

backgrounder

mission and principal activities

Kripalu Center for Yoga & Health, located in Stockbridge, Massachusetts, is the largest and most established retreat center for yoga and holistic living in North America. It offers individuals and groups a broad range of programs, services, and products designed to develop physical health and nurture emotional wellness and spiritual sustenance. Kripalu is a nonprofit educational organization with a mission to promote the art and science of yoga as a foundation for a revitalized society.

For more than 40 years, Kripalu has influenced the development and growth of contemporary yoga in North America. Kripalu Yoga is a conscious practice of physical yoga postures, breathing exercises and relaxation techniques for integrating body, mind, and spirit. More than just a form of exercise, this integrative approach enhances physical and mental health, supports people in feeling more fully alive and is often described as “meditation in motion.” Kripalu Yoga encourages people to take the many lessons learned on the yoga mat and incorporate them into daily life off the mat. From beginners to advanced practitioners of yoga, Kripalu provides education, inspiration, and experiences that enable people to deepen their connection with themselves and others.

Programs at Kripalu are led by many of the world's most accomplished teachers in yoga, self-discovery, and holistic health. Kripalu offers more than 800 programs a year that present principles and practices from yogic and other complementary wisdom traditions in a contemporary and accessible, yet profound, way. Kripalu has recently started offering online learning to complement on-campus programming, including a brand new Certificate in Positive Psychology. Our learning programs are designed to provide participants with tools they can apply in their daily lives. Programs are offered in the categories of yoga, health and healing, and self and spirit, with topics that include creative expression, dance, personal growth, Ayurveda, meditation, relationships, food and nutrition, fitness, qigong, self-care, and intuitive development. Yoga programs are offered for people at all levels, feature all yoga traditions and styles, and include therapeutic yoga, yogic anatomy, and trainings for teachers. Many Kripalu programs offer continuing education for professionals in fields such as nursing, psychology, counseling, massage, and fitness.

r&r retreats

Designed to inspire a more vibrant, healthy, balanced life, R&R retreats are available year-round. Guests choose from an array of workshops led by Kripalu faculty—on yoga, personal growth, nutrition, creativity, and movement—designed to inspire and invigorate. Kripalu's location on a hilltop in the Berkshires of western Massachusetts provides a serene setting for guided outdoor activities, and an indoor fitness room and whirlpool are available for energizing and relaxing.

healthy living immersion programs

The popular Kripalu Healthy Living immersion programs intend to improve health through nutrition, stress management and yoga. Taught by experts in health, nutrition, life coaching, yoga, and exercise, these immersion programs include educational workshops, yoga classes, health talks, and fitness activities—plus three delicious, all-natural meals each day. Ranging from holistic ways to manage chronic disease to natural ways to de-stress and lose weight, programs include Integrative Weight Loss, Preventing and Reversing Heart Disease, Preventing and Reversing Diabetes, Nutrition and Cooking Immersion, and Transforming Stress.

backgrounder

professional trainings

Kripalu professional trainings are well known in the fields of yoga, holistic health, and body-mind-spirit education. The Kripalu School of Yoga offers the highly respected Kripalu Yoga Teacher Training programs at 200- and 500-hour levels, which conforms to the national standards of the Yoga Alliance. Currently, there are more than 8,000 certified Kripalu Yoga teachers and 25+ Kripalu Affiliate Studios worldwide. Annual events include a yoga teachers' conference sponsored by the Kripalu Yoga Teachers Association and a yoga therapy conference that draws leading instructors and practitioners.

school of ayurveda

Kripalu also runs the world-renowned Kripalu School of Ayurveda (KSA), offering in-depth training in the principles and practices of this 5,000-year-old health science. Graduates of the KSA become certified as Ayurvedic Lifestyle Consultants or Ayurvedic Yoga Specialists.

volunteers and scholarships

Since its inception, Kripalu has provided volunteer opportunities for living, working, and learning in a holistic environment and continues to welcome hundreds of volunteers each year. The Kripalu volunteer program is founded on the practice of self-inquiry through service, or karma yoga, and volunteers play a vital role in supporting and creating a positive and transformative guest environment. Kripalu is committed to making its services accessible to anyone seeking to enhance their life and realize their human potential, regardless of background or financial status, and offers more than \$500,000 in scholarships each year to about 20 percent of participants.

history

Kripalu (kri PAH loo), which means "compassion" or "grace" in Sanskrit, takes its name from the eminent yoga master and Hindu saint Swami Kripalvananda. In 1972, yogi Amrit Desai and a small group of students established the first Kripalu Yoga Center in Sumneytown, Pennsylvania. The center expanded to nearby Summit Station before moving to Stockbridge, Massachusetts, in 1983. Until late 1994, Kripalu operated as a yoga ashram with a spiritual leader and a staff of about 350 residents. Since then, Kripalu has become an educational and retreat center staffed by paid and volunteer personnel.

Kripalu has the distinction of being the first, and possibly the only, yoga center in North America to make a successful transition from a traditional guru-disciple structure to a self-governing, nonprofit corporation. Kripalu is dedicated to providing education that empowers people to draw from their own inner wisdom.

notable accomplishments

In partnership with leading researchers from Harvard University, Kripalu is undertaking five major research projects through its Institute for Extraordinary Living, including studies of yoga in the schools, yoga for military populations, and yoga and weight loss. These studies are among the largest and most important in the United States.

