

R&R Retreat Daily Schedule for Saturday, April 1

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Morning Yoga Classes (various levels)

7:00–9:00 Breakfast

9:00–10:30 **Kind Vinyasa Jurian Hughes (M)**

It may be one of the most popular forms of yoga, but vinyasa commonly offers less instruction and many of its customary poses aren't recommended for all body types. In this fun and engaging workshop, learn posture modifications that keep you feeling safe, strong, and able to participate fully in this delightful, dance-like form of yoga.

9:00–10:30 **For the Love of Eating Cat Pacini (L)**

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, mindful practices, what you eat, food guidelines, and the impact of when you eat. Take home simple, practical tools that you can apply to your daily life.

11:00–11:45 **Conscious Communication Izzy Lenihan (E)**

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.

11:30–2:00 Lunch

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 Michelle Dalbec (E)**

1:30–3:00 **Guided Hiking** (Advanced registration suggested, please call for details.)

2:00–3:30 **Straight to the Heart: Metta Meditation Michelle Dalbec (L/E)**

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.

4:15–6:30 Afternoon Yoga Classes (various levels and class lengths)

5:00–7:30 Dinner

7:30–8:30 **Qigong as Relaxation Mark Roule (E)**

In this workshop, explore the ancient Chinese practice of qigong and discover its usefulness to enhance relaxation, self-healing, and overall well-being. Experience gentle movement, self-care, breathing exercises, and meditation to activate and support the parasympathetic relaxation response; which in turn, fosters healing.

7:30–9:00 **Evening Event**

Each Saturday night, we offer a workshop, kirtan, or concert to round out your day at Kripalu. More information on this evening's event coming soon.

The logo for Kripalu, featuring the word "Kripalu" in a bold, orange, sans-serif font.

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R&R Retreat Daily Schedule for Sunday, April 2

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Morning Yoga Classes (various levels)

7:00–9:00 Breakfast

9:00–10:30 ***Breath, Body, Bliss: Introduction to Yogic Breathing* Michelle Dalbec (L/E)**

We breathe more than 20,000 times a day without ever having to think about it. Yet when we are aware, we can control the breath at will. Yogis call this pranayama, or mastery of the life-force. Come experience the power of prana in this practice that is a mixture of traditional techniques and movement combined with breath.

9:30–11:00 ***Guided Hiking*** (Advanced registration suggested, please call for details.)

11:00–11:45 ***Chair Yoga* Sherrie Howard (M)**

For those who are not able to do yoga on a mat, adapting the practice to a chair can make yoga more accessible. Chair yoga also provides those who sit often at work ways to relax, move, strengthen, and stretch the body.

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

12:45–1:30 ***Meditation* Christopher Holmes (E)**

2:00–3:30 ***Balancing Polarity Through Chanting* Bhavani Lorraine Nelson (E)**

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.

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

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 (E)**

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.

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R&R Retreat Daily Schedule for Monday, April 3

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

9:00–10:30 ***Divine Sleep Yoga Nidra: A Deeper Practice* Jennifer Reis (E)**

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.

9:00–10:30 ***Mindful Eating, Mindful Life Part I* Aruni Nan Futuronsky (L)**

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.

11:00–11:45 ***Posture Clinic* Susannah Gale (M)**

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.

11:30–1:30 Lunch

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

1:30–3:00 ***Guided Hiking*** (Advanced registration suggested, please call for details.)

2:00–3:30 ***Freestyle Meditation* Steven Leonard (M/E)**

Meditation is a vast tradition that encompasses many approaches, philosophies, goals, and techniques. Within this wide range of practice there is space for you to find your own way. Freestyle Meditation begins with the question "what inspires you to meditate?" and supports you in customizing a practice that fits your unique style and nature. This class is a mix of instruction, practice, and conversation. See how wonderful meditation can be when you do it your way.

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

7:30–8:30 ***Healing Arts Sampler* (E)**

7:30–8:30 ***Creation of an Authentic Voice* Maria Sirois (E)**

In this world, you have one chance to bring yourself to life with your authentic and powerful voice. Yet, many of us find ourselves living a life that is not truthful or genuine, working a job that belongs to someone else, or hiding the beauty of our gifts, our dreams, and our words. Through story, poetry, and clinical anecdote, come explore how to step back into a life that is energizing, authentic, and sustaining.

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R&R Retreat Daily Schedule for Tuesday, April 4

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

9:00–10:30 ***Radiance Sutras: Life as Meditation* Coby Kozlowski (L)**

Would you like to discover a meditation practice that feels authentically yours? When you meditate with your unique practice, you feel centered in your “yes to life.” In this dynamic workshop, discover intellectual tools and a rich inner experience, while embedding this learning in your muscle and sensory memory so that it’s at your fingertips when you need it.

9:00–10:30 ***Mindful Eating, Mindful Life Part II* Annie B. Kay (L)**

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.

11:00–11:45 ***Posture Clinic* Cristie Newhart (M)**

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.

11:30–1:30 Lunch

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

1:30–3:00 ***Guided Hiking*** (Advanced registration suggested, please call for details.)

