

# Kripalu R&R Daily Schedule for Sunday, April 1

**Please note:** Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up and early arrival. Due to the diversity of our teaching faculty, this schedule may change without notice. For rooms and teachers not listed here, please see Information Boards.

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Gathering in Season Michelle Dalbec**

More information on this workshop coming soon.

9:00–10:30 **Free at Last: Joint Openers Ken Nelson**

Enhance your freedom to move with ease and vitality as you learn simple range-of-motion exercises to increase strength and flexibility. Relieve pain and stiffness while improving circulation, balancing your immune response, and reducing stress.

9:15–11:00 **Guided Hiking**

11:00–11:45 **Haiku Stew Lara Tupper**

Originating in Japan and inspired by nature, haiku allow us to hold fleeting images with words. In this brief introduction, read some classic examples, pay homage to elements from the natural world, and try your hand at the three-line form.

12:00–1:00 **Kripalu YogaDance®**

Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, YogaDance® will surprise you with joy.

12:00–1:00 **Vinyasa Yoga Class**

2:00–3:30 **Sand Mandala Susannah Gale**

Explore meditative creativity through mandalas in this fun hands-on workshop. Express your unique creativity in collaboration with others to create a temporary work of art using colored sand. After admiring the beauty of your efforts, mix the sand together in order to appreciate the temporary nature of all things.

4:15–6:30 **Afternoon Yoga Classes**

6:45–7:15 **Kripalu Orientation Guest Services**

Welcome to Kripalu! Learn about Kripalu and get helpful tips on making the most of your stay.

7:30–8:30 **Yoga for Restful Sleep Jess Frey**

Explore gentle yoga postures and breathing techniques to support the process of winding down from a busy, active day. Learn a variety of techniques to calm the nervous system and prepare the body and the mind for restful and rejuvenating sleep.

The Kripalu logo is located in the bottom right corner of the page. It features the word "Kripalu" in a bold, orange, sans-serif font. The letter "i" in "Kripalu" has a small dot above it.

# Kripalu R&R Daily Schedule for Monday, April 2

**Please note:** Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up and early arrival. Due to the diversity of our teaching faculty, this schedule may change without notice. For rooms and teachers not listed here, please see Information Boards.

## 6:30–7:45 **Morning Yoga Classes**

### 9:00–10:30 ***The Gift of Self-Compassion* Aruni Nan Futuronsky**

How can we support others without ignoring our own needs? This workshop looks to yogic philosophy for an understanding of radical kindness and helps you create sustainable strategies for practice.

### 9:00–10:30 ***Chakra Anatomy* Ray Crist**

Dive into the world of chakras with a down to earth, scientific view of this system. Learn what they are, how they're connected to the endocrine and nervous systems, and how they affect your perception of the world.

### 11:00–11:45 ***Asana Clinic* Susannah Gale**

Whether you're new to yoga or an experienced practitioner coming back to the beginner's mind, this workshop helps you build your practice from the ground up.

### 12:00–1:00 **Kripalu YogaDance®**

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### 12:00–1:00 **Vinyasa Yoga Class**

### 1:15–3:00 ***Guided Hiking***

### 2:00–3:30 ***The Three Pillars of Health* Cat Pacini**

In Ayurveda, there are three pillars of health: diet, sleep, and loving relationships. In this workshop, you learn simple tools to strengthen the pillars, nourish your well-being, and deepen your connection to self in order to cultivate a full, satisfying life.

## 4:15–5:30 **Afternoon Yoga Classes**

### 7:30–8:30 ***Healing Arts Sampler***

More information on this workshop coming soon.

### 7:30–8:30 ***Silk-Reeling Qigong* Sage Brody**

Learn the flowing and spiraling movements of Silk Reeling Qi Gong, an ancient system that can help unwind our tensions and increase energy flow throughout the body.



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# Kripalu R&R Daily Schedule for Tuesday, April 3

**Please note:** Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up and early arrival. Due to the diversity of our teaching faculty, this schedule may change without notice. For rooms and teachers not listed here, please see Information Boards.

## 6:30–7:45 **Morning Yoga Classes**

### 9:00–10:30 **Discovering Your Essence Izzy Lenihan**

When life feels uncomfortable, out of balance, and disconnected, what helps you in find calm and peace? You have these tools already. Join Izzy for a creative exploration of your personal essence, a perfect prescription for self-care.

### 9:00–10:30 **The Yoga of Yes Jurian Hughes**

This gentle movement workshop is for those who long to reconnect to their authentic self. Learn how principles of theatre improvisation and yogic philosophy can enhance your listening skills, help you let go of the thinking mind, and trust the guidance of prana within.

### 11:00–11:45 **Asana Clinic Susannah Gale**

Whether you're new to yoga or an experienced practitioner coming back to the beginner's mind, this workshop helps you build your practice from the ground up.

### 12:00–1:00 **Kripalu YogaDance®**

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### 12:00–1:00 **Vinyasa Yoga Class**

### 1:15–3:00 **Guided Hiking**

### 2:00–3:30 **The Anatomy of Pranayama Christopher Holmes**

Human beings take, on average, more than 20,000 breaths per day, while using only five percent of the body's energy requirements. In this workshop, learn the muscles of inspiration and expiration, physiology of gas exchange, and the scientific benefits of pranayama.

## 4:15–5:30 **Afternoon Yoga Classes**

### 7:30–8:30 **Rest and Unwind Yoga**

### 7:30–8:30 **Workshop TBA**

More information on this workshop coming soon.

### 7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.



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# Kripalu R&R Daily Schedule for Wednesday, April 4

**Please note:** Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up and early arrival. Due to the diversity of our teaching faculty, this schedule may change without notice. For rooms and teachers not listed here, please see Information Boards.

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 ***Riding the Wave: Finding Emotional Balance* Aruni Nan Futuronsky**

The way we manage our emotions can either be a great hindrance or can be a great help to us. In this workshop, explore and practice an accessible tool that can enhance your capacity to manage difficult emotional experiences with greater ease.

9:00–10:30 ***Jaguar Yoga* Ray Crist**

Yoga is a practice of shifting your energy field, emotions, and energy levels to a higher state of consciousness. Experience a vinyasa-based yoga flow with a focus on the meridians and the luminous field.

11:00–11:45 ***Asana Clinic* Kari Harendorf**

Whether you're new to yoga or an experienced practitioner coming back to the beginner's mind, this workshop helps you build your practice from the ground up.

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 ***Meditation* Bhavani Lorraine Nelson**

1:15–3:00 ***Guided Hiking***

2:00–3:30 ***This Precious Life* Sudha Carolyn Lundeen**

More information on this workshop coming soon.

4:15–5:30 **Afternoon Yoga Classes**

7:30–9:00 ***Kirtan***

Experience this powerful group practice of call and response chanting. Enliven your body through sacred Sanskrit vibrations, bringing physical and emotional healing as well as a heightened awareness of your inner spiritual authority.

