

# R&R Retreat Daily Schedule for Monday, August 1

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

6:30–8:00 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)

7:00–9:00 Breakfast

9:00–10:30 ***Leaning Toward Joy Aruni Nan Futuronsky*** (L)

Imagine joy as a practice, something you can help create. Leave this workshop with a different and deeper understanding of joy, along with strategies to live the kind of life you choose.

9:00–10:30 ***The World is My Gym Sarajeon Rudman*** (M)

If travel or a hiccup in routine has thrown off your workout plan, come learn how to make anywhere your gym, no equipment required. In this workshop, you learn tips to utilize body weight and any space to get your workout in.

9:00–10:30 ***Guided Kayaking*** (Advanced registration suggested, please call for details.)

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

11:00–11:45 ***Labyrinth Walk Jess Frey*** (M/E)

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.

11:00–12:30 ***Guided Kayaking*** (Advanced registration suggested, please call for details.)

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

1:30–3:30 ***Guided Stand Up Paddleboarding*** (Advanced registration suggested, please call for details.)

2:00–3:30 ***Nature is Nature Lisa Nelson, MD*** (L)

Nature can fulfill and nourish the soul. Join Kripalu's Director of Medical Education to explore how being in nature is beneficial to your whole being. Review scientific data that supports time spent in nature, and leave inspired to bring nature's nurture into your life.

4:00–6:00 ***Guided Stand Up Paddleboarding*** (Advanced registration suggested, please call for details.)

4:15–6:30 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:00–7:30 Dinner

7:30–8:30 ***Healing Arts Sampler: Positional Therapy Lee Albert*** (E)

Learn how to release chronic tight muscle patterns using this gentle but extremely powerful modality. Target specific muscles with simple 90-second techniques.

7:30–8:30 ***Yoga Nidra Heather Bilotta*** (E)

Allow yourself to be completely nourished in this ancient guided meditation. Experience a deep relaxation that revitalizes body and mind, reduces stress, and promotes healing, rest, and rejuvenation. Just lie down, listen, and breathe.

*This schedule subject to change without notice.*

**Kripalu**

# R&R Retreat Daily Schedule for Tuesday, August 2

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

6:30–8:00 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)

7:00–9:00 Breakfast

9:00–10:30 **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.

9:00–10:30 **Chair Yoga Rudy Peirce (M)**

Try yoga from a slightly different perspective. Using the support of a chair, learn refreshing stretches for the entire upper body. Great for traveling and desk jockies, this practice is helpful for back-care and stress-reduction, and can increase energy levels, decrease joint pain and stiffness, and can help prevent many degenerative diseases.

9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

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

11:00–11:45 **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.

11:00–12:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

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

1:30–3:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

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

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.

4:00–6:00 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

4:15–6:30 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:00–7:30 Dinner

7:30–8:30 Rest and Unwind Yoga

7:30–8:30 **Creating a Home Practice Evelyn Gonzalez (E)**

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.

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# R&R Retreat Daily Schedule for Wednesday, August 3

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

6:30–8:00 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)

7:00–9:00 Breakfast

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

Life can present moments of great challenge. How can we both be gentle with ourselves 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.

9:00–10:30 ***Chakra Anatomy Ray Crist*** (L)

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.

9:00–10:30 ***Guided Kayaking*** (Advanced registration suggested, please call for details.)

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

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

In this workshop, spend time breaking down the difficulties of classic postures. As we examine the architecture of the body within a pose, we can sequence similar asanas to build strength and engage where we tend to collapse, and release what tends to bind. By the time you get to the actual peak pose, the body is ripe and ready for it. The result is finding a true equanimity in the physical body and an easy breath.

11:00–12:30 ***Guided Kayaking*** (Advanced registration suggested, please call for details.)

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

1:30–3:30 ***Guided Stand Up Paddleboarding*** (Advanced registration suggested, please call for details.)

2:00–3:30 ***Mantras and Affirmations for Wellness Annie B. Kay*** (L)

Mantras are sounds or words imbued with the power to transform. Affirmations are clear statements describing what we want to create. Come explore chanting mantras for healing and develop personal healing affirmations to support eating well, deepening your yoga or physical practice, self-care, and more.

4:00–6:00 ***Guided Stand Up Paddleboarding*** (Advanced registration suggested, please call for details.)

4:15–6:30 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:00–7:30 Dinner

7:30–8:30 ***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, August 4

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 **Five Kosha Yoga Jennifer Reis (M/L)**  
Bring vitality and awareness to your deeper layers, called the five koshic bodies: physical, energetic, mental/emotional, intuitive, and bliss. Learn about the five koshas and then experience them with practice on the mat. For all levels, including beginners.
- 9:00–10:30 **Resilience: The Answer to the Question, "Seriously, This is My Life?" Maria Sirois (L)**  
Resilience is about adapting to the surprising hellishness of life by finding a kind of heaven within. How we get there and sustain that kind of inner ease is the subject of the science of positive psychology and mind-body medicine. We'll explore the tools and practices that sustain our strength, and those that enable us to create a life that thrives, even when facing really annoying problems and really dark days.
- 9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)
- 11:00–11:45 **Kripalu Walk and Talk Ken Nelson (M)**  
Enjoy Kripalu's grounds, gardens, and views, and the stories they tell. Local Berkshire history and culture come alive—from Native American roots to the Quakers and Shakers, from Hawthorne and Melville, to the Carnegie and Vanderbilt gilded age, from Jesuit seminary to Kripalu today.
- 11:00–12:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 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
- 1:30–3:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)
- 2:00–3:30 **The Path to Self-Care Izzy Lenihan and Aruni Nan Futuronsky (L)**  
Using mindfulness and right action, learn to commit to yourself in ways that are sustainable, fulfilling, and ultimately yogic, bringing unity between your intentions and your actions.
- 4:00–6:00 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)
- 4:15–6:30 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:00–7:30 Dinner
- 7:30–8:30 Rest and Unwind Yoga
- 7:30–8:30 **Love is Our Soul Purpose Atma Jo Ann Levitt (L)**  
Swami Kripalu referred to our efforts at loving as the highest form of spiritual practice. Through journaling, dialogue, and heart-felt meditation, explore the many ways you can become an ambassador of love in your own life.

