

# Kripalu R&R Daily Schedule for Wednesday, August 1

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

6:30–8:30 **Morning Yoga Classes**

6:30–8:30 **Sun Salutations**

9:00–10:30 **The Science of Mindful Eating Annie B. Kay**

Mindful eating is a simple practice that can profoundly change your relationship with food. Advances in psychology, neuroscience, and genetics each suggest how this practice supports change. Join a discussion of the science and explore the experience of mindful eating.

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

Discover how ancient India's chakra system offers a powerful map to clear and balance these energy centers through yoga postures, breathing techniques, meditation, and chanting.

9:15–11:00 **Guided Hiking**

11:00–11:45 **Labyrinth Walk Jess Frey**

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.

10:45–12:30 **Guided Kayaking**

12:00–1:00 **Kripalu YogaDance® or Vinyasa Yoga Class**

12:45–1:30 **Meditation Ken Nelson**

12:45–2:30 **Guided Kayaking**

2:00–3:30 **Nature's Sketchbook Mary Hannah Parkman**

Capture spring wildflowers, summer plants, seasonal leaves and gems. Dip into your creative well as you explore simple sketches using paper and pencil. Color in later or keep as original graphite drawings.

2:45–4:30 **Guided Kayaking**

3:45–6:00 **Guided Stand Up Paddleboarding**

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Still the Mind, Open the Heart Vandita Kate Marchesiello**

Stilling the mind is sometimes described as trying to "herd cats." But when you place a bowl of food down for them, they all come running, right? When we too focus our mind (or, see the food) we come into a zone where distracting thoughts leave for a moment or two.

7:30–9:00 **Evening Event Sharon Silverstein**

Join Sharon Silverstein and The Peace Project for a mesmerizing evening of kirtan. Truly a heart-opening experience that one can immerse into and get lost forever. Sharon's vocal tones and melody weave a powerful foundation for the vibration of chant. Her love of kirtan is so apparent that it shines through every mantra.

The Kripalu logo is displayed in a large, orange, sans-serif font.

*This schedule subject to change without notice.*

# Kripalu R&R Daily Schedule for Thursday, August 2

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

6:30–8:30 **Morning Yoga Classes**

6:30–8:30 **Sun Salutations**

8:45–10:30 **Guided Kayaking**

9:00–10:30 **Five Kosha Yoga Jennifer Reis**

Bring vitality and awareness to your 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.

9:00–10:30 **Ayurveda and the Mind: The Three States of Being Erin Casperson**

In Ayurvedic psychology there are three qualities of the mind, in addition to the three physical doshas. According to Ayurveda we are all born with a curious and creative mind. But with increased demands and stress, we have become restless and exhausted. Come explore the theory of Ayurvedic psychology and how to increase harmony, clarity, and balance.

9:15–11:00 **Guided Hiking**

11:00–11:45 **Asana Clinic Evelyn Gonzalez**

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.

10:45–12:30 **Guided Kayaking**

12:00–1:00 **Kripalu YogaDance® or Vinyasa Yoga Class**

12:45–1:30 **Share Circle Izzy Lenihan**

Rumi once said, "In order to speak one must first learn to listen—learn to speak by listening." Come join us in practicing one of Kripalu's oldest teachings and discover the gift of conscious communication.

12:45–2:30 **Guided Kayaking**

2:00–3:30 **The Neurobiology of Meditation Christopher Holmes**

In this workshop, review current scientific findings regarding the effects of meditation on brain function and health and discuss the benefits of developing a home practice. Then practice several meditation techniques as a group.

2:45–4:30 **Guided Kayaking**

3:45–6:00 **Guided Stand Up Paddleboarding**

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Om Tones Lara Tupper**

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

*This schedule subject to change without notice.*

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

# Kripalu R&R Daily Schedule for Friday, August 3

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

6:30–8:30 **Morning Yoga Classes**

8:45–10:30 **Guided Kayaking**

6:30–8:30 **Sun Salutations**

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

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

9:00–10:30 **Resiliency and Self-Care Maria Sirois**

For any one of us, life can present moments of great challenge. Join inspirational speaker, author, and Positive Psychologist Maria Sirois as she weaves together story, poetry, and research to help us answer the questions that potentiate our growth.

9:15–11:00 **Guided Hiking**

9:15–11:30 **Guided Stand Up Paddleboarding**

11:00–11:45 **Asana Clinic Cristie Newhart**

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

2:00–3:30 **Yoga by the Lake Jurian Hughes**

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!

4:15–6:15 **Afternoon Yoga Classes**

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

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

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

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

*This schedule subject to change without notice.*

The Kripalu logo is displayed in a bold, orange, sans-serif font.

# Kripalu R&R Daily Schedule for Saturday, August 4

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

6:30–8:30 **Morning Yoga Classes**

8:45–10:30 **Guided Kayaking**

6:30–8:30 **Sun Salutations**

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

Discover your authentic voice and share it with the world. Uncover your creative courage through fun and playful exercises in breathing, sounding, singing, moving, and journaling.

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

Bring open-hearted, open-minded curiosity and adventure to this workshop that explores easy, fun, creative ways to step into the present moment.

