

Kripalu R&R Daily Schedule for Tuesday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

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 ***Yoga and the Alexander Technique* Lisa Lutton**

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. 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.

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***Posture Clinic* Christopher Holmes**

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

11:00–12:30 ***Guided Kayaking***

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

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

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

2:00–3:30 ***Reconstruct Your Downward Dog* Michelle Dalbec**

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

4:00–6:00 ***Guided Stand Up Paddleboarding***

4:15–6:30 **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.

Kripalu R&R Daily Schedule for Wednesday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 ***Nutrition for Integrated Wellness* Annie B. Kay**

Despite the challenges of the modern toxic food environment, you can find simple ways to nourish both your body and your soul. Come learn about the science behind a whole-foods, plant-based diet, and practice mindful eating to explore your relationship with nourishment.

9:00–10:30 ***Where the Wild Things Grow* Vandita Kate Marchesiello**

Travel into the woods fearlessly and bathe your senses in the forest. See, smell, touch, hear, and maybe even taste the world around you.

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***Core Principles for Yoga Postures* Cristie Newhart**

In this workshop, discuss and practice the fundamental alignment principles of the different groups of postures—such as standing, forward bends, and twists—and discover how to make the adjustments needed for stability and comfort.

11:00–12:30 ***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

12:00–1:00 **Vinyasa Yoga Class**

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

2:00–3:30 ***Life in Balance: Introduction to Ayurveda* Erin Casperson**

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

4:00–6:00 ***Guided Stand Up Paddleboarding***

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 ***Seven Steps to Aging Well* Vandita Kate Marchesiello**

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

7:30–9:00 ***Kirtan***

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

This schedule subject to change without notice.

Kripalu

Kripalu R&R Daily Schedule for Thursday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

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

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

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***Yoga Collage* Evelyn Gonzalez**

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

11:00–12:30 ***Guided Kayaking***

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 ***Creating Non-Negotiables* Sarajeon Rudman**

In this workshop, learn to end an unproductive mentality and develop self-empowerment to get the fitness and self-care you need and deserve every day. Create a list of “non-negotiables” that put you back in the driver’s seat of your fitness simply and sustainably, ensuring that you never miss a daily workout again.

1:00–2:30 ***Guided Kayaking***

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

2:00–3:30 ***Barefoot Fitness* Sarajeon Rudman**

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

4:00–6:00 ***Guided Stand Up Paddleboarding***

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 ***The Anatomy of Pranayama* Christopher Holmes**

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

Kripalu

This schedule subject to change without notice.

Kripalu R&R Daily Schedule for Friday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 ***Cool It! A 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 (breathwork). Learn to shift your yoga routine to reduce excess heat and create an overall feeling of harmony this summer.

9:00–10:30 ***Human Rhythms, Earth Rhythms* Christopher Holmes**

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

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

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

11:00–11:45 ***I Remember* Lara Tupper**

Childhood tends to remain a vivid time, no matter where we find ourselves now. In this unpretentious writing workshop, recall memories from early days and hear recollections from others. Using Joe Brainard's whimsical memoir *I Remember* as a model, tap into tales from your youth and consider how these experiences have shaped you.

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

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

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

4:15–6:30 **Afternoon Yoga Classes**

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

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

7:30–8:30 **Rest and Unwind Yoga**

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

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

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Kripalu R&R Daily Schedule for Saturday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 ***Coloring as Relaxation* Izzy Lenihan**

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

9:00–10:30 ***The Enchantment of Chanting* Bhavani Lorraine Nelson**

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

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

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.

11:00–12:30 ***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

12:00–1:00 **Vinyasa Yoga Class**

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

1:30–3:00 ***Guided Hiking***

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

2:00–3:30 ***Body in Balance: Rehab for Feet* Michelle Dalbec**

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

4:00–6:00 ***Guided Stand Up Paddleboarding***

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–9:00 ***Concert***

Each Saturday, Kripalu hosts musical performances to enliven the soul with sound. Join us for an evening of good music and good company.

