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 is shines through every mantra.

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.

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<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Instructor</th>
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<tr>
<td>6:30–8:30</td>
<td><strong>Morning Yoga Classes</strong></td>
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<td>6:30–8:30</td>
<td><strong>Sun Salutations</strong></td>
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<td>8:45–10:30</td>
<td><strong>Guided Kayaking</strong></td>
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<td>9:00–10:30</td>
<td><strong>Five Kosha Yoga</strong> Jennifer Reis**</td>
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<td>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.</td>
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<td>9:00–10:30</td>
<td><strong>Ayurveda and the Mind: The Three States of Being Erin Casperson</strong></td>
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<td>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.</td>
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<td>9:15–11:00</td>
<td><strong>Guided Hiking</strong></td>
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<td>11:00–11:45</td>
<td><strong>Asana Clinic Evelyn Gonzalez</strong></td>
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<td>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.</td>
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<td>10:45–12:30</td>
<td><strong>Guided Kayaking</strong></td>
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<td>12:00–1:00</td>
<td><strong>Kripalu YogaDance® or Vinyasa Yoga Class</strong></td>
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<td>12:45–1:30</td>
<td><strong>Share Circle Izzy Lenihan</strong></td>
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<td>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.</td>
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<td>12:45–2:30</td>
<td><strong>Guided Kayaking</strong></td>
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<td>2:00–3:30</td>
<td><strong>The Neurobiology of Meditation Christopher Holmes</strong></td>
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<td>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.</td>
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<td>2:45–4:30</td>
<td><strong>Guided Kayaking</strong></td>
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<td>3:45–6:00</td>
<td><strong>Guided Stand Up Paddleboarding</strong></td>
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<td>4:15–6:30</td>
<td><strong>Afternoon Yoga Classes</strong></td>
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<td>7:30–8:30</td>
<td><strong>Om Tones Lara Tupper</strong></td>
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<td>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.”</td>
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This schedule subject to change without notice.
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.
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 Buttenheim
            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.
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 one's 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.
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.
### 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.

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<th>Time</th>
<th>Activity</th>
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<tr>
<td>6:30–8:30</td>
<td><strong>Morning Yoga Classes</strong></td>
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<td>8:45–10:30</td>
<td><strong>Guided Kayaking</strong></td>
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<td>6:30–8:30</td>
<td><strong>Sun Salutations</strong></td>
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<td>9:00–10:30</td>
<td><strong>Nutrition News to Use</strong> Kathie Madonna Swift</td>
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<td>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.</td>
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<td>9:00–10:30</td>
<td><strong>Falling in Love with Life Again</strong> Maria Sirois</td>
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<td>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.</td>
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<td>9:15–11:00</td>
<td><strong>Guided Hiking</strong></td>
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<td>11:00–11:45</td>
<td><strong>Asana Clinic Cristie Newhart</strong></td>
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<td>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.</td>
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<td>10:45–12:30</td>
<td><strong>Guided Kayaking</strong></td>
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<td>12:00–1:00</td>
<td><strong>Kripalu YogaDance® and Beginner Yoga Class</strong></td>
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<td>12:45–2:30</td>
<td><strong>Guided Kayaking</strong></td>
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<td>1:15–3:30</td>
<td><strong>Guided Stand Up Paddleboarding</strong></td>
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<td>2:00–3:30</td>
<td><strong>Reflections on Your Inner World Michelle Dalbec</strong></td>
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<td>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.</td>
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<td>3:45–6:00</td>
<td><strong>Guided Stand Up Paddleboarding</strong></td>
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<td>4:15–5:30</td>
<td><strong>Afternoon Yoga Classes</strong></td>
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<td>7:30–8:30</td>
<td><strong>Yin Yoga</strong></td>
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<td>7:30–8:30</td>
<td><strong>Healing Arts Sampler</strong></td>
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<td>More information on this workshop coming soon.</td>
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<td>7:30–9:00</td>
<td><strong>Whole Foods Cooking Demonstration Jeremy Rock Smith</strong></td>
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<td>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.</td>
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*This schedule subject to change without notice.*
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.

9:00–10:00  
Guided Hiking

10:15–11:00  
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 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.
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.

9:00–10:00  Guided Hiking
9:15–11:00  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.
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.
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.

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.

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  **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®, Vinyasa Yoga Class, and Beginner 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

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.

