

# R&R Retreat Daily Schedule for Friday, December 1

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

**6:30–8:30 Morning Yoga Classes**

**9:00–10:30 Empower Yourself: Tools for Life Ken Nelson**

Live free of fear and habits of the mind. When you're present, not perfect, the change that changes everything can happen. By not disturbing your happiness, the mind shifts, the heart softens, and reality deepens. Through reflection, journaling, and interactive exercises, learn mindful tools of intention, attention, visualization, and conscious breathing.

**9:30–11:00 Guided Hiking**

**11:00–11:45 Nature's Mandala Mary Hannah Parkman**

"Mandala" means "circle," and it symbolizes the entire universe and the universe we hold within our deepest selves. Mandalas are also used as tools for meditation in various spiritual traditions. 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.

**12:00–1:00 Kripalu YogaDance®**

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

**12:00–1:00 Vinyasa Yoga Class**

**2:00–3:30 Chakra Anatomy Ray Crist**

Dive into the world of chakras with a down to earth, scientific view of this system. Learn what they are, how they're connected to the endocrine and nervous systems, and how they affect your perception of the world.

**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 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.





# R&R Retreat Daily Schedule for Saturday, December 2

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

## 6:30–8:30 **Morning Yoga Classes**

### 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 **Gift in the Storm** Izzy Lenihan

The adversities in life can be challenges that help make us stronger. Join this inspirational, interactive discussion on the strategies, attitudes, and qualities that can help you thrive during the storms in your life.

### 11:00–11:45 **Introduction to Mudras** Tracy Remelius

Mudras are gestures of the hands that promote physical and psychological well-being as well as spiritual growth. In this workshop you'll learn mudras that can be incorporated into your breathing, meditation, and asana practices. Specifically you'll learn mudras that support centering, grounding, and revitalization.

### 12:00–1:00 **Kripalu YogaDance®**

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### 12:00–1:00 **Vinyasa Yoga Class**

### 12:45–1:30 **Meditation** Ken Nelson

### 1:30–3:00 **Guided Hiking**

### 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**

### 7:30–8:30 **Rest and Unwind Yoga**

### 7:30–9:00 **Concert** Bobby Sweet and Lara Tupper

Lara and Bobby perform a mix of Bobby's Americana/New Folk originals and Folk/Pop renditions of artists ranging from Leonard Cohen to Bob Marley. Their onstage chemistry and rich vocal harmonies are punctuated by their warm welcoming stage presence.



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# R&R Retreat Daily Schedule for Sunday, December 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**

### 9:00–10:30 **Qigong: The Medicine Within 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 outdoors, if the weather permits.

### 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.

### 9:30–11:00 **Guided Hiking**

### 11:00–11:45 **The Yoga of Dylan Lara Tupper**

What do Swami Kripalu and Bob Dylan have in common? In this journaling workshop, consider the yogic strains of Dylan, as seen and heard in his song lyrics. For fans and non-fans alike.

### 12:00–1:00 **Kripalu YogaDance®**

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### 12:00–1:00 **Vinyasa Yoga Class**

### 2:00–3:30 **Balancing Polarity Bhavani Nelson**

Hindu tradition recognizes that we each contain male and female qualities. That's why for every masculine name for the Divine in Hinduism, there is also a feminine name. Chanting both names together is said to balance the polarity within us.

## 4:15–6:30 **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 **Introduction to Meditation Bhavani Nelson**

Join in an engaging experience of meditation to gain perspective and find a greater sense of freedom through compassionate self inquiry. Integrate practical suggestions to help deepen your meditation practice.



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# R&R Retreat Daily Schedule for Monday, December 4

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## 6:30–8:30 **Morning Yoga Classes**

### 9:00–10:30 ***The Yoga of Listening: The Secret to Fulfilling Relationships* Micah Mortali**

The art of listening is the practice of being fully present. Oftentimes in relationships, skillful listening is the missing component that can lead us to greater connection, intimacy, and a feeling of being truly heard. In this workshop, we explore simple yogic techniques to strengthen our ability to listen deeply to ourselves and others.

### 11:00–11:45 ***Asana Clinic* Chris 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®**

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### 12:00–1:00 **Vinyasa Yoga Class**

### 1:30–3:00 ***Guided Hiking***

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

## 4:15–6:30 **Afternoon Yoga Classes**

### 7:30–8:30 ***Healing Arts Sampler***

More information on this workshop coming soon.