9:15–11:00 **Guided Hiking**

9:15–11:30 **Guided Stand Up Paddleboarding**

11:00–11:45 **Energy Flow Ray Crist**

In this vinyasa workshop, pulse from movement to stillness, sweating out any tension, revitalizing your body, and increasing your glow. Receive direct and grounded understanding of how energy works in the body and allows you to access personal power.

10:45–12:30 **Guided Kayaking**

12:00–1:00 **Kripalu YogaDance® or Vinyasa Yoga Class**

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

12:45–2:30 **Guided Kayaking**

1:15–3:00 **Guided Hiking**

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Body in Balance: Un-Tech Your Neck Michelle Dalbec**

In this workshop, practice innovative and effective corrective exercises; simple, stress-relieving movements; and self-massage techniques that can help realign your entire upper body, establishing a new foundation for a healthy, happy neck.

2:45–4:30 **Guided Kayaking**

3:45–6:00 **Guided Stand Up Paddleboarding**

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 **Body Scan Meditation Bhavani Lorraine Nelson**

7:30–9:00 **Concert Erica Wheeler**

Award-winning singer/songwriter Erica Wheeler offers a heartwarming concert that uses song, story, reflection, and humor to take you on a journey across the American landscape and the lives lived there.

*This schedule subject to change without notice.*

The Kripalu logo is displayed in a stylized, orange font with a white outline, positioned in the bottom right corner of the page.

# Kripalu R&R Daily Schedule for Sunday, August 5

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

6:30–8:30 **Morning Yoga Classes**

8:45–10:30 **Guided Kayaking**

6:30–8:30 **Sun Salutations**

9:00–10:30 **Ten Steps to Peace and Happiness Michelle Dalbec**

The yamas and niyamas are ethical guidelines intended to stimulate a continual inquiry on how to awaken, strengthen, and develop ones character. Come explore these powerful off-the-mat practices to create balance, harmony, peace, and happiness from the inside out.

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

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

9:15–11:00 **Guided Hiking**

9:15–11:30 **Guided Stand Up Paddleboarding**

11:00–11:45 **Swift Ink Lara Tupper**

In this light-hearted writing class, complete a series of quick, interactive writing exercises designed to dissolve the internal editor and allow you to “speak your truth.” No writing experience necessary. Laughter may ensue.

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

2:00–3:30 **Introduction to Kirtan and Mantra Sherrie Howard**

Chanting in Sanskrit calms the mind and opens the energy channels. Come experience the power of mantra and kirtan as you learn about these ancient practices and discover how they can benefit your life and enhance your spiritual well-being. Use these practices as an aid in meditation or an adjunct to your daily yoga practice.

4:15–6:15 **Afternoon Yoga Classes**

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

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

7:30–8:30 **Sound Sleep Jess Frey**

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

*This schedule subject to change without notice.*

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

# Kripalu R&R Daily Schedule for Monday, August 6

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

6:30–8:30 **Morning Yoga Classes**

8:45–10:30 **Guided Kayaking**

6:30–8:30 **Sun Salutations**

9:00–10:30 **Joyful Joints Jess Frey**

Are you looking to increase mobility, circulation, and move more freely? Approach your joint health in a holistic way. Come explore a series of joint movements to loosen up the joints and increase fluidity.

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

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

9:15–11:00 **Guided Hiking**

11:00–11:45 **Labyrinth Walk Lara Tupper**

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.

10:45–12:30 **Guided Kayaking**

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Ayurveda for Summer Cat Pacini**

The heat of the summer is upon us. Come explore seasonal diet and lifestyle practices to soothe and cool summer's fire.

2:45–4:30 **Guided Kayaking**

3:45–6:00 **Guided Stand Up Paddleboarding**

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

7:30–9:00 **The Path to Self-Care Izzy Lenihan**

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.

*This schedule subject to change without notice.*

The Kripalu logo is displayed in a stylized, orange font. The letters are bold and rounded, with a slight shadow effect. The 'i' in 'Kripalu' has a dot that is a small circle. The logo is positioned in the bottom right corner of the page.

# Kripalu R&R Daily Schedule for Tuesday, August 7

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

6:30–8:30 **Morning Yoga Classes**

8:45–10:30 **Guided Kayaking**

6:30–8:30 **Sun Salutations**

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

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 **Falling in Love with Life Again Maria Sirois**

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.

9:15–11:00 **Guided Hiking**

11:00–11:45 **Asana Clinic Cristie Newhart**

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

10:45–12:30 **Guided Kayaking**

12:00–1:00 **Kripalu YogaDance® and Beginner Yoga Class**

12:45–2:30 **Guided Kayaking**

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Reflections on Your Inner World Michelle Dalbec**

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.

3:45–6:00 **Guided Stand Up Paddleboarding**

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Yin Yoga**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

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

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

*This schedule subject to change without notice.*

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

# Kripalu R&R Daily Schedule for Wednesday, August 8

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

6:30–8:30 **Morning Yoga Classes**

8:45–10:30 **Guided Kayaking**

6:30–8:30 **Sun Salutations**

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

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

9:00–10:30 **Every Bite Is Divine Annie B. Kay**

Explore how elements of yoga create ease and transformation—yoga therapy meets nutrition therapy.