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Kripalu

Kripalu R&R Daily Schedule for Sunday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 ***Body in Balance: Un-tech Your Neck* Michelle Dalbec**

Do you spend a large portion of your days glued to a computer screen or texting on your phone? Unfortunately your neck bears the brunt of this repeated stress and strain, often leading to upper body tension and decreased range of motion. 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 form. Get ready to establish a new foundation for a healthy, happy neck.

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

Explore the striking parallels between yoga and music through mindful asana, breathwork, meditation, and guided listening to classical music. Absolutely no technical expertise or prior training in music is required; just bring your love for classical music and yoga.

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

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

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.

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

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

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

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

4:15–6:30 **Afternoon Yoga Classes**

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

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

7:30–8:30 ***Yoga Nidra* Jess Frey**

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

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Kripalu R&R Daily Schedule for Monday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 ***Yin Yoga* Jess Frey**

Yin Yoga offers an opportunity to slow down and pause. Gain a new level of awareness through sustained holding of supported floor postures. Move beyond resistance in a compassionate venue as you explore the subtle layers of your body. Learn to ride the waves of sensation to find spaciousness and increased fluidity.

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

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

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***Posture Clinic* Janna Delgado**

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

11:00–12:30 ***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

12:00–1:00 **Vinyasa Yoga Class**

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

1:00–2:30 ***Guided Kayaking***

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

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

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

4:00–6:00 ***Guided Stand Up Paddleboarding***

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 ***Healing Arts Sampler***

More information on this workshop coming soon.

7:30–9:00 ***Awaken the Possibilities* Izzy Lenihan**

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

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Kripalu

Kripalu R&R Daily Schedule for Tuesday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

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

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

9:00–10:30 ***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 previous experience necessary—only a beating heart.

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***The Zen Mind* Steven Leonard**

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

11:00–12:30 ***Guided Kayaking***

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

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

1:00–2:30 ***Guided Kayaking***

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

2:00–3:30 ***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.

4:00–6:00 ***Guided Stand Up Paddleboarding***

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 ***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.

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Kripalu

Kripalu R&R Daily Schedule for Wednesday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 ***Good Gut, Great Health* Kathie Madonna Swift**

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

9:00–10:30 ***Historical Tour of the Kripalu Grounds* Vandita Kate Marchesiello**

Shadowbrook has uplifted the spirits and hearts of people since the late nineteenth century. Begin with a viewing of historic photos of the property, 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.

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***The Eight-Limbed Path: A Guide to Practice* Cristie Newhart**

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

11:00–12:30 ***Guided Kayaking***

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 ***Loving-Kindness Meditation* Vandita Kate Marchesiello**

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

2:00–3:30 ***Ayurvedic Care of the Senses* Erin Casperson**

Ayurveda offers ancient wisdom on the importance of sense care. Come learn Ayurvedic tips to gently care for the eyes, nose, ears, mouth, and skin. We will be applying oil to the skin: wear loose fitting clothes; shorts and tees/tanks are best.

4:00–6:00 ***Guided Stand Up Paddleboarding***

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 ***The Power of Relaxation* Vandita Kate Marchesiello**

Address sleepless nights, everyday stressors, and anxiety that wreaks havoc on the body and mind, this workshop offers a respite and reprieve to these common challenges. Learn the practice of yoga nidra to deeply relax your body and calm your busy mind. This technique can lower blood pressure, reduce stress hormones and heart rates, and slow the metabolic system.

7:30–9:00 ***Kirtan***

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

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Kripalu

Kripalu R&R Daily Schedule for Thursday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

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

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 ***Mini Meditation Retreat* Steven Leonard**

Give yourself 90 minutes to sink deeply into the practice and quality of meditation. In this workshop, learn simple sitting and walking meditation techniques, with the time and space to explore them. The class begins with a brief instruction and then alternates between sitting and walking meditations (15 minutes each).