7:30–8:30 ***Yoga Nidra* Cristie Newhart**

Unwind at the end of a busy day and experience an opportunity to relax and let go. A calming voice and soothing music provides just the right atmosphere to experience the deep healing benefits and relaxation that yoga nidra has to offer.

# Kripalu R&R Daily Schedule for Thursday, April 5

**Please note:** Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up and early arrival. Due to the diversity of our teaching faculty, this schedule may change without notice. For rooms and teachers not listed here, please see Information Boards.

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Mandala: Your Inner Compass Jennifer Reis**

Movement, yoga, and breathing open up inner doorways to discover your personal mandalas. Come connect with yourself and others as you explore the ancient sacred circle.

9:00–10:30 **Energy of Thoughts Izzy Lenihan**

More information on this workshop coming soon.

11:00–11:45 **Creating a Home Practice Evelyn Gonzalez**

Through written form and self-inquiry, examine the possibilities and obstacles to maintaining your own personal yoga routine. Share your discoveries, thoughts, and ideas to help strengthen your home yoga practice.

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

1:30–3:00 **Guided Hiking**

2:00–3:30 **Yoga for Safe and Healthy Knees Christopher Holmes**

Throughout your lifetime, your knees will cycle (bend and straighten), on average, more than 50 million times. In this workshop, explore how yoga can help maintain healthy knees and restore injured knees.

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Loving-Kindness Bhavani Lorraine Nelson**

This universal practice of giving blessings is the perfect meditation technique for the world today. Come experience and receive guidance in the ancient spiritual practice of loving-kindness. This workshop includes time after the practice for Q&A.

# Kripalu R&R Daily Schedule for Friday, April 6

**Please note:** Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up and early arrival. Due to the diversity of our teaching faculty, this schedule may change without notice. For rooms and teachers not listed here, please see Information Boards.

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Chakra Yoga Jurian Hughes**

Though you may not be able to see or touch the chakras, you can tell when they're out of balance—leaving you feeling blocked, depleted, or unwell. Discover how ancient India's chakra system offers a powerful map to clear and balance these energy centers through yoga postures, breathing techniques, meditation, and chanting.

9:15–11:00 **Guided Hiking**

11:00–11:45 **Workshop TBD Mary Hannah Parkman**

More information on this workshop coming soon

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

2:00–3:30 **The Eight-Limbed Path: A Guide to Practice Cristie Newhart**

Patanjali's eight-limbed path provides multiple yogic practices. In this workshop, explore the eight limbs through journaling exercises, breathwork, movement, and meditation. Gain a deeper understanding of the evolution of yoga from the past to modern times and how to apply these yogic principles to your everyday life.

4:15–6:30 **Afternoon Yoga Classes**

6:45–7:15 **Kripalu Orientation Guest Services**

Welcome to Kripalu! Learn about Kripalu and get helpful tips on making the most of your stay.

8:00–9:00 **Divine Sleep Yoga Nidra Jennifer Reis**

Divine Sleep is the antidote for modern life. Experience deeper levels of freedom than you ever imagined possible. This inspired, meditative practice gives you permission to rest, restore, and tap into new sources of energy. There is nothing required of you but to lie down and listen. Be supported, held, and nourished as you discover profound peace and vibrant health.

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# Kripalu R&R Daily Schedule for Saturday, April 7

**Please note:** Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up and early arrival. Due to the diversity of our teaching faculty, this schedule may change without notice. For rooms and teachers not listed here, please see Information Boards.

## 6:30–7:45 **Morning Yoga Classes**

### 9:00–10:30 **Clearing the Clutter Izzy Lenihan**

Clutter can affect every aspect of your life—health, relationships, work, finances, and inner peace. In this workshop, identify the clutter in your life and create simple strategies to achieve a conscious life that feels lighter, brighter, and rejuvenated.

### 9:00–10:30 **The Power of Mantra Bhavani Lorraine Nelson**

The simple repetition of a Sanskrit phrase, traditionally done in India, makes this concentration practice powerful and relevant during stressful times. Discover the universal energies invoked by mantras and experience the depth and power of mantra meditation through with this ancient form of connection to Spirit.

### 11:00–11:45 **Laughter Is the Best Medicine Evelyn Gonzalez**

This laughter yoga class follows the model as taught by Dr. Madan Kataria, a medical doctor from Mumbai, India, popularly known as the “Guru of Giggling.” It is medically proven that laughter helps lower the stress hormone, cortisol, and releases the “happy” chemical, serotonin. Come exercise your laughter muscles!

### 12:00–1:00 **Kripalu YogaDance®**

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### 12:00–1:00 **Vinyasa Yoga Class**

### 12:45–1:30 **Meditation Michelle Dalbec**

### 1:15–3:00 **Guided Hiking**

### 2:00–3:30 **Body in Balance: Hip Harmony Michelle Dalbec**

In order to have a stable and supportive practice, the hips need to be both strong and supple. Come experience classic yoga poses and creative movements that bring the hips through their full range of motion, stretching, strengthening, and stabilizing. Ease lower back discomfort, alleviate knee pain, and live better in your body by creating more awareness, better alignment, and freedom in your hips.

## 4:15–6:30 **Afternoon Yoga Classes**

### 7:30–8:30 **Rest and Unwind Yoga**

### 7:30–9:00 **Concert Adam Bergeron**

More information on this artist coming soon.



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# Kripalu R&R Daily Schedule for Sunday, April 8

**Please note:** Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up and early arrival. Due to the diversity of our teaching faculty, this schedule may change without notice. For rooms and teachers not listed here, please see Information Boards.

## 6:30–7:45 **Morning Yoga Classes**

### 9:00–10:30 **Body in Balance: Rehab for Feet Michelle Dalbec**

Get your feet fit and repair, recover, and restore from the hips down. The feet are your foundation, and the whole body's functionality depends on their health. Through self-massage techniques, creative corrective movements, and skillful stretches, bring suppleness back to your feet, create intelligent mobility between the feet and legs, and help re-establish the proper alignment.

### 9:00–10:30 **Conscious Leadership Ken Nelson**

Each of us is a leader. There's no choice. We must all lead our own lives. No matter where you are, or what position you are in, you influence others with your thoughts, words, and actions.

### 9:15–11:00 **Guided Hiking**

### 11:00–11:45 **Spring Forward Lara Tupper**

Spring is a season of renewal and fresh ideas. In this journaling class, consider the effects of the season on your body and mind and share your words with others in a safe, supportive space. Take home ideas for future journaling practices to sustain rejuvenation.

### 12:00–1:00 **Kripalu YogaDance®**

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### 12:00–1:00 **Vinyasa Yoga Class**

### 2:00–3:30 **Introduction to Mudras Tracy Remelius**

Mudras are gestures of the hands that promote physical and psychological well-being as well as spiritual growth. Come learn to incorporate mudras that support centering, grounding, and revitalization can into your breathing, meditation, and asana practices.

## 4:15–5:30 **Afternoon Yoga Classes**

### 6:45–7:15 **Kripalu Orientation Guest Services**

Welcome to Kripalu! Learn about Kripalu and get helpful tips on making the most of your stay.