In the past couple of years, Kripalu has released a series of cookbooks featuring recipes from Kripalu's Executive Chef, Deb Morgan, allowing guests to take home practical and inspirational tips on cooking, food, and nutrition according to the Kripalu food philosophy.

Each year, 32,000 people come from around the country and the world to participate in Kripalu's programs. *SELF*, *Shape*, *SpaFinder*, *More* and *Yankee* magazines have voted Kripalu the top yoga center in the nation. According to a recent survey, 16 million Americans now practice yoga while about 10 million meditate regularly. With such interest in these ancient practices, Kripalu is receiving substantial press coverage. Kripalu media highlights include feature stories in American Public Television, the *Boston Globe*, *CBS Sunday Morning with Charles Osgood*, *Conde Nast Traveler*, *Essence*, *Good Morning America*, the *New York Post*, the *New York Times*, *Newsweek*, Northeast Public Radio, *Real Simple*, *Redbook*, the Travel Channel, *Time*, *USA Today* and the *Wall Street Journal*.

backgrounder

Yoga and the Quest for the True Self (Bantam), written by the director of Kripalu's Institute for Extraordinary Living, Stephen Cope, is a best-seller and Cope's second book, *The Wisdom of Yoga* (Bantam), has been widely acclaimed. Richard Faulds, former Chair of Kripalu's Board of Trustees, wrote the landmark book *Kripalu Yoga: A Guide to Practice On and Off the Mat* (Bantam). In addition, Kripalu is recognized as one of the largest employers in Berkshire County.

a sanctuary for the spirit

Kripalu offers programs that combine the time-tested wisdom and practices of yoga and meditation with contemporary approaches to self-discovery and holistic health. Every Kripalu program is designed to provide practical, grounded ways to practice yoga on the yoga mat and in daily life. Along the way, participants experience the integration of body-mind-spirit that leads to healthier, more holistic living.

The environment at Kripalu, a sanctuary for the spirit, is designed to support personal growth. Guests enjoy a nonsmoking atmosphere free from the distractions of television, radio and in-room telephones. The experience of a holistic lifestyle is enhanced by the dining experience. The Kripalu Kitchen prepares more than 500,000 meals a year, making it one of the largest holistic kitchens in the country. Kripalu serves three healthful, delicious meals a day made with local organic produce when possible, and offers selections to satisfy virtually every dietary preference and need. Quiet and silent dining areas are available.

The typical schedule of daily activities begins at 6:30 am and concludes by 9:30 pm. Ample time is available for contemplation, as well as structured activities such as yoga classes, guided meditation, noon dance, and evening entertainment. Many guests choose to enhance their Kripalu experience by taking advantage of Kripalu Healing Arts, which offers more than 35 health services, including bodywork, facials, Ayurvedic treatments, neuromuscular therapy, Thai massage and individual nutritional consultation.

Guests can also enjoy the Kripalu Shop, which offers a wide selection of books on yoga, health, and spirituality, along with DVDs, CDs, clothing, healthful snacks, semiprecious stones and jewelry, body-care products, and yoga props. Visit our website at shop.kripalu.org for Kripalu products.

the setting

Kripalu is located in the Berkshires of western Massachusetts, less than three hours from Boston and New York City. Kripalu's main building was constructed in 1956 as a Jesuit novitiate on the grounds of the Shadowbrook estate, once owned by Andrew Carnegie. Kripalu's newest addition, the Annex, is a state-of-the-art, environmentally green building that opened in 2009.

Kripalu is located across the road from Tanglewood, summer home of the Boston Symphony Orchestra, and just a few miles from the Norman Rockwell Museum, Hancock Shaker Village, and other cultural and historic attractions. Kripalu guests enjoy more than 100 acres that include forests, meadows, meditation gardens, a private beach on Lake Mahkeenac and woodland walking trails. An awe-inspiring panoramic view of the lake and the surrounding mountains enhances the magnificent and peaceful setting.

accommodations

Kripalu is the largest holistic health guest facility in North America, offering a range of accommodations in a unique, year-round environment and housing up to 650 guests. The accommodations range from rooms with private baths to semi-private rooms with shared hall baths to spacious dormitories. Overnight off-peak prices begin at \$155 per person, per night, for a minimum two-night stay in a dormitory. Rates include room, meals, full use of the facilities, and access to daily yoga and noon dance classes as well as other activities. Kripalu has 11 program rooms, many with state-of-the-art flooring for yoga and dance, comfortable lounges with spectacular views, our own Kripalu Cafe, a well-equipped fitness room, and separate men's and women's saunas and whirlpools.

the kripalu approach: yoga for everybody

It is worth remembering that there is only one yoga and can only be one yoga. True, aspirants are of different natures and resort to various doctrines and practices to progress along the path. But one who completes the process of yoga understands its different paths and sees that the systematic practice of various disciplines leads to the same place. In the end, all yogas lead to one great Yoga.
—Swami Kripalu (1913–1981)

Kripalu Yoga developed from one of the American ashram experiments of the 1960s, when Eastern spirituality was spreading to the West and the enticing promise of enlightenment drew young idealists and seekers to Indian gurus and masters. More than 40 years later, while the Kripalu ashram and the guru no longer exist, Kripalu Yoga continues to thrive as a practical, accessible, and contemporary approach to yoga—with more than 8,000 trained teachers worldwide and nearly 25+ affiliated studios. The former ashram is now a nonprofit educational retreat center that welcomes more than 32,000 people a year for workshops, trainings, and retreats at its idyllic setting in western Massachusetts.