9:30–11:00 ***Guided Hiking***

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

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

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

11:00–12:30 ***Guided Kayaking***

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

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

1:00–2:30 ***Guided Kayaking***

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

2:00–3:30 ***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. This workshop will be held indoors in the event of inclement weather.

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

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

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

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Kripalu

Kripalu R&R Daily Schedule for Friday, August 11

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6:30–8:30 **Morning Yoga Classes**

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

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

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

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. 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.

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***Mind's Range of Motion* Steven Leonard**

Be free enough to feel the range of human experience—trust that no matter what arises in the moment, it will change and that life is always in a process of transforming itself. Come learn to ride the waves of life with confidence and equanimity.

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

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

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

4:15–6:30 **Afternoon Yoga Classes**

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

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

8:00–9:00 ***Yoga Nidra* Sherrie Howard**

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

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Kripalu R&R Daily Schedule for Saturday, August 12

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6:30–8:30 **Morning Yoga Classes**

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

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

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

Bring open-hearted, open-minded curiosity and adventure to this workshop that explores easy, fun, and 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 life, career, and relationships. If you need a joy boost, come join us!

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

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.

11:00–12:30 ***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

12:00–1:00 **Vinyasa Yoga Class**

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

1:30–3:00 ***Guided Hiking***

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

Experience a soul journey that 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 will be provided to complete this process.

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–9:00 ***Concert***

Each Saturday, Kripalu hosts musical performances to enliven the soul with sound. Join us for an evening of good music and good company.

This schedule subject to change without notice.

Kripalu

Kripalu R&R Daily Schedule for Sunday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 ***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.

9:00–10:30 ***Yin Yoga and the Energy Body* Ken Nelson**

Yin Yoga brings to life a feeling of well-being and the flow of energy already in motion. Discover the wisdom of stillness with simple, easy-to-learn, passive floor postures to relieve chronic tension, awaken insight, and stimulate life-giving forces for health and healing. Learn about the meridian system and the healing benefits of Yin Yoga.

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

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

11:00–11:45 ***Summertime Stillness* Lara Tupper**

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

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

1:00–2:30 ***Guided Kayaking***

2:00–3:30 ***Coloring as Relaxation* 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.

3:00–4:30 ***Guided Kayaking***

4:15–6:30 **Afternoon Yoga Classes**

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

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

7:30–8:30 ***What's Your Story?* Lara Tupper**

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

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This schedule subject to change without notice.

Kripalu R&R Daily Schedule for Monday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

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

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

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

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.

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***Posture Clinic* Janna Delgado**

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

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

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

1:00–2:30 ***Guided Kayaking***

1:30–3:30 ***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.

3:00–4:30 ***Guided Kayaking***

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 ***Healing Arts Sampler***

More information on this workshop coming soon.

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This schedule subject to change without notice.

Kripalu R&R Daily Schedule for Tuesday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

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

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

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.

9:30–11:00 ***Guided Hiking***

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

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

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 ***Labyrinth Walk* Jurian Hughes**

1:00–2:30 ***Guided Kayaking***

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

2:00–3:30 ***Conscious Leadership* Ken Nelson**

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

3:00–4:30 ***Guided Kayaking***

4:00–6:00 ***Guided Stand Up Paddleboarding***

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 ***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.

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This schedule subject to change without notice.

Kripalu R&R Daily Schedule for Wednesday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 ***Kripalu's Food Philosophy* Annie B. Kay**

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

9:00–10:30 ***Creation of an Authentic Life* Maria Sirois**

How many of us are living a life that is not fully truthful or working a job that belongs to someone else? Through story, poetry, and clinical anecdote, explore how we can live a more genuine, energized life and inspire others to do the same.

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***Posture Clinic* Christopher Holmes**

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

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

1:00–2:30 ***Guided Kayaking***

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

2:00–3:30 ***Exploring the Six Tastes of Ayurveda* Erin Casperson**

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

3:00–4:30 ***Guided Kayaking***

4:00–6:00 ***Guided Stand Up Paddleboarding***

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 ***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.