### 7:30–8:30 **Balancing Polarity Bhavani Lorraine Nelson**

Hindu tradition recognizes that we each contain male and female qualities. That's why for every masculine name for the Divine in Hinduism, there is also a feminine name. Chanting both names together is said to balance the polarity within us.

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# Kripalu R&R Daily Schedule for Monday, April 9

**Please note:** Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up and early arrival. Due to the diversity of our teaching faculty, this schedule may change without notice. For rooms and teachers not listed here, please see Information Boards.

## 6:30–7:45 **Morning Yoga Classes**

### 9:00–10:30 **Riding the Waves Aruni Nan Futuronsky**

Do you feel challenged by life? Do the unknowns of your world shake you up? In this workshop, learn practical tools for outliving your feelings and returning to equanimity. Using the Kripalu methodology of Riding the Waves, you practice allowing the feelings to come and go. Come let your body, mind, and spirit to integrate, relax, and renew.

### 9:00–10:30 **Yoga and Shamanism Ray Crist**

This workshop provides a clear understanding of the world of energy and examines what yogis refer to as prana and what shamans refer to as the luminous sphere. We also explore the chakras: what they are, how they work, and how they connect us to the world.

### 11:00–11:45 **Delve into Plank Susannah Gale**

Whether you're new to yoga or an experienced practitioner coming back to the beginner's mind, this workshop helps you build your practice from the ground up.

### 12:00–1:00 **Kripalu YogaDance®**

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### 12:00–1:00 **Vinyasa Yoga Class**

### 1:15–3:00 **Guided Hiking**

### 2:00–3:30 **For the Love of Eating Cat Pacini**

From the Ayurvedic perspective, there are three governing principles of eating. Learn how these principles can improve your health and wellness, and discuss how you eat, what you eat, and the impact of when you eat. Take home simple, practical tools that you can apply to your daily life.

## 4:15–5:30 **Afternoon Yoga Classes**

### 7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

### 7:30–9:00 **Mindfulness: A Path to Freedom Izzy Lenihan**

Divine Sleep is the antidote for modern life. Experience deeper levels of freedom than you ever imagined possible. This inspired, meditative practice gives you permission to rest, restore, and tap into new sources of energy. There is nothing required of you but to lie down and listen. Be supported, held, and nourished as you discover profound peace and vibrant health.

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# Kripalu R&R Daily Schedule for Tuesday, April 10

**Please note:** Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up and early arrival. Due to the diversity of our teaching faculty, this schedule may change without notice. For rooms and teachers not listed here, please see Information Boards.

## 6:30–7:45 **Morning Yoga Classes**

### 9:00–10:30 ***The Embodied Heart* Toni Bergins**

In this movement-based workshop, become more keenly aware of yourself as an intuitive sensory being. See life through your open heart and enjoy connecting with others and yourself as we move through a series of chakra exercises and energy awareness. Come warm your hearts, share your intuition, and deepen your capacity for intimacy in this dance of energy workshop.

### 9:00–10:30 ***Anatomy of Standing Postures* Christopher Holmes**

In this workshop suitable for practitioners of all levels, investigate skeletal alignment, muscle and connective tissue considerations, and the breath in standing poses.

### 11:00–11:45 ***Delve into Baddha Konasana (Bound Angle)* Sherrie Howard**

Whether you're new to yoga or an experienced practitioner coming back to the beginner's mind, this workshop helps you build your practice from the ground up.

### 12:00–1:00 **Kripalu YogaDance®**

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### 12:00–1:00 **Vinyasa Yoga Class**

### 1:15–3:00 ***Guided Hiking***

### 2:00–3:30 ***Straight to the Heart: Metta Meditation* Michelle Dalbec**

Through a series of well-wishing blessings, metta meditation, or loving-kindness, helps open your heart to yourself and to others, creating an intimate and compassionate inner relationship with the self. This can dissolve walls between your heart and the world around you, restoring humanity and compassion when your mind may feel like a battlefield.

## 4:15–5:30 **Afternoon Yoga Classes**

### 7:30–8:30 ***Healing Arts Sampler***

More information on this workshop coming soon.

### 7:30–8:30 ***Workshop TBA***

More information on this workshop coming soon.

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# Kripalu R&R Daily Schedule for Wednesday, April 11

**Please note:** Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up and early arrival. Due to the diversity of our teaching faculty, this schedule may change without notice. For rooms and teachers not listed here, please see Information Boards.

## 6:30–7:45 **Morning Yoga Classes**

### 9:00–10:30 **Food and Mood Annie B. Kay**

What and how you eat profoundly influences how you feel. Come learn about the latest research and ideas on nutrients, eating habits, and lifestyle choices most supportive of lifelong mental health.

### 9:00–10:30 **Kripalu: A Person, A Place, A Tradition Vandita Kate Marchesiello**

Enjoy a brief overview of Swami Kripalu's interesting life, the places Kripalu Center has called home over the last four decades, and a tradition that has grown from a set of social ethics and personal practices known as the yamas and niyamas.

### 11:00–11:45 **Delve into Bakasana (Crow) Kari Harendorf**

Whether you're new to yoga or an experienced practitioner coming back to the beginner's mind, this workshop helps you build your practice from the ground up.

### 12:00–1:00 **Kripalu YogaDance®**

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### 12:00–1:00 **Vinyasa Yoga Class**

### 1:15–3:00 **Guided Hiking**

### 2:00–3:30 **Create Your Own Labrynth Sudha Carolyn Lundeen**

More information on this workshop coming soon.

## 4:15–5:30 **Afternoon Yoga Classes**

### 6:45–7:15 **Kripalu Orientation Guest Services**

Welcome to Kripalu! Learn about Kripalu and get helpful tips on making the most of your stay.

### 7:30–8:30 **Harnessing the Heart's Energy Kimberly Coleman**

Get ready to nourish yourself from the inside out. In this class, we use meditation, creative visualization, and movement to harness the heart's energy and awaken self-love.

### 7:30–9:00 **Kirtan**

Experience this powerful group practice of call and response chanting. Enliven your body through sacred Sanskrit vibrations, bringing physical and emotional healing as well as a heightened awareness of your inner spiritual authority.

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# Kripalu R&R Daily Schedule for Thursday, April 12

**Please note:** Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up and early arrival. Due to the diversity of our teaching faculty, this schedule may change without notice. For rooms and teachers not listed here, please see Information Boards.

## 6:30–7:45 **Morning Yoga Classes**

### 9:00–10:30 **How Balanced Is Your Life? Izzy Lenihan**

Lack of balance in your life can have profound and adverse effects on your mind, body, spirit, and soul. This lecture is for anyone who is feeling stressed, overwhelmed, or disconnected. Learn how to identify where your life is out of balance and create a plan that supports work, family, fun, and good

### 9:00–10:30 **Seven Steps to Aging Well Vandita Kate Marchesiello**

Do you want to experience more vitality, strength, and balance as you age? Yoga is an ancient science that offers many health benefits, especially as we age. In this workshop, learn easy-to-follow techniques (breathing, stretching, visualization, relaxation, affirmation, and meditation) that you take home to support a healthier aging experience.