11:00–11:45 **Workshop TBD Lauren Gernady**

More information on this workshop coming soon.

9:15–11:00 **Guided Hiking**

10:45–12:30 **Guided Kayaking**

12:00–1:00 **Kripalu YogaDance® and Beginner Yoga Class**

12:45–1:30 **Meditation Ken Nelson**

12:45–2:30 **Guided Kayaking**

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Origami and Mindfulness Mary Hannah Parkman**

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

3:45–6:00 **Guided Stand Up Paddleboarding**

4:15–5:30 **Afternoon Yoga Classes**

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

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

7:30–9:00 **Kirtan One Love**

Throughout the ages and across cultures, prayer through song and simple body movement has been a powerful vehicle for connecting with the Divine. In addition to offering the high-energy call and response chanting of kirtan, One Love weaves together ancient and contemporary mantras from many spiritual traditions and cultures. Come sing your heart out; join an uplifting and participatory musical celebration of global prayer.

*This schedule subject to change without notice.*

**Kripalu**



# Kripalu R&R Daily Schedule for Thursday, August 9

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

6:30–8:30 **Morning Yoga Classes**

8:45–10:30 **Guided Kayaking**

6:30–8:30 **Sun Salutations**

9:00–10:30 **Uplift: Air and Ether Element Yoga Jennifer Reis**

Uplift your energy with yoga postures, breathing techniques, mudras, and Divine Sleep Yoga Nidra. This workshop, focuses on the air element to expand your inner compassion and acceptance, and the ether element to foster deep connection to yourself and others.

9:00–10:30 **Life in Balance: Cleansing at Home Erin Casperson**

Learn Ayurvedic principles to balance your diet and give your digestion a kick-start. These simple but profound tips can help reduce seasonal allergies and sluggishness. Leave with a short, easy cleansing plan you can do at home.

9:15–11:00 **Guided Hiking**

9:15–11:30 **Guided Stand Up Paddleboarding**

11:00–11:45 **Historical Tour of the Grounds Vandita Kate Marchesiello**

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.

10:45–12:30 **Guided Kayaking**

12:00–1:00 **Kripalu YogaDance® or Vinyasa Yoga Class**

12:45–1:30 **Share Circle Izzy Lenihan**

Rumi once said, “In order to speak one must first learn to listen—learn to speak by listening.” Come join us in practicing one of Kripalu’s oldest teachings and discover the gift of conscious communication.

12:45–2:30 **Guided Kayaking**

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Conscious Leadership: Everyone Is a Leader Ken Nelson**

Are you ready to call forth your innate leader? Join us to explore what it means to be a conscious leader, using reflection, journaling, and interactive exercises.

3:45–6:00 **Guided Stand Up Paddleboarding**

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Take it Home Cristie Newhart**

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.

*This schedule subject to change without notice.*

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

# Kripalu R&R Daily Schedule for Friday, August 10

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

6:30–8:30 **Morning Yoga Classes**

8:45–10:30 **Guided Kayaking**

6:30–8:30 **Sun Salutations**

9:00–10:30 **Cool It! Summer Yoga Flow Jess Frey**

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 (breath work). Learn to shift your yoga routine to reduce excess heat and create an overall feeling of harmony this summer.

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

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.

9:15–11:00 **Guided Hiking**

9:15–11:30 **Guided Stand Up Paddleboarding**

11:00–11:45 **Posture Clinic Cristie Newhart**

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

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

2:00–3:30 **Yoga By the Lake Jurian Hughes**

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!

4:15–6:15 **Afternoon Yoga Classes**

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

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

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

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

*This schedule subject to change without notice.*

The Kripalu logo is displayed in a large, orange, sans-serif font.

# Kripalu R&R Daily Schedule for Saturday, August 11

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

6:30–8:30 **Morning Yoga Classes**

8:45–10:30 **Guided Kayaking**

6:30–8:30 **Sun Salutations**

9:00–10:30 **Kind Vinyasa Jurian Hughes**

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 **No More Excuses Izzy Lenihan**

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.

9:15–11:00 **Guided Hiking**

11:00–11:45 **Hooping into Harmony Toni Bergins**

12:00–1:00 **Kripalu YogaDance® or Vinyasa Yoga Class**

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

12:45–2:30 **Guided Kayaking**

1:15–3:00 **Guided Hiking**

2:00–3:30 **Roll and Release: Tame Your Tension Michelle Dalbec**

Have you ever wished you could summon a massage therapist anytime, anywhere, to help relieve tissues that are tense, tight, and sore? Come learn the art of therapy ball massage, and roll away tension with this portable self-administered practice.

3:45–6:00 **Guided Stand Up Paddleboarding**

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 **The Path of Love Vandita Kate Marchesiello**

What are the values that have stood the test of time and what did Swami Kripalu have to say about them? Come meditate, journal, and discuss the essence of the Kripalu wisdom tradition

7:30–9:00 **Concert Karen Drucker**

Join San Francisco singer-songwriter/author Karen Drucker and special guest Joan Borysenko for an inspirational evening of music, stories, laughter, and love. Karen's sacred chanting is energetic and fun, deep and inspiring. Be prepared for laughter, heart-opening, and perhaps a few sweet tears. Leave with a faith-lift!