7:30–9:00 ***Kirtan***

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

This schedule subject to change without notice.

Kripalu

Kripalu R&R Daily Schedule for Thursday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

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.

9:00–10:30 ***In Through the Outdoors* Steven Leonard**

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

9:30–11:00 ***Guided Hiking***

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

11:00–11:45 ***Free Your Joints* Cristie Newhart**

Your joints are keys to stability and flexibility. In this workshop, practice a series of joint opening movements to help increase range of motion and freedom in the body.

11:00–12:30 ***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

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 ***Introduction to Vinyasa Yoga* Sarajeon Rudman**

1:00–2:30 ***Guided Kayaking***

1:30–3:00 ***Guided Hiking***

2:00–3:30 ***Vinyasa for the Core* Sarajeon Rudman**

Your energy center (also known as your hara, your dantian, or your belly) is where all of your power and confidence comes from. During this powerful vinyasa yoga flow workshop directed at strengthening the core, learn to access your power from within while you build strength and warmth at the center of your belly.

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 ***Soundplay* Bhavani Lorraine Nelson**

Come free your voice from the constraints of unhelpful vocal habits, and physical and emotional blockages so that you can express yourself more fully in every area of your life. In this workshop, practice easy exercises to open the body, release the voice, and find your unique sound.

This schedule subject to change without notice.

Kripalu

Kripalu R&R Daily Schedule for Friday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 ***Explore the Whole Self* Cristie Newhart**

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

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, Ray Crist guides you to move your life force within and offers tips on how to bring this into your everyday practice. This approach to yoga leads to vibrancy, inner power, and clarity.

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

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

11:00–11:45 ***Freestyle Meditation* Steven Leonard**

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

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 ***Meditation* Susan Bernhardt**

2:00–3:00 ***Labyrinth Walk* Sherrie Howard**

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.

4:15–6:30 **Afternoon Yoga Classes**

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

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

7:30–8:30 ***Workshop* TBD**

More information on this workshop coming soon.

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Kripalu R&R Daily Schedule for Saturday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 **Chakra Yoga Flow 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 **Life Coach Panel Aruni Nan Futuronsky and Izzy Lenihan**

Are you unsure how to take home the teachings you've learned and been inspired by here at Kripalu? Learn to shift your health, relationships, and work, or find your passions, purpose, and joy in this Q&A session with Kripalu's life coaches. Discover some personal tips on how to bring home the magic.

9:00–10:30 **Guided Kayaking**

9:30–11:00 **Guided Hiking**

11:00–11:45 **Mindfulness for Summer Evelyn Gonzalez**

The lure of fun summer activities can leave less time for your yoga mat. Come learn tools to take your yoga off the mat and into your life, while remaining mindful. Explore the teachings of Dipa Ma, Pema Chödrön, and others that can help you enjoy summer and while keeping up the inner practice of yoga.

11:00–12:30 **Guided Kayaking**

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

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

1:30–3:00 **Guided Hiking**

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

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–9:00 **Concert**

Each Saturday, Kripalu hosts musical performances to enliven the soul with sound. Join us for an evening of good music and good company.

This schedule subject to change without notice.

Kripalu

Kripalu R&R Daily Schedule for Sunday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 ***Body in Balance: Strong and Supple Shoulders* Michelle Dalbec**

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

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

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

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

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.

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 ***Meditation* Jess Frey**

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

More information on this workshop coming soon.

4:15–6:30 **Afternoon Yoga Classes**

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

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

7:30–8:30 ***Yoga Nidra* Jess Frey**

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

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Kripalu R&R Daily Schedule for Monday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 ***Leaning Toward Joy: A Summer Primer* Aruni Nan Futuronsky**

Remember and reignite summer memories of ease and fun. Using yoga off the mat as your guide, leave this workshop with a plan of sustainable actions to soften into summer with joy as your intention.

