

Kripalu R&R Daily Schedule for Thursday, February 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.

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 ***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.

9:00–10:30 ***Harnessing the Heart's Energy Kimberly Coleman***

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

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 lower the stress hormone, cortisol, and releases the "happy" chemical, serotonin. Come exercise your laughter muscles!

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.

1:15–3:00 ***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 footwear!

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Yin Yoga**

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

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

Kripalu R&R Daily Schedule for Friday, February 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.

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Power Ball Janna Delgado**

Join us for a fun way to explore fitness. Get a great workout, share some laughs, and leave feeling refreshed and invigorated. This workshop includes warm-ups, light cardio, strength training, cool down, stretching, and savasana.

9:00–10:30 **A Doorway In Jess Frey**

We have the ability to choose what we pay attention to. There are thousands of pathways to being more present in life. Come play with and explore a variety of meditation styles, techniques, and intentions as a doorway back home to the present moment.

9:15–11:00 **Guided Hiking**

11:00–11:45 **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.

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.

8:00–9:00 **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.



Kripalu R&R Daily Schedule for Saturday, February 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.

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Energy of Thoughts Izzy Lenihan**

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

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.

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**

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

1:15–3:00 **Guided Hiking**

2:00–3:30 **Body in Balance: Strong and Supple Shoulders Michelle Dalbec**

In this workshop, learn playful and challenging techniques to create space in the shoulders, increase range of motion, and discover 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.

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Gentle 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.

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

Kripalu R&R Daily Schedule for Sunday, February 4

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

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Body in Balance: Building a Better Backside Michelle Dalbec**

Don't be a statistic! Eight out of ten people will experience low back pain in their lifetime. Take back your power and "have your own back". In this workshop, we pay special attention to the hips, low back, and upper back with self-massage techniques; corrective exercises to strengthen the hips, glutes, and back muscles to better support posture; and targeted stretches to unwind unnecessary

9:00–10:30 **Taking it Home Jess Frey**

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

11:00–11:45 **Mindful Minute Meditations Tracy Foster**

Do you want to experience less stress and more ease? Would you like to feel more grounded and balanced? If so, come learn five different one-minute meditations. In just 60 seconds of mindfulness practice, you begin to cultivate a clearer, more easeful, and calm presence.

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Pathways to Presence Jess Frey**

What happens when you slow down, pause, and settle into the moment? Come discuss the power of focused attention and learn specific steps to awaken pathways to connect to the present moment.

1:15–3:00 **Guided Hiking**

2:00–3:30 **Calming the Ocean Within Heather Bilotta**

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

4:15–5:30 **Afternoon Yoga Classes**

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

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

8:00–9:00 **Body Scan Bhavani Lorraine Nelson**

Come enjoy this ancient body-centered concentration practice that eases you into a meditative state. Learn this simple technique for increased clarity of mind and greater inner awareness. Perfect for first time meditators.



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Kripalu R&R Daily Schedule for Monday, February 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.

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Mindful Eating Aruni Nan Futuronsky**

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 **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.

11:00–11:45 **Delve Into Urdhva Mukha Svanasana (Upward Dog) 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**

1:15–3:00 **Guided Hiking**

2:00–3:30 **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.

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

7:30–8:30 **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.

The Kripalu logo is located in the bottom right corner of the page. It features the word "Kripalu" in a bold, orange, sans-serif font. The letter "i" in "Kripalu" has a small dot above it.

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Kripalu R&R Daily Schedule for Tuesday, February 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.

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Journey to 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 **The Embodied Heart Toni Bergins**

In this movement-based workshop, become more keenly aware of yourself as an intuitive sensory being. See life through your open heart and enjoy connecting with others and yourself as we move through a series of chakra exercises and energy awareness. Come warm your hearts, share your intuition, and deepen your capacity for intimacy in this dance of energy workshop.

11:00–11:45 **Yoga for Safe and Healthy Knees Christopher Holmes**

Throughout your lifetime, your knees will cycle (bend and straighten), on average, more than 50 million times. In this workshop, explore how yoga can help maintain healthy knees and restore injured knees.

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

1:15–3:00 **Guided Hiking**

2:00–3:30 **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.

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Yin Yoga**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

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

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

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Kripalu R&R Daily Schedule for Wednesday, February 7

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6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Mitahar: How Much is Enough? Annie B. Kay**

Mitahar, or moderation in diet, is essential to yoga practice. Eating lightly has proven metabolic effects; it can reduce oxidative stress, improve digestion, and improve health. Explore the practice, art, and science of eating lightly, or mitahar.

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.

11:00–11:45 **Asana Clinic Crisite 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®**

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12:00–1:00 **Vinyasa Yoga Class**

1:15–3:00 **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.