*This schedule subject to change without notice.*

The Kripalu logo is displayed in a stylized, orange font. The letters are bold and rounded, with a slight shadow effect. The 'i' in 'Kripalu' has a dot that is a small circle. The logo is positioned in the bottom right corner of the page.

# Kripalu R&R Daily Schedule for Sunday, August 12

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

6:30–8:30 **Morning Yoga Classes**

8:45–10:30 **Guided Kayaking**

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

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

9:00–10:30 **Yoga, Music, and Mindfulness Marc Mandel**

In this experiential workshop, explore the striking parallels between yoga and listening to music through mindful asana, breath-work, meditation, and guided listening to classical music featured in the Boston Symphony Orchestra concert at Tanglewood. No technical expertise or prior training in music is required; just bring your love for classical and yoga.

9:15–11:00 **Guided Hiking**

9:15–11:30 **Guided Stand Up Paddleboarding**

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

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

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

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

4:15–5:30 **Afternoon Yoga Classes**

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

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

7:30–8:30 **Sound Healing Bhavani Lorraine Nelson**

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.

The Kripalu logo is displayed in a large, orange, sans-serif font.

*This schedule subject to change without notice.*

# Kripalu R&R Daily Schedule for Monday, August 13

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

6:30–8:30 **Morning Yoga Classes**

8:45–10:30 **Guided Kayaking**

6:30–8:30 **Sun Salutations**

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

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

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

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

9:15–11:00 **Guided Hiking**

10:45–12:30 **Guided Kayaking**

11:00–11:45 **Chair Yoga Sherrie Howard**

This class is a wonderful way for everyone and every body to experience the benefits of yoga. Come explore traditional yoga postures adapted to be practiced all from the support of a chair.

12:00–1:00 **Kripalu YogaDance® or Vinyasa Yoga Class**

12:45–1:30 **Meditation Janna Delgado**

12:45–2:30 **Guided Kayaking**

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Saying Yes to Life Evelyn Gonzalez**

Life has the possibility of being a creative process when you can accept what's coming in 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.

2:45–4:30 **Guided Kayaking**

3:45–6:00 **Guided Stand Up Paddleboarding**

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

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

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

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

*This schedule subject to change without notice.*

# Kripalu R&R Daily Schedule for Tuesday, August 14

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

6:30–8:30 **Morning Yoga Classes**

6:30–8:30 **Sun Salutations**

9:00–10:30 **C'mon Let's Twist Cristie Newhart**

Twists are some of the most beneficial types of asana. Rotating the physical body can rejuvenate the digestive tract and nervous system. Explore the basic principles for twists and bring your body and mind back home for vitality and balance.

9:00–10:30 **Faith, Hope, Awe, a Dog, and a Gorilla Maria Sirois**

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 experience needed.

9:15–11:00 **Guided Hiking**

10:45–12:30 **Guided Kayaking**

11:00–11:45 **Hoopin' into Harmony Toni Bergins**

Meditation can be practiced in various forms, including while in motion inside a hula hoop. Experiment with chanting, chakra balancing meditations, and basic hoop tricks as you give hooping a whirl!

12:00–1:00 **Kripalu YogaDance®, Vinyasa Yoga Class, and Beginner YogaClass**

12:45–2:30 **Guided Kayaking**

12:45–1:30 **Share Circle Izzy Lenihan**

Rumi once said, "In order to speak one must first learn to listen – learn to speak by listening." Come join us in practicing one of Kripalu's oldest teachings and discover the gift of conscious

2:00–3:30 **Ten Minutes to Bliss Christopher Holmes**

More information on this workshop coming soon.

2:45–4:30 **Guided Kayaking**

3:45–6:00 **Guided Stand Up Paddleboarding**

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Yin Yoga**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

7:30–8:30 **Aromatherapy 101 Johanna Wise**

Pure essential oils have the ability to affect us on many levels, and their effects on our emotions can be incredibly profound. Discover their many unique benefits, including how they can lift your mood, assist with life changes and transitions, and boost your delight.

The Kripalu logo is displayed in a large, orange, sans-serif font.

*This schedule subject to change without notice.*

# Kripalu R&R Daily Schedule for Wednesday, August 15

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

6:30–8:30 **Morning Yoga Classes**

8:45–10:30 **Guided Kayaking**

6:30–8:30 **Sun Salutations**

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

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

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

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.

9:15–11:00 **Guided Hiking**

10:45–12:30 **Guided Kayaking**

11:00–11:45 **Historical Tour of the Grounds Vandita Kate Marchesiello**

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.

12:00–1:00 **Kripalu YogaDance® and Beginner Yoga Class**

12:45–2:30 **Guided Kayaking**

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Recharging and Rebooting Janna Delgado**

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.

2:45–4:30 **Guided Kayaking**

3:45–6:00 **Guided Stand Up Paddleboarding**

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Meditation Vandita Kate Marchesiello**

Release the mind's tyranny through the practice of meditation, focusing on concentration and awareness. Integrate useful suggestions to help deepen your meditation practice.

7:30–9:00 **Kirtan Bhavani Lorraine Nelson**

Thousands of years ago, yogis recognized the profound effects of sound vibrations on states of consciousness; they discovered that chanting specific words and names of God gives rise to an experience of the Divine. Bhavani is an inspired leader of heart-opening Sanskrit chanting and internationally-known master of singing and toning.

