

Kripalu R&R Daily Schedule for Monday, January 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 ***The Gift of Self-Compassion* Aruni Nan Futuronsky**

How can we mend the split between our capacity to support others and ignoring our own needs? This workshop looks to yogic philosophy for an understanding of radical kindness and creating sustainable strategies for practice.

9:00–10:30 ***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.

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**

1:15–3:00 ***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.

7:30–8:30 ***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.

Kripalu R&R Daily Schedule for Tuesday, January 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 **Everyday Dharma Cristie Newhart**
More information on this workshop coming soon.
- 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 **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**
- 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 **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 **Coloring as Meditation Susannah Gale**
Coloring is an easy way to calm the mind and occupy the hands. The 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.
- 7:30–8:30 **Healing Arts Sampler**
More information on this workshop coming soon.

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, January 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 **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 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 **Body Chakra Meditation Jess Frey**

Yoga offers us several maps to knowing ourselves. Come awaken the wisdom of the body through the pathways of the chakra system as we 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**

1:15–3:00 **Guided Hiking**

2:00–3:30 **Get Grounded: Earth Element Yoga Jennifer Reis**

Find stability, steadiness, and connection to your foundation as you embody your inner earth element. As you practice yoga postures, breathing, hand mudras, and finally rest deeply with Mother Earth in Divine Sleep Yoga Nidra, you develop a sense of safety, trust, and mental ease.

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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Kripalu R&R Daily Schedule for Thursday, January 4

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

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 **Embodiment Flow: Water Element Yoga Jennifer Reis**

Discover your flowing grace and ability to self-nourish as you dive into your inner water element. In this workshop, learn about the qualities of the water element, enjoy soothing yoga postures, purify with cleansing breath, become calmer with hand mudras, nurture with self-care, and deeply rest with Divine Sleep Yoga Nidra.

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

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

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 Sarajeon 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 Sarajeon Rudman**

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

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

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

Kripalu R&R Daily Schedule for Friday, January 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 **Mindful Listening Jess Frey**

Come learn how you can expand your ability to listen and communicate with more presence and awareness. Explore the empowering tools of conscious communication in this opportunity to connect, express, and practice the art of listening.

9:15–11:00 **Guided Hiking**

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

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

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 **Divine Sleep Yoga Nidra Jennifer Reis**

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

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Kripalu R&R Daily Schedule for Saturday, January 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 **Riding the Waves Aruni 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 **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 **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 Michelle Dalbec**

1:15–3:00 **Guided Hiking**

2:00–3:30 **Body In Balance: Restore Your Core Michelle Dalbec**

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–9:00 **Concert**

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

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Kripalu R&R Daily Schedule for Sunday, January 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 **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 **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.

9:15–11:00 **Guided Hiking**

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

Do you spend more time on your mobile device than you'd like? In this playful journaling and sketching workshop, 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®**

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12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Meditation Jess Frey**

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

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

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 **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.

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Kripalu R&R Daily Schedule for Monday, January 8

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

6:30–8:30 **Morning Yoga Classes**

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

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

9:00–10:30 **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 **A Dynamic Yoga Practice Evelyn Gonzalez**

Move more deeply into asana by cultivating a strong internal focus using basic yogic tools. With breath as the key, flow from the details of alignment to a deeper internal awareness through this guided training session in willful concentration.

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 **A Life in Balance: 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.

7:30–8:30 **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.



Kripalu R&R Daily Schedule for Tuesday, January 9

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

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 **Love Your Psoas Cristie Newhart**

The psoas muscle is the primary connector between the torso and the legs and, when out of balance, can contribute to low back pain, hip pain, and ineffective breathing. Learn more about this massive muscle in the core of the body and how simple yoga movements can stretch, strengthen, and relax this muscle at your deepest core.

9:00–10:30 **The Way of Council Micah Mortali**

Council is an ancient practice of deep listening and authentic expression that connects powerfully with the core principles of yoga as a path to personal integration. Council is a relationship and community building tool that has strengthened families and tribes for millennia, and is just as relevant today as it was in prehistory.

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®**

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12:00–1:00 **Vinyasa Yoga Class**

1:15–3:00 **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 to yourself and to others, creating an intimate and compassionate inner relationship with the self. 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.

7:30–9:00 **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, January 10

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

6:30–8:30 Morning Yoga Classes

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 of grief.

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.

***Asana Clinic* Kari Harendorf**

11:00–11:45 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 *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.

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.



Kripalu R&R Daily Schedule for Thursday, January 11

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

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 **Mandala: Your Inner Compass Jennifer Reis**

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

9:00–10:30 **Integrated Cancer Prevention Lisa B. Nelson**

Learn how nutrition, exercise, and social connectedness play a significant role in preventing the development and slowing the progression of cancer. In accessible terms, Kripalu's Director of Medical Education explains how you can improve your health by focusing on a whole-foods, plant-based diet, moving your body, and utilizing yoga and meditation.

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®**

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12:00–1:00 **Vinyasa Yoga Class**

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

1:15–3:00 **Guided Hiking**

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

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 **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 with this ancient form of connection to Spirit.

This schedule subject to change without notice.

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Kripalu R&R Daily Schedule for Friday, January 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 **Yin Yoga Jess Frey**

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

9:15–11:00 **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®**

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 **The Essential Teachings of Swami Kripalu Vandita Kate Marchesiello**

More information on this workshop coming soon.

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

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

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Kripalu R&R Daily Schedule for Saturday, January 13

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

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 ***The Essential Teachings of Swami Kripalu* Vandita Kate Marchesiello**

More information on this workshop coming soon.

9:00–10:30 ***Workshop TBA* Jurian Hughes**

More information on this workshop coming soon.

11:00–11:45 ***Prana Playground* Jess Frey**

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

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

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

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

1:30–3:00 ***Guided Hiking***

2:00–3:30 ***Workshop TBA* Michelle Dalbec**

More information on this workshop coming soon.

4:15–6:30 **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 bold, orange, sans-serif font.

Kripalu R&R Daily Schedule for Sunday, January 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 **Workshop TBA Michelle Dalbec**

9:00–10:30 **The Essential Teachings of Swami Kripalu Vandita Kate Marchesiello**

More information on this workshop coming soon.

9:15–11:00 **Guided Hiking**

11:00–11:45 **Workshop TBA Lara Tupper**

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**

12:45–1:30 **Meditation Angela Wilson**

2:00–3:30 **Balanced Nervous System, Balanced Life Angela Wilson**

The nervous helps regulate digestion, mood, heart rate, and breath efficiency. It is intimately connected to stress levels, and when the nervous system is balanced, so are you. This workshop explores how to keep the nervous system in balance for optimal physical and mental health.

4:15–5:30 **Afternoon Yoga Classes**

7:30–9:00 **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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This schedule subject to change without notice.

Kripalu R&R Daily Schedule for Monday, January 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 **The Whole World is One Family Aruni Nan Futuronsky**

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

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

This is yoga for the soul! Explore the best of the wisdom traditions to uncover irrepressible sources of faith, hope, awe, and companionship that enable you to step fully into the life you most long to live. Open to anyone who wants a laugh, sustaining love, and a peaceful being. No previous experience necessary—only a beating heart.

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®**

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 **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.

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Kripalu R&R Daily Schedule for Tuesday, January 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 **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.

9:00–10:30 **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.

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®**

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.

1:15–3:00 **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.

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

7:30–9:00 **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.

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This schedule subject to change without notice.

Kripalu R&R Daily Schedule for Wednesday, January 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 ***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 ***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* 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®**

12:00–1:00 **Vinyasa Yoga Class**

1:15–3:00 ***Guided Hiking***

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

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

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 ***Yoga Nidra* Cristie Newhart**

7:30–8:30 ***Kirtan***

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

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This schedule subject to change without notice.

Kripalu R&R Daily Schedule for Thursday, January 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 **Go With the Flow Micah Mortali**

More information on this workshop coming soon.

9:00–10:30 **Sugar: America's Favorite Drug Lisa B. Nelson**

Join our Director of Medical Education for this informative lecture about sugar. Discover its physiological effects—including the health risks associated with out-of-balance glucose and insulin production—and learn practical tools to reduce or eliminate sugar from your diet.

11:00–11:45 **Compassionate Companion Evelyn Gonzalez**

Everyone longs for a best friend to hold space for whatever life brings up, without judgment. In this workshop, learn how to become your own compassionate companion. With a focus on labeling and a specific meditation tool, you can identify what is happening in the moment with kindness. Everyone can learn to do this; the