Like most yoga styles and traditions, Kripalu Yoga uses classic asanas (postures, though not a particular set or routine), pranayama (breathwork), development of a quiet mind, and the practice of relaxation. What defines Kripalu Yoga is its emphasis: following the flow of prana (life-force energy), practicing compassionate self-acceptance, developing witness consciousness (observing the activity of the mind without judgment), and taking what is learned off the yoga mat and into daily life.

One reason Kripalu Yoga has been embraced by so many people is that it is designed to adapt to all body types, ages, fitness levels, and interests.

"Kripalu Yoga classes take into account people's individuality and personal expression," says Devarshi Steven Hartman, Dean of Kripalu's Yoga Teacher Training programs, who discovered Kripalu Yoga in the early 1980s. "Kripalu Yoga teachers are trained to recognize that we are multidimensional beings, not just physical, and that creativity and spirituality are intricately linked."

And like with other styles of yoga, students notice the effects of practice from the first time they step onto their mats.

"Kripalu Yoga begins to bear fruit from the very beginning," says Stephen Cope, Director of the Kripalu Institute for Extraordinary Living and author of *The Wisdom of Yoga*. "You don't have to master asanas to feel the peaceful connection to your inner self."

swami kripalu

Kripalu Yoga originally developed through the teachings of Amrit Desai, who was a student of Swami Kripalvananda (Swami Kripalu). Swami Kripalu was a highly respected kundalini yoga master from the Gujarat province of India who had experienced spontaneous pranic (energetic) movement as a result of prolonged deep meditation. He later discovered that the spontaneous physical movements he experienced were in fact classical hatha yoga postures.

Through his studies and personal experience, Swami Kripalu came to believe that asana, pranayama, and mudras (hand gestures) must be done in the context of classical raja yoga (as presented in Patanjali's Yoga Sutras), in order to still the mind. In 1977, Swami Kripalu came to visit the Kripalu ashram in Pennsylvania and stayed for nearly four years, during which time he broke his commitment to silence to deliver a series of rare lectures, which were attended by some of today's senior Kripalu teachers. He returned to India in 1981 and passed away shortly thereafter.

the kripalu approach: yoga for everybody

kripalu yoga teacher training

When Amrit started the Kripalu ashram in Sumneystown, Pennsylvania, he asked Don Stapleton, an ashram member and professor of art education with a strong interest in the sources of creativity, to develop a Kripalu Yoga teacher training. Under Stapleton's direction, with input from other ashram members, Kripalu Yoga shifted from an authoritative teaching model and developed as an experiential learning process.

"We developed a teaching model that helps people find a way back to their own knowing and access creativity through personal experience," says Stapleton, who directs the Nosara Yoga Institute in Costa Rica. "And because Kripalu Yoga helps each person get in touch with their own inner knowing, everyone's yoga is going to look different." This is why each Kripalu Yoga teacher's classes are unique; each teacher brings his or her own passion, focus, and interest and may draw from a variety of yoga styles.

"The tools and techniques of Kripalu Yoga, designed to draw the mind inward and awaken energy, can be used with any yoga style or tradition," says Hartman. "We often say that the Kripalu approach provides a tool bag from which to draw on in classes or for personal practice."

the three stages of kripalu yoga

Kripalu Yoga offers a framework of three stages of practice. The first stage emphasizes postural alignment and coordination of breath and movement, bringing the mind fully present to the body and to sensations through classical hatha yoga asanas. During this stage, postures are held only for a short time, which stretches and strengthens the body, releases chronic muscle tension, and encourages relaxation. The goal is to allow a strong flow of prana throughout the body and to develop mental concentration.

In the second stage, the inner experience is systematically deepened through meditation and the holding of postures for prolonged periods. In addition to strengthening muscles, this prolonged holding helps develop concentration and an ability to recognize and release deep-seated emotional and mental tensions. Over time, unconscious material comes to the surface, where it can be felt, seen, and let go of to restore emotional balance and mental clarity. The heart opens, creating an increased capacity for learning and growth.

During the third stage, also known as meditation in motion, both the body and the mind are deeply relaxed, and the body is invited to move spontaneously from one posture to another in direct response to the inner urges and prompting of prana.

a typical class

Beginning Kripalu Yoga classes focus on stage one, while more advanced classes may include all three stages. Classes are often defined as gentle, moderate, or vigorous, referring to the intensity of practice; however, because our needs vary from day to day and over time, students in Kripalu Yoga classes are encouraged to tune in to their bodies and practice at an intensity that feels right in the present moment. Each class includes centering, pranayama, postures, and meditation, and ends with a period of deep relaxation to revitalize the respiratory, nervous, endocrine, digestive, and other major systems of the body.

taking yoga off the mat

Regular yoga practice is designed to increase sensitivity to the body's needs, which naturally leads to healthier choices about diet, exercise, and other lifestyle habits. Observation of the mind's activity—without judgment—helps to deepen the ability to express oneself, to truly listen to others and to be authentic in relationships. Since its inception, the Kripalu approach has been an integrated one and has included focus on a healthful diet and body care, authentic communication and relationships, and right livelihood and service.

the kripalu approach: yoga for everybody

In other words, this is yoga as a way of life, often described in the Kripalu approach as taking yoga “off the mat.” With Kripalu Yoga, students are invited to bring the fruits of practice—concentration, focus, awareness, compassion, intention, clarity, and inner peace—into all aspects of everyday life. Consistent practice creates thriving and the opportunity for extraordinary living.