### 11:00–11:45 **Yoga and the Art of Improv Evelyn Gonzalez**

This workshop focuses on yoga not as a science, but rather as an art form. In this posture flow workshop, follow the safe guidelines of alignment and then begin to explore and improvise into a free and spontaneous expression that is all yours.

### 12:00–1:00 **Kripalu YogaDance®**

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### 12:00–1:00 **Vinyasa Yoga Class**

### 1:15–3:00 **Guided Hiking**

### 2:00–3:30 **The Sunshine Vitamin Sarajeen Rudman**

More information on this workshop coming soon.

## 4:15–5:30 **Afternoon Yoga Classes**

### 7:30–8:30 **Deep Unwind for Body and Mind Lisa Lutton**

Soften into greater connection with your body, mind, and nervous system in this soothing workshop that offers gentle somatic movement, meditation, and intuitive journaling for a restful night's sleep.



# Kripalu R&R Daily Schedule for Friday, April 13

**Please note:** Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up and early arrival. Due to the diversity of our teaching faculty, this schedule may change without notice. For rooms and teachers not listed here, please see Information Boards.

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Creative Collage Jess Frey**

Come explore creative expression and playfulness by using picture collage as a pathway to manifesting dreams and envisioning your future.

9:15–11:00 **Guided Hiking**

11:00–11:45 **The Third Eye Chakra: Ajna Jurian Hughes**

Do you trust your own instincts? In this experiential workshop appropriate for all levels, discover how to connect to the center of intuition, the ajna, through visualization, meditation, chanting, affirmations, breathing techniques, and yoga postures, and find the still, small voice within speaking

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

2:00–3:30 **Yoga and the Alexander Technique Lisa Lutton**

This workshop offers an experiential introduction to the Alexander Technique, a proven method that can help you access your natural grace and reclaim your poise. Learn to take a softer stance with yourself in body and mind. Reduce chronic pain, improve your posture on and off your mat, and unravel habitual tension patterns using this powerful mindfulness practice.

4:15–6:30 **Afternoon Yoga Classes**

6:45–7:15 **Kripalu Orientation Guest Services**

Welcome to Kripalu! Learn about Kripalu and get helpful tips on making the most of your stay.

8:00–9:00 **Workshop TBA**

More information on this workshop coming soon.

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# Kripalu R&R Daily Schedule for Saturday, April 14

**Please note:** Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up and early arrival. Due to the diversity of our teaching faculty, this schedule may change without notice. For rooms and teachers not listed here, please see Information Boards.

## 6:30–7:45 **Morning Yoga Classes**

### 9:00–10:30 ***The Highest Spiritual Practice* Aruni Nan Futuronsky and Annie B. Kay**

Examine and practice Swami Kripalu's invitation into Self-Observation Without Judgment, and discover its relevance and practical application to your life. You leave this workshop with specific tools for a body-centered practice of sustainable change.

### 9:00–10:30 ***Yoga for Vitality* Jurian Hughes**

Turn up the prana! If you wish you had more energy, focus, and joy, come discover how yoga can increase prana (life force). In this workshop—a combination of in-depth breath work, gentle asana, and partner work—learn a simple 10-step exercise series that can be done daily to refuel, reenergize,

### 11:00–11:45 ***Coloring as Relaxation* Izzy Lenihan**

Tapping into your creativity can be a sure path to the soul. Awaken your creative spirit and brighten your mood in this simple, yet powerful workshop. Come color, play, create, relax, and discover a new form of mindfulness.

### 12:00–1:00 **Kripalu YogaDance®**

Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, YogaDance® will surprise you with joy.

### 12:00–1:00 **Vinyasa Yoga Class**

### 12:45–1:30 **Meditation Ken Nelson**

### 1:30–3:00 **Guided Hiking**

### 2:00–3:30 ***Ayurveda and Yoga, the Sister Sciences* Sudha Carolyn Lundeen**

More information on this workshop coming soon.

## 4:15–6:30 **Afternoon Yoga Classes**

### 7:30–8:30 **Rest and Unwind Yoga**

### 7:30–9:00 **Concert Caroline Cotter**

More information on this event coming soon.

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*This schedule subject to change without notice.*

# Kripalu R&R Daily Schedule for Sunday, April 15

**Please note:** Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up and early arrival. Due to the diversity of our teaching faculty, this schedule may change without notice. For rooms and teachers not listed here, please see Information Boards.

## 6:30–7:45 **Morning Yoga Classes**

### 9:00–10:30 **Pranayama for Spring Sarajeon Rudman**

More information on this workshop coming soon.

### 9:00–10:30 **Qigong Ken Nelson**

This Taoist healing art uses breath, motion, and meditation to restore balance and vitality. Learn effortless Chinese energy exercises to train the body, focus the mind, and feel an easeful spiritual presence.

### 9:15–11:00 **Guided Hiking**

### 11:00–11:45 **Mindful Minute Meditations Tracy Foster**

Do you want to experience less stress and more ease? Would you like to feel more grounded and balanced? If so, come learn five different one-minute meditations. In just 60 seconds of mindfulness practice, you begin to cultivate a clearer, more easeful, and calm presence.

### 12:00–1:00 **Kripalu YogaDance®**

Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, YogaDance® will surprise you with joy.

### 12:00–1:00 **Vinyasa Yoga Class**

### 2:00–3:30 **Yoga for Athletes Susannah Gale**

Yoga is the perfect complement to athletic training, and is an excellent way to prevent injury and enhance performance. Learn how to use this valuable tool to warm up and cool down the body, and leave with a practical approach to incorporate yoga into your favorite sport or activity.

## 4:15–6:30 **Afternoon Yoga Classes**

### 6:45–7:15 **Kripalu Orientation Guest Services**

Welcome to Kripalu! Learn about Kripalu and get helpful tips on making the most of your stay.

### 7:30–8:30 **Sound Sleep Jess Frey**

Restful sleep is the foundation for mental and physical well-being. Often, simple adjustments to routine, exercise, diet, and lifestyle habits can have a profound impact on quality of sleep. Learn about and discuss Ayurvedic and yogic self-care tools that support more restful and balanced sleep. This workshop includes gentle and mindful movements and conscious breathing.



*This schedule subject to change without notice.*

# Kripalu R&R Daily Schedule for Monday, April 16

**Please note:** Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up and early arrival. Due to the diversity of our teaching faculty, this schedule may change without notice. For rooms and teachers not listed here, please see Information Boards.

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Grief, Loss, and Renewal Aruni Nan Futuronsky**

The experience of loss is one of the most universal human experiences, yet the process of grief is uniquely personal. How do we receive comfort during times of deep sorrow? Yogic philosophy teaches us how to become present in each moment and offers us a powerful model for experiencing all layers of grief.

9:00–10:30 **Prana Playground Jess Frey**

Prana is the vital life force and subtle energy that exists within and around you. Come learn various awareness exercises that can help you awaken, connect to, and come into relationship with prana.