2:00–3:30 ***Taking the Mystery Out of Yoga Practice* Michelle Dalbec (L)**

Take the mystery out of yoga practice. Whether you are new to yoga or a seasoned practitioner, learn the foundations of practice, including basic breath techniques, essential form and alignment of poses, use of props, and how to modify postures for your body.

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

7:30–8:30 Rest and Unwind Yoga

7:30–8:30 ***Qigong as Relaxation* Mark Roule (E)**

In this workshop, explore the ancient Chinese practice of qigong and discover its usefulness to enhance relaxation, self-healing, and overall well-being. Experience gentle movement, self-care, breathing exercises, and meditation to activate and support the parasympathetic relaxation response; which in turn, fosters healing.

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R&R Retreat Daily Schedule for Wednesday, April 5

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

9:00–10:30 ***Nutrition News to Use* Kathie Madonna Swift (L)**

With the incredible amount of new information on nutrition and eating that is available today, how do you know what to believe? Join this stimulating review of the latest nutrition news as we cut through the headlines and digest what news to use.

9:00–10:30 ***Myth, Movement, and Mystery* Coby Kozlowski (L/M)**

“We are every character in every myth.” Come learn about living yoga through the lens of yogic mythology. Discover how these stories can guide you into inquiries and insight about your own life. Through storytelling, discussion, movement, and reflection, wake up the story inside you and engage more fully with being alive.

11:00–11:45 ***Posture Clinic* Kari Harendorf (M)**

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.

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

1:30–3:00 ***Guided Hiking*** (Advanced registration suggested, please call for details.)

2:00–3:30 ***What Abundance Looks Like, Part I* Vandita Kate Marchesiello (L)**

Visualization is a potent technique for making an impression upon the mind, body, and heart. Using bold and beautiful images, open-eyed meditation, and yogic breathing techniques, dive into the power of the mind to support an attitude of gratitude and abundance.

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

7:30–8:30 ***What Abundance Looks Like, Part II* Vandita Kate Marchesiello (L)**

More information on this workshop coming soon.

7:30–9:00 ***Kirtan*** (E)

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.

R&R Retreat Daily Schedule for Thursday, April 6

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

9:00–10:30 **Mandala: Your Inner Compass Jennifer Reis (M/L)**

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

9:00–10:30 **Love is the Answer Izzy Lenihan (L)**

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.

11:00–11:45 **Laughter Yoga Evelyn Gonzalez (M)**

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!

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

12:00–1:00 Vinyasa Yoga Class

12:45–1:30 **Introduction to Meditation in Motion Sarajeon Rudman (M/E)**

More information on this workshop coming soon.

1:30–3:00 **Guided Hiking** (Advanced registration suggested, please call for details.)

2:00–3:30 **Running Meditation Sarajeon Rudman (M)**

Instead of popping in the ear buds, what if you turned your run into a soul-healing, mind-relaxing meditation adventure? Learn the tools to create bliss and peace on every run using breathing and mantra techniques to connect your heart-mind to your body in a new, fun, and transformative way.

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

7:30–8:30 Rest and Unwind Yoga

7:30–8:30 **Riding the Wave: Finding Emotional Balance Aruni Nan Futuronsky (L)**

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.

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R&R Retreat Daily Schedule for Friday, April 7

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6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

9:00–10:30 ***Riding the Wave: Taking It Home* Jess Frey (L/E)**

In this workshop, you gain specific, practical tools to take home the gifts of Kripalu—the connection to body, to mind, to spirit, and to others. Learn concrete ways to integrate movement, exercise, conscious eating, and introspection into your lifestyle.

9:30–11:00 ***Guided Hiking*** (Advanced registration suggested, please call for details.)

11:00–11:45 ***Chakra Series: Sahasrara* Jurian Hughes (M)**

The crown chakra connects us to our spiritual nature. In this gentle, experiential workshop appropriate for all levels, discover how visualization, meditation, affirmations, breathing techniques and yoga postures can help you feel more relaxed and connected to your own divine wisdom.

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

2:00–3:30 ***Soothing Pranayama* Sherrie Howard (E)**

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 (various levels and class lengths)

5:00–7:30 Dinner

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*** (E)

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

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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R&R Retreat Daily Schedule for Saturday, April 8

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Morning Yoga Classes (various levels)

7:00–9:00 Breakfast

9:00–10:30 **Chakra Yoga** **Jurian Hughes** (M)

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.

9:00–10:30 **Sharpening Your Sixth Sense** **Aruni Nan Futuronsky** (L)

We are born with an unbreakable connection to source knowledge, yet we often forget to listen, becoming distracted by our external lives. In this workshop, discuss strategies to maintain balance and follow your innate wisdom within.

11:00–11:45 **Conscious Communication** **Izzy Lenihan** (E)

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.

11:30–2:00 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

12:45–1:30 **Meditation** **Michelle Dalbec** (E)

1:30–3:00 **Guided Hiking** (Advanced registration suggested, please call for details.)

2:00–3:30 **Body in Balance: Hip Harmony** **Michelle Dalbec** (M)

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 (various levels and class lengths)

5:00–7:30 Dinner

7:30–8:30 Rest and Unwind Yoga

7:30–9:00 **Evening Event**

Each Saturday night, we offer a workshop, kirtan, or concert to round out your day at Kripalu. More information on this evening's event coming soon.