As Cope describes it, “We practice on the mat as a laboratory for being present and fulfilled in life and then bring this capacity—to quiet the mind, relax, and stay focused—to other tasks, whether it’s making widgets or collecting stamps. As we begin to practice, we become tuned in to hunches or intuitive guidance. These subtle aspects of the mind guide us to right behavior and highest dharma (life purpose). And the by-product of a highly focused mind is an experience of happiness and equanimity.”

kripalu’s future

Thousands of years ago, when yoga was first developed, practices were passed down from guru to disciple. These ancient yogis could never have conceived of today’s global consciousness. As society continues to change and evolve, people’s needs on and off the yoga mat will continue to change as well. “Because Kripalu Yoga is a living, spontaneous style of yoga, its expression is always evolving to express people’s current needs,” says Hartman.

At present, more than 500 people a year are trained as Kripalu Yoga teachers through 200- and 500-hour certification programs. Many graduates engage in the vital task of bringing yoga to the general population; some go on to specialize in using yoga to treat depression, eating disorders, chronic illness and other physical, emotional and social challenges.

Through Kripalu’s Teaching for Diversity program, teachers can receive grants to work with special populations who might not otherwise have access to yoga, including the elderly and at-risk youth.

Kripalu Center for Yoga & Health has itself undergone a renaissance, seen in an expansion of the facilities and growth in the number of Kripalu Yoga teachers and studios throughout the world. Through the Institute for Extraordinary Living, Kripalu is now working with Harvard-affiliated researchers to undertake important studies of the effects of yoga, including for schoolchildren, military populations and those with health risks due to obesity. Because of its accessibility, Kripalu Yoga is uniquely poised to make a direct, positive impact on society through every variety of its members.

recommended reading

Cope, Stephen. *The Wisdom of Yoga: A Seeker’s Guide to Extraordinary Living* (Bantam, 2006) and *Yoga and the Quest for the True Self* (Bantam, 2000)

Faulds, Richard, and Senior Teachers at Kripalu Center for Yoga & Health. *Kripalu Yoga: A Guide to Practice On and Off the Mat* (Bantam, 2005)

Stapleton, Don. *Self-Awakening Yoga: The Expansion of Consciousness Through the Body’s Own Wisdom* (Healing Arts Press, 2004)

about the authors

Lori J. Batcheller, MA, MPT, is a certified Kripalu Yoga teacher, journal writing instructor, and freelance writer whose work focuses on healing mind, body, and spirit.

Grace Welker, MEd, is a writer, editor, and yogini who formerly served as Kripalu’s Editorial Director.

For more information, please visit Kripalu’s website at kripalu.org or contact Carol Bosco Baumann at carolb@kripalu.org or 413-448-3180.

the history of the shadowbrook building

1893

The original 100-room mansion is built by entrepreneur and banker Anson Stokes, who named the 1,000-acre estate Shadowbrook. It is the third-largest private dwelling in the United States.

1906

Spencer Shotter, a wealthy turpentine mogul, purchases the mansion and 350 acres. During Shotter's ownership, Shadowbrook is leased as a summer resort hotel and a summer cottage to Mrs. Gwyne Vanderbilt.

1917

Steel magnate Andrew Carnegie purchases Shadowbrook as his summer retreat. "Mr. Carnegie wanted a quiet place where he could meditate upon his unsuccessful efforts toward world peace after World War I." (Berkshire Athenaeum, Local History File, *The Berkshire Eagle*).

1922

The New England Province of the Society of Jesus (the Jesuits) purchases the property for use as a novitiate.

1956

The mansion is destroyed by fire and the Jesuits build the current Shadowbrook building, which takes up a full four acres, at a site a few hundred yards away.

1970

Rising costs and declining enrollments force the Society to close the novitiate.

1983

Kripalu Yoga Fellowship purchases the property, which needs extensive refurbishing after 13 years of vacancy. Hardworking residents clean and repair 694 windows, prepare floors for the installation of two acres of carpeting, paint seven acres of wall space, install 200 phones and a half mile of telephone cable. Kripalu Center for Yoga & Health opens Shadowbrook to the public on December 1, 1983.

The Kripalu logo consists of a solid red square. Inside the square, the word "Kripalu" is written in a white, serif font. The letter "K" is slightly larger and more prominent than the others.

Kripalu

center for yoga & health

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Stockbridge, MA
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kripalu.org

look who teaches at kripalu!