11:00–11:45 **Delve Into Vrksasana (Tree) Susannah Gale**

Whether you're new to yoga or an experienced practitioner coming back to the beginner's mind, this workshop helps you build your practice from the ground up.

12:00–1:00 **Kripalu YogaDance®**

Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, Kripalu YogaDance® will surprise you with joy.

12:00–1:00 **Vinyasa Yoga Class**

1:15–3:00 **Guided Hiking**

2:00–3:30 **Ayurvedic Daily Routine Cat Pacini**

Ayurveda teaches us that the key to balancing mind, body, and emotions is through a balanced daily routine. Come explore how you can access harmony with the natural rhythms of the day with simple

4:15–5:30 **Afternoon Yoga Classes**

6:45–7:15 **Kripalu Orientation Guest Services**

Welcome to Kripalu! Learn about Kripalu and get helpful tips on making the most of your stay.

7:30–8:30 **Healing Arts Sampler TBA**

More information on this workshop coming soon.

7:30–8:30 **Silk-Reeling Qigong Sage Brody**

Learn the flowing and spiraling movements of Silk-Reeling Qigong, an ancient system that can help unwind our tensions and increase energy flow throughout the body.





# Kripalu R&R Daily Schedule for Tuesday, April 17

**Please note:** Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up and early arrival. Due to the diversity of our teaching faculty, this schedule may change without notice. For rooms and teachers not listed here, please see Information Boards.

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Dance of Manifestation Toni Bergins**

Join in a reflective dance down the chakra path of manifestation, moving from crown to root, in order to ground your dreams and desires into reality. Begin with journaling to clarify your aspirations, and then experience the dance of manifestation to make conscious your desire to release blocks and become the creator of your life.

9:00–10:30 **Gratitude Mandala Izzy Lenihan**

Expressing and practicing gratitude deepens your relationship with yourself, others, and the world. In this creative workshop, learn a lighthearted way to connect emotionally to the grace of life.

11:00–11:45 **Delve Into Prasarita Paddottanasana (Wide Leg Forward Bend) Sherrie Howard**

Whether you're new to yoga or an experienced practitioner coming back to the beginner's mind, this workshop helps you build your practice from the ground up.

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Meditation Michelle Dalbec**

1:15–3:00 **Guided Hiking**

2:00–3:30 **Muscle, Fascia, and Yoga Christopher Holmes**

Muscles have the separate but related functions of providing energy and strength. The role of fascia is a key factor in determining how aggressively we test our strength, and how much we can stretch. In this workshop, learn the properties of muscle and fascia, and how their dual roles inform the strength and stretch relationship. Through yoga practice, discover how to safely explore your posture edge.

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Healing Arts Sampler TBA**

More information on this workshop coming soon.

7:30–9:00 **Whole Foods Cooking Demonstration Jeremy Rock Smith**

Enjoy a lecture on the joys and benefits of whole foods cooking, with recipes and techniques from the Kripalu Kitchen. Take home simple methods and inspiration for a healthier diet that you can maintain throughout the year.

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*This schedule subject to change without notice.*

# Kripalu R&R Daily Schedule for Wednesday, April 18

**Please note:** Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up and early arrival. Due to the diversity of our teaching faculty, this schedule may change without notice. For rooms and teachers not listed here, please see Information Boards.

## 6:30–7:45 **Morning Yoga Classes**

### 9:00–10:30 **Mindful Eating, Mindful Life Aruni Nan Futuronsky and Annie B. Kay**

How you eat reflects how you feel about yourself at the deepest level. Mindful eating is a practice of exploring your relationship with food and yourself. Come learn how it can deepen your understanding of food and all that nourishes you.

### 9:00–10:30 **Workshop TBA**

More information on this workshop coming soon.

### 11:00–11:45 **Delve Into Garudasana (Eagle) Kari Harendorf**

Whether you're new to yoga or an experienced practitioner coming back to the beginner's mind, this workshop helps you build your practice from the ground up.

### 12:00–1:00 **Kripalu YogaDance®**

Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, Kripalu YogaDance® will surprise you with joy.

### 12:00–1:00 **Vinyasa Yoga Class**

### 1:15–3:00 **Guided Hiking**

### 2:00–3:00 **Radiant Health Sudha Carolyn Lundeen**

Reclaim your vitality and reconnect with your life force as you explore preventive approaches and natural treatments for stress reduction and other health issues. Leave with specific yoga sequences and breathing exercises to practice at home.

## 4:15–5:30 **Afternoon Yoga Classes**

### 7:30–9:00 **Kirtan Dave Russell**

Experience this powerful group practice of call and response chanting. Enliven your body through sacred Sanskrit vibrations, bringing physical and emotional healing as well as a heightened awareness of your inner spiritual authority.

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# Kripalu R&R Daily Schedule for Thursday, April 19

**Please note:** Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up and early arrival. Due to the diversity of our teaching faculty, this schedule may change without notice. For rooms and teachers not listed here, please see Information Boards.

## 6:30–7:45 **Morning Yoga Classes**

### 9:00–10:30 **Yoga and Creation Jennifer Reis**

Join in this unique exploration as we practice a series of yoga postures and breathing practices to awaken the chakras, the body's major energy centers. From this place of inner awareness, we will create through words or drawings. All levels invited; no experience necessary.

### 9:00–10:30 **Relaxation: Let Go or Be Dragged Ken Nelson**

Relaxation happens naturally when you stop creating tension. Feel refreshed with gentle, easy-to-learn practices that create well-being and restore wholeness, including restorative yoga, Yin Yoga, and yoga nidra (guided deep relaxation). Discover the wisdom of stillness with quiet, unhurried practices that nurture positive change through intentional breathing, guided imagery, and attention training.

### 11:00–11:45 **Garden of Intentions Izzy Lenihan**

If your life was a garden, what would you see growing? Fruitful vegetation? Or lots of weeds? Finding your true dharma, or life's work, begins with setting an intention. When we plant the seeds of intention, infinite possibilities await.

### 12:00–1:00 **Kripalu YogaDance®**

Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, YogaDance® will surprise you with joy.

### 12:00–1:00 **Vinyasa Yoga Class**

### 1:15–3:00 **Guided Hiking**

### 2:00–3:30 **Happy Belly, Happy Life Sarajeen Rudman**

More information on this workshop coming soon.

## 4:15–5:30 **Afternoon Yoga Classes**

### 7:30–8:30 **Rest and Unwind Yoga**

### 7:30–8:30 **Workshop TBA Cristie Newhart**

More information on this workshop coming soon.



*This schedule subject to change without notice.*

# Kripalu R&R Daily Schedule for Friday, April 20

**Please note:** Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up and early arrival. Due to the diversity of our teaching faculty, this schedule may change without notice. For rooms and teachers not listed here, please see Information Boards.

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Prana Playground Jess Frey**

Prana is the vital life force and subtle energy that exists within and around you. Come learn various awareness exercises that can help you awaken, connect to, and come into relationship with prana.