*This schedule subject to change without notice.*

The Kripalu logo is displayed in a stylized, orange font with a white outline, positioned in the bottom right corner of the page.

# Kripalu R&R Daily Schedule for Thursday, August 16

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

6:30–8:30 **Morning Yoga Classes**

8:45–10:30 **Guided Kayaking**

6:30–8:30 **Sun SalutationS**

9:00–10:30 **Five Element Yoga Jennifer Reis**

Explore the five elements of Ayurvedic philosophy (earth, water, fire, air, and ether) and practice yoga postures, breathing, and hand mudras to connect with these larger forces of nature and find balance within yourself.

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

Enjoy a brief overview of Swami Kripalu's interesting life, the places Kripalu 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.

9:15–11:00 **Guided Hiking**

9:15–11:30 **Guided Stand Up Paddleboarding**

11:00–11:45 **Asana Clinic Evelyn Gonzalez**

10:45–12:30 **Guided Kayaking**

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

12:45–2:30 **Guided Kayaking**

12:45–1:30 **Share Circle Izzy Lenihan**

Rumi once said, "In order to speak one must first learn to listen—learn to speak by listening." Come join us in practicing one of Kripalu's oldest teachings and discover the gift of conscious communication.

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Energy Flow Ray Crist**

In this vinyasa workshop, pulse from movement to stillness, sweating out any tension, revitalizing your body, and increasing your glow. Receive direct and grounded understanding of how energy works in the body and allows you to access personal power and attain enhanced perception.

4:15–5:30 **Afternoon Yoga Classes**

**Yin Yoga**

7:30–8:30 Yin Yoga offers an opportunity to slow down, pause, and gain a new level of awareness through sustained holding of supported floor postures.

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

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

*This schedule subject to change without notice.*

The Kripalu logo is displayed in a large, orange, sans-serif font.



# Kripalu R&R Daily Schedule for Friday, August 17

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

6:30–8:30 **Morning Yoga Classes**

8:45–10:30 **Guided Kayaking**

6:30–8:30 **Sun Salutations**

9:00–10:30 **Embodied Positive Psychology Megha Nancy Buttenheim**

Through a brief lecture, meditation and visualization, sharing, journal writing, and guided movements, experience the tenets of Positive Psychology in the body. Class concludes with a blissful relaxation.

9:00–10:30 **Yoga and the Alexander Technique Lisa Lutton**

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

9:15–11:00 **Guided Hiking**

9:15–11:30 **Guided Stand Up Paddleboarding**

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

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

2:00–3:00 **Yoga by the Lake Jurian Hughes**

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!

4:15–6:15 **Afternoon Yoga Classes**

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

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

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

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

The Kripalu logo is displayed in a large, orange, sans-serif font.

*This schedule subject to change without notice.*

# Kripalu R&R Daily Schedule for Saturday, August 18

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

6:30–8:30 **Morning Yoga Classes**

8:45–10:30 **Guided Kayaking**

6:30–8:30 **Sun Salutations**

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

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

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

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

9:15–11:00 **Guided Hiking**

9:15–11:30 **Guided Stand Up Paddleboarding**

10:45–12:30 **Guided Kayaking**

11:00–11:45 **Workshop TBA Heather Bilotta**

More information on this workshop coming soon.

12:00–1:00 **Kripalu YogaDance® or Vinyasa Yoga Class**

12:45–1:30 **Meditation Sherrie Howard**

12:45–2:30 **Guided Kayaking**

1:15–3:00 **Guided Hiking**

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Introduction to Kirtan and Mantra Sherrie Howard**

Chanting in Sanskrit calms the mind and opens the energy channels. Come experience the power of mantra and kirtan as you learn about these ancient practices and discover how they can benefit your life and enhance your spiritual well-being. Use these practices as an aid in meditation or an adjunct to your daily yoga practice.

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–9:00 **Concert Aykanna**

Sukhdev and Akahdahmah passionately share a joint vision to express freedom, unity, peace, and love through their work with sacred music, quantum healing, and Kundalini Yoga. Their love for one another, as well as for Mother Earth is infectious, and spreads through their music and teachings. Joined together they are the dynamic musical duo called Aykanna.

*This schedule subject to change without notice.*

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

# Kripalu R&R Daily Schedule for Sunday, August 19

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

6:30–8:30 **Morning Yoga Classes**

8:45–10:30 **Guided Kayaking**

6:30–8:30 **Sun Salutations**

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

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

9:00–10:30 **The Discipline of Freedom Ray Crist**

Dive into the depths of yogic philosophy as a method to gain freedom from past traumas and fears. Yoga as a discipline can help shift energy and ways of thinking, liberating you from the constrictions of the mind. In this workshop, explore breathing techniques and yoga postures to experience direct empowerment and freedom.

9:15–11:00 **Guided Hiking**

9:15–11:30 **Guided Stand Up Paddleboarding**

11:00–11:45 **Short and Sweet Lara Tupper**

Less is more, as they say. It's helpful to be clear and to the point, to trim the excess and zero in on what we mean to say. Ernest Hemingway once wrote a story in just six words and called it his best work. In this light-hearted writing class, you read six-word tales, discuss what makes them appealing, and compose your own.