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Kripalu

# R&R Retreat Daily Schedule for Friday, August 5

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

6:30–8:00 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)

7:00–9:00 Breakfast

9:00–10:30 **Expressions from Within Jess Frey** (L/E)

Through guided meditation and journal exercises, learn to pause, listen, and access the secret language and wisdom of your body and connect to your individual truth.

9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

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

9:30–11:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

11:00–11:45 **Labyrinth Walk Jurian Hughes** (M)

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.

11:30–2:00 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

2:00–3:30 **Vertical Vinyasa: A Standing Flow Sarajeen Rudman** (M)

Vinyasa yoga is recognized by the flow of movements connecting a sequence of poses to the breath. Experience a new way to coordinate breath with movement, linking poses and embodying your body in this vertical vinyasa workshop—a standing-only yoga sequence. Begin with a standing centering and meditation, flow between standing poses that strengthen the core and legs, and end with a standing savasana.

4:15–6:30 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)

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: The Art of Receiving Nancy Ramani Costerian** (E)

For many people, it can be harder to receive than to give. In this workshop, explore how to receive gracefully and wholeheartedly, and learn tools to help you receive in everyday life as you are guided to focus on breath, relaxation, and massage.

7:30–9:00 **The Traveling Mindset Lara Tupper** (L)

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.

The Kripalu logo is displayed in a large, orange, sans-serif font in the bottom right corner of the page.

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# R&R Retreat Daily Schedule for Saturday, August 6

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

6:30–8:00 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)

7:00–8:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

7:00–9:00 Breakfast

7:30–8:30 **Guided Walk** (Advanced registration suggested, please call for details.)

9:00–10:30 **The Voice of Truth Jurian Hughes** (L)

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 **Jaguar Yoga Ray Crist** (M)

This is a vinyasa based yoga flow with a focus on the meridians and the luminous field. Ray has practice yoga with the shamans and shares the energetics behind each posture as an attitude to life as well as the meridians and the emotions. Yoga is a practice of shifting ones energy field, emotion and level of energy to a higher state of consciousness.

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

11:00–11:45 **Strengthen Digestion with Yoga and Ayurveda Jess Frey** (L/M)

Digestive health is crucial to your overall vitality and well-being. Discuss and explore yoga poses, breathing techniques, and practical Ayurvedic lifestyle techniques to support and harmonize the digestive process.

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 Jess Frey** (E)

1:00–2:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

1:30–3:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

4:00–6:00 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

4:15–6:30 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:00–7:30 Dinner

7:00–8:00 Family Yoga

7:30–8:30 Rest and Unwind Yoga

7:30–9:00 **Evening Events**

Each 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, August 7

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)
- 7:00–8:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 7:00–9:00 Breakfast
- 7:30–8:30 **Guided Walk** (Advanced registration suggested, please call for details.)
- 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. This workshop will be held indoors in the event of inclement weather.
- 9:00–10:30 **Yoga, Music, and Mindfulness Marc Mandel and Erin Casperson (L/M)**  
Explore the parallels between yoga and music through mindful asana, breathwork, meditation, and guided listening to classical music (featured in the evening's Boston Symphony Orchestra concert at Tanglewood.) No technical expertise or musical training is required; just bring your love for classical music and yoga. Participants will also receive complimentary tickets to Sunday afternoon's Tanglewood performance.
- 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 you 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.
- 11:30–2:00 Lunch
- 12:00–1:00 Kripalu YogaDance®  
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- 12:00–1:00 Vinyasa Yoga Class
- 2:00–3:30 **Living Yoga: Yamas and the Niyamas Jess Frey (E)**  
Yoga offers a unique method for the development of body, mind, behavior, and character. Learn and discuss yogic ethical and moral codes, the yamas (restraints) and niyamas (observances). Discover skillful ways to weave these ancient teachings into your life in ways that affect not only you, but your community, and the world.
- 4:15–6:30 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)
- 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 **Yoga Nidra Sherrie Howard (E)**  
Allow yourself to be completely nourished in this ancient guided meditation. Experience a deep relaxation that revitalizes body and mind, reduces stress, and promotes healing, rest, and rejuvenation. Just lie down, listen, and breathe.

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# R&R Retreat Daily Schedule for Monday, August 8

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

6:30–8:00 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)

7:00–9:00 Breakfast

9:00–10:30 **A Lotta Tabata Sarajejan Rudman (M)**

Experience Tabata, a high-intensity interval training workout proven to increase results for both the anaerobic and aerobic systems in the body. The technique involves 20 seconds of high-intensity activity followed by 10 seconds of rest, repeated for four minutes.