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.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>6:30–8:30</td>
<td><strong>Morning Yoga Classes</strong></td>
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<tr>
<td>8:45–10:30</td>
<td><strong>Guided Kayaking</strong></td>
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<tr>
<td>6:30–8:30</td>
<td><strong>Sun Salutations</strong></td>
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<td>9:00–10:30</td>
<td><strong>Mindful Eating, Mindful Life  Annie B. Kay and Aruni Nan Fururonsky</strong></td>
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<td>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.</td>
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<td>9:00–10:30</td>
<td><strong>Lila, the Joy of Divine Play  Jurian Hughes</strong></td>
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<td>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.</td>
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<td>9:15–11:00</td>
<td><strong>Guided Hiking</strong></td>
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<td>10:45–12:30</td>
<td><strong>Guided Kayaking</strong></td>
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<td>11:00–11:45</td>
<td><strong>Historical Tour of the Grounds  Vandita Kate Marchesiello</strong></td>
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<td>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.</td>
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<tr>
<td>12:00–1:00</td>
<td><strong>Kripalu YogaDance® and Beginner Yoga Class</strong></td>
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<td>12:45–2:30</td>
<td><strong>Guided Kayaking</strong></td>
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<tr>
<td>1:15–3:30</td>
<td><strong>Guided Stand Up Paddleboarding</strong></td>
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<td>2:00–3:30</td>
<td><strong>Recharging and Rebooting  Janna Delgado</strong></td>
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<td>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.</td>
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<td>2:45–4:30</td>
<td><strong>Guided Kayaking</strong></td>
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<tr>
<td>3:45–6:00</td>
<td><strong>Guided Stand Up Paddleboarding</strong></td>
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<tr>
<td>4:15–5:30</td>
<td><strong>Afternoon Yoga Classes</strong></td>
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<td>7:30–8:30</td>
<td><strong>Meditation  Vandita Kate Marchesiello</strong></td>
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<td>Release the mind’s tyranny through the practice of meditation, focusing on concentration and awareness. Integrate useful suggestions to help deepen your meditation practice.</td>
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<td>7:30–9:00</td>
<td><strong>Kirtan  Bhavani Lorraine Nelson</strong></td>
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<td>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.</td>
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This schedule subject to change without notice.
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 Salutation
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.
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.

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 Akahdahmahah 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.
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.
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.
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
12:45–2:30 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.
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.

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.”
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.
# 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.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
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<tbody>
<tr>
<td>6:30–8:30</td>
<td><strong>Morning Yoga Classes</strong></td>
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<tr>
<td>8:45–10:30</td>
<td><strong>Guided Kayaking</strong></td>
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<tr>
<td>6:30–8:30</td>
<td><strong>Sun Salutations</strong></td>
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<td>9:00–10:30</td>
<td><strong>Nature Journaling Lara Tupper</strong></td>
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<td>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.</td>
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<tr>
<td>9:00–10:30</td>
<td><strong>Yoga and Prana Ray Crist</strong></td>
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<td>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.</td>
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<tr>
<td>9:15–11:00</td>
<td><strong>Guided Hiking</strong></td>
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<tr>
<td>9:15–11:30</td>
<td><strong>Guided Stand Up Paddleboarding</strong></td>
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<tr>
<td>11:00–11:45</td>
<td><strong>Open Your Heart Through Movement Sage Brody</strong></td>
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<td>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.</td>
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<tr>
<td>12:00–1:00</td>
<td><strong>Kripalu YogaDance®</strong></td>
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<tr>
<td>12:00–1:00</td>
<td><strong>Vinyasa Yoga Class</strong></td>
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<td>12:45–1:30</td>
<td><strong>Meditation Susannah Gale</strong></td>
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<td>2:00–3:30</td>
<td><strong>Musical Melting Sherrie Howard</strong></td>
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<td>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.</td>
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<tr>
<td>4:15–6:15</td>
<td><strong>Afternoon Yoga Classes</strong></td>
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<tr>
<td>6:45–7:15</td>
<td><strong>Kripalu Orientation Guest Services</strong></td>
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<td>Welcome to Kripalu! Learn about Kripalu and get helpful tips on making the most of your stay.</td>
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<tr>
<td>8:00–9:00</td>
<td><strong>Divine Sleep Yoga Nidra Jennifer Reis</strong></td>
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<td>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.</td>
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</tbody>
</table>

This schedule subject to change without notice.
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.*
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.

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

9:15–11:00  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.

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.

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.

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.