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

2:00–3:30 **All Things Are One Christopher Holmes**

This workshop explores the parallels between human physiology and ecology with respect to contemplative practices through Hatha yoga and forest bathing—both acts of “playing in nature.” The fabric of aliveness within and without are seen as completely intertwined. Be prepared to walk outside.

4:15–6:15 **Afternoon Yoga Classes**

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

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

7:30–8:30 **The Power of Mantra Bhavani Lorraine Nelson**

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

*This schedule subject to change without notice.*

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

# Kripalu R&R Daily Schedule for Monday, August 20

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

6:30–8:30 **Morning Yoga Classes**

6:30–8:30 **Sun Salutations**

9:00–10:30 **The Grace of Surrender Aruni Nan Futuronsky**

What is the interaction between will and letting go? How can you live with passionate nonattachment? Learn how to practice taking mindful action and surrendering your attachment to the fruits of those actions.

9:00–10:30 **Sand Mandala Susannah Gale**

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

9:15–11:00 **Guided Hiking**

11:00–11:45 **Silk-Reeling Qigong Sage Brody**

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

**Kripalu YogaDance®**

12:00–1:00 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**

12:45–2:30 **Guided Kayaking**

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

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.

1:15–3:30 **Guided Stand Up Paddleboarding**

3:45–6:00 **Guided Stand Up Paddleboarding**

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

7:30–9:00 **Aligning Intentions and Actions Izzy Lenihan**

Defining your intentions and then living them fully and authentically can bring more balance into your life. This workshop invites you to look more clearly and truthfully at how you spend your time and energy. Discover possibilities for creating a life of more balance, harmony, and growth.

The Kripalu logo is displayed in a large, orange, sans-serif font.

*This schedule subject to change without notice.*

# Kripalu R&R Daily Schedule for Tuesday, August 21

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

## 6:30–8:30 **Morning Yoga Classes**

6:30–8:30 **Sun Salutations**

9:00–10:30 **The Science of Detox Kathie Madonna Swift**

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 **The Voice of Truth Jurian Hughes**

Discover your authentic voice and share it with the world. Uncover your creative courage through fun and playful exercises in breathing, sounding, singing, moving, and journaling.

9:15–11:00 **Guided Hiking**

11:00–11:45 **Hooping into Harmony Toni Bergins**

Meditation can be practiced in various forms, including while in motion inside a hula hoop. Experiment with chanting, chakra balancing meditations, and basic hoop tricks as you give hooping a whirl!

12:00–1:00 **Kripalu YogaDance® and Beginner Yoga Class**

12:45–2:30 **Guided Kayaking**

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Yin Yoga Ken Nelson**

Yin Yoga offers an opportunity to slow down, pause, and gain a new level of awareness through sustained holding of supported floor postures.

2:45–4:30 **Guided Kayaking**

3:45–6:00 **Guided Stand Up Paddleboarding**

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

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

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

The Kripalu logo is displayed in a stylized, orange font at the bottom right of the page.

*This schedule subject to change without notice.*

# Kripalu R&R Daily Schedule for Wednesday, August 22

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

6:30–8:30 **Morning Yoga Classes**

8:45–10:30 **Guided Kayaking**

6:30–8:30 **Sun Salutations**

9:00–10:30 **Resilient Health Lisa B. Nelson**

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 **Connect with Nature Annie B. Kay**

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!

9:15–11:00 **Guided Hiking**

9:15–11:30 **Guided Stand Up Paddleboarding**

10:45–12:30 **Guided Kayaking**

11:00–11:45 **Qigong Greg DiLisio**

12:00–1:00 **Kripalu YogaDance® and Beginner Yoga Class**

12:45–2:30 **Guided Kayaking**

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Nature's Mandala Mary Hannah Parkman**

On a silent, meditative walk around the Kripalu property, gather natural found objects such as leaves, rocks, or flower petals and with them create unique mandalas to connect to self-expression and to Mother Nature.

3:45–6:00 **Guided Stand Up Paddleboarding**

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Still the Mind, Open the Heart Vandita Kate Marchesiello**

Stilling the mind is often described as trying to “herd cats.” But when you place a bowl of food down for them, they all come running, right? When we too focus our mind (or, see the food) we come into a zone where distracting thoughts leave for a moment or two. Come practice stilling the mind for just moments at a time, and begin to build a regular practice. Learn techniques that are simple and effective as you cultivate mindfulness and rest with ease in your heart center.

7:30–9:00 **Kirtan Jim Gelcer**

Jim Gelcer's style has been called “welcoming, inviting, and contagious”, and mashes up traditional Sanskrit chants with R&B, jazz, and rock. Jim's second album, *Bhakti Groove Machine*, was coproduced by Grammy-nominated producer Ben Leinbach. “Sweet, soulful, smooth and sublime.”

*This schedule subject to change without notice.*

**Kripalu**

# Kripalu R&R Daily Schedule for Thursday, August 23

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

6:30–8:30 **Morning Yoga Classes**

8:45–10:30 **Guided Kayaking**

6:30–8:30 **Sun Salutations**

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

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

9:00–10:30 **Introduction to Shamanism Ray Crist**

Discover shamanic techniques to clear the chakras and balance the energy body. This workshop introduces cord cutting, a technique that allows you to cut the cords of past relationships and experiences that may hold you back. Set yourself free to move unencumbered into your destiny.