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R&R Retreat Daily Schedule for Sunday, April 9

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Morning Yoga Classes (various levels)

7:00–9:00 Breakfast

9:00–10:30 **Body in Balance: Rehab for Feet Michelle Dalbec** (M)

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

9:00–10:30 **Introduction to Yin Yoga Ken Nelson** (L/M)

Feel relaxed, light, and free. Yin postures target deep tissue to enhance range of motion and flexibility while relieving pain in the low back, hips, and spine. Rooted in yoga therapy and meridian energy medicine, these supported floor postures allow gravity to rehabilitate connective tissue.

9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)

11:00–11:45 **Gratitude Journaling Lara Tupper** (E)

What are you thankful for? What fills you with appreciation and grace? A gratitude journal allows us to contemplate and articulate these questions on a daily basis. Share your gratitude with others in a safe, supportive space and receive prompts to sustain this rejuvenating practice at home.

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

12:45–1:30 **Meditation Jess Frey** (E)

2:00–3:30 **Sound Healing Bhavani Lorraine Nelson** (E)

Soothing sound is one of the oldest healing modalities in the world. Now, scientists are attesting to its power. Come find out how simple and satisfying it can be to sound for your own and others' healing. No experience or talent necessary, just a divine spirit wrapped in a human heart.

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

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** (E)

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.

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R&R Retreat Daily Schedule for Monday, April 10

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

9:00–10:30 ***The Biology of Hunger and Satisfaction* Lisa B. Nelson, MD (L)**

In this workshop, review the basic biologic mechanisms that underlie hunger and satiety (i.e., feeling satisfied), and explore how the foods you choose can either support healthy eating or undermine it. In particular, we explore the role of sugar and refined foods and how they can lead to food cravings and addiction.

9:00–10:30 ***Tone Up Yoga* Ray Crist (M)**

Enliven the body as you explore strengthening yoga postures and flows with focus on the core and shoulders. This workshop includes crunches to tone your abdomen and exercises for your arms.

11:00–11:45 ***Posture Clinic* Susannah Gale (M)**

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.

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

1:30–3:00 ***Guided Hiking*** (Advanced registration suggested, please call for details.)

2:00–3:30 ***Sound of the Moment* Steven Leonard (E)**

Everything vibrates: your bones, your breath, your mind, your being. You are a creative force and have the ability to tune into different frequencies of awareness. In this workshop, you are guided through sound meditations, including live bamboo flute, singing bowl, and guitar.

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

7:30–8:30 ***Healing Arts Sampler* (E)**

7:30–8:30 ***Coloring as Relaxation* Izzy Lenihan (E)**

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.

R&R Retreat Daily Schedule for Tuesday, April 11

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

9:00–10:30 ***The Qualities of Consciousness* Coby Kozlowski (L)**

Delve into the conversation and exploration of tantric yoga's six principles of consciousness. Expand into the rich landscape of the world through the lens of yoga and explore the diverse layers of the human experience. Through lecture and self-reflection, come home to a deeper sense of yoga and awaken to the beauty, sweetness, and aliveness of the universe.

9:00–10:30 ***Anatomy of Pranayama: The Science of Breath* Christopher Holmes (L/E)**

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.

11:00–11:45 ***Start Your Practice, Find Your Flow Part I* Cristie Newhart (M)**

Whether you are looking to refresh a yoga practice that's gone a little stale, or you're just beginning a practice at home, this workshop helps you get started. Learn the elements you should include, how to create a home practice that's sustainable, and off the mat practices to take you deeper.

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

1:30–3:00 ***Guided Hiking*** (Advanced registration suggested, please call for details.)

2:00–3:30 ***Start Your Practice, Find Your Flow Part II* Michelle Dalbec (L/M)**

Take the mystery out of yoga practice. Whether you are new to yoga or a seasoned practitioner, learn the foundations of practice, including basic breath techniques, essential form and alignment of poses, use of props, and how to modify postures for your body.

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

7:30–8:30 Rest and Unwind Yoga

7:30–8:30 ***Anatomy of Pranayama: The Practice of Breath* Christopher Holmes (L/E)**

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.

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R&R Retreat Daily Schedule for Wednesday, April 12

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6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

9:00–10:30 ***Food for Detox and Digestive Health* Kathie Madonna Swift (L)**

Explore the science behind a whole-foods approach to detox, discover the factors that contribute to toxic burden, and learn about the stages of detoxification.

9:00–10:30 ***Making Space for Positive Change, Part I* Maria Sirois (L)**

Learn how to create a lighter, rejuvenated life in a workshop based on the principles of Positive Psychology and personal coaching. Gain tools for clarity and change, and identify the clutter you're ready to let go of—not just in your home but also in your relationships, at work, and in your mind and heart.

11:00–11:45 ***Posture Clinic* Kari Harendorf (M)**

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.

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

12:00–1:00 Vinyasa Yoga Class

12:45–1:30 ***Historical Tour of the Kripalu Grounds* Vandita Kate Marchesiello (L/M)**

Shadowbrook has uplifted the spirits and hearts of people since the late nineteenth century. This workshop begins with a viewing of historic photos of the property and then ventures outside for a tour of the grounds to discover points of interest and learn more about the rich history and roots of Kripalu Yoga.