### 7:30–8:30 ***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 and fear by opening yourself up to the gifts of gratitude, forgiveness, compassion, and joy—transcending from fear and judgement to love and acceptance.

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

# R&R Retreat Daily Schedule for Tuesday, December 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**

### 9:00–10:30 ***Moving from Your Center* Christopher Holmes**

More information on this workshop coming soon.

### 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.

### 11:00–11:45 ***Asana Clinic* Sherrie Howard**

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®**

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### 12:00–1:00 **Vinyasa Yoga Class**

### 1:30–3:00 ***Guided Hiking***

### 2:00–3:30 ***A Fast for the Senses: Pratyahara* Vandita Kate Marchesiello**

Pratyahara is the practice of inward focus, which can be achieved by limiting external sensory impressions. Trying to meditate without controlling our impressions can hinder the path to inner peace and clarity. In this workshop you learn techniques to still the mind that are rooted in the ancient system of the eight-limbed approach to yoga.

## 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.



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# R&R Retreat Daily Schedule for Wednesday, December 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**

### 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 **Resiliency and Self-Care Maria Sirois**

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

### 11:00–11:45 **The Power of Compassion Vandita Kate Marchesiello**

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

### 12:00–1:00 **Kripalu YogaDance®**

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### 12:00–1:00 **Vinyasa Yoga Class**

### 1:30–3:00 **Guided Hiking**

### 2:00–3:30 **Pranayama for Winter Sarajeen Rudman**

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.

## 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 **Gentle Yoga Susannah Gale**

Explore gentle yoga postures and breathing techniques to support the process of winding down from a busy, active day. Learn a variety of techniques to calm the nervous system, body and mind.

### 7:30–9:00 **Kirtan Shubalananda**

Shubalananda travels across New England leading kirtan, the call and response gospel music of India. Experience the great joy of singing, find a new way to "change your state," and perhaps discover a doorway to your higher self. With stories, songs, excellent musicianship, and a depth of experience, Shubalananda offers laughter, tears, and the ecstatic experience of kirtan sadhana.

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# R&R Retreat Daily Schedule for Thursday, December 7

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

## 6:30–8:30 **Morning Yoga Classes**

### 9:00–10:30 **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.

### 9:00–10:30 **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.

### 11:00–11:45 **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®**

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### 12:00–1:00 **Vinyasa Yoga Class**

### 1:30–3:00 **Guided Hiking**

### 2:00–3:30 **Harnessing the Heart's Energy Kimberly Coleman**

Get ready to nourish yourself from the inside out. In this class, we use meditation, creative visualization, and movement to harness the heart's energy and awaken self-love.

## 4:15–6:30 **Afternoon Yoga Classes**

### 7:30–8:30 **Rest and Unwind Yoga**

### 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.

# R&R Retreat Daily Schedule for Friday, December 8

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## 6:30–8:30 **Morning Yoga Classes**

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

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 ***Posture Clinic* Kari Harendorf**

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®**

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### 12:00–1:00 **Vinyasa Yoga Class**

### 2:00–3:30 ***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.

## 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.



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# R&R Retreat Daily Schedule for Saturday, December 9

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## 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 theatre 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 **Falling in Love with Life Again** **Maria Sirois PsyD**

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.

### 11:00–11:45 **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.

### 12:00–1:00 **Kripalu YogaDance®**

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### 12:00–1:00 **Vinyasa Yoga Class**

### 12:45–1:30 **Meditation** **Ken Nelson**

### 1:30–3:00 **Guided Hiking**

### 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**

### 7:30–8:30 **Rest and Unwind Yoga**

### 7:30–8:30 **Concert** **Norin with Owen and Morley**

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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# R&R Retreat Daily Schedule for Sunday, December 10

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## 6:30–8:30 **Morning Yoga Classes**

### 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 **Prana Playground Jess Frey**

Prana is the vital life force and subtle energy that exists within and around you. Through various awareness exercises, you can learn to awaken, connect to, and come into relationship with prana.

### 9:30–11:00 **Guided Hiking**

### 11:00–11:45 **How to Beat Writers Block Lara Tupper**

Do you long to write your story but feel that you're stuck? In this freewriting workshop, break the blockage with playful exercises; spill your story onto the page, no holds barred.