9:15–11:00 **Guided Hiking**

11:00–11:45 **Delve Into Adho Mukha Svanasana (Downward-Facing Dog) Cristie Newhart**

Whether you're new to yoga or an experienced practitioner coming back to the beginner's mind, this workshop helps you build your practice from the ground up.others.

12:00–1:00 **Kripalu YogaDance®**

Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, YogaDance® will surprise you with joy.

12:00–1:00 **Vinyasa Yoga Class**

2:00–3:30 **Soothing Pranayama Sherrie Howard**

The breath is a powerful tool that can create energetic, mental, and physical shifts in your being. Discover ways to harness the breath to relieve stress and soothe the nervous system.

4:15–6:30 **Afternoon Yoga Classes**

6:45–7:15 **Kripalu Orientation Guest Services**

Welcome to Kripalu! Learn about Kripalu and get helpful tips on making the most of your stay.

8:00–9:00 **The Traveling Mindset Lara Tupper**

When traveling to a new place, we tend to notice and appreciate the details of our surroundings. As writer Alain de Botton says, we gain a "traveling mindset." We stop to look at street signs and plant life; we send home postcards about what we see. The challenge is to apply this outlook to our everyday lives. In this writing workshop, discuss ways to approach familiar settings with fresh eyes and "notice what we have already seen." No writing experience necessary, just a willingness to observe.

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*This schedule subject to change without notice.*

# Kripalu R&R Daily Schedule for Saturday, April 21

**Please note:** Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up and early arrival. Due to the diversity of our teaching faculty, this schedule may change without notice. For rooms and teachers not listed here, please see Information Boards.

## 6:30–7:45 **Morning Yoga Classes**

### 9:00–10:30 ***The Whole World is One Family* Aruni Futuronsky**

In this workshop, learn about and practice Swami Kripalu's teaching of Sanatan Dharma, the Path of Love. How can we take skillful actions that lead us to see all beings as one? In this time of such disconnection, come dive into this practice of love.

### 9:00–10:30 ***Yogagaia Part I* Hasita Nadai**

Yogagaia fuses traditional and nontraditional asanas and music with the story of how the universe came into being—a story told by science and informed by spirit. Yogagaia can connect somatically to our place in and among the plants and creatures on Earth and the very substance of our planet.

### 11:00–11:45 ***Share Circle* Izzy Lenihan**

Employ the principle "the key to my heart rests in the heart of another." Through this conscious listening and speaking technique, access the power of your moment and witness the power of others.

### 12:00–1:00 **Kripalu YogaDance®**

Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, YogaDance® will surprise you with joy.

### 12:00–1:00 **Vinyasa Yoga Class**

### 12:45–1:30 ***Meditation* Vandita Kate Marchesiello**

### 1:15–3:00 ***Guided Hiking***

### 2:00–3:30 ***Invoking Divine Love* Bhavani Lorraine Nelson**

In the Hindu tradition, Krishna is the embodiment of Divine Love. Come learn more about Krishna and experience the loving energy we invoke through chanting his many names.

## 4:15–6:30 **Afternoon Yoga Classes**

### 7:30–8:30 **Rest and Unwind Yoga**

### 7:30–9:00 ***Evening Event* Nancy Ross Hugo**

More information on this event coming soon.



*This schedule subject to change without notice.*

# Kripalu R&R Daily Schedule for Sunday, April 22

**Please note:** Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up and early arrival. Due to the diversity of our teaching faculty, this schedule may change without notice. For rooms and teachers not listed here, please see Information Boards.

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Qigong on the Mansion Lawn Ken Nelson**

This Taoist healing art uses breath, motion, and meditation to restore balance and vitality. Learn effortless Chinese energy exercises to train the body, aim the mind, and feel an easeful spiritual presence. This workshop will be held indoors in the event of inclement weather.

9:00–10:30 **Yogagaia Part II Hasita Nadai**

Yogagaia fuses traditional and non-traditional asanas and music with the story of how the universe came into being—a story told by science and informed by spirit. Yogagaia has the intention to enable us to connect somatically to our place in and among the plants and creatures on earth and the very substance of our planet.

9:15–11:00 **Guided Hiking**

11:00–11:45 **Mindful Minute Meditations Tracy Foster**

Do you want to experience less stress and more ease? Would you like to feel more grounded and balanced? If so, come learn five different one-minute meditations. In just 60 seconds of mindfulness practice, you begin to cultivate a clearer, more easeful, and calm presence.

12:00–1:00 **Kripalu YogaDance®**

Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, Kripalu YogaDance® will surprise you with joy.

12:00–1:00 **Vinyasa Yoga Class**

2:00–3:30 **Nature Journaling Lara Tupper**

Writing about the natural world can strengthen your connection to the great outdoors and enable you to observe more closely. In this writing workshop, explore the Kripalu grounds, hone your senses, and discuss methods for keeping a nature journal at home.

4:15–6:30 **Afternoon Yoga Classes**

6:45–7:15 **Kripalu Orientation Guest Services**

Welcome to Kripalu! Learn about Kripalu and get helpful tips on making the most of your stay.

7:30–8:30 **Yoga Nidra Sherrie Howard**

Enjoy complete nourishment of body and mind in this ancient guided meditation. This workshop provides a revitalizing deep relaxation that reduces stress and promotes healing, rest, and rejuvenation. Just lie down, listen, and breathe.

*This schedule subject to change without notice.*

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# Kripalu R&R Daily Schedule for Monday, April 23

**Please note:** Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up and early arrival. Due to the diversity of our teaching faculty, this schedule may change without notice. For rooms and teachers not listed here, please see Information Boards.

## 6:30–7:45 **Morning Yoga Classes**

### 9:00–10:30 **The Yoga of Life Aruni Nan Futuronsky**

How does the practice of yoga on and off the mat build a faith that works? How can this ancient set of tools for living improve and deepen the quality of our lives today? Come practice the yoga of life through discussion, contemplation, movement, and introspection.

### 9:00–10:30 **Spring Asana Jess Frey**

The months of winter hibernation are over. Explore specific yoga postures, pranayama, and meditation techniques to cleanse, flush, and clear out winter sluggishness. Refresh internal organs, increase circulation, and reawaken the mind and the body as we jump into spring season.

### 11:00–11:45 **Delve Into Utthita Parsvakonasana (Side Angle) Susannah Gale**

Whether you're new to yoga or an experienced practitioner coming back to the beginner's mind, this workshop helps you build your practice from the ground up.

### 12:00–1:00 **Kripalu YogaDance®**

Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, Kripalu YogaDance® will surprise you with joy.

### 12:00–1:00 **Vinyasa Yoga Class**

### 1:15–3:00 **Guided Hiking**

### 2:00–3:30 **Life in Balance: Introduction to Ayurveda Cat Pacini**

Learn simple ways to increase your health and vitality using Ayurveda, an ancient approach to healthcare that originated in India. Ayurvedic wisdom teaches us to connect with our deepest selves,

## 4:15–5:30 **Afternoon Yoga Classes**

### 7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

### 7:30–8:30 **Love is the Answer Izzy Lenihan**

The path to supporting a kinder, more compassionate world begins with loving and nurturing ourselves. This workshop is designed help you shed the burden of self-judgement and fear by opening yourself up to the gifts of gratitude, forgiveness, compassion, and joy—transcending from fear and judgement to love and acceptance.