1:30–3:00 ***Guided Hiking*** (Advanced registration suggested, please call for details.)

2:00–3:30 ***The Yoga of Eating* Annie B. Kay (L)**

Transform your health by deepening your awareness and understanding of food and nourishment. Explore a whole-being approach to nourishment drawn from the wisdom of yoga, and discuss how to cultivate compassionate self-observation.

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

7:30–8:30 ***Kripalu Core: A Person, a Place, a Tradition* Vandita Kate Marchesiello (L)**

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.

7:30–9:00 ***Kirtan*** (E)

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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R&R Retreat Daily Schedule for Thursday, April 13

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

9:00–10:30 ***Making Space for Positive Change, Part II* Izzy Lenihan (L)**

Clutter is more than what crowds your physical environment. It can be found in stress-based thoughts, confusing feelings, and unclear visions that weigh us down. What you choose to remove from your life is as important—if not more important—than what you choose to bring into it.

9:00–10:30 ***Yoga Collage* Evelyn Gonzalez (M)**

Explore new creative expressions of traditional postures in this fun and engaging workshop. Take standard poses and break them down into specific body expressions. Then, begin to collage by mixing various parts into a new whole.

11:00–11:45 ***Posture Clinic* Janna Delgado (M)**

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.

11:30–1:30 Lunch

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 ***Introduction to the Doshas and Fitness* Sarajejan Rudman (L/M)**

Learn how to balance a healthy life in a modern world with the ancient practices of yoga and Ayurveda as we explore simple practices suitable for people living at the speed of life.

1:30–3:00 ***Guided Hiking*** (Advanced registration suggested, please call for details.)

2:00–3:30 ***Barefoot Fitness* Sarajejan Rudman (M)**

This workshop is designed to bring mindfulness, breath control, and seasonal awareness to traditional fitness in order to build strength in the body and mind—all without the constraints of footwear!

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

7:30–8:30 Rest and Unwind Yoga

7:30–8:30 ***Introduction to Shinrin-Yoku (Forest Bathing)* Mark Roule (L)**

Research has shown that forests rich in conifers expose walkers to naturally occurring chemicals called phytoncides, which results in reduced blood pressure, cortisol levels, and improved immune function. Experience the nourishment of your senses and soul with a symphony of engaging outdoor stimulus brilliantly designed to root us in the present moment.

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R&R Retreat Daily Schedule for Friday, April 14

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

9:00–10:30 **Spring Asana Jess Frey** (M/E)

The months of 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.

9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)

11:00–11:45 **Chakra Series: Ajna Jurian Hughes** (M/E)

Do you trust your own instincts? In this 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 loud and clear.

11:30–1:30 Lunch

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 **A Cook for All Seasons Erin Casperson and Cat Pacini** (L)

Ayurveda teaches six tastes of foods that sustain the body, mind, and emotions. Learn simple and impactful ways to incorporate these six tastes into your diet through seasonal eating, spices, and whole foods, that optimize digestion and promote balanced health.

4:15–6:30 Afternoon Yoga Classes (various levels and class lengths)

5:00–7:30 Dinner

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** (E)

8:00–9:00 **Opening the Heart Through Movement, Part I Dan Leven** (M/E)

Come open and free your heart through guided therapeutic movements. In this workshop, you learn to release physical tensions in your upper body to access the dynamic flow of energy that exists within. Discover a wealth of energy and a connection to your power and tenderness in this moving journey.

R&R Retreat Daily Schedule for Saturday, April 15

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

- 6:30–8:00 Morning Yoga Classes (various levels)
- 7:00–9:00 Breakfast
- 9:00–10:30 **Chakra Yoga Jurian Hughes (M)**
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.
- 9:00–10:30 **Creative Collage Jess Frey (E)**
Come explore creative expression and playfulness by using picture collage as a pathway to manifesting dreams and envisioning your future.
- 11:00–11:45 **Conscious Communication Izzy Lenihan (E)**
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.
- 11:30–2:00 Lunch
- 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 **Introduction to Meditation Michelle Dalbec (E)**
- 1:30–3:00 **Guided Hiking** (Advanced registration suggested, please call for details.)
- 2:00–3:30 **Straight to the Heart: Metta Meditation Michelle Dalbec (L/E)**
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.
- 4:15–6:30 Afternoon Yoga Classes (various levels and class lengths)
- 5:00–7:30 Dinner
- 7:30–8:30 Rest and Unwind Yoga
- 7:30–8:30 **Opening the Heart Through Movement Part, II Heather Bilotta (M/E)**
Come open and free your heart through guided therapeutic movements. In this workshop, you learn to release physical tensions in your upper body to access the dynamic flow of energy that exists within. Discover a wealth of energy and a connection to your power and tenderness in this moving journey.
- 7:30–9:00 **Evening Event**
Every Saturday night, we offer a workshop, kirtan, or concert to round out your day at Kripalu. More information on this evening's event coming soon.

This schedule subject to change without notice.

Kripalu

R&R Retreat Daily Schedule for Sunday, April 16

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Morning Yoga Classes (various levels)

7:00–9:00 Breakfast

9:00–10:30 **Reflections on Your Inner World Michelle Dalbec** (L/E)

Below the surface of everyday life is a vast reservoir of wisdom and knowledge, an accumulation of life experiences. Meditation and journaling can help you listen deeply, giving a voice to that inner landscape, integrating what was witnessed in the subconscious and connecting you to your higher Self.