9:15–11:00 **Guided Hiking**

11:00–11:45 **Asana Clinic Evelyn Gonzalez**

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

12:00–1:00 **Kripalu YogaDance® and Vinyasa Yoga Class**

12:45–2:30 **Guided Kayaking**

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Energy of Thoughts Izzy Lenihan**

Everything we do begins with a thought. Every thought leads to a feeling and every feeling creates energy. This energy can either be defeating or it can support a powerful, thriving life, filled with amazing possibilities. Come discover how you can create thoughts that lead to a more fulfilling life.

2:45–4:30 **Guided Kayaking**

3:45–6:00 **Guided Stand Up Paddleboarding**

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Yin Yoga**

7:30–8:30 **Coloring as Meditation Susannah Gale**

Coloring is an easy way to calm the mind and occupy the hands. This active meditation focuses our attention on simple tasks that require repetitive motion, inviting awareness to the present moment. This creative, mindful relaxation is based around the mandala, a sacred symbol in Hinduism and Buddhism that can promote relaxation and calm.

*This schedule subject to change without notice.*

The Kripalu logo is displayed in a stylized, orange font with a white outline, positioned in the bottom right corner of the page.

# Kripalu R&R Daily Schedule for Friday, August 24

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

6:30–8:30 **Morning Yoga Classes**

8:45–10:30 **Guided Kayaking**

6:30–8:30 **Sun Salutations**

9:00–10:30 **Nature Journaling Lara Tupper**

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

9:00–10:30 **Yoga and Prana Ray Crist**

Take a journey through a deep yoga practice that harmonizes consciousness and body through the breath. In this energetic and meditative workshop, move your life force within and learn tips on how to bring this into your everyday practice. This approach to yoga leads to vibrancy, inner power, and clarity.

9:15–11:00 **Guided Hiking**

9:15–11:30 **Guided Stand Up Paddleboarding**

11:00–11:45 **Open Your Heart Through Movement Sage Brody**

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.

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Meditation Susannah Gale**

2:00–3:30 **Musical Melting Sherrie Howard**

Sound and music can help the body enter meditative states of deep relaxation. Come experience a body awareness scan to open up the sound channels in your body as you relax deeply to sweet mantras and lullabies.

4:15–6:15 **Afternoon Yoga Classes**

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

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

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

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

*This schedule subject to change without notice.*

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



# Kripalu R&R Daily Schedule for Saturday, August 25

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

6:30–8:30 **Morning Yoga Classes**

8:45–10:30 **Guided Kayaking**

6:30–8:30 **Sun Salutations**

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

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

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

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

9:15–11:00 **Guided Hiking**

9:15–11:30 **Guided Stand Up Paddleboarding**

10:45–12:30 **Guided Kayaking**

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

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

12:00–1:00 **Kripalu YogaDance® or Vinyasa Yoga Class**

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

12:45–2:30 **Guided Kayaking**

1:15–3:00 **Guided Hiking**

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Roll and Release: Tame Your Tension Michelle Dalbec**

Come learn the art of therapy ball massage, and roll away tension with this portable self-administered practice.

2:45–4:30 **Guided Kayaking**

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 **Somatic Meditation Lisa Lutton**

Tune in to the present moment of your interior life, noticing spontaneous feelings, sensations, energetic shifts, and other moment-to-moment changes. Practice your ability to be with whatever arises with openness, acceptance, and compassion, a step towards living your life from that place.

7:30–9:00 **Concert Bernice Lewis**

A performer for more than three decades, Bernice Lewis has built a national fan base as a musician, poet, and producer. She has shared the stage with a long list of musicians, from Dar Williams to the Dixie Chicks.

*This schedule subject to change without notice.*

The Kripalu logo is displayed in a bold, orange, sans-serif font.

# Kripalu R&R Daily Schedule for Sunday, August 26

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

6:30–8:30 **Morning Yoga Classes**

8:45–10:30 **Guided Kayaking**

6:30–8:30 **Sun Salutations**

9:00–10:30 **Yoga Foundations Michelle Dalbec**

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.

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

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

9:15–11:00 **Guided Hiking**

9:15–11:30 **Guided Stand Up Paddleboarding**

11:00–11:45 **Loving-Kindness Bhavani Lorraine Nelson**

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

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

2:00–3:30 **Soul Journey Susannah Gale**

Experience a soul journey which stems from ancient shamanic practices intended to bring about deep healing and spiritual growth. As you lay comfortably on your back, you are guided through a visual meditation. Journaling afterward is a key component to help integrate the experience, so space is provided to complete this process.

4:15–6:15 **Afternoon Yoga Classes**

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

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

7:30–8:30 **Taking It Home Jess Frey**

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

The Kripalu logo is displayed in a large, orange, sans-serif font.

*This schedule subject to change without notice.*

# Kripalu R&R Daily Schedule for Monday, August 27

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

6:30–8:30 **Morning Yoga Classes**

8:45–10:30 **Guided Kayaking**

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

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.