9:00–10:30 **A Natural Way to a Healthy Weight Annie B. Kay (L)**

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

9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

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

11:00–11:45 **Yoga for Safe and Healthy Knees Christopher Holmes (L/E)**

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.

11:00–12:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

11:30–2:00 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

1:30–3:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

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

4:00–6:00 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

4:15–6:30 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:00–7:30 Dinner

7:30–8:30 **Healing Arts Sampler: Positional Therapy Lee Albert (E)**

Learn how to release chronic tight muscle patterns using this gentle but extremely powerful modality. Target specific muscles with simple 90-second techniques.

7:30–8:30 **Yoga Nidra Sherrie Howard (E)**

Allow yourself to be completely nourished in this ancient guided meditation. Experience a deep relaxation that revitalizes body and mind, reduces stress, and promotes healing, rest, and rejuvenation. Just lie down, listen, and breathe.

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**Kripalu**



# R&R Retreat Daily Schedule for Tuesday, August 9

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 **Nutrition News Kathie Madonna Swift (L)**  
Come learn what's trending in the latest food therapies, dietary supplements, and nutritional headlines. Discover the most up-to-date food and nutrition news and take home some pearls of wisdom for health, healing, and vital living.
- 9:00–10:30 **A Dynamic Yoga Practice Evelyn Gonzalez (M)**  
Move more deeply into asana by cultivating a strong internal focus using basic yogic tools. With breath as the key, flow from the details of alignment to a deeper internal awareness through this guided training session in willful concentration.
- 9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)
- 11:00–11:45 **Share Circle Izzy Lenihan (E)**
- 11:00–12:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 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
- 1:30–3:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)
- 2:00–3:30 **Reconstruct Your Down 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.
- 4:00–6:00 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)
- 4:15–6:30 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:00–7:30 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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Kripalu

# R&R Retreat Daily Schedule for Wednesday, August 10

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

6:30–8:00 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)

7:00–9:00 Breakfast

9:00–10:30 ***Yoga for a Radiant Heart Todd Norian*** (M)

Step into the current of grace where every posture comes alive with a deep, joyful celebration of the heart. Experience a variety of flowing poses and learn how to infuse every breath and action in your practice with your heart's deepest desire.

9:00–10:30 ***Leadership, Love, and Freedom Coby Kozlowski*** (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 ***Guided Kayaking*** (Advanced registration suggested, please call for details.)

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

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

In this workshop, spend time breaking down the difficulties of classic postures. As we examine the architecture of the body within a pose, we can sequence similar asanas to build strength and engage where we tend to collapse, and release what tends to bind. By the time you get to the actual peak pose, the body is ripe and ready for it. The result is finding a true equanimity in the physical body and an easy breath.

11:00–12:30 ***Guided Kayaking*** (Advanced registration suggested, please call for details.)

11:30–2:00 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

1:30–3:30 ***Guided Stand Up Paddleboarding*** (Advanced registration suggested, please call for details.)

2:00–3:30 ***Exploring the Six Tastes of Ayurveda Erin Casperson*** (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 everyday diet through seasonal eating, spices, and whole foods, that optimize digestion and promote balanced health.

4:00–6:00 ***Guided Stand Up Paddleboarding*** (Advanced registration suggested, please call for details.)

4:15–6:30 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:00–7:30 Dinner

7:30–8:30 ***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, August 11

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 **Embodiment Flow: Water Element Yoga 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, and deeply rest with Divine Sleep Yoga Nidra.
- 9:00–10:30 **Faith, Hope, Awe, a Dog, and a Gorilla Maria Sirois (L)**  
This is yoga for the soul! Explore the best of the wisdom traditions to uncover irrepressible sources of faith, hope, awe, and companionship that enable you to step fully into the life you most long to live. Open to anyone who wants a laugh, sustaining love, and a peaceful being. No previous experience necessary—only a beating heart.
- 9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)
- 11:00–11:45 **Balanced Nervous System, Balanced Life Angela Wilson (L/E)**  
The nervous helps regulate digestion, mood, heart rate, and breath efficiency. It is intimately connected to stress levels, and when the nervous system is balanced, so are you. This workshop explores how to keep the nervous system in balance for optimal physical and mental health.
- 11:00–12:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 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
- 1:30–3:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)
- 2:00–3:30 **Ojas-Boosting Self-Care Larissa Carlson (L/E)**  
Give yourself the gift of self-care! Dive into a nourishing asana practice with soothing pranayama, experience abhyanga (herbal oil massage), and deeply relax with yoga nidra. Emerge from this experience refreshed, relaxed, and glowing. Please wear clothes that expose your arms and most of your legs for the oil massage.
- 4:00–6:00 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)
- 4:15–6:30 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:00–7:30 Dinner
- 7:30–8:30 Rest and Unwind Yoga
- 7:30–8:30 **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.