9:00–10:30 ***Nature's Mandala* Mary Hannah Parkman**

Mandalas are a tool used for meditation and to create sacred space. Come create a mandala in the great outdoors with objects such as leaves, rocks, and flower petals. This workshop begins with a silent walking meditation on the Kripalu property to gather natural materials. Together we then cocreate and build a mandala with our found objects in a circular repeating pattern. The majority of this workshop will be held outdoors.

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***Posture Clinic* Janna Delgado**

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

11:00–12:30 ***Guided Kayaking***

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

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

1:00–2:30 ***Guided Kayaking***

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

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.

4:00–6:00 ***Guided Stand Up Paddleboarding***

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 ***Healing Arts Sampler***

More information on this workshop coming soon.

7:30–9:00 ***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.

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Kripalu R&R Daily Schedule for Tuesday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 ***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.

9:00–10:30 ***Shamanic Healing* Ray Crist**

Balancing out the energy body offers clarity and focus that you can use across all aspects of life. In this workshop, learn how to identify energy blocks and clear out the chakras in order to balance the energy body. Ray Crist shares the technique of the pendulum to identify a closed chakra and the use of a rattle to clear and “jump start” it.

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***Soothing Pranayama* Sherrie Howard**

11:00–12:30 ***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

12:00–1:00 **Vinyasa Yoga Class**

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

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

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

2:00–3:30 ***Born to Walk* Christopher Holmes**

More information on this workshop coming soon.

4:00–6:00 ***Guided Stand Up Paddleboarding***

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 ***Healing Arts Sampler***

More information on this workshop coming soon.

This schedule subject to change without notice.

Kripalu

Kripalu R&R Daily Schedule for Wednesday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

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

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

9:00–10:30 **Labyrinth Walk Jurian Hughes**

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

9:00–10:30 **Guided Kayaking**

9:30–11:00 **Guided Hiking**

11:00–11:45 **Posture Clinic Christopher Holmes**

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

11:00–12:30 **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

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Meditation Ken Nelson**

1:30–3:00 **Guided Hiking**

2:00–3:30 **Ayurvedic Daily Routine Erin Casperson**

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–9:00 **Kirtan**

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

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This schedule subject to change without notice.

Kripalu R&R Daily Schedule for Thursday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

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 **Coloring as Relaxation Izzy Lenihan**

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

9:30–11:00 **Guided Hiking**

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

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

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

11:00–12:30 **Guided Kayaking**

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Learning to Love Exercise Sarajeon Rudman**

1:00–2:30 **Guided Kayaking**

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

2:00–3:30 **Barre Yoga Sarajeon Rudman**

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

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

Kripalu R&R Daily Schedule for Friday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 ***Restore* Jess Frey**

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

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

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

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

9:30–11:30 ***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®**

12:00–1:00 **Vinyasa Yoga Class**

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

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

Enjoy a gently moderate water-inspired yoga and pranayama flow at 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!

4:15–6:30 **Afternoon Yoga Classes**

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

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

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

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

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 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

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

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

9:00–10:30 ***Each Step is the Way* Jess Frey**

There is a natural flow and cycle for everyone where “each step we take is the way”. Come learn Kripalu’s approach to change and explore empowering tools to ride the waves of life through the lens of radical non-judgmental awareness.

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

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

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

11:00–12:30 ***Guided Kayaking***

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

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

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

2:00–3:30 ***Body in Balance: Pelvic Floor Health* Michelle Dalbec**

More information on this workshop coming soon.

4:00–6:00 ***Guided Stand Up Paddleboarding***

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–9:00 **Concert**

Each Saturday, Kripalu hosts musical performances to enliven the soul with sound. Join us for an evening of good music and good company.

This schedule subject to change without notice.

Kripalu

Kripalu R&R Daily Schedule for Sunday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 ***Body in Balance: Restore Your Core* Michelle Dalbec**

Core strength is about creating mobility and stability—from top to bottom, and from the inside out—in order to move, breathe, and live better. This workshop provides a whole-body approach that focuses on alignment, breath, habit awareness, and creative, corrective movements to restore your core and help you live better in your body.