9:00–10:30 **Yoga for Athletes Susannah Gale**

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

9:15–11:00 **Guided Hiking**

11:00–11:45 **Somatic Meditation Lisa Lutton**

Learn to bring your attention to and into your body to experience the richness contained within. Tune in to the present moment of your interior life, noticing spontaneous feelings, sensations, energetic shifts, and other moment-to-moment changes. Practice your ability to be with whatever arises with openness, acceptance, and compassion, a step towards living your life from that place.

12:00–1:00 **Kripalu YogaDance® or Beginner Yoga Class**

12:45–2:30 **Guided Kayaking**

1:15–3:30 **Guided Stand Up Paddleboarding**

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

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

3:45–6:00 **Guided Stand Up Paddleboarding**

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

7:30–8:30 **The Traveling Mindset Lara Tupper**

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

*This schedule subject to change without notice.*

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

# Kripalu R&R Daily Schedule for Tuesday, August 28

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

6:30–8:30 **Morning Yoga Classes**

8:45–10:30 **Guided Kayaking**

6:30–8:30 **Sun Salutations**

9:00–10:30 **Empowered Communication Cristie Newhart**

Skillful language is an important tool in managing communication. Through an awareness of the words you choose to express yourself, you can learn self-responsibility, empowerment, and clarity. In this workshop, practice using "I" statements, co-listening, and reflective listening as tools for compassionate self-observation.

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

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

9:15–11:00 **Guided Hiking**

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

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

12:00–1:00 **Kripalu YogaDance® and Vinyasa Yoga Class**

12:45–2:30 **Guided Kayaking**

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **The Gathering-In Season Michelle Dalbec**

Restorative yoga is the perfect way to practice just "being." Take a journey inward to balance, replenish, and revitalize body, mind, and spirit.

2:45–4:30 **Guided Kayaking**

3:45–6:00 **Guided Stand Up Paddleboarding**

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Yin Yoga**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

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

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

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

*This schedule subject to change without notice.*

# Kripalu R&R Daily Schedule for Wednesday, August 29

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

6:30–8:30 **Morning Yoga Classes**

6:30–8:30 **Sun Salutations**

9:00–10:30 **Mantras and Affirmations for Wellness Annie B. Kay**

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.

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

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

9:15–11:00 **Guided Hiking**

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

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

12:00–1:00 **Kripalu YogaDance® or Beginner Yoga Class**

12:45–2:30 **Guided Kayaking**

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Conscious Leadership: Everyone Is a Leader Ken Nelson**

Are you ready to call forth your innate leader? Join us to explore what it means to be a conscious leader, using reflection, journaling, and interactive exercises. You gain empowering tools to call forth your best self, so you can take charge of your life and help serve those around you.

2:45–4:30 **Guided Kayaking**

3:45–6:00 **Guided Stand Up Paddleboarding**

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Restorative Yoga Jess Frey**

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 body and mind.

7:30–9:00 **Kirtan Swan Kirtan**

Swan Kirtan offers multi-faith devotional chanting in a predominantly classical Indian style with musicians from around the world.

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

*This schedule subject to change without notice.*

# Kripalu R&R Daily Schedule for Thursday, August 30

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

6:30–8:30 **Morning Yoga Classes**

6:30–8:30 **Sun Salutations**

9:00–10:30 **Jaguar Yoga Ray Crist**

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

9:00–10:30 **Life in Balance: Cleansing at Home Erin Casperson**

Learn Ayurvedic principles to balance your diet and give your digestion a kick-start. These simple but profound tips can help reduce seasonal allergies and sluggishness. Leave with a short, easy cleansing plan you can do at home.

9:15–11:00 **Guided Hiking**

11:00–11:45 **Asana Clinic Evelyn Gonzalez**

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

12:45–2:30 **Guided Kayaking**

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Kripalu: A Person, a Place, a Tradition Vandita Kate Marchesiello**

Enjoy a brief overview of Swami Kripalu's interesting life, the places Kripalu 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.

2:45–4:30 **Guided Kayaking**

3:45–6:00 **Guided Stand Up Paddleboarding**

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Sound Healing Bhavani Lorraine Nelson**

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.

The Kripalu logo is displayed in a large, orange, sans-serif font.

*This schedule subject to change without notice.*

# Kripalu R&R Daily Schedule for Friday, August 31

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

## 6:30–8:30 **Morning Yoga Classes**

6:30–8:30 **Sun Salutations**

8:45–10:30 **Guided Kayaking**

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

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

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

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

9:15–11:00 **Guided Hiking**

11:00–11:45 **Qigong Greg DiLisio**

Learn a series of breathing techniques and simple movements that will help you to “be still like a mountain and flow like a river,” bringing more balance and health into your life.

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

2:00–3:30 **Magic of Manifestation Susannah Gale**

Open yourself to the universe and manifest what you desire in life. In this workshop, you learn about and create a sand painting—a South American indigenous tool that is used for manifestation—all while fostering a deeper relationship with Mother Earth and the world around you. This workshop includes a short walk on the Kripalu grounds to create our sand painting in the woods.

4:15–6:15 **Afternoon Yoga Classes**

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

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

*This schedule subject to change without notice.*

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