*This schedule subject to change without notice.*

**Kripalu**

# R&R Retreat Daily Schedule for Friday, August 12

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 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.
- 9:00–10:30 ***Guided Kayaking*** (Advanced registration suggested, please call for details.)
- 9:30–11:00 ***Guided Hiking*** (Advanced registration suggested, please call for details.)
- 9:30–11:30 ***Guided Stand Up Paddleboarding*** (Advanced registration suggested, please call for details.)
- 11:00–11:45 ***Yoga for Vitality Jurian Hughes*** (M)  
Turn up the prana! Most of us wish we had more energy, focus, and joy. 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 series of exercises that can be done daily to refuel, reenergize, and rebalance.
- 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
- 2:00–3:30 ***Inquire Within Ken Nelson*** (E)  
Explore writing as a method for self discovery and use yoga to get beyond the usual distracted mind and the internal critic. Take home poems, reflections, journaling ideas, and tips for tuning into the greenhouse of creativity and refuge of Self that awaits you for the rest of your life.
- 4:15–6:30 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)
- 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: Ayurvedic Bodywork Cat Pacini*** (E)  
Ayurvedic wisdom teaches us to connect with our deepest selves, the source of all healing. Come learn simple, everyday approaches for increasing your health and vitality through oil massage and Ayurvedic bodywork, and experience a nourishing foot massage using herbal oil. Please come with clean feet and bring socks.
- 7:30–8:30 ***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.

*This schedule subject to change without notice.*

**Kripalu**

# R&R Retreat Daily Schedule for Saturday, August 13

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

6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

7:00–9:00 Breakfast

7:30–8:30 **Guided Walk** (Advanced registration suggested, please call for details.)

9:00–10:30 **Yoga of Yes Jurian Hughes** (M/L)

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

9:00–10:30 **No More Excuses Izzy Lenihan** (L)

In this workshop, learn how to remove the barriers of habitual thinking to unlock your potential and achieve your goals. Through a series of thought-provoking questions and exercises, learn tools to confront your obstacles and excuses, and develop practical strategies to help you find success in life.

9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

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

11:00–11:45 **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.

11:00–12:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

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 Sherrie Howard** (E)

1:30–3:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

2:00–3:30 **It's All About the base Sarajeen Rudman** (M)

The legs are the roots of the body. They connect to the earth more than any other part of us. In this fun, interactive, workshop that combines yoga, classic aerobics, functional strength training, and martial arts fitness, learn strengthening exercises to keep a strong base. It's a great way to stay strong and injury free, from the ground up.

4:00–6:00 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

4:15–6:30 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:00–7:30 Dinner

7:00–8:00 Family Yoga

7:30–8:30 Rest and Unwind Yoga

7:30–9:00 **Evening Events**

Each 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, August 14

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

6:30–8:00 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)

7:00–9:00 Breakfast

7:30–8:30 **Guided Walk** (Advanced registration suggested, please call for details.)

9:00–10:30 **Yin Yoga on the Mansion Lawn Ken Nelson** (M)

Feel relaxed, light, and free. Yin Yoga 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.

9:00–10:30 **Sacred Journey of Mindful Eating Jess Frey** (L)

Food is medicine, nourishment, and life force. Practice compassionate self-observation as you explore your connection to food. Using the five senses, learn to dive into the sacred act of nourishment and heighten your relationship to mindful eating.

9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

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

11:00–11:45 **Calming the Ocean Within Heather Bilotta** (M)

Unwind, slow down, and soothe your nervous system with meditative movement. Taming tension in the body is absolutely essential in grounding energy and settling a busy mind. Discover simple dance and yoga movements to cultivate the calm that your mind and body are craving.

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

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.

4:15–6:30 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)

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 **Yoga Nidra Sherrie Howard** (E)

Allow yourself to be completely nourished in this ancient guided meditation. Experience a deep relaxation that revitalizes body and mind, reduces stress, and promotes healing, rest, and rejuvenation. Just lie down, listen, and breathe.

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# R&R Retreat Daily Schedule for Monday, August 15

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

6:30–8:00 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)

7:00–9:00 Breakfast

9:00–10:30 ***Riding the Waves Aruni Nan Futuronsky*** (L)

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 allow your body, mind, and spirit to integrate, relax, and renew.

9:00–10:30 ***Falling in Love with Life Again Maria Sirois*** (L)

How do you find the heart to re-engage with the world even when you are in pain or caring for those in pain? Through the poetic and wisdom traditions, you can recapture your capacity to go back into the world enlivened.

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

11:00–11:45 ***Labyrinth Walk Jess Frey*** (M/E)

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.

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 Annie B. Kay*** (E)

1:00–2:30 ***Guided Kayaking*** (Advanced registration suggested, please call for details.)

1:30–3:30 ***Guided Stand Up Paddleboarding*** (Advanced registration suggested, please call for details.)

2:00–3:30 ***Gut Feelings 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.

3:00–4:30 ***Guided Kayaking*** (Advanced registration suggested, please call for details.)

4:00–6:00 ***Guided Stand Up Paddleboarding*** (Advanced registration suggested, please call for details.)

4:15–6:30 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:00–7:30 Dinner

7:30–8:30 ***Healing Arts Sampler: Introduction to Kripalu Massage Johanna Wise*** (E)

In this workshop, learn to trust your innate ability to help others through safe touch. See how Kripalu's unique approach to massage as a meditation in motion can open the doorway to transformation for both the giver and receiver.

7:30–9:00 ***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.

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**Kripalu**

# R&R Retreat Daily Schedule for Tuesday, August 16

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

6:30–8:00 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)

7:00–9:00 Breakfast

9:00–10:30 **Introduction to Ayurveda: Life in Balance Larissa Carlson (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.

9:00–10:30 **Clearing the Clutter Izzy Lenihan (L)**

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.