9:00–10:30 **Qigong on the Lawn Ken Nelson** (M)

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

9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)

11:00–11:45 **Om Tones Lara Tupper** (E)

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.”

11:30–1:30 Lunch

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 **The 10 Minute Workout Sarajeen Rudman** (M)

Ten minutes is all you need for a great workout! Come learn tricks of the trade, experience some 10-minute workouts, and leave with a collection of workouts you can do at home, on the road, or wherever life may lead you.

2:00–3:30 **The Enchantment of Chanting Bhavani Lorraine Nelson** (E)

Join an exploration of voice and the vibration of chanting as a meditative and spiritual tool. Free your voice and open your heart as you engage in this profound experience.

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

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** (E)

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.

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R&R Retreat Daily Schedule for Monday, April 17

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

9:00–10:30 ***Four Directions of the Wind Ray Crist*** (M)

More information on this workshop coming soon.

9:00–10:30 ***Kripalu Core: Yoga Off the Mat Aruni Nan Futuronsky*** (L)

Yoga is the art of living with compassionate presence. In this workshop, use yogic philosophy to study and practice being in the present moment, an exercise that heightens the quality of our lives.

11:00–11:45 ***Posture Clinic Susannah Gale*** (M)

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.

11:30–1:30 Lunch

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 ***Kripalu Core: Recharge and Reboot Janna Delgado*** (L)

Address the challenges of staying centered in your best self in the midst of the daily grind and explore the connection between stress, willpower, and mindfulness.

1:30–3:00 ***Guided Hiking*** (Advanced registration suggested, please call for details.)

2:00–3:30 ***Nature Connection: In Through the Outdoors Steven Leonard*** (M/E)

You cannot have an inside without also having an outside. You cannot have a solid sense of yourself without having the contrast of your environment. In fact, the two go perfectly together, complement each other, and support each other. Join a guided walk through and around the beautiful Kripalu grounds.

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

7:30–8:30 ***Healing Arts Sampler*** (E)

7:30–8:30 ***Kripalu Core: Introduction to BRFWA Jess Frey*** (E)

This guided meditation introduces you to the practice of being fully present. Learn to expand your awareness through the five-step mindfulness methodology: BRFWA (Breathe, Relax, Feel, Watch, Allow).

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R&R Retreat Daily Schedule for Tuesday, April 18

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

9:00–10:30 **Leadership, Love, and Freedom Coby Koxlowski (L)**

Our deepest calling is to grow into our authentic self and live out our life purpose. This is the work of an authentic leader—leadership redefined. Through lecture and discussion, learn the power of living yoga and leadership and the impact of taking the inward journey into the depths of what it means to be human.

9:00–10:30 **Nature Connection: Plant Healing Annie B. Kay (L)**

Plants can be our allies in healing and in life. Learn a method of connecting more deeply with plants in order to live in deeper alignment to your own true nature. Be ready to head outside!

11:00–11:45 **Posture Clinic Cristie Newhart (M)**

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.

11:30–1:30 Lunch

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

1:30–3:00 **Guided Hiking** (Advanced registration suggested, please call for details.)

2:00–3:30 **Reconstruct Your Downward Dog Michelle Dalbec (L/M)**

Unpack and break down Downward Facing Dog into manageable parts. Learn about body mechanics and basic alignment principles; practice movements; postures that strengthen, stabilize, and stretch the body in preparation; and finally, play with modifications for this complex and often overused posture.

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

7:30–8:30 Rest and Unwind Yoga

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

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.

R&R Retreat Daily Schedule for Wednesday, April 19

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

9:00–10:30 ***Gut Feeling: The Science of Digestion* Kathie Madonna Swift (L)**

Your digestive system determines, to a great extent, your overall health. Come explore the things that make a good gut go bad and how to get it well again.

9:00–10:30 ***Yoga Anytime, Anywhere!* Vandita Kate Marchesiello (L)**

Protecting your mental steadiness, increasing your flexibility, and feeling overall wellness is often more challenging outside the yoga studio and in the world. Kripalu Yoga can be easily integrated and adapted into nearly every situation we find ourselves in each day. Come explore techniques to incorporate into your daily life, no matter where you are.

11:00–11:45 ***Conscious Communication* Aruni Nan Futuronsky (E)**

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.

11:30–1:30 Lunch

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

1:30–3:00 ***Guided Hiking*** (Advanced registration suggested, please call for details.)

2:00–3:30 ***Five Element Yoga: Get Grounded (Earth)* Jennifer Reis (M)**

Find stability, steadiness, and connection to your foundation as you embody your inner earth element. As you practice yoga postures, breathing, hand mudras, and finally rest deeply with Mother Earth in Divine Sleep Yoga Nidra, you develop a sense of safety, trust, and mental ease.

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

7:30–8:30 ***Kripalu Core: A Person, a Place, a Tradition* Vandita Kate Marchesiello (L)**

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.

7:30–9:00 ***Kirtan*** (E)

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.

