello p. 81

Embodying the Dream: The Practice of Archetypal Dreamwork Marc Bregman and Chris Lancaster p. 67

Let Your Yoga Dance Teacher Training Transform for Special Populations Megha Nancy Buttenheim p. 36

Ayurvedic Face, Head, and Foot Massage Training Coby Kozlowski and Yoganand Michael Carroll p. 47

11 THU Revitalizing Cleanse: Nourishing Body, Mind, and Spirit Alison Shore Games 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 Kinsley p. 68

15 Mon The One Thing Holding You Back: Unleashing the Power of Emotional Connection Raphael Cushner p. 68

English-Spanish Yoga Immersion Rosalba Marquez p. 81

Kaye Yoga: Kaye Cint, Susanah Gof, and Healthy Living Faculty p. 47

The REVEAL Immersion: Unveiling the Divine Feminine Christina Northup, Megan Watson, Kim Northup, Michele Schick, and Maya Azucena p. 69

19 Mon A Wellness Retreat for People Living with Parkinson’s and Their Care Partners Marfa Sisco, Anur Nanickarsvary, and Healthy Living Faculty p. 50

Swingolf: Dynamic Yoga Motion on the Golf Course Les Rollins p. 42

Life is a Verb: Six Practices for Living and Working More Mindfully Patt O’Mahoney p. 69

Onqlymp Suspension Yoga: Recreate Your Relationship with Gravity Sarah Klevet p. 82

Mindful Yoga Therapy for Veterans: A Yoga Teacher Training Suzanne Marfaor and Robin Glemart p. 82

Ignoing the Fire of Yoga: A Transformational Retreat yogarogy.com p. 82

Total Immersion for Total Transformation Raphael Cushner p. 68

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 Yangyang with special guest Yangyang Ying p. 34

Cooking for Health with Moosewood Restaurant David Rachofsky p. 49

R&R Retreat Special Event: Solstice Celebration R&R Retreat Faculty p. 9

Nutrition Intensive for Health Professionals Anni B. Kay, Kathie Madonna Swift, LizaLiz Nelson, and special guest Drew Ramsey p. 51

Let Your Yoga Dance Teacher Training: Chakra Fusion, Module 2 Mogha Nancy Buttenheim p. 56

Groundation Celebration: A Movement and Writing Immersion Siroa Corey and Nadine McNeil p. 37

22 Mon Journey Into the Labyrinth: Walking the Path of Insight Deborah Solar and Lori Hawrit p. 70

24 Fri 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 on Past-Life Exploration Amanda Matshead p. 71

Getting the Love You Want: A Workshop for Couples Harville Hendler and Helen LaFeely Hart p. 64

The Art of Happiness Howard C. Corder p. 72

Summer Deep Clean John Bagnulo p. 49

Lutos Palm Thai Yoga Massage for Everyone Sakha Wong p. 33

Abandonment to Healing: Overcome Your Patterns of Self-Sabotage Susan Anderson p. 81

Kripalu Yoga in the Schools Teacher Training Joanna Delgado and Iona M. Smith p. 17

28 SUN Refilling Your Well: Join the Self-Care Revolution Priti Rohat-Russ p. 71

Oneness and Yoga Immersion Kathy Holmes p. 84

Circuit Yoga Community Retreat: The Human Art of Play Evi Marie O’Kearney and Kevin O’Kearney p. 65

30 Fri 300-Hour Kripalu Yoga Teacher Training: Integrating Ayurveda into Yoga Teaching: Balancing the Doshas Lassas Half-Carson and John Doulabhedi. 17

19 MON Evidence-Based Qigong: A Gentle Path to Physical, Mental, and Spiritual Strength Yangyang with special guest Yangyang Ying. 34

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28 SUN Yoga and Shamanism Ray Cint and Jameson Cint p. 84

The Bliss Connection: Gentle Yoga and Yoga Nidra Rudy Peace p. 85

Lutos Palm Thai Style Reflexology and Foot Massage Sakha Wong p. 33

Yoga Summer Camp: An Outdoor Adventure for Adults Michelle Galbraith, Jodi Delawery, and Healthy Living Faculty p. 46

200-Hour Kripalu Yoga Teacher Training: Monthlong Intensive Coly Kuzkis and Yoganand Michael Carroll p. 15

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Fly Camp: Finding Freedom Through Inventions and Lifesafes Dana Flynn p. 85

LifeForce Yoga for Depression and Anxiety: I Am Bliss and So Are You Any Wineman p. 85