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Restorative Yoga**

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

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

7:30–9:00 **Kirtan**

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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The Kripalu logo is displayed in a stylized, orange font with a white outline, set against a light orange background.

Kripalu R&R Daily Schedule for Thursday, February 8

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

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Yoga for Back Care Sherrie Howard**

Tension and stress can often lead to back tightness and discomfort. This practice provides movement and breathing techniques to help support a healthy spine and release back muscles to create more comfort and ease. Experience back care techniques that you can bring into your yoga practice.

9:00–10:30 **Scarlet Letters Lara Tupper**

The Berkshires have long been an enticing locale for writers. Learn about three literary heavyweights who lived and wrote nearby: Nathaniel Hawthorne (of Stockbridge), Herman Melville (of Pittsfield), and Edith Wharton (of Lenox). In this workshop, enjoy reading brief excerpts from the authors, consider their ties to the area, and begin some writing of your own.

11:00–11:45 **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.

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

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

1:15–3:00 **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!

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Gentle 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.

Kripalu R&R Daily Schedule for Friday, February 9

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

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Prop it Up Janna Delgado**

In this workshop, demystify and redefine how to incorporate props into your asana practice and learn how to use them effectively in your practice at home.

9:00–10:30 **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.

9:15–11:00 **Guided Hiking**

11:00–11:45 **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.

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

2:00–3:30 **The Sacral Chakra: Svadhisthana Jurian Hughes**

Do you avoid pleasure or indulge in it? Repress emotions or find them running your life? In this workshop appropriate for all levels, discover how to invite more flow to the watery second chakra, the svadhisthana, through visualization, meditation, chanting, affirmations, breathing techniques, and yoga postures, and find yourself going with the flow more gracefully.

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 **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.

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Kripalu R&R Daily Schedule for Saturday, February 10

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

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Discovering Your Essence Izzy Lenihan**

When life feels uncomfortable, out of balance, and disconnected, what helps and supports you in discovering calm and peace? You have these tools already. Join Izzy for a creative journey in exploring your personal essence, a perfect prescription for self-care.

9:00–10:30 **Yoga for Your Dosha Jurian Hughes**

Ayurveda, the ancient Indian science of health, teaches that on the road to wellness there is no one size fits all prescription. In this workshop—a combination of lecture, discussion, and practice—learn how different yoga styles, postures, and pranayama techniques can help to increase or diminish your uniquely balanced health and wholeness.

9:15–11:00 **Guided Hiking**

Coming Home to Yourself Michelle Dalbec

11:00–11:45 Body scanning is a simple but powerful and healing form of meditation practice of using the body to cultivate attention and experience the present moment. Come home to yourself through the art of intentionally and systematically tuning into your body in order to feel sensations.

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Meditation Jess Frey**

1:15–3:00 **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 **Gentle 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 R&R Daily Schedule for Sunday, February 11

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

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Body in Balance: Total Body Tune-Up Michelle Dalbec**

Experience a workout full of dynamic, creative, and corrective movements targeting muscles and joints to create strength, stability, and mobility for your entire body. This workshop is designed to get you moving, and is a safe and healthy way to help you live better in your body.

9:00–10:30 **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.

9:15–11:00 **Guided Hiking**

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

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

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

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

2:00–3:30 **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.

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 **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.

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Kripalu R&R Daily Schedule for Monday, February 12

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

6:30–7:45 **Morning Yoga Classes**

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

Yoga is the art of living with compassionate presence. In this workshop, use yogic philosophy to study and practice being in the present moment, an exercise that heightens the quality of our lives.

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.

11:00–11:45 **Gathering Thankfulness Jess Frey**

Embrace gratitude with purpose and intention. Through guided meditation and prompted journaling exercises, harvest abundance, pause to reflect, and harness gratitude for your life.

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

1:15–3:00 **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.

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

7:30–8:30 **Workshop TBA Sage Brody**

More information on this workshop coming soon.



Kripalu R&R Daily Schedule for Tuesday, February 13

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

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Reaching Out, Reaching In** **Crisite Newhart**

The ancient yogis understood that our energy drew us out into the world, or deeper into ourselves. In this workshop, learn about the energies the yogis called prana and apana, and how their dance effects how you experience life.

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 **Qigong** **Greg DiLisio**

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

1:30–3:00 **Guided Hiking**

2:00–3:30 **Expansion and Ease** **Michelle Dalbec**

Come reclaim space and relaxation in your body. Restorative yoga is about slowing down, supporting your body, practicing effortless effort, and letting gravity pull you deeper into the pose. Experience how restorative yoga melts your muscles, disarms the body's fight or flight response, creates tranquility throughout your nervous system, and quiets an active mind.

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

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

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

This schedule subject to change without notice.