### 12:00–1:00 **Kripalu YogaDance®**

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### 12:00–1:00 **Vinyasa Yoga Class**

### 2:00–3:30 **Soothe Moves Heather Bilotta**

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

## 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 **Invoking Divine Love Bhavani Lorraine Nelson**

In the Hindu tradition, Krishna is the embodiment of Divine Love. Come learn more about Krishna and experience the loving energy we invoke through chanting his many names.



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# R&R Retreat Daily Schedule for Monday, December 11

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## 6:30–8:30 **Morning Yoga Classes**

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

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, we will explore how we can live a more genuine, energized life and inspire others to do the same.

### 9:00–10:30 ***Go with the Flow* Micah Mortali**

More information on this workshop coming soon.

### 11:00–11:45 ***Body Chakra Meditation* Jess Frey**

Yoga offers us several maps to knowing yourself. Journey into awakening the wisdom of the body through the pathways of the chakra system. Discuss each of the sacred energy centers and explore a guided meditation to bring forth harmony, energy, and a deeper connection to self.

### 12:00–1:00 **Kripalu YogaDance®**

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### 12:00–1:00 **Vinyasa Yoga Class**

### 1:30–3:00 ***Guided Hiking***

### 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**

### 7:30–8:30 ***Healing Arts Sampler***

More information on this workshop coming soon.



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# R&R Retreat Daily Schedule for Tuesday, December 12

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## 6:30–8:30 **Morning Yoga Classes**

### 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 **Power Animals Cristie Newhart**

The Shamanic traditions use the archetypes of power animals as allies, advisors and protectors. In this workshop, we'll explore the Shamanic totem of the three most important power animals, serpent, jaguar and condor and their relationship to the yogic perceptual states of body, mind and spirit.

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

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

### 12:00–1:00 **Kripalu YogaDance®**

### 12:00–1:00 **Vinyasa Yoga Class**

### 1:30–3:00 **Guided Hiking**

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

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

## 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.

# R&R Retreat Daily Schedule for Wednesday, December 13

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## 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 **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.

### 11:00–11:45 **Asana Clinic Kari Harendorf**

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®**

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### 12:00–1:00 **Vinyasa Yoga Class**

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

### 1:30–3:00 **Guided Hiking**

### 2:00–3:30 **Sand Mandala Susannah Gale**

Explore meditative creativity through mandalas in this fun hands-on workshop. Express your unique creativity in collaboration with others to 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.

## 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.

# R&R Retreat Daily Schedule for Thursday, December 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**

### 9:00–10:30 **Yoga and Creation Jennifer Reis**

Join in this unique exploration as we practice a series of yoga postures and breathing practices to awaken the chakras, the body's major energy centers. From this place of inner awareness, we will create through words or drawings. All levels invited; no experience necessary.

### 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 Center has called home over the last four decades, and a tradition that has grown from a set of social ethics and personal practices known as the yamas and niyamas.

### 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, YogaDance® will surprise you with joy.

### 12:00–1:00 **Vinyasa Yoga Class**

### 12:45–1:30 **Introduction to the Doshas and Fitness Sarajejan Rudman**

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

### 1:30–3:00 **Guided Hiking**

### 2:00–3:30 **Barefoot Fitness Sarajejan 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

## 4:15–6:30 **Afternoon Yoga Classes**

### 7:30–9:00 **Yoga Nidra Cristie Newhart**

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.

# R&R Retreat Daily Schedule for Friday, December 15

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

## 6:30–8:30 **Morning Yoga Classes**

### 9:00–10:30 **Yoga for Vitality** **Jurian Hughes**

Turn up the prana! If you wish you had more energy, focus, and joy, come discover how yoga can increase prana (life force). In this workshop—a combination of in-depth breath work, gentle asana, and partner work—learn a simple 10-step exercise series that can be done daily to refuel, reenergize, and rebalance.

### 9:30–11:00 **Guided Hiking**

### 11:00–11:45 **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.

### 12:00–1:00 **Kripalu YogaDance®**

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

### 12:00–1:00 **Vinyasa Yoga Class**

### 2:00–3:30 **Anatomy of Seated Postures** **Christopher Holmes**

In this workshop, investigate skeletal alignment, muscle and connective tissue considerations, and the breath in seated poses. This information is suitable for all levels.

## 4:15–6:30 **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**

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.

*This schedule subject to change without notice.*

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

# R&R Retreat Daily Schedule for Saturday, December 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**

### 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 **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.

### 11:00–11:45 **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®**

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 **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.