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

11:00–11:45 **Mindful Eating, Mindful Life Annie B. Kay and Aruni Nan Futuronsky (L)**

Practice the principles of mindfulness in eating and in other areas of your life; bring the light of Self-Observation Without Judgment to yourself with depth and practice.

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 Annie B. Kay (E)**

1:00–2:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

1:30–3:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

2:00–3:30 **Kripalu: 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.

3:00–4:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

4:00–6:00 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

4:15–6:30 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:00–7:30 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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# R&R Retreat Daily Schedule for Wednesday, August 17

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

6:30–8:00 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)

7:00–9:00 Breakfast

9:00–10:30 ***The Highest Spiritual Practice Aruni Nan Futuronsky*** (L)

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 Athletes Susannah Gale*** (M)

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.

9:00–10:30 ***Guided Kayaking*** (Advanced registration suggested, please call for details.)

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

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

In this workshop, spend time breaking down the difficulties of classic postures. As we examine the architecture of the body within a pose, we can sequence similar asanas to build strength and engage where we tend to collapse, and release what tends to bind. By the time you get to the actual peak pose, the body is ripe and ready for it. The result is finding a true equanimity in the physical body and an easy breath.

11:00–12:30 ***Guided Kayaking*** (Advanced registration suggested, please call for details.)

11:30–2:00 Lunch

12:00–1:00 Kripalu YogaDance®

12:00–1:00 Vinyasa Yoga Class

12:45–1:30 ***Meditation Vandita Kate Marchesiello*** (E)

1:30–3:30 ***Guided Stand Up Paddleboarding*** (Advanced registration suggested, please call for details.)

2:00–3:30 ***Care of the Senses Erin Casperson*** (L/E)

The sense organs absorb all the impressions from the outer world into your inner world. Ayurveda offers ancient wisdom on the importance of sense care. Come learn Ayurvedic tips to gently care for the eyes, nose, ears, mouth, and skin. We will be applying oil to the skin: wear loose fitting clothes; shorts and tees/tanks are best.

4:00–6:00 ***Guided Stand Up Paddleboarding*** (Advanced registration suggested, please call for details.)

4:15–6:30 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:00–7:30 Dinner

7:30–8:30 ***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, August 18

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 **Yoga by the Lake Jurian Hughes** (E/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 **Resilient Health Lisa B. Nelson** (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 importance of stress reduction, social connectedness, and sleep on maintaining resilient health.
- 9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)
- 11:00–11:45 **Share Circle 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.
- 11:00–12:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 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 Vandita Kate Marchesiello** (E)
- 1:30–3:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)
- 2:00–3:30 **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.
- 4:00–6:00 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)
- 4:15–6:30 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:00–7:30 Dinner
- 7:30–8:30 Rest and Unwind Yoga
- 7:30–8:30 **Soul Journey Atma Jo Ann Levitt** (L/E)  
In the past, shamans helped access the dream-like state of soul journeying, where spirit encounters, insights, or new visions became available to earnest practitioners. In this workshop, launch into relaxation as you are guided by drums, music, and narration to touch down into this magical domain and see what messages spirit has to offer.

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**Kripalu**

# R&R Retreat Daily Schedule for Friday, August 19

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 **Mindfulness Through the Five Senses Jess Frey (E)**  
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.
- 9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)
- 9:30–11:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)
- 11:00–11:45 **Guided Walk Aruni Nan Futuronsky (M)**
- 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 Aruni Nan Futuronsky (E)**
- 2:00–3:30 **Saying Yes to Life Evelyn Gonzalez (L/M)**  
Life has the possibility of being a creative process when you can accept what is, rather than denying it or pushing it away. This is not easy to do, as we instinctively recoil when faced with the uncomfortable or unfamiliar. In this workshop, practice saying YES to the moment with a variety of improv games and exercises. Come and flex your spontaneity muscles and have fun.
- 4:15–6:30 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)
- 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: The Art of Receiving Nancy Ramani Costerian (E)**  
For many people, it can be harder to receive than to give. In this workshop, explore how to receive gracefully and wholeheartedly, and learn tools to help you receive in everyday life as you are guided to focus on breath, relaxation, and massage.
- 7:30–8:30 **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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**Kripalu**

# R&R Retreat Daily Schedule for Saturday, August 20

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

6:30–8:00 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)

7:00–9:00 Breakfast

7:30–8:30 **Guided Walk** (Advanced registration suggested, please call for details.)

9:00–10:30 **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.

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

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.

9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

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

11:00–11:45 **Posture Clinic Sherrie Howard** (M)

In this workshop, spend time breaking down the difficulties of classic postures. As we examine the architecture of the body within a pose, we can sequence similar asanas to build strength and engage where we tend to collapse, and release what tends to bind. By the time you get to the actual peak pose, the body is ripe and ready for it. The result is finding a true equanimity in the physical body and an easy breath.

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 Sherrie Howard** (E)

1:30–3:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

4:00–6:00 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

4:15–6:30 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:00–6:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

5:00–7:30 Dinner

7:00–8:00 Family Yoga

7:30–8:30 Rest and Unwind Yoga

7:30–9:00 **Evening Events**

Each 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, August 21

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

6:30–8:00 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)

7:00–9:00 Breakfast

7:30–8:30 **Guided Walk** (Advanced registration suggested, please call for details.)

9:00–10:30 **Muscle, Fascia, and Yoga Christopher Holmes** (L)

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.