R&R Retreat Daily Schedule for Thursday, April 20

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

9:00–10:30 **Five Element Yoga: Embody Flow (Water) Jennifer Reis (M)**

Discover your flowing grace and ability to self-nourish as you dive into your inner water element. In this workshop, learn about the qualities of the water element, enjoy soothing yoga postures, purify with cleansing breath, become calmer with hand mudras, nurture with self-care, and deeply rest with Divine Sleep Yoga Nidra.

9:00–10:30 **Life Without Regret Izzy Lenihan (L)**

Living with regrets is a recipe for a life of suffering. Although the past may be a good reference point as to where you are today, it doesn't have to define your future. This workshop helps you discover the wisdom that lives within. Through gentle guidance, develop intentions filled with peace and possibilities in all aspects of your life.

11:00–11:45 **Introduction to the Practice of Swami Kripalu Christopher Holmes (L)**

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.

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

12:00–1:00 Vinyasa Yoga Class

1:30–3:00 **Guided Hiking** (Advanced registration suggested, please call for details.)

2:00–3:30 **Food Without Regret Annie B. Kay (L)**

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.

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

7:30–8:30 Rest and Unwind Yoga

7:30–8:30 **Yoga for Safe and Healthy Knees Christopher Holmes (L/M)**

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.

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R&R Retreat Daily Schedule for Friday, April 21

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

- 6:30–8:00 Morning Yoga Classes (various levels)
- 7:00–8:30 Breakfast
- 9:00–10:30 **A Walk to Remember: Kripalu Labyrinth Jess Frey (M/E)**
Explore the Kripalu labyrinth and “circle into the center” of your heart. Learn to use this ancient spiritual tool as a way to increase awareness to self and the environment around you. Come prepared with clothing and shoes to walk outside.
- 9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)
- 11:00–11:45 **Kind Vinyasa Jurian Hughes (M)**
It may be one of the most popular forms of yoga, but vinyasa commonly offers less instruction and many of its customary poses aren't recommended for all body types. In this fun and engaging workshop, learn posture modifications that keep you feeling safe, strong, and able to participate fully in this delightful, dance-like form of yoga.
- 11:30–1:30 Lunch
- 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 **Conscious Leadership Ken Nelson (L)**
More information on this workshop coming soon.
- 4:15–6:30 Afternoon Yoga Classes (various levels and class lengths)
- 5:00–7:30 Dinner
- 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 (E)**
- 8:00–9:00 **Divine Sleep Yoga Nidra Jennifer Reis (E)**
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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R&R Retreat Daily Schedule for Saturday, April 22

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Morning Yoga Classes (various levels)

7:00–9:00 Breakfast

9:00–10:30 ***Yoga by the Lake* Jurian Hughes (M)**

Enjoy a gently moderate water-inspired yoga and pranayama flow on Kripalu's lakefront! Meet in the First Floor lobby to pick up a mat, and walk together to the lake. Weather permitting, feel free to bring a towel and bathing suit if you'd like to swim afterward!

9:00–10:30 ***The Gift of Self-Care* Aruni Nan Futuronsky (L)**

Life can present moments of great challenge. How can you be both gentle with yourself and cultivate sustainable lifestyle change? This workshop investigates the literal meaning of Kripalu and how to use mindfulness as the key to transformation. Let the body return to its inherent inner wisdom in this experiential journey into self-care, self-nurturance, and self-support.

11:00–11:45 ***Conscious Communication* Izzy Lenihan (E)**

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.

11:30–2:00 Lunch

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* Michelle Dalbec (E)**

1:30–3:00 ***Guided Hiking*** (Advanced registration suggested, please call for details.)

2:00–3:30 ***Body in Balance: Strong and Supple Shoulders* Michelle Dalbec (M)**

This workshop uses playful and challenging techniques to create space in the shoulder, increase range of motion, and show you proper alignment. Gain knowledge about this crucial joint while discovering your personal "body blind spots" and take home ways to strengthen weak points and stretch tight areas.

4:15–6:30 Afternoon Yoga Classes (various levels and class lengths)

5:00–7:30 Dinner

7:30–8:30 Rest and Unwind Yoga

7:30–8:30 ***Soothe Moves* Heather Bilotta (E)**

Ready to unwind, slow down, and soothe your nervous system? Experience a movement practice that utilizes soothing, organic movement and contemplative practices to calm your body and quiet your busy mind. Discover practices you can take home with you to support a restful mind and body.

7:30–9:00 ***Evening Event***

Every Saturday night, we offer a workshop, kirtan, or concert to round out your day at Kripalu. More information on this evening's event coming soon.

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R&R Retreat Daily Schedule for Sunday, April 23

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Morning Yoga Classes (various levels)

7:00–9:00 Breakfast

9:00–10:30 **Body in Balance: Total Body Tune-Up Michelle Dalbec (M)**

Experience a workout full of dynamic, creative, and corrective movements targeting muscles and joints to create strength, stability, and mobility for your entire body. This workshop is designed to get you moving, and is a safe and healthy way to help you live better in your body.

9:00–10:30 **Qigong on the Lawn Ken Nelson (M)**

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.

9:30–11:00 **Guided Hiking (Advanced registration suggested, please call for details.)**

11:00–11:45 **Journaling 101 Lara Tupper (E)**

Perhaps you kept a journal as a child or young adult and have an urge to do so now. Explore the joys and blessings of this contemplative practice, try some light-hearted writing exercises, and receive tips for sustaining this beneficial habit at home.