Experts from the Fields of Yoga, Holistic Health, Self-Discovery, Creativity, and Spirituality:

Sylvia Boorstein
Joan Borysenko
Tara Brach
Kofi Busia
Julia Cameron
Deepak Chopra
Rajashree Choudhury
Stephen Cope
Krishna Das
Joe Dispenza
John Douillard
Donna Eden
Kim Eng
Ana Forrest
Natalie Goldberg
Tara Bennett-Goleman and Daniel Goleman
Harville Hendrix and Helen LaKelly Hunt
Anodea Judith
Byron Katie
Snatam Kaur
Gurmukh Kaur Khalsa
Bryan Kest
Jack Kornfield
Dan Millman
Dharma Mittra
Caroline Myss
Shiva Rea
Erich Schiffmann
Rod Stryker
Bessel van der Kolk
Alberto Villoldo
Patricia Walden
Rodney Yee

Kripalu has its own experts who have been instrumental in crafting what is widely known as the "Kripalu Experience." They are available to media representatives by contacting Carol Bosco Baumann at carolb@kripalu.org or 413-448-3180.

kripalu institute for extraordinary living

The Institute for Extraordinary Living (IEL) supports and sponsors a team of Harvard Medical School faculty and research assistants—the largest and most influential team of yoga researchers in the West—as they study the effects of yoga on a wide spectrum of human functioning—from mental and physical health to the development of extraordinary states of consciousness.

yoga in schools

Over the past decade, educators have seen a rise in stress levels and mental-health concerns in their students. Moreover, adult mental-health disease is often rooted in adolescence. While some programs have been developed to address these concerns, few have focused on researching yogic practices as a preventive measure. Yoga in the Schools (YIS), a curriculum based on Kripalu Yoga, is committed to improving the mental health of adolescent students. This study is done in conjunction with Harvard Medical School and Brigham and Women's Hospital in Boston. Since 2008, the IEL has been collaborating with several secondary schools to study the effects of yoga taught during physical education class. Research measures currently being used to evaluate students include acceptance and mindfulness, emotion regulation, mood, sleep, perceived stress, self-esteem, anxiety, anger, and grades.

military populations and post-traumatic stress disorder

Nearly 16 percent of American troops returning from combat develop symptoms of post-traumatic stress disorder (PTSD). In response, the Department of Defense (DOD) is seeking effective methods of treating PTSD in war veterans and active-duty military personnel. In 2008, IEL researcher and Harvard Medical School staff Dr. Sat Bir Khalsa received a grant from the DOD to study the effects of Kripalu Yoga on military personnel with PTSD. The IEL has collaborated with trauma and yoga experts to develop a comprehensive yoga program specifically designed to relieve symptoms of trauma. The primary goals are to reduce PTSD severity and symptoms and decrease nervous system arousal.

yoga and the brain

Recent IEL brain-imaging studies have helped enhance the understanding of how contemplative practices such as yoga, mindfulness, and meditation can alter behavior, mood, and states of consciousness. This IEL project examines the effects of long-term yoga practice on the structure and function of the brain, using MRI technology. Carried out in collaboration with Massachusetts General Hospital in Boston, this study compares adept yogis with adept meditators. Analysis of this data will determine if a yoga practice can change the actual structure of the brain and how such changes might relate to attention, fluid intelligence, and enhanced emotional and cognitive functioning.

yoga and weight loss

More than 60 percent of Americans are overweight and nearly \$46 billion are spent on diet products each year. Many mainstream commercial and behavioral weight-loss treatments have been shown to have limited or weak efficacy, after long-term follow-ups suggesting most weight lost is regained after five years. A number of pilot and preliminary studies suggest that yoga may be effective as a weight-loss intervention and to attenuate weight gain. This three-year pilot study measures the effects of regular yoga practice on weight loss and associated parameters of physical and psychological well-being, and is done in collaboration with the Osher Institute of Harvard Medical School.

iel staff

Stephen Cope, MSW, Director of the Institute for Extraordinary Living, psychotherapist, and senior Kripalu Yoga teacher, is author of *Yoga and the Quest for the True Self* and *The Wisdom of Yoga: A Seeker's Guide to Extraordinary Living*. He is also creator of the *Gentle Yoga Kit* and is featured in the video *Kripalu Yoga: Dynamic*.

Angela Wilson, MA, Assistant Director of the Institute for Extraordinary Living, holds a master's degree in mental health counseling from Lesley University, is a 200-hour Kripalu Yoga teacher, and has completed 250 hours of Ayurvedic training. She is the primary administrator for the IEL, serving as a liaison between the Kripalu team and the research consultants. Angela is a regular contributor to *Yoga Therapy Today*, where she writes about the intersection between yoga and science.

research staff

Sat Bir S. Khalsa, PhD, is an assistant professor of medicine at Harvard Medical School in the department of sleep medicine at Brigham and Women's Hospital. His projects have focused on the therapeutic applications of yoga in a number of settings, including public schools, and for several conditions, including insomnia, performance anxiety, and PTSD. Dr. Khalsa is one of the most active, skillful, and experienced researchers in the yoga world today.

Lisa Conboy, MA, MS, ScD, is a social epidemiologist affiliated with Harvard Medical School's Osher Research Center and co-director of research and faculty at the New England School of Acupuncture. She is currently involved in a number of studies investigating Ayurveda, yoga, and traditional Chinese medicine.

Sara Lazar, PhD, is an instructor in psychology at Harvard Medical School and a professor of psychiatry at Massachusetts General Hospital, where she specializes in functional magnetic resonance imaging (fMRI). Dr. Lazar employs the latest techniques in brain imaging in her research and has been widely cited in the mainstream press for her work on brain plasticity and meditation.

Jessica Noggle, PhD, is a research fellow at Brigham and Women's Hospital, Harvard Medical School in Dr. Khalsa's lab. She holds the first postdoctoral research fellowship funded by a yoga institution (Kripalu) in the United States. Currently, Dr. Noggle directs research on IEL's Yoga in the Schools program to evaluate yoga for adolescent mental health. She recently won a NARSAD Young Investigator Award to evaluate sleep in Dr. Khalsa's study on yoga for PTSD in military personnel.