The Kripalu logo is displayed in a stylized, orange font. The letters are bold and rounded, with a slight shadow effect. The 'i' in 'Kripalu' has a dot that is slightly offset to the right.

Kripalu R&R Daily Schedule for Wednesday, February 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.

6:30–7:45 **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 **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.

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

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

1:15–3:00 **Guided Hiking**

2:00–3:30 **The Path of Love Vandita Kate Marchesiello**

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

4:15–5:30 **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.

Kripalu R&R Daily Schedule for Thursday, February 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.

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **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.

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.

11:00–11:45 **Delve Into Ardha Matsyendrasana (Seated Twist) 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 **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.

1:15–3:00 **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.

4:15–5:30 **Afternoon Yoga Classes**

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

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

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

7:30–8:30 **Swift Ink Lara Tupper**

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

This schedule subject to change without notice.

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

Kripalu R&R Daily Schedule for Friday, February 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.

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Hip Openers Janna Delgado**

Learn how to create balance in your pelvis and unlock your hips in this hip-opening sequence that focuses on releasing, opening, and creating more space in your body.

9:00–10:30 **Taking it Home Jess Frey**

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

11:00–11:45 **Wind Down Heather Bilotta**

Unwind, slow down, and soothe your nervous system with 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.

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

1:15–3:00 **Guided Hiking**

2:00–3:30 **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.

4:15–5:30 **Afternoon Yoga Classes**

8:00–9:00 **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.

Kripalu R&R Daily Schedule for Saturday, February 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.

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **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. If this personality type is not recognized and properly nurtured, it can put enormous stress on the body’s physiology and can be detrimental both personally and professionally. Come learn how to properly understand this specialized personality type and how Type Es can expect to have a successful, exciting, and passion-filled life.

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.

11:00–11:45 **Breath of Life Jess Frey**

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 Jess Frey**

1:15–3:00 **Guided Hiking**

2:00–3:30 **Balancing Polarity Bhavani Lorraine 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.

4:15–5:30 **Afternoon Yoga Classes**

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.

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

Kripalu R&R Daily Schedule for Sunday, February 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.

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Yoga for Back Care Sherrie Howard**

Tension and stress can often lead to back tightness and discomfort. This practice provides movement and breathing techniques to help to support a healthy spine and release back muscles to create more comfort and ease. Experience back care techniques that you can bring into your yoga practice.

11:00–11:45 **Swift Ink Lara Tupper**

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

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

1:15–3:00 **Guided Hiking**

2:00–3:00 **Introduction to Foundations Susannah Gale**

Foundation Training is a movement improvement system designed to restore your body's natural flow and put you at the center of your health. This program redefines the core to include the posterior chain of muscles, and both identifies and corrects the fundamental movement imbalances created by the modern lifestyle.

4:15–5:30 **Afternoon Yoga Classes**

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

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

7:30–8:30 **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.



Kripalu R&R Daily Schedule for Monday, February 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.

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Stoking the Fires of Intuition Aruni Nan Futuronsky**

We are born with an unbreakable connection to source knowledge, yet we often forget to listen, becoming distracted by our external lives. How do we savor and fully participate in the external while listening to the authentic self inside? In this workshop, discuss strategies to maintain balance and follow your innate wisdom within.

9:00–10:30 **Six Movements of the Spine Jess Frey**

Your spine is the connector and communication center for the flow of fluids, nerves, and signals between your brain and your body. Come experience simple, gentle movements that cultivate suppleness in the spinal column.

9:15–11:00 **Guided Hiking**

11:00–11:45 **BRFWA Meditation Jess Frey**

This guided meditation, introduces you to the practice of being fully present. Learn to expand your awareness through the five-step mindfulness methodology, BRFWA (Breathe, Relax, Feel, Watch, Allow).

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 **Life in Balance: Introduction to Ayurveda Cat Pacini**

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

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

7:30–9:00 **Energy of Thoughts Izzy Lenihan**

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



This schedule subject to change without notice.

Kripalu R&R Daily Schedule for Tuesday, February 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.

6:30–7:45 **Morning Yoga Classes**

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

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

9:00–10:30 **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.

11:00–11:45 **Asana 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**

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

1:15–3:00 **Guided Hiking**

2:00–3:30 **Workshop TBA**

More information on this workshop coming soon.

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

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

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



Kripalu R&R Daily Schedule for Wednesday, February 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 **Riding the Waves Aruni Nan Futuronsky**

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

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

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

11:00–11:45 **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.

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**

1:15–3:00 **Guided Hiking**

2:00–3:30 **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.

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.



This schedule subject to change without notice.

Kripalu R&R Daily Schedule for Thursday, February 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.

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 ***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.