# Kripalu R&R Daily Schedule for Tuesday, April 24

**Please note:** Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up and early arrival. Due to the diversity of our teaching faculty, this schedule may change without notice. For rooms and teachers not listed here, please see Information Boards.

## 6:30–7:45 **Morning Yoga Classes**

### 9:00–10:30 **You Are the Prayer Toni Bergins**

You are the prayer; your body, your movement, your breath. The JourneyDance™ Prayer Circle invites a tribe of dancers into authentic movement of deep expression and celebration. We begin with an inspirational story, sharing what inspires us to dream, our inner most intention, then open our souls with evocative music to invigorate our emotions and our hearts.

### 9:00–10:30 **The Heart Chakra: Anahata Jurian Hughes**

How's your heart? In this workshop appropriate for all levels, discover how visualization, meditation, chanting, affirmations, breathing techniques, and yoga postures can support the heart center, the anahata, to feel safe, whole, and harmonious.

### 11:00–11:45 **Delve Into Parighasana (Gate) Sherrie Howard**

Whether you're new to yoga or an experienced practitioner coming back to the beginner's mind, this workshop helps you build your practice from the ground up.

### 12:00–1:00 **Kripalu YogaDance®**

Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, Kripalu YogaDance® will surprise you with joy.

### 12:00–1:00 **Vinyasa Yoga Class**

### 1:15–3:00 **Guided Hiking**

### 2:00–3:30 **Introduction to the Practice of Swami Kripalu Christopher Holmes**

Swami Kripalu's teacher gave him only two practices: Full-Lotus pose and Aniloma Viloma, a yogic breathing technique. Twenty years later, Swami Kripalu discovered a world of poses and pranayamas that naturally arose from these two simple practices. Come explore the intelligence of prana and experience meditation in motion, a centerpiece of Kripalu Yoga.

## 4:15–5:30 **Afternoon Yoga Classes**

### 7:30–8:30 **Yin Yoga**

### 7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

### 7:30–8:30 **Workshop TBA**

More information on this workshop coming soon.





# Kripalu R&R Daily Schedule for Wednesday, April 25

**Please note:** Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up and early arrival. Due to the diversity of our teaching faculty, this schedule may change without notice. For rooms and teachers not listed here, please see Information Boards.

## 6:30–7:45 **Morning Yoga Classes**

### 9:00–10:30 **Yoga, Addiction, and Recovery Aruni Nan Futuronsky**

Understand addiction from a body-centered perspective and investigate the parallels between the philosophies of Kripalu Yoga and 12-Step recovery principles as we strategize techniques to jumpstart and sustain behavior change. This workshop is open to all—especially those impacted by compulsive patterns, negative thinking, and the behavior of others.

### 9:00–10:30 **Springing Into Renewal Megha Nancy Bittenheim**

More information on this workshop coming soon.

### 11:00–11:45 **Abundant Energy Vandita Kate Marchesiello**

Discover an invigorating energy from meditative techniques to prepare for the months ahead. Cultivate gratitude through meditation, pranayama, and visualization that help transition from spring to summer.

### 12:00–1:00 **Kripalu YogaDance®**

Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, YogaDance® will surprise you with joy.

### 12:00–1:00 **Vinyasa Yoga Class**

### 1:10–3:00 **Guided Hiking**

### 2:00–3:30 **Slow Flow and Let Go Ken Nelson**

Enjoy tension-releasing restorative and Yin Yoga to loosen habitual holding. Sleep better, calm your nervous system, and rediscover vitality with slow, gentle body-sensing movement and still, accessible floor postures. Yoga's "mild side" is surprisingly relaxing, potentially challenging, and offers deep

## 4:15–5:30 **Afternoon Yoga Classes**

### 7:30–8:30 **Harnessing the Heart's Energy Kimberly Coleman**

Get ready to nourish yourself from the inside out. In this class, we use meditation, creative visualization, and movement to harness the heart's energy and awaken self-love.

### 7:30–9:00 **Kirtan Adam Bauer**

Experience this powerful group practice of call and response chanting. Enliven your body through sacred Sanskrit vibrations, bringing physical and emotional healing as well as a heightened awareness of your inner spiritual authority.



# Kripalu R&R Daily Schedule for Thursday, April 26

**Please note:** Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up and early arrival. Due to the diversity of our teaching faculty, this schedule may change without notice. For rooms and teachers not listed here, please see Information Boards.

6:30–7:30 **Morning Yoga Classes**

9:00–10:30 ***Gift in the Storm* Izzy Lenihan**

The adversities in life can be challenges that help make us stronger. Join this inspirational, interactive discussion on the strategies, attitudes, and qualities that can help you thrive during the storms in your life.

9:00–10:30 ***Origami and Mindfulness* Mary Hannah Parkman**

Come enjoy mindfulness through the ancient art of paper folding. Learn four basic origami designs: crane (peace), balloon (lightness), frog (emotion), and butterfly (transformation). Beautiful colored paper will be supplied. Consider passing one or more of your creations on to someone at Kripalu or back home as a gesture of gratitude and loving-kindness.

11:00–11:45 ***Appreciating the Moment* Evelyn Gonzalez**

An overactive mind obscures the senses from being truly alive. In this workshop, slow down and quiet the mind with a simple breathing meditation. One by one, open each of the sense doors (taste, smell, sight, touch, and sound), in a mindful, unique experience.

12:00–1:00 **Kripalu YogaDance®**

Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, YogaDance® will surprise you with joy.

12:00–1:00 **Vinyasa Yoga Class**

1:15–3:00 ***Guided Hiking***

2:00–3:30 ***Yoga for Digestion* Sarajejan Rudman**

More information on this workshop coming soon.

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 ***Journey to the Whole Self* Cristie Newhart**

Yoga identifies five layers of being: the koshas. In this lecture-based workshop, learn about the koshas and experience Self-Observation Without Judgment as you connect with the whole self through a deeper understanding of your many layers. Through simple movements, explore how each of these aspects of the self relates to your well-being.

# Kripalu R&R Daily Schedule for Friday, April 27

**Please note:** Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up and early arrival. Due to the diversity of our teaching faculty, this schedule may change without notice. For rooms and teachers not listed here, please see Information Boards.

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Sound Sleep Jess Frey**

Restful sleep is the foundation for mental and physical well-being. Often, simple adjustments to routine, exercise, diet, and lifestyle habits can have a profound impact on quality of sleep. Learn about and discuss Ayurvedic and yogic self-care tools that support more restful and balanced sleep. This workshop includes gentle and mindful movements and conscious breathing.

9:15–11:00 **Guided Hiking**

11:00–11:45 **Labyrinth Walk Jurian Hughes**

Experience a walking meditation on the sacred path of Kripalu's outdoor labyrinth. You receive unique inspiration for seeking your inner wisdom and guidance using this ancient practice. Dress appropriately for the weather.