Tim Gard, MSc, is a PhD student of neuroscience at the Bender Institute of Neuroimaging in Giessen, Germany, where he is finishing up his thesis on the neural correlates of mindfulness-induced analgesia. Tim is a visiting researcher and research assistant at the Lazar Lab at Massachusetts General Hospital, working on behavioral and neuroimaging data obtained from Kripalu Yogis.

recommended reading

Please visit the Institute for Extraordinary Living Library on our website (kripalu.org/iel) for journal articles related to the IEL's work.

For more information, please visit Kripalu's website at kripalu.org or contact Carol Bosco Baumann at carolb@kripalu.org or 413-448-3180.

kripalu annex q&a

Why did Kripalu build the Annex?

Kripalu built the Annex in order to expand its programming and workshop offerings and reach the broadest range of people. This supports Kripalu's mission to teach the art and science of yoga to produce thriving in individuals and society. Kripalu's main Shadowbrook building was originally built in 1957 as a Jesuit monastery and designed with mostly dormitory and shared-bath housing options. The new guest rooms fill a former deficit in private room/private bath housing options and minimizes overflow to nearby accommodations during the busiest times, enabling guests to have the complete Kripalu experience.

What is "integrated design"?

"Integrated design" is a process by which multiple disciplines work together holistically to design and create a building. This differs from conventional building practices in which various specialized consultants (structural, mechanical, electrical, plumbing, landscape, etc.) each work independently, and often in isolation, under the general guidance of an architect.

What is "green" building?

"Green" refers to the practice of minimizing a building's impact on human health and the environment while increasing the efficiency by which it uses resources such as energy, water, and materials. Another term is "sustainable," which alludes to the general goal of the environmental movement to achieve a state in which human practices on Earth can continue indefinitely without leading to the decline or collapse of the Planet's ecological systems. Sustainable building reduces building impacts on human health and the environment during the building's life cycle through better location, design, construction, and operation.

What is the difference between "active green" and "passive green"?

Buildings with "passive green" solutions are structures that are fully integrated into the natural environment, maximizing building performance and minimizing energy consumption. In contrast, more well-known green building features such as solar panels and solar water-heating systems, geothermal energy, and wind-power systems are referred to as "active" green. Active green options tend to be technology intensive and expensive. Kripalu's Annex incorporates many passive green elements into its design.

How does the Annex fit the principles of sustainable design?

Every effort was made to keep the building's energy requirements to a minimum. The building is extremely compact, with roughly 30 percent less overall volume than a typical building of its type, thus minimizing the area to heat, cool, and illuminate. Floor-to-ceiling windows provide daylight to reduce reliance on artificial light sources. Wherever possible, natural processes and passive systems have been employed to provide ventilation and mitigate heat loss in the winter and heat gain in the summer.

Examples include

- the building is heavily insulated and constructed largely of thermally massive concrete, a material that helps to reduce a building's susceptibility to exterior temperature changes;
- guest room windows are protected from direct sunlight (and thus unwanted heat gain) by individually operated wooden sliding exterior shading devices;
- windows are also glazed with an enamel that allows sunlight in while minimizing the heating effects of solar radiation;
- exaggerated overhangs keep the harsh rays of the summer sun from reaching or penetrating the windows of the connector yet allow the low winter sun to reach and warm the concrete inside the connector;
- the public corridors on the guest room levels have been tapered and aligned with the prevailing winds to facilitate the natural flow of air in spaces that would more typically be conditioned with energy-consuming mechanical systems (the tapered shape is intended to create a Venturi effect that will

accelerate air and keep ventilation active).

A radiant floor system both heats and cools the building. The system is both more energy efficient than traditional forced-air systems and produces a more comfortable environment, reduces indoor air pollutants, eliminates the need for unsightly and space-consuming ductwork, and is virtually silent. Once the desired temperature is reached, relatively little energy is required to maintain the temperature. The fresh air system and chilled beam—a small internal radiant heating/cooling device in the wall—will maintain comfortable air by humidifying in the winter and dehumidifying in the summer.

Hot water for the building's system is drawn from the latent capacity of the existing boiler in the main building (Shadowbrook) and a sophisticated heat-recovery system has been employed to recycle heat from exhaust air and offset heating loads in the winter months. Passive heating/cooling units in each room allow guests to augment the slab system with additional warm or cool air. These passive units have no moving parts and are again virtually silent.

Finally, within the building, earth-friendly materials are used wherever possible: exposed structural concrete on many walls, floors and ceilings; linoleum in the guest rooms; and recycled carpet in the hallways.

Is the building “LEED” certified?

LEED (Leadership in Energy and Environmental Design) certification is a system of acknowledging and awarding buildings that demonstrate the use of sustainable building practices. Sponsored by the US Green Building Council, the LEED rating system has been instrumental in publicizing the need for responsible green design in this country. LEED certification is entirely voluntary and since the process entails added costly administrative burdens (approximately \$65,000 for the paperwork and audits), Kripalu, like many sustainable building projects, chose to forego LEED and instead put their financial resources directly into the building.

Who did the construction?

