

Kripalu Healthy Living Program

Facing Cancer with Courage

Sunday	5:30–7:00 pm	Dinner
	6:45–7:15	Kripalu Orientation <i>Guest Services</i>
	7:30–9:00	Opening Session
Monday	6:30–8:00 am	Kripalu Yoga Classes
	7:00–8:30	Breakfast
	9:00–10:30	Strengthening Resilience
	10:45–11:30	Reflection and Integration
	11:30–1:30 pm	Lunch
	1:45–3:45	Journaling: Power of the Voice Within
	4:15–6:15	Kripalu Yoga Classes
5:30–7:00	Dinner	
Tuesday	6:30–8:00 am	Kripalu Yoga Classes
	7:00–8:30	Breakfast
	9:00–10:30	The Road to a Great Day: Happiness and Meaning
	10:45–11:30	Reflection and Integration
	11:30–1:30 pm	Lunch
	1:45–3:45	Yoga Off the Mat
	4:15–6:15	Kripalu Yoga Classes
5:30–7:00	Dinner	
Wednesday	6:30–8:00 am	Kripalu Yoga Classes
	7:00–8:30	Breakfast
	9:00–10:30	Nutrition
	10:45–11:30	Reflection and Integration
	11:30–1:30 pm	Lunch
	1:45–3:45	Honoring the Journey
	4:15–6:15	Kripalu Yoga Classes
5:30–7:00	Dinner	
Thursday	6:30–8:00 am	Kripalu Yoga Classes
	7:00–8:30	Breakfast
	9:00–10:30	Thriving Each Day
	10:45–11:30	Reflection and Integration
	11:30–1:30 pm	Lunch
	1:45–3:45	Holding On and Letting Go
	4:15–6:15	Kripalu Yoga Classes
5:30–7:00	Dinner	
Friday	6:30–8:00 am	Kripalu Yoga Classes
	7:00–8:30	Breakfast
	9:00–11:00	Closing Session: Taking It Home
	11:30–1:30 pm	Lunch

Please note that this schedule is subject to change. See the *Optional Events* board for detailed information.

Kripalu®