12:00–1:00 **Kripalu YogaDance®**

Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, Kripalu YogaDance® will surprise you with joy.

12:00–1:00 **Vinyasa Yoga Class**

2:00–3:30 **Yoga for Back Care Sherrie Howard**

Tension and stress can often lead to back tightness and discomfort. This practice provides movement and breathing techniques to help support a healthy spine and release back muscles to create more comfort and ease. Experience back care techniques that you can bring into your yoga practice.

4:15–6:30 **Afternoon Yoga Classes**

6:45–7:15 **Kripalu Orientation Guest Services**

Welcome to Kripalu! Learn about Kripalu and get helpful tips on making the most of your stay.

8:00–9:00 **Divine Sleep Yoga Nidra Jennifer Reis**

Divine Sleep is the antidote for modern life. Experience deeper levels of freedom than you ever imagined possible. This inspired, meditative practice gives you permission to rest, restore, and tap into new sources of energy. There is nothing required of you but to lie down and listen. Be supported, held, and nourished as you discover profound peace and vibrant health.

# Kripalu R&R Daily Schedule for Saturday, April 28

**Please note:** Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up and early arrival. Due to the diversity of our teaching faculty, this schedule may change without notice. For rooms and teachers not listed here, please see Information Boards.

6:30–7:45 **Morning Yoga Classes**

7:30–9:00 **The Voice of Truth Jurian Hughes**

Discover your authentic voice and share it with the world. Uncover your creative courage through fun and playful exercises in breathing, sounding, singing, moving, and journaling. Meredith Monk, composer/singer/director, says exploring the voice “is like being an archeologist. Digging into one’s own voice we discover feelings and energies for which we don’t even have words.”

9:00–10:30 **Power Animals Cristie Newhart**

The Shamanic traditions use the archetypes of power animals as allies, advisors and protectors. In this workshop, explore the shamanic totem of the three most important power— animals, serpent, jaguar, and condor—and their relationship to the yogic perceptual states of body, mind, and spirit.

11:00–11:45 **Coloring as Relaxation Izzy Lenihan**

Tapping into your creativity can be a sure path to the soul. Awaken your creative spirit and brighten your mood in this simple, yet powerful workshop. Come color, play, create, relax, and discover a new form of mindfulness.

12:00–1:00 **Kripalu YogaDance®**

Experience Kripalu’s most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, Kripalu YogaDance® will surprise you with joy.

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Meditation Ken Nelson**

1:15–3:00 **Guided Hiking**

2:00–3:30 **Create Your Own Labyrinth Sudha Carolyn Lundeen**

More information on this workshop coming soon.

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–9:00 **Concert CelloBop**

When Gideon Freudmann plugs in his electric cello, sit back, take a deep breath, and enjoy the ride. Combining his classical background with his love for blues, jazz, folk, and improvisation, Gideon takes you on a unique sonic journey. This is not your grandfather’s cello recital!

*This schedule subject to change without notice.*

The Kripalu logo is displayed in a stylized, orange font. The letters are bold and rounded, with a slight shadow effect. The 'i' in 'Kripalu' has a dot that is slightly offset to the right.

# Kripalu R&R Daily Schedule for Sunday, April 29

**Please note:** Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up and early arrival. Due to the diversity of our teaching faculty, this schedule may change without notice. For rooms and teachers not listed here, please see Information Boards.

## 6:30–7:45 **Morning Yoga Classes**

### 9:00–10:30 **The Yoga of Fun and Creativity Megha Nancy Buttenheim**

Bring open-hearted, open-minded curiosity and adventure to this workshop that explores easy, fun, creative ways to step into the present moment. Get ready to light up your brain and body. Millions of people are using improv as a tool to enhance their personal and work life, career, and relationships. If you need a joy boost, come join us!

### 9:00–10:30 **Qigong on the Mansion Lawn Ken Nelson**

This Taoist healing art uses breath, motion, and meditation to restore balance and vitality. Learn effortless Chinese energy exercises to train the body, aim the mind, and feel an easeful spiritual presence. This workshop will be held indoors in the event of inclement weather.

### 9:15–11:00 **Guided Hiking**

### 11:00–11:45 **Om Tones Lara Tupper**

What does it mean to “find your voice?” This playful exploration of song starts with the simple soundings of om and experiments with singing as pranayama, allowing your throat chakra to open. Come sing for the joy of it, letting go of past judgments about being “good.”

### 12:00–1:00 **Kripalu YogaDance®**

Experience Kripalu’s most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, Kripalu YogaDance® will surprise you with joy.

### 12:00–1:00 **Vinyasa Yoga Class**

### 2:00–3:30 **Introduction to Mudras Tracy Remelius**

Mudras are gestures of the hands that promote physical and psychological well-being as well as spiritual growth. Come learn to incorporate mudras that support centering, grounding, and revitalization can into your breathing, meditation, and asana practices.

## 4:15–6:30 **Afternoon Yoga Classes**

### 6:45–7:15 **Kripalu Orientation Guest Services**

Welcome to Kripalu! Learn about Kripalu and get helpful tips on making the most of your stay.

### 7:30–8:30 **Deep Unwind for Body and Mind Lisa Lutton**

Soften into greater connection with your body, mind, and nervous system in this soothing workshop that offers gentle somatic movement, meditation, and intuitive journaling for a restful night’s sleep.



*This schedule subject to change without notice.*

# Kripalu R&R Daily Schedule for Monday, April 30

**Please note:** Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up and early arrival. Due to the diversity of our teaching faculty, this schedule may change without notice. For rooms and teachers not listed here, please see Information Boards.

## 6:30–7:45 **Morning Yoga Classes**

### 9:00–10:30 **Integrative Weight Loss Aruni Nan Futuronsky**

A naturally healthy weight doesn't mean sacrificing foods you love. Learn how to nourish your body and your whole being by enjoying whole foods that support lifelong natural wellness.

### 9:00–10:30 **Mindfulness Through the Five Senses Jess Frey**

There is a unique quality to each of the five senses. Your senses are your window to the world and the way in which you experience life. Come explore mindfulness by connecting to each of the senses through the great outdoors. Be prepared to go outside.

### 11:00–11:45 **Delve Into Ardha Chandrasana (Balance Half Moon) Susannah Gale**

Whether you're new to yoga or an experienced practitioner coming back to the beginner's mind, this workshop helps you build your practice from the ground up.

### 12:00–1:00 **Kripalu YogaDance®**

Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, Kripalu YogaDance® will surprise you

### 12:00–1:00 **Vinyasa Yoga Class**

### 1:15–3:00 **Guided Hiking**

### 2:00–3:30 **The Three Pillars of Health Cat Pacini**

In Ayurveda, there are three pillars of health: diet, sleep, and loving relationships. In this workshop, you learn simple tools to strengthen the pillars, nourish your well-being, and deepen your connection to self in order to cultivate a full, satisfying life.

## 4:15–5:30 **Afternoon Yoga Classes**

### 7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

*This schedule subject to change without notice.*

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