Dhama Yoga Purification Intensive DhamaMitra p. 86

Kayaking and Yoga Jennifer Ross and Matt Rule p. 47

Deepen Your Practices Janet Hughes and Joanna Chan p. 86

The Yoga of Plants: Experience the Unitive State of Plants and People Pam Montgomery and Anne B. Kay p. 87

Journey to Wholeness: Balancing Body, Mind, and Spirit Heidi E. Spear and Elizabeth Bobo p. 49

5 Mon Yoga for the Absolute Beginner Cris Newhart and Michelle Dabbs, with special guest Yoganand Michael Carroll p. 102

Mindfulness-Based Eating Awareness Training for Professionals Joanie Kestler and Andrea Lefebre p. 58

Transformational Vinyasa Yoga: The Body and Beyond Leny Desaulniers p. 87

Unmasking Your Soul: Renew Yourself Through Painting and Collage Linda Novic p. 38

Wild Hogs, Gypsy Heart: Belly Dance as Self-Empowerment Melia of Daughters of Rhea p. 37

Yoga for the Rest of Us and Beyond Paige Cappp p. 87

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Plan your stay

1 CHOOSE AN EXPERIENCE

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, $282–585.*

*Based on midweek, weekend, or holiday stays.

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
- Kripalu faculty.

Evening workshops and outdoor activities taught by Kripalu faculty.

WHAT'S INCLUDED

ROOM & MEALS
- Nutritious, all-natural meals
- Coffee, tea, and bottled water for your room
- All tours, classes, and events
- Welcome Session and orientation
- Evening workshops and outdoor activities

MEALS
- Breakfast, lunch, and dinner
- Picnic lunches and evening snacks (some are included in program cost)
- Nutrition tips for healthy living
- Snacks and malas

PLANNING YOUR TRIP

Register early to ensure your preferred accommodations.

ONLINE 24/7 kripalu.org
BY PHONE 800.741.7553

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 at 800.741.7553 for more information.

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.

PLEASE NOTE
Our policy prohibits children from swimming in the lake during their programs sessions. Kids may swim anytime when accompanied by a parent or guardian.

Register early to ensure your preferred accommodations. kripalu.org/accommodations

Get directions by car, plane, train, bus, and more. kripalu.org/directions

800.741.7553 or kripalu.org    |   113
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.

Kripalu Affiliate Studios are dedicated to sharing the mission and vision of Kripalu with their home communities. All studios are independently owned and operated.

Connecticut
Fairfield
Yoga for Everybody
yoga4everybody.net
Studio owner: Elyne Serais

Massachusetts
Bedford
Serenity Yoga Center
serenityyoga.com
Studio owner: Toni Bradley

Shelburne Falls
Shelburne Falls Yoga
shelburnefallsyoga.com
Studio owner: Kate Pousiant Scarletborough

Florida
St. Augustine
Discovery Yoga
discoveryyoga.com
Studio owner: Devo 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
wholeheartyoga.com
Studio owner: Pam Jackson

Pennsylvania
Gettysburg
Sacred Lotus Yoga Studio
gettysburgholistichealthcenter.net
Studio owner: Lynn Roby

Maryland
Crofton Yoga
croftonyoga.com
Studio owners: Emily Gertz and Shelbi Miles

Virginia
Mclean
Dream Yoga Studio & Wellness Center
dreamyogastudio.com
Studio owner: Luann Fulbright

With gratitude...

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and Jenny Tea

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Roanm, croftonyoga.com
Studio owners: Emily Gertz and Shelbi Miles

Contact information:
800.741.7353 or kripalu.org | 115

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Help us conserve resources. Share this catalog with a friend. Recycle it when you’re done.

CATALOG CONTRIBUTORS

Photography
Cover photographer: Gregory Cherin; John Dolan; Bill Tipper; Paul Consath; Marc Gordon; David Aprell; Douglas Bar; Mareen Cottin; Yohsako; Lydia Ann Douglas; David Ellingsen; Derek Hansen; Adam Mantova; Ellen Michelson; David Stoll; Michelle Barley; Nicole McCormann; and Jenny Tea.

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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, ingrained 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!

Find out more about the Kripalu School of Ayurveda on page 18.

Larissa Hall Carlson
is Dean of the Kripalu School of Ayurveda.
This summer at Kripalu...

Register by phone 800.741.7353
For more information  kripalu.org

Earn CE and CME credits More than 100 programs to integrate your life, career, and practice.

Find us on  

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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Invigorating vinyasa yoga, p. 101

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An Outdoor Adventure for Adults
Connect to the great outdoors this summer, p. 46

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