

FREQUENTLY ASKED QUESTIONS

Who should take this program?

This program is for you if you want to slow down and feel more present, grounded, and relaxed in the real moments of your life. Or, if you feel

- Weighed down by stress and tension
- Challenged by a life transition
- Constantly rushed
- Trapped by a never-ending list of to-do's
- Controlled by "shoulds"
- Unsure about how you "really feel" or what you "really want"
- A longing for a deeper connection and friendship with yourself
- Held back by long-standing personal narratives that prevent present-moment living
- You're not quite healthy and not quite happy, and don't know why
- Don't have enough time or energy to figure out what's really going on.

Jillian's program is based on the cutting-edge science of the relaxation response. She offers scientifically validated deep listening tools to take mindfulness deeper than the mind and into the body, so that you can soothe the chronic tension locked in your muscles, quiet your anxiety-driven narratives, and finally feel relaxed inside your body and your life.

How does it work?

This program begins online, one week prior to the four-day immersion at Kripalu. The first online module will prepare participants with recommended readings and self-observations. You will receive an e-mail about a week before the online portion begins that invites you to the online classroom to get oriented.

On campus, the program integrates slow flow yoga sequences, restorative practices, mindful nature walks, meditation, compassion practices, reflection, and journaling.

While you're here, enjoy

- A whole-foods meal plan, featuring vegetarian, non-vegetarian, Ayurvedic-influenced, and vegan options
- Sauna
- Fitness room
- Lakefront access and facilities
- Kripalu lawns, gardens, and walking and hiking trails
- Comfortable relaxation and study areas
- Meditation room
- The Kripalu Cafe and Wireless Lounge, with 24-hour Wi-Fi access.

Kripalu® Relax More

Deep Listening for a Calm Body, Clear Mind, and Open Heart

Following the on-campus immersion, you participate in five weeks of online modules, each offering the practices you experienced on campus in manageable, bite-sized pieces—through videos, readings, journaling, and off-the-mat practices—to help you integrate and continue developing your new skills in the day-to-day moments of your life.

Each week also includes a Group Call to further discuss these topics and tools. It is an opportunity for each of you to connect more with Jillian and the group. The Group Calls are the heart of this program, as they foster the friendship and community that nourishes growth and transformation.

What happens online?

The online lessons are a combination of pre-recorded exercises, practices, group calls via conference call with Jillian Pransky, self-observation exercises, and forum discussions.

The virtual classroom is a password-protected website that can only be accessed by program participants. It stores video lessons and reading assignments, and offers the opportunity to read or post in a discussion group. The weekly group calls provide an opportunity to discuss your experiences that week, delve more into the subtleties of these practices, and talk about ways to deepen the impact of these practices on your life. You are strongly encouraged to attend the calls live; however, participants who miss a call, or want to listen again, can access the recordings in the virtual classroom beginning a day or so after the live event is over.

How much does it cost?

Tuition is \$625, plus the cost of room and meals. Please contact Registrations at 866.200.5203 for accommodation options and costs.

How much time should I allot for the course?

This program includes a four-day residential immersion at Kripalu and regular online classes as well as regular group calls and self-directed study, including reflection exercises, yoga and meditation practices and reading assignments. We suggest that you allocate approximately 1 to 2 hours a week toward the program.

Are there Continuing Education Credits for this program?

This program is currently eligible for Yoga Alliance (YA) credits.

Can I just register for the immersion but skip the online classes? Or can I just register for the online classes and skip the immersion?

No. This course is sequential, and all aspects, on-site and online, are part of an integrated whole.

Does Kripalu offer the four-day immersion without the online learning?

We believe in the power of continued learning and support to sustain meaningful lifestyle change. The Relax More: Deep Listening for a Calm Body, Clear Mind, and Open Heart program will only be offered with the online learning components.

Are there required books for the program?

No, however there will be some recommend readings that will be provided to you once you are in the course. These readings are supplemental and not required.

What is the Internet connection requirement for this course? Would a satellite connection suffice?

Yes, a satellite connection will suffice. If you are able to watch videos with your connection, you will be able to participate, as audio and video streaming is an integral part of the online work. All videos for the course are played through vimeo.com; please ensure that your country allows viewing of content from this site.

Can I view the video lectures on my iPad?

Yes. This content has been optimized for the iOS platform, so the lectures can be viewed on your iPad.

Will online conversations and lectures be streamed at various/repeated times so that we can access them as it fits into our own personal schedules or are we required to be online at a specific time?

The video lessons will be recorded and available to you whenever it works for your schedule. The live group calls with Jillian will be held once a week. You can either attend live or listen to the recordings at your convenience.

What is the cancellation policy?

Refunds are given according to the following schedule: All monies are refunded in full (less a \$100 processing fee) if you cancel seven or more days prior to start of program. For cancellations less than seven days prior to program start and up to the day before the first immersion, 75 percent of program tuition costs and all housing charges will be refunded. After the on-site immersion's start date, no further refunds or credits are available. The standard cancellation policy applies to all other charges.