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. This workshop will be held indoors in the event of inclement weather.

9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

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

9:30–11:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

10:00–11:45 **Labyrinth Walk Jess Frey** (M/E)

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.

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

2:00–3:30 **What's Your Story? Lara Tupper** (E)

Everyone has a story; the challenge is to remember it clearly. In this writing workshop, mine your true tales in a series of brief, pointed exercises. You're invited to recall memorable sensory details and to share your work if desired. No previous writing experience necessary.

4:15–6:30 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)

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 **Restorative Yoga Sherrie Howard** (E)

Restorative yoga is designed to release deeply held tensions, stretch the body, calm the mind, and soothe the nervous system. Come practice yoga postures using a variety of props to support and stabilize the body while promoting relaxation of the body and mind.

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

*This schedule subject to change without notice.*

# R&R Retreat Daily Schedule for Monday, August 22

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 ***Leaning Toward Joy Aruni Nan Futuronsky (L)***  
Imagine joy as a practice, something you can help create. Leave this workshop with a different and deeper understanding of joy, along with strategies to live the kind of life you choose.
- 9:00–10:30 ***Vinyasa for the Core Sarajeen Rudman (M)***  
Your energy center (also known as your hara, your dantian, or your belly) is where all of your power and confidence comes from. During this vinyasa flow workshop directed at strengthening the core, learn to access your power from within while you build strength and warmth at the center of your belly.
- 9:00–10:30 ***Guided Kayaking*** (Advanced registration suggested, please call for details.)
- 9:30–11:00 ***Guided Hiking*** (Advanced registration suggested, please call for details.)
- 11:00–11:45 ***Human Rhythms, Earth Rhythms Christopher Holmes (L)***  
The Native American Medicine Wheel is an ancient tool for personal transformation. In this workshop, review the meaning of the four cardinal directions, with a focus on the East; the direction of spring, birth, and new beginnings. Using the medicine wheel, set intentions for the unfolding of your life.
- 11:00–12:30 ***Guided Kayaking*** (Advanced registration suggested, please call for details.)
- 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
- 1:30–3:30 ***Guided Stand Up Paddleboarding*** (Advanced registration suggested, please call for details.)
- 2:00–3:30 ***Nutrition News Kathie Madonna Swift (L)***  
Come learn what's trending in the latest food therapies, dietary supplements, and nutritional headlines. Discover the most up-to-date food and nutrition news and take home some pearls of wisdom for health, healing, and vital living.
- 4:00–6:00 ***Guided Stand Up Paddleboarding*** (Advanced registration suggested, please call for details.)
- 4:15–6:30 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:00–7:30 Dinner
- 7:30–8:30 ***Healing Arts Sampler: Positional Therapy Lee Albert (E)***  
Learn how to release chronic tight muscle patterns using this gentle but extremely powerful modality. Target specific muscles with simple 90-second techniques.
- 7:30–8:30 ***Yoga Nidra Heather Bilotta (E)***  
Allow yourself to be completely nourished in this ancient guided meditation. Experience a deep relaxation that revitalizes body and mind, reduces stress, and promotes healing, rest, and rejuvenation. Just lie down, listen, and breathe.

*This schedule subject to change without notice.*

Kripalu

# R&R Retreat Daily Schedule for Tuesday, August 23

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 ***Prop It Up* Janna Delgado (M)**  
In this workshop, demystify and redefine how to incorporate props into your asana practice and learn how to use them effectively in your practice at home.
- 9:00–10:30 ***Nutrition for Integrated Wellness* Annie B. Kay (L)**  
Despite the challenges of the modern toxic food environment, you can find simple ways to nourish both your body and your soul. Come learn about the science behind a whole-foods, plant-based diet, and practice mindful eating to explore your relationship with nourishment.
- 9:00–10:30 ***Guided Kayaking*** (Advanced registration suggested, please call for details.)
- 9:30–11:00 ***Guided Hiking*** (Advanced registration suggested, please call for details.)
- 11:00–11:45 ***Garden of Intentions* Izzy Lenihan (L)**  
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.
- 11:00–12:30 ***Guided Kayaking*** (Advanced registration suggested, please call for details.)
- 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 ***Guided Walk* Izzy Lenihan (M)**
- 1:30–3:30 ***Guided Stand Up Paddleboarding*** (Advanced registration suggested, please call for details.)
- 2:00–3:30 ***Historical Tour of the 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.
- 4:00–6:00 ***Guided Stand Up Paddleboarding*** (Advanced registration suggested, please call for details.)
- 4:15–6:30 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:00–7:30 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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Kripalu