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

12:00–1:00 Vinyasa Yoga Class

12:45–1:30 **Meditation Jess Frey (E)**

2:00–3:30 **Soundplay Bhavani Lorraine Nelson (E)**

Join an exploration of voice and the vibration of chanting as a meditative and spiritual tool. Free your voice and open your heart as you engage in this profound experience.

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

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 Healing Bhavani Lorraine Nelson (E)**

Soothing sound is one of the oldest healing modalities in the world. Now, scientists are attesting to its power. Come find out how simple and satisfying it can be to sound for your own and others' healing. No experience or talent necessary, just a divine spirit wrapped in a human heart.

R&R Retreat Daily Schedule for Monday, April 24

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

9:00–10:30 **Jaguar Yoga Ray Crist** (L/M)

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.

9:00–10:30 **The World as One Family Aruni Nan Futuronsky** (L)

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.

11:00–11:45 **Posture Clinic Susannah Gale** (M)

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.

11:30–1:30 Lunch

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

1:30–3:00 **Guided Hiking** (Advanced registration suggested, please call for details.)

2:00–3:30 **The Monk and the Mother Steven Leonard** (E)

It is important to understand the practice of yoga and meditation within the context of your own life. What experiences are you seeking? How can you choose specific practices that support your personal intentions? Where do the practices of a monk and a mother overlap, and how should they differ? Come join the conversation of understanding yoga in the modern world.

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

7:30–8:30 **Healing Arts Sampler** (E)

More information on this workshop coming soon.

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R&R Retreat Daily Schedule for Tuesday, April 25

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

9:00–10:30 **Hula-Hooping: Flowing Through Life Coby Kozlowski (M)**

Experience living in a state of flow by learning to hula-hoop like never before. Awaken your inner child while you play, move, and flow in this invigorating and playful class. During our time together, we will explore the flowing nature of our bodies through movement and hula-hooping.

9:00–10:30 **Resilient Life Maria Sirois (L)**

Resilience is about adapting to difficulties in life by finding a kind of heaven within. How you get there and sustain that sense of inner ease is the subject of the science of Positive Psychology and mind-body medicine. Come explore the tools and practices that can help sustain your strength, and those that enable you to create a life that thrives, even when facing truly uneasy times.

11:00–11:45 **Posture Clinic Cristie Newhart (M)**

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.

11:30–1:30 Lunch

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

1:30–3:00 **Guided Hiking** (Advanced registration suggested, please call for details.)

2:00–3:30 **Breath, Body, Bliss: Introduction to Yogic Breathing Michelle Dalbec (L/E)**

We breathe more than 20,000 times a day without ever having to think about it. Yet when we are aware, we can control the breath at will. Yogis call this pranayama, or mastery of the life-force. Come experience the power of prana in this practice that is a mixture of traditional techniques and movement combined with breath.

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

7:30–8:30 Rest and Unwind Yoga

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

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.

R&R Retreat Daily Schedule for Wednesday, April 26

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

9:00–10:30 **Resilient Health Lisa B. Nelson, MD (L)**

Lifestyle, more than genetics, determines the quality of your health. Join Kripalu's Director of Medical Education for a lecture on the role of lifestyle in preventing and reversing disease. In addition to a whole-foods diet and exercise, discover the important role that stress reduction, social connectedness, and sleep play on maintaining resilient health.

9:00–10:30 **Breathe, Stretch, and Walk Vandita Kate Marchesiello (E)**

Spring in the Berkshires is the perfect time to walk in nature. Prior to stepping out we are reminded about the importance of the breath and learn techniques that can energize or calm us. Stretching based in the ancient practice of yoga prepares the body and creates safety for each step. Our walk will information about the history of this property.

11:00–11:45 **Posture Clinic Kari Harendorf (M)**

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.

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

1:30–3:00 **Guided Hiking** (Advanced registration suggested, please call for details.)

2:00–3:30 **Lila: The Joy of Divine Play Jurian Hughes (L)**

Ancient yogic texts describe lila as the play of the Divine, who creates freely, for the pure joy of it. Come discover the freedom of embracing your spontaneous, unpredictable lila spirit through movement, dance, stories, and yoga improv.

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

7:30–8:30 **Kripalu Core: The Power of Compassion Vandita Kate Marchesiello (E)**

If there is any power considered the highest, it is love. How can we transform pain and suffering into love and joy? What practices can help us achieve states of joy more frequently? In this workshop, examine the teachings of Swami Kripalu and experiment with transformative activities such as meditation, gentle yoga, and journaling.

7:30–9:00 **Kirtan (E)**

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 Retreat Daily Schedule for Thursday, April 27

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

9:00–10:30 ***Awaken the Possibilities* Izzy Lenihan (L)**

Where has the dreamer in you gone? Stimulate and ignite those life dreams that lie dormant and fulfill the human spirit that craves expansion and possibilities.

9:00–10:30 ***Life in Balance: Introduction to Ayurveda* Erin Casperson (L)**

Learn simple, everyday approaches to increase your health and vitality using Ayurveda, an ancient approach to health care that originated in India. Ayurvedic wisdom teaches us to connect with our deepest selves, the source of all healing.