### 1:30–3:00 **Guided Hiking**

### 2:00–3:30 **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.

## 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.*

# R&R Retreat Daily Schedule for Sunday, December 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**

### 9:00–10:30 **Qigong: The Medicine Within 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 outdoors, if the weather permits.

### 9:00–10:30 **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.

### 9:30–11:00 **Guided Hiking**

### 11:00–11:45 **Glitter Jar Meditation Mary Hannah Parkman**

More information on this workshop coming soon.

### 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 **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.

## 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 TBA**

More information on this workshop coming soon.



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# R&R Retreat Daily Schedule for Monday, December 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**

### 9:00–10:30 **Grief, Loss, and Renewal Aruni Nan Futuronsky**

The experience of loss is one of the most universal human experiences, yet the process of grief is uniquely personal. How do we receive comfort during times of deep sorrow? Yogic philosophy teaches us how to become present in each moment and offers us a powerful model for experiencing all layers

### 9:00–10:30 **Mastering Your Life Force Ray Crist**

Take a journey through a deep yoga practice that harmonizes consciousness and body through the breath. This energetic and meditative practice 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.

### 11:00–11:45 **Workshop TBD Evelyn Gonzalez**

More information on this workshop coming soon.

### 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**

### 1:30–3:00 **Guided Hiking**

### 2:00–3:00 **The Three Pillars of Health Cat Pacini**

In Ayurveda, there are three pillars of health: diet, sleep, and loving relationships. In this workshop, you learn simple tools to strengthen the pillars, nourish your well-being, and deepen your connection to self in order to cultivate a full, satisfying life.

## 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.

# R&R Retreat Daily Schedule for Tuesday, December 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**

### 9:00–10:30 **Everyday Dharma Cristie Newhart**

Dharma is the unfolding of who you in the present moment. This workshop explores the meanings in everyday moments. Through meditation and journaling, you'll discover ways to deepen into purposeful living,

### 9:00–10:30 **Muscle, Fascia, and Yoga Christopher Holmes**

Muscles have the separate but related functions of providing energy and strength. The role of fascia is a key factor in determining how aggressively we test our strength, and how much we can stretch. In this workshop, learn the properties of muscle and fascia, and how their dual roles inform the strength and stretch relationship. Through yoga practice, discover how to safely explore your posture edge.

### 11:00–11:45 **Asana Clinic Sherrie Howard**

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, YogaDance® will surprise you with joy.

### 12:00–1:00 **Vinyasa Yoga Class**

### 1:30–3:00 **Guided Hiking**

### 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.

## 4:15–6:30 **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**

# R&R Retreat Daily Schedule for Wednesday, December 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**

### 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 ***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.

### 11:00–11:45 ***Posture Clinic* Kari Harendorf**

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®**

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### 12:00–1:00 **Vinyasa Yoga Class**

### 1:30–3:00 ***Guided Hiking***

### 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**

### 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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# R&R Retreat Daily Schedule for Thursday, December 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**

### 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.

### 9:00–10:30 ***Slow Flow and Let Go* Ken Nelson**

Enjoy tension-releasing restorative and Yin Yoga to loosen habitual holding. Sleep better, calm your nervous system, and rediscover vitality with slow, gentle body-sensing movement and still, accessible floor postures. Yoga's "mild side" is surprisingly relaxing, potentially challenging, and offers deep insight.

### 11:00–11:45 ***Workshop TBD* Jess Frey**

More information on this workshop coming soon.

### 12:00–1:00 **Kripalu YogaDance®**

### 12:00–1:00 **Vinyasa Yoga Class**

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

Vinyasa means to "mindfully place". Learn the basics of how to mindfully place your breath with your movement. Enjoy the meditative benefits of connecting mind and body through breath and learn the basics of what Vinyasa Yoga is all about.

### 1:30–3:00 ***Guided Hiking***

### 2:00–3:30 ***Vinyasa for the Core* Sarajeane 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 ***Journaling 101* Lara Tupper**

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

# R&R Retreat Daily Schedule for Friday, December 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**

### 9:00–10:30 ***Yin and Yang: The Dance of Effort and Ease* Jess Frey**

Come explore the edge between effort and ease by flowing through both passive (yin) and active (yang) yoga postures and breathing techniques. Cultivate a new level of mind-body awareness and harmony as you pause and sustain postures and then move through a more active sequence to energize, strengthen, and align.

### 9:00–10:30 ***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.

### 9:30–11:00 ***Guided Hiking***

### 11:00–11:45 ***Introduction to the Mudras* Tracy Remelius**

More information on this workshop coming soon.