The Annex construction was completed through 90 percent competitive bidding and built with union labor. Where possible, Kripalu employed local contractors. Key Berkshire County contractors include

Construction management by Barr & Barr Builders, Williamstown, Massachusetts
 HVAC and plumbing by Adams Plumbing & Heating, Adams, Massachusetts
 Electric by Comalli Electric (Comalli Group), Pittsfield, Massachusetts
 Site work and road/parking lot by Maxymillian Technologies, Pittsfield, Massachusetts
 Roof by D. J. Wooliver & Sons, Lanesborough, Massachusetts
 Concrete provided by County Concrete Corp., Pittsfield, Massachusetts
 The concrete superstructure was built by Francis Harvey & Sons, Worcester, Massachusetts

How is the Annex funded?

The Annex is part of an \$18-million campus improvement project funded in part through revenue and in part through the generosity of donors, including an anonymous challenge grant. A bond for the Annex is offered as a tax-free bond to investors through the Commonwealth of Massachusetts.

Is there anything else that makes the Annex unique?

Kripalu Center staff wrote their intentions for Kripalu and the Annex at a groundbreaking ceremony in March of 2008. The intentions were buried in the foundations of the Annex and connector with Shadowbrook. Unbeknownst to Kripalu, ironworkers building the concrete structure followed with their own tradition of burying coins in concrete foundations for good luck and prosperity. Many of these workers were Russian-speaking exiles from the former Soviet Union, including Russians, Ukrainians, and Uzbekistanis.

What was the cost of the building?

The final cost was \$15.3 million, under the planned budget of \$15.5 million.

Adapted from the article “Building Sustainably: Kripalu’s New Annex,” by William Bryant.

ayurveda faq

frequently asked questions

Why does Kripalu offer Ayurvedic services and programs?

For more than 30 years, Kripalu has served as the largest retreat center for yoga and holistic health in North America. Ayurveda is the health and medical model most connected to yoga and it shares the same philosophies and principles to guide people into healthy living. Kripalu continues to present these ancient principles in a contemporary, accessible, yet profound way and to provide participants with tools they can apply to their daily lives.

How long has Ayurveda been practiced in the U.S.?

Ayurveda became popular in the United States in the 1980s. Deepak Chopra's books on healing helped bring Ayurveda into the limelight. Vasant Lad and Sunil Joshi are also credited for bringing this ancient science to the West.

kripalu ayurvedic services

What kind of Ayurvedic services does Kripalu offer?

Kripalu Healing Arts services include more than a dozen Ayurvedic rejuvenation treatments that use traditionally prepared aromatic oils with herbs to aid in detoxification and relaxation as well as restoring the body's balance. kripalu.org/healingarts

Ayurvedic deep cleansing and rejuvenation treatments are designed to help loosen and release toxins to help restore balance, calm, and harmony. The treatments, which evolved in India over thousands of years, have a rhythm and flow that cover the entire body. Herb-infused oils target and correct individual imbalances.

One of our signature treatments, the Shiro-Abhyanga-Nasya, combines a head, neck, and shoulder massage, a lymphatic facial massage, deep inhalation of aromatic eucalyptus oil steam, and herb-infused nose drops that contain sesame oil and ginger to clear impurities from the head area and open the sinuses.

Does the popularity of Ayurvedic services at Kripalu reflect a certain trend?

Yes. An unprecedented number of Americans are seeking alternative and complementary health and wellness options. Fifteen million Americans now practice yoga, while 10 million practice meditation. We believe that many people who have discovered yoga's benefits are eager to take their exploration of holistic Eastern lifestyle, health, and healing practices to a new level. Kripalu's Ayurveda programs offer this opportunity for exploration.

What is the benefit of experiencing Ayurvedic treatments within the Kripalu environment?

Surrounded by more than 100 wooded acres in the beautiful Berkshires of western Massachusetts, the retreat center offers guests a respite from the stressors of daily life (television, computers, etc.) Our food, lodging, treatments, and classes are all-inclusive, making our programs more affordable and accessible. We offer lifestyle-enhancement workshops, healthful gourmet meals, and a supportive, professional staff. Kripalu specializes in creating a safe and comfortable atmosphere where guests can experience deep transformation. Individuals can explore Ayurveda within this nurturing setting.

Who performs the Ayurvedic treatments?

Members of Kripalu's Healing Arts staff, many already trained in several healing modalities, completed 200 hours each of study and practice, including lectures and practicum.

What is an Ayurvedic consultation?

Because Ayurveda is a very individualized approach to health, a one-on-one meeting with an Ayurvedic specialist is advised. The practitioner/consultant is a teacher and a coach whose job is to help guide the client toward a more balanced life by addressing diet, lifestyle, and individually designed cleansing protocols. The expert gathers information about imbalances within the body by reading several pulses on the radial artery of the wrist. Other evaluation tools include lifestyle and body type analysis, observation, and client history.

ayurveda and health benefits

Are dietary changes recommended? Are they important?

Yes. Diet and nutrition are an integral part of any restorative health program. In Ayurveda, each individual's diet is analyzed and specific changes are recommended. Food is considered a healing tool as much as any other therapy that is prescribed and is often one of the most important ingredients to good health.

Does Ayurveda address the problem of stress?

Yes. Ayurvedic tradition recognizes that disease is a result of stress on the body and that when alleviated, the body can return to a state of harmony and health. Stress has received much attention lately as the modern medical community has published numerous studies on the effects of stress reduction on our overall health. The Ayurvedic approach to stress reduction is unique in that each program is designed specifically for the individual.

Because people are diverse, Ayurveda identifies these differences and designs specific programs that will work with each person's own particular strengths and weaknesses.