# R&R Retreat Daily Schedule for Wednesday, August 24

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)
- 7:00–9:00 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 ***Vertical Vinyasa: A Standing Flow Sarajeen Rudman*** (M)  
Vinyasa yoga is recognized by the flow of movements connecting a sequence of poses to the breath. Experience a new way to coordinate breath with movement, linking poses and embodying your body in this vertical vinyasa workshop—a standing-only yoga sequence. Begin with a standing centering and meditation, flow between standing poses that strengthen the core and legs, and end with a standing savasana.
- 9:00–10:30 ***Guided Kayaking*** (Advanced registration suggested, please call for details.)
- 9:30–11:00 ***Guided Hiking*** (Advanced registration suggested, please call for details.)
- 11:00–11:45 ***Share Circle Aruni 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.
- 11:00–12:30 ***Guided Kayaking*** (Advanced registration suggested, please call for details.)
- 11:30–2:00 Lunch
- 12:00–1:00 Kripalu YogaDance®
- 12:00–1:00 Vinyasa Yoga Class
- 12:45–1:30 ***Meditation Aruni Nan Futuronsky*** (E)
- 1:30–3:30 ***Guided Stand Up Paddleboarding*** (Advanced registration suggested, please call for details.)
- 2:00–3:30 ***Ojas-Boosting Self-Care Larissa Hall Carlson*** (L/E)  
Give yourself the gift of self-care! Dive into a nourishing asana practice with soothing pranayama, experience abhyanga (herbal oil massage), and deeply relax with yoga nidra. Emerge from this experience refreshed, relaxed, and glowing. Please wear clothes that expose your arms and most of your legs for the oil massage.
- 4:00–6:00 ***Guided Stand Up Paddleboarding*** (Advanced registration suggested, please call for details.)
- 4:15–6:30 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:00–7:30 Dinner
- 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, August 25

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

6:30–8:00 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)

7:00–9:00 Breakfast

9:00–10:30 **Mudra Yoga: Nourish and Revitalize Your Energy Jennifer Reis (M)**

Mudras are hand gestures that redirect energy to positively affect body, mind, and emotions. Mudras can help you to meditate with ease, allow you to breathe to full capacity, and awaken inner peace and connection. Come learn more about mudras and practice them with healing affirmations to align with your highest self.

9:00–10:30 **Labyrinth Walk Jurian Hughes (M)**

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.

9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

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

11:00–11:45 **Yoga Anytime, Anywhere! Vandita Kate Marchesiello (L/M)**

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.

11:00–12:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

11:30–2:00 Lunch

12:00–1:00 Kripalu YogaDance®

12:00–1:00 Vinyasa Yoga Class

12:45–1:30 **Meditation Vandita Kate Marchesiello (E)**

1:30–3:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

2:00–3:30 **Mindful Eating, Mindful Life Annie B. Kay and Aruni Nan Futuronsky (L)**

Practice the principles of mindfulness in eating and in other areas of your life; bring the light of Self-Observation Without Judgment to yourself with depth and practice.

4:00–6:00 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

4:15–6:30 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:00–7:30 Dinner

7:30–8:30 Rest and Unwind Yoga

7:30–8:30 **The Power of Mantra Bhavani Lorraine Nelson (L/E)**

The simple repetition of a Sanskrit phrase, traditionally used 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 the practice of this ancient form of connection to Spirit.

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# R&R Retreat Daily Schedule for Friday, August 26

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 **Cool It! Summer Yoga Flow Jess Frey (M)**  
Summer is the season of heat and fire. Come take shelter from the warmth as we flow through a yoga practice that offers cooling postures and pranayama (breathwork). Learn to shift your yoga routine to reduce excess heat and create an overall feeling of harmony this summer.
- 9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)
- 9:30–11:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)
- 11:00–11:45 **Meditation in Motion Jurian Hughes (M)**  
Silent, seated meditation is not for everyone. Come experience meditation in motion, a gentle, moving form of meditation that enhances your listening skills and allows you to let go of the thinking mind and trust the guidance of prana within.
- 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
- 2:00–3:30 **Anatomy of Seated Poses Christopher Holmes (L)**  
In this workshop, investigate skeletal alignment, muscle and connective tissue considerations, and the breath in seated poses. This information is suitable for all levels.
- 4:15–6:30 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)
- 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: Energy Work Peggy Schjeldahl (E)**  
Prana, or energy, the vital life force, is awakened during energy work sessions in Kripalu's Healing Arts. In this workshop, learn about and experience prana to come into greater balance and connection with yourself.
- 7:30–8:30 **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.
- 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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# R&R Retreat Daily Schedule for Saturday, August 27

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

6:30–8:00 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)

7:00–9:00 Breakfast

7:30–8:30 **Guided Walk** (Advanced registration suggested, please call for details.)

9:00–10:30 **Lila, the Joy of Divine Play Jurian Hughes** (M)

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.

9:00–10:30 **Chair Yoga Rudy Peirce** (M)

Try yoga from a slightly different perspective. Using the support of a chair, learn refreshing stretches for the entire upper body. Great for traveling and desk jockies, this practice is helpful for back-care and stress-reduction, and can increase energy levels, decreases joint pain and stiffness, and can help prevent many degenerative diseases.

9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

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

11:00–11:45 **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.

11:00–12:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

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 Sherrie Howard** (E)

1:30–3:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

2:00–3:30 **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.

4:00–6:00 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

4:15–6:30 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:00–7:30 Dinner

7:00–8:00 Family Yoga

7:30–8:30 Rest and Unwind Yoga

7:30–9:00 **Evening Events**

Each 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, August 28

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

6:30–8:00 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)

7:00–9:00 Breakfast

7:30–8:30 **Guided Walk** (Advanced registration suggested, please call for details.)

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. This workshop will be held indoors in the event of inclement weather.

9:00–10:30 **Shamanic Healing Ray Crist** (E)

This is an experiential workshop in shamanism. You will learn how to identify blocks and how to clear out the chakras in order to balance the energy body. Ray will share with you the technique of the pendulum to identify a closed chakra and the use of a rattle to clear it and “jump start” it. Balancing out the energy body offers clarity and focus that you can use across all aspects of life.