9:00–10:30 ***Yin Yoga and the Energy Body* Ken Nelson**

Yin Yoga brings to life a feeling of well-being and the flow of energy already in motion. Discover the wisdom of stillness with simple, easy-to-learn, passive floor postures to relieve chronic tension, awaken insight, and stimulate life-giving forces for health and healing. Learn about the meridian system and the healing benefits of Yin Yoga.

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

9:30–11:30 ***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, read six-word tales, discuss what makes them appealing, and compose your own.

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

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.

4:15–6:30 **Afternoon Yoga Classes**

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

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

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

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

This schedule subject to change without notice.

Kripalu

Kripalu R&R Daily Schedule for Monday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 ***Yoga On and Off the Mat* Aruni Nan Futuronsky**

Yoga is the art of living with compassionate presence. In this workshop, practice yoga on and off the mat, exploring postures and movements as metaphors in your life.

9:00–10:30 ***Nature is Nurture* Lisa B. Nelson**

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

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***Posture Clinic* Janna Delgado**

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

11:00–12:30 ***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

12:00–1:00 **Vinyasa Yoga Class**

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

1:00–2:30 ***Guided Kayaking***

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

2:00–3:30 ***Life in Balance: Tips for Your Kripalu Stay* Cat Pacini**

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

4:00–6:00 ***Guided Stand Up Paddleboarding***

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 ***Healing Arts Sampler***

More information on this workshop coming soon.

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This schedule subject to change without notice.

Kripalu R&R Daily Schedule for Tuesday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 ***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.

9:00–10:30 ***Myth, Movement, and Mystery* Coby Kozlowski**

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

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

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

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

11:00–12:30 ***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

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 ***Introduction to Metta Meditation* Michelle Dalbec**

1:30–3:30 ***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

4:00–6:00 ***Guided Stand Up Paddleboarding***

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 ***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

Kripalu R&R Daily Schedule for Wednesday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

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 ***A Dynamic Yoga Practice* Steven Leonard**

Move more deeply into asana by cultivating a strong internal focus. Flow from the details of alignment to a deeper internal awareness through this guided training session in willful concentration as you learn to bring dynamic strength to your mat.

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

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

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

11:00–12:30 ***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

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 ***Loving Kindness Meditation* Ken Nelson**

1:30–3:00 ***Guided Hiking***

2:00–3:30 ***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. Meredith Monk, composer/singer/director, says exploring the voice "is like being an archeologist. Digging into one's own voice we discover feelings and energies for which we don't even have words."

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 ***Yoga Nidra* Heather Bilotta**

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

This schedule subject to change without notice.

Kripalu

Kripalu R&R Daily Schedule for Thursday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

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

Discover shamanism and 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.

9:00–10:30 **The Type “E” Personality Izzy Lenihan**

If you consider yourself energetic, a risk taker, or a self starter, chances are you have a Type E personality. When this specialized personality type is properly understood, Type Es can expect to have a successful, exciting, and passion-filled life. However, failing to recognize and properly nurture this personality type can put enormous stress on the body’s physiology and can be detrimental both personally and professionally.

9:30–11:00 **Guided Hiking**

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

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

This laughter yoga class follows the model as taught by Dr. Madan Kataria, a medical doctor from Mumbai, India, popularly known as the “Guru of Giggling.” It is medically proven that laughter helps

11:00–12:30 **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

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Meditation Sarajeon Rudman**

1:00–2:30 **Guided Kayaking**

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

2:00–3:30 **Meditation Playground Sarajeon Rudman**

As a little kid, you could become so focused and intent on a game you were playing that the whole world melted away. Come return to that play/flow and anchor your attention to a bouncing ball, a card game, connecting the dots, and other toy-centered activities and drop into the present moment. Boost joy, boost awareness, and boost the relaxation response as you play!

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 **Workshop TBD**

This schedule subject to change without notice.

Kripalu