How are herbs used in Ayurveda?

During an Ayurvedic consultation, a practitioner may recommend herbal formulas to bring the body back into balance. Herbs are used in Ayurveda to help awaken the body's own healing response. The body's bio-receptors are designed to recognize the vibration of other biological organisms such as plants. These receptors lock and recognize one another. Stimulation occurs, reminding the body to work toward maintaining harmony. Ayurvedic herbs and herbal formulas are a gentle and highly powerful therapeutic tool used with great reverence in this tradition.

Does Kripalu have an herb dispensary?

Herbal formulas are available in the Kripalu Shop.

Is detoxification prescribed as part of the Ayurvedic approach?

Yes. We all build up toxins in our bodies through unhealthy habits and exposure to pollutants. In Ayurveda, a cleanse or detoxification of the system is highly recommended during the changing phases of the seasons. An Ayurvedic consultant can design a comprehensive program of cleansing techniques. These can vary from the simple addition of herbs, to dietary recommendations, to the full Panchakarma program of cleansing and rejuvenation.

what kinds of ayurvedic programming does kripalu offer?

What is the Panchakarma program?

Panchakarma, with roots in ancient Indian tradition, is a complete detoxification and rejuvenation program for the body, mind, and spirit. Each participant in our new Panchakarma program will receive a phone consultation a few weeks before the program begins. A trained Ayurvedic consultant will prescribe a cleansing protocol to begin at home, which will be followed for one to two weeks. Once at Kripalu, each participant will be welcomed with a private consultation and an orientation to the five-day program. Guests receive two hours of Ayurvedic treatments per day along with a specific healing diet prepared exclusively for Panchakarma participants. The guests can attend gentle yoga, meditation, and pranayama classes as well as Ayurvedic lectures to enhance their own personal knowledge. Each guest will receive a final consultation to evaluate changes and will be provided with a take-home plan for continuing the healing process once they leave Kripalu. Guests are encouraged to keep in touch with their Ayurvedic consultant for a few weeks for support during the transformational process.

What is special about the Ayurvedic treatments received during Panchakarma?

Some of the treatments that guests receive during the Panchakarma program are tandem treatments in which two Healing Arts professionals work on one guest at the same time. Because the body softens and releases more each day during Panchakarma, the treatments build throughout the week. Participants receive a gentle energy balancing treatment on the final day, leaving them calm and energized for the journey home.

How is yoga integrated into the Panchakarma experience?

Yoga and Ayurveda were born of the same ancient Indian tradition. They are linked by the underlying premise that the awakening of consciousness results in the awakening of healing. Kripalu teaches a variety of yoga postures (asanas) that address specific imbalances in the body and help to awaken this healing process.

Is meditation integrated into the Panchakarma experience?

Yes. Ayurveda recommends the practice of meditation because of its ability to bring balance back into one's daily life. Studies across the board have proven that meditation can have powerful, beneficial effects, from alleviating the symptoms of disease to increasing stamina and clarity.

Does Kripalu offer general-interest programs in Ayurveda?

Yes. Creating Health and Harmony: An Ayurvedic Retreat offers an immersion into daily living practices that support health and balance. Workshops cover self-care practices, diet, exercise, contemplation, and cooking. This Kripalu Healthy Living program is a perfect fit for those who need to reinvigorate their habits and learn good choices based on a more personalized approach to health. Everyone leaves with an individualized Ayurvedic health plan.

professional interests**Does Kripalu offer professional training in Ayurveda?**

Yes. The Kripalu School of Ayurveda was formed in 2005 and has graduated 166 students from the Ayurvedic Lifestyle Consultant Certification and the Ayurvedic Yoga Specialist certification programs. Kripalu is now known as one of the largest Ayurveda education centers in North America.

What does a person do with a certification in Ayurveda?

Ayurvedic professionals often enter into private practice, join other health-care practitioners at a wellness center, teach public education classes, or conduct workshops, seminars, and retreats. Health-care providers and yoga instructors with Ayurvedic training can enhance their current practices by offering Ayurvedic services to their clients. A growing number of people are paying out-of-pocket to participate in alternative and holistic health-care practices and preventive measures. Ayurveda helps people make empowering choices that draw on the body's natural wisdom to restore balance from within.

About Hilary Garivaltis, Dean of the Kripalu School of Ayurveda

Hilary Garivaltis began her training at the New England Institute of Ayurvedic Medicine in Worcester, Massachusetts, and the Jiva Institute in Faridabad, India. She also studied at the Rishikesh College of Ayurveda in Rishikesh, India. After completing her studies in India, she was awarded the title of Ayurved Bhishak by the Indian Council for Ayurved Promotion. She focused her postgraduate studies on the art of Panchakarma with leading teachers in the field, including Dr. Vasant Lad of Albuquerque, New Mexico; Bri Maya Tiwari of Candler, North Carolina; and Dr. John Douillard of Boulder, Colorado. Garivaltis has been in private practice since 1998 and is Dean of the Kripalu School of Ayurveda and President of the National Ayurvedic Medical Association.

"Ayurveda, with its individualized focus, its ancient roots, and its systematic approach to health, will appeal to those interested in taking more control of all aspects of their physical, mental and spiritual well-being in an increasingly stressful world," says Garivaltis. "Ayurveda teaches that we all have the ability to heal ourselves, but it's our job to find harmony—it's our responsibility to pay attention to our lives."