### 12:00–1:00 **Kripalu YogaDance®**

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### 12:00–1:00 **Vinyasa Yoga Class**

### 2:00–3:30 ***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.

## 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 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.

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# R&R Retreat Daily Schedule for Saturday, December 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**

### 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 **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.

### 11:00–11:45 **Social Media Break** Lara Tupper

Do you spend more time on your handheld device than you'd like? In this playful journaling/sketching workshop, we take a deliberate break from swiping and liking in order to recall and revisit the tactile pleasure of ink on paper.

### 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: 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 re-establish the proper alignment from pelvis to feet.

## 4:15–6:30 **Afternoon Yoga Classes**

### 7:30–8:30 **Rest and Unwind Yoga**

### 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.

### 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.*

# R&R Retreat Daily Schedule for Sunday, December 24

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

## 6:30–8:30 **Morning Yoga Classes**

### 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. Unfortunately your neck bears the brunt of this repeated stress and strain which often leads to upper body tension and decreased range of motion. In this workshop we'll practice innovative & effective corrective exercises, simple & stress-relieving movements, and self-massage techniques that can help realign your entire upper body from. Establishing a new foundation for a healthy, happy neck.

### 9:00–10:30 **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.

### 9:30–11:00 **Guided Hiking**

### 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 yoga practice.

### 12:00–1:00 **Kripalu YogaDance®**

### 12:00–1:00 **Vinyasa Yoga Class**

### 12:45–1:30 **Meditation Jess Frey**

### 2:00–3:30 **Ayurveda for the Holidays Cat Pacini**

This workshop focuses on the unique characteristics of winter and how to balance your body during the active holiday season. We also discuss the impact holiday eating can have, as well as lifestyle practices and food and tea options to aid digestion.

## 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 **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 and discuss Ayurvedic and yogic self-care tools to support more restful and balanced sleep. This workshop includes gentle and mindful movements and conscious breathing.

### 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.

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

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# R&R Retreat Daily Schedule for Monday, December 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**

### 9:00–10:30 **Winter Warmer Jess Frey**

Winter's chill is upon us. Cultivate inner heat and warmth through guided yoga, breathing, and meditation techniques. Learn to align your yoga practice to the winter season by creating harmony within yourself and the environment around you.

### 9:00–10:30 **Appreciating the Moment Evelyn Gonzalez**

An overactive mind obscures the senses from being truly alive. In this workshop, slow down and quiet the mind with a simple breathing meditation. One by one, open each of the sense doors (taste, smell, sight, touch, and sound), in a mindful, unique experience.

### 11:00–11:45 **The Sacred Call of Life Jess Frey**

We each have a unique gift, or sacred calling, in this lifetime. What is your truth in action? Through group discussion, sharing, meditation, and journaling, connect to your unique dharma, or sacred calling, and begin to organize your life around this discovery.

### 12:00–1:00 **Kripalu YogaDance®**

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

### 12:00–1:00 **Vinyasa Yoga Class**

### 1:30–3:00 **Guided Hiking**

### 2:00–3:30 **Workshop TBA**

More information on this workshop coming soon.

## 4:15–6:30 **Afternoon Yoga Classes**

### 7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

### 7:30–8:30 **Introduction to the Practice of Swami Kripalu Christopher Holmes**

Swami Kripalu's teacher gave him only two practices: Full-Lotus pose and Aniloma Viloma, a yogic breathing technique. Twenty years later, Swami Kripalu discovered a world of poses and pranayamas that naturally arose from these two simple practices. Come explore the intelligence of prana and experience meditation in motion, a centerpiece of Kripalu Yoga.

# R&R Retreat Daily Schedule for Tuesday, December 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**

### 9:00–10:30 ***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.

### 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, YogaDance® will surprise you with joy.

### 12:00–1:00 **Vinyasa Yoga Class**

### 1:30–3:00 ***Guided Hiking***

### 2:00–3:30 ***Straight to the Heart: Metta Meditation* Michelle Dalbec**

Through a series of well-wishing blessings, metta meditation, or loving-kindness, helps open your heart—both to yourself and to others, creating an intimate and compassionate inner relationship. This can dissolve walls between your heart and the world around you, restoring humanity and compassion when your mind may feel like a battlefield.

## 4:15–6:30 **Afternoon Yoga Classes**

### 7:30–8:30 **Rest and Unwind Yoga**

### 7:30–8:30 ***Healing Arts Sampler***

More information on this workshop coming soon.

### 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.

# R&R Retreat Daily Schedule for Wednesday, December 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**

### 9:00–10:30 **Healing from Within Annie B. Kay**

Therapeutic visualization, a form of meditative relaxation, can be a powerful tool for healing. With practice, it can help you gently shift your perception of health or other issues in your life, and set the stage for creatively overcoming barriers to find more full ways of being. Come relax into a healing place within you.

### 9:00–10:30 **Yoga Anytime, Anywhere! Vandita Kate Marchesiello**

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

### 11:00–11:45 **Attitude of Gratitude Michelle Dalbec**

There are many ways to express and embody gratitude, and research shows that intentionally focusing on and expressing appreciation for what you have improves quality of life. Learn practices that help you develop an awareness of appreciating small everyday experiences, boosting your happiness levels and decreasing stress and depression.

### 12:00–1:00 **Kripalu YogaDance®**

### 12:00–1:00 **Vinyasa Yoga Class**

### 1:30–3:00 **Guided Hiking**

### 2:00–3:30 **Slow Flow and Restore Susannah Gale**

Enjoy a warming flow sequence that leads right into a series of restorative postures allowing the body to fully melt into relaxation.

## 4:15–6:30 **Afternoon Yoga Classes**

### 7:30–8:30 **Mudras for Stress Relief Tracy Remelius**

More information on this workshop coming soon.

### 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.

# R&R Retreat Daily Schedule for Thursday, December 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**

### 7:30–9:00 **Mandala: Your Inner Compass Jennifer Reis**

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

### 9:00–10:30 **Grounded Presence Evelyn Gonzalez**

Practice the key elements that give length and vitality to yoga poses. Like a tree, drop your roots to get grounded and from that stable place, rise and radiate through all your yoga poses.

### 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®**

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 Sarajejan Rudman**

### 1:30–3:00 **Guided Hiking**

### 2:00–3:30 **Meditation Playground Sarajejan 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 **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.



*This schedule subject to change without notice.*

# R&R Retreat Daily Schedule for Friday, December 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**

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

Explore meditative creativity through mandalas in this fun hands-on workshop. Express your unique creativity in collaboration with others to 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.

### 9:00–10:30 **Restorative Yoga Sherrie Howard**

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.

### 9:30–11:00 **Guided Hiking**

### 11:00–11:45 **Nature's Mandala Mary Hannah Parkman**

"Mandala" means "circle," and it symbolizes the entire universe and the universe we hold within our deepest selves. Mandalas are also used as tools for meditation in various spiritual traditions. 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.

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

### 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**

### 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.

### 8:00–9:00 **Kripalu: A Person, a Place, a Tradition Vandita Kate Marchesiello**

Enjoy a brief overview of Swami Kripalu's interesting life, the places Kripalu Center has called home over the last four decades, and a tradition that has grown from a set of social ethics and personal practices known as the yamas and niyamas.

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

*This schedule subject to change without notice.*

# R&R Retreat Daily Schedule for Saturday, December 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**

### 9:00–10:30 **Meditation in Motion** Jurian Hughes

Silent, seated meditation is not for everyone. Come experience meditation in motion, a gentle, moving form of meditation that enhances your listening skills and allows you to let go of the thinking mind and trust the guidance of prana within.

### 9:00–10:30 **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.

### 11:00–11:45 **The Power of Compassion** Vandita Kate Marchesiello

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

### 12:00–1:00 **Kripalu YogaDance® or 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 Dalbec

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**

### 7:30–8:30 **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.

### 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.*

# R&R Retreat Daily Schedule for Sunday, December 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**

### 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.

### 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.

### 9:30–11:00 **Guided Hiking**

### 11:00–11:45 **Delve into Utkatasana (Standing Squat) 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® and Vinyasa Yoga**

### 2:00–3:30 **Opening the Wings of Breath Jennifer Reis**

Learn ancient breathing techniques to access more inner awareness, calm the nerves, and raise sluggish energy as you explore the power of the breath in yoga postures and hand mudras. Bring energetic potency onto your mat and into your daily life.

## 4:15–6:30 **Afternoon Yoga Classes**

### 7:00–8:00 **The Power of Mantra Bhavani Lorraine Nelson**

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.

### 7:00–8:00 **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.

### 8:30–9:30 **Gratitude Journaling Lara Tupper**

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

### 8:30–9:30 **Yoga Nirda 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.*