***Mindful Minute Meditations* Tracy Foster**

9:00–10:30 Do you want to experience less stress and more ease? Would you like to feel more grounded and balanced? If so, come learn five different one-minute meditations. In just 60 seconds of mindfulness practice, you begin to cultivate a clearer, more easeful, and calm presence.

11:00–11:45 ***Asana 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 with joy.

12:00–1:00 **Vinyasa Yoga Class**

1:15–3:00 ***Guided Hiking***

2:00–3:30 ***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.

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 ***Tools and Tips to Address Stress* Bhavani Lorraine Nelson**

Discover the true cause of your stress and gain practical tools to begin to create balance and ease in your life. Practice simple stretches, yogic breathing, and other empowering tools to take home.

This schedule subject to change without notice.

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

Kripalu R&R Daily Schedule for Friday, February 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.

6:30–7:45 **Morning Yoga Classes**

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

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

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®**

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

12:00–1:00 **Vinyasa Yoga Class**

1:15–3:00 ***Guided Hiking***

2:00–3:30 ***Sowing Seeds of Gold* Heather Bilotta**

How will you live your one precious life? Many of us get caught in survival mode, losing track of what brings us alive and connects us to our dreams, not just our to-do list. With mindfulness and expressive arts tools, come and rediscover the seeds of dreams that your heart wants you to sow.

4:15–5:30 **Afternoon Yoga Classes**

8:00–9:00 ***Coloring as Meditation* Susannah Gale**

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

This schedule subject to change without notice.

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

Kripalu R&R Daily Schedule for Saturday, February 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.

6:30–7:45 **Morning Yoga Classes**

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

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

9:00–10:30 **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.

11:00–11:45 **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.

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

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

1:15–3:00 **Guided Hiking**

2:00–3:30 **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.

4:15–5:30 **Afternoon Yoga Classes**

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 R&R Daily Schedule for Sunday, February 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.

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Calming the Ocean Within Heather Bilotta**

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

11:00–11:45 **How to Face Writer's Block Lara Tupper**

Do you long to write your story but feel that you're stuck? In this freewriting workshop for all, break the blockage with playful exercises; spill your story onto the page, no holds barred. No writing experience necessary, as we all have stories to tell.

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

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

1:15–3:00 **Guided Hiking**

2:00–3:30 **Introduction to Foundations Susannah Gale**

Foundation Training is a movement improvement system designed to restore your body's natural flow and put you at the center of your health. This program redefines the core to include the posterior chain of muscles, and both identifies and corrects the fundamental movement imbalances created by the modern lifestyle.

4:15–5:30 **Afternoon Yoga Classes**

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

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

7:30–8:30 **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.

This schedule subject to change without notice.

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

Kripalu R&R Daily Schedule for Monday, February 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.

6:30–7:30 **Morning Yoga Classes**

9:00–10:30 **The Yoga of Life Aruni Futuronsky**

How does the practice of yoga on and off the mat build a faith that works? How can this ancient set of tools for living improve and deepen the quality of our lives today? Come practice the yoga of life through discussion, contemplation, movement, and introspection.

9:00–10:30 **Anatomy of Standing Postures Christopher Holmes**

In this workshop suitable for practitioners of all levels, investigate skeletal alignment, muscle and connective tissue considerations, and the breath in standing poses.

9:15–11:00 **Guided Hiking**

11:00–11:45 **Workshop TBA**

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, YogaDance® will surprise you with joy.

12:00–1:00 **Vinyasa Yoga Class**

2:00–3:30 **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.

This schedule subject to change without notice.

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

Kripalu R&R Daily Schedule for Tuesday, February 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.

6:30–7:45 **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 **Dance of Manifestation Toni Bergins**

Join in a reflective dance down the chakra path of manifestation, moving from crown to root, in order to ground your dreams and desires into reality. Begin with journaling to clarify your aspirations, and then experience the dance of manifestation to make conscious your desire to release blocks and become the creator of your life.

11:00–11:45 **Qigong Greg DiLisio**

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

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

1:15–3:00 **Guided Hiking**

2:00–3:30 **Sun, Moon, Yoga Fire Michelle Dalbec**

“Ha” means sun, “tha” means moon, “yoga” means union. Hatha yoga is the merging of the sun and moon. The yogis say we have a sun in our belly that represents our passion and drive, and a moon in our head that represents the rational self. Hatha yoga recognizes that we need both the passionate and the rational self to become fully alive. Come dive deep and play with uniting the sun and moon, dissolving them into yoga fire.

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.



Kripalu R&R Daily Schedule for Wednesday, February 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.

6:30–7:45 **Morning Yoga Classes**

7:30–9:00 **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 **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.

9:15–11:00 **Guided Hiking**

11:00–11:45 **Asana 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 with joy.

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.

4:15–5:30 **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.

This schedule subject to change without notice.

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