9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

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

9:30–11:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

11:00–11:45 **Summertime Stillness Lara Tupper** (E)

Summer can be a time of whirlwind activity and motion. In this journaling class, take time to be still, listen to your own thoughts, and consider the effects of the summer season on your body and mind. Share your words with others in a safe, supportive space and take home ideas for future journaling practices.

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

2:00–3:30 **Reboot: Yoga for Vitality Cristie Newhart** (L)

Both yoga and science tout the importance of self-care to replenish depleted states of mind and body. Knowing when your internal reserves have become depleted means knowing when it's time to reboot. This workshop focuses on the causes of depletion and offers specific yogic practices that can help you find more vitality in your day-to-day life.

4:15–6:30 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)

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 **Meditation Sherrie Howard** (E)

Release the mind's tyranny through the practice of meditation, focusing on concentrative practices and awareness meditations. Integrate practical suggestions to help deepen your meditation practice.

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**Kripalu**

# R&R Retreat Daily Schedule for Monday, August 29

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

6:30–8:00 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)

7:00–9:00 Breakfast

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

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 ***Cardio Core Fusion* Sarajeon Rudman (M)**

Toggling between cardio and core intervals might just be the most productivity you can achieve during a work out. This workshop is designed to get your heart rate up, your body alive with movement, and your core strong and long. Learn creative ways to work your body's cardiovascular system and core muscles, and have a great time while doing it!

9:00–10:30 ***Guided Kayaking*** (Advanced registration suggested, please call for details.)

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

11:00–11:45 ***Human Rhythms, Earth Rhythms* Christopher Holmes (L)**

The Native American Medicine Wheel is an ancient tool for personal transformation. In this workshop, review the meaning of the four cardinal directions, with a focus on the East; the direction of spring, birth, and new beginnings. Using the medicine wheel, set intentions for the unfolding of your life.

11:00–12:30 ***Guided Kayaking*** (Advanced registration suggested, please call for details.)

11:30–2:00 Lunch

12:00–1:00 Kripalu YogaDance®

12:00–1:00 Vinyasa Yoga Class

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

1:30–3:30 ***Guided Stand Up Paddleboarding*** (Advanced registration suggested, please call for details.)

2:00–3:30 ***The Monk and The Mother* Steven Leonard (L/M)**

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.

4:00–6:00 ***Guided Stand Up Paddleboarding*** (Advanced registration suggested, please call for details.)

4:15–6:30 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:00–7:30 Dinner

7:30–8:30 ***Healing Arts Sampler***

7:30–8:30 ***Restorative Yoga* Jess Frey (M)**

Restorative yoga invite us to learn the art of rest and relaxation. Allow yourself the opportunity to embrace stillness through supported postures. Encourage layers of tension and stress to fall away giving the mind and the body an opportunity to recharge and rejuvenate.

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**Kripalu**

# R&R Retreat Daily Schedule for Tuesday, August 30

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

6:30–8:00 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)

7:00–9:00 Breakfast

9:00–10:30 ***Breath and Stress Resilience Janna Delgado*** (E)

In this workshop you learn the importance of the breath in cultivating stress resilience and optimal performance. Come explore this profound tool for staying centered in the face of daily stressors and demands.

9:00–10:30 ***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.

9:00–10:30 ***Guided Kayaking*** (Advanced registration suggested, please call for details.)

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

11:00–11:45 ***Guided Walk Aruni Nan Futuronsky*** (M)

11:00–12:30 ***Guided Kayaking*** (Advanced registration suggested, please call for details.)

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 Aruni Nan Futuronsky*** (E)

1:30–3:30 ***Guided Stand Up Paddleboarding*** (Advanced registration suggested, please call for details.)

2:00–3:30 ***Introduction to Ayurveda: Life in Balance Larissa Hall Carlson*** (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.

4:00–6:00 ***Guided Stand Up Paddleboarding*** (Advanced registration suggested, please call for details.)

4:15–6:30 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:00–7:30 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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# R&R Retreat Daily Schedule for Wednesday, August 31

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

6:30–8:00 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)

7:00–9:00 Breakfast

9:00–10:30 **Chakra Yoga Flow Coby Kozlowski (M)**

Experience the healing power of the chakras as you flow through the seven energy centers with an experiential yoga flow. This workshop is designed to open and balance the chakras on a physical, emotional, and spiritual level using yoga postures and mantras.

9:00–10:30 **Ayurvedic Tips for Your Kripalu Stay Cat Pacini (L)**

Enhance your time at Kripalu using the healing science of Ayurveda. Explore simple techniques for travel and stress management including a nourishing foot massage using herbal oil, a standing meditation, and food choice tips. Please come with clean feet and bring socks.

9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

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

11:00–11:45 **Yoga with Your Shoes On Vandita Kate Marchesiello (M)**

Learn a fun and easy yoga routine to start your day on the right foot. This standing sequence includes stretches that warm up the body in preparation for walks, hikes, and everyday activities. This session concludes with a seated relaxation. Sneakers required.

11:00–12:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

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 Vandita Kate Marchesiello (E)**

1:30–3:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

2:00–3:30 **The Freshness of the Moment Steven Leonard (M)**

Enjoy a silent walking meditation through the Kripalu grounds and experience the beauty of nature and your own consciousness unfolding.

4:00–6:00 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

4:15–6:30 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:00–7:30 Dinner

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.

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

*This schedule subject to change without notice.*