11:00–11:45 ***Laughter Yoga* Evelyn Gonzalez (M)**

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!

11:30–1:30 Lunch

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 ***Learning to Love Exercise* Sarajeon Rudman (L/M)**

Our bodies are built to move! Tap into enthusiasm and transform monotony to enjoyment with simple yet powerful techniques that help you learn to love exercise. Through meditation, visualization, and movement, come find the fun factor that can lead you from “need to exercise” to “want to exercise.” Learn conscious living techniques that can change your life and set the stage for healthy living.

1:30–3:00 ***Guided Hiking*** (Advanced registration suggested, please call for details.)

2:00–3:30 ***Barre Yoga* Sarajeon Rudman (M)**

Barre Yoga integrates many of Kripalu Yoga’s most fundamental practices—such as centering, pranayama, and meditation—into a mindful and physical practice.

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

7:30–8:30 Rest and Unwind Yoga

7:30–8:30 ***Qigong as Relaxation* Mark Roule (E)**

In this workshop, explore the ancient Chinese practice of qigong and discover its usefulness to enhance relaxation, self-healing, and overall well-being. Experience gentle movement, self-care, breathing exercises, and meditation to activate and support the parasympathetic relaxation response; which in turn, fosters healing.

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R&R Retreat Daily Schedule for Friday, April 28

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

9:00–10:30 ***Kripalu Core: The Gift of Self-Compassion Aruni Nan Futuronsky (L)***

How can we mend the split between our capacity to support others and ignoring our own needs? This workshop looks to yogic philosophy for an understanding of radical kindness and creating sustainable strategies for practice.

9:30–11:00 ***Guided Hiking*** (Advanced registration suggested, please call for details.)

11:00–11:45 ***Chakra Series: Anahata Jurian Hughes (M)***

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.

11:30–1:30 Lunch

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 ***Life in Balance: Simple Habits for Healthy Living Janna Delgado (L)***

Discuss and experience simple Ayurvedic practices for self-care. When incorporated into your daily routine, these tools can enhance well-being and energy for the mind and body.

2:00–3:30 ***A Cook for All Seasons Erin Casperson and Cat Pacini (L)***

Ayurveda teaches six tastes of foods that sustain the body, mind, and emotions. Learn simple and impactful ways to incorporate these six tastes into your diet through seasonal eating, spices, and whole foods, that optimize digestion and promote balanced health.

4:15–6:30 Afternoon Yoga Classes (various levels and class lengths)

5:00–7:30 Dinner

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 (E)***

8:00–9:00 ***The Traveling Mindset, Part I Lara Tupper (E)***

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 postcards home about what we see. The challenge is to apply this outlook to our everyday lives. In this writing class, 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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R&R Retreat Daily Schedule for Saturday, April 29

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Morning Yoga Classes (various levels)

7:00–9:00 Breakfast

9:00–10:30 **Chakra Yoga Jurian Hughes (M)**

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.

9:00–10:30 **The Zen Mind Steven Leonard (E)**

Remember, when practicing Zen, there is nothing missing from this moment, there is no place else go, and nothing more you need to be. Right now, in this very moment, enlightenment is here, truth is here, and reality is here.

11:00–11:45 **Conscious Communication Izzy Lenihan (E)**

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.

11:30–2:00 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

12:45–1:30 **Meditation Michelle Dalbec (E)**

1:30–3:00 **Guided Hiking** (Advanced registration suggested, please call for details.)

2:00–3:30 **Expansion and Ease Michelle Dalbec (L/E)**

Come reclaim space and relaxation in your body. Restorative yoga is about slowing down, supporting your body, practicing effortless effort, and letting gravity pull you deeper into the pose. Experience how restorative yoga melts your muscles, disarms the body's fight or flight response, creates tranquility throughout your nervous system, and quiets an active mind.

4:15–6:30 Afternoon Yoga Classes (various levels and class lengths)

5:00–7:30 Dinner

7:30–9:00 **Evening Event**

Every Saturday night, we offer a workshop, kirtan, or concert to round out your day at Kripalu. More information on this evening's event coming soon.

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R&R Retreat Daily Schedule for Sunday, April 30

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Morning Yoga Classes (various levels)

7:00–9:00 Breakfast

9:00–10:30 ***The Traveling Mindset, Part II* Lara Tupper (E)**

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 postcards home about what we see. The challenge is to apply this outlook to our everyday lives. In this writing class, 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.

9:00–10:30 ***Introduction to Yin Yoga* Ken Nelson (M)**

Feel relaxed, light, and free. Yin postures target deep tissue to enhance range of motion and flexibility while relieving pain in the low back, hips, and spine. Rooted in yoga therapy and meridian energy medicine, these supported floor postures allow gravity to rehabilitate connective tissue.

9:30–11:00 ***Guided Hiking* (Advanced registration suggested, please call for details.)**

11:00–11:45 ***Posture Clinic* Susannah Gale (M)**

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.

11:30–1:30 Lunch

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***

2:00–3:30 ***Tools and Tips to Address Stress* Bhavani Lorraine Nelson (L)**

More information on this workshop coming soon.

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

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 (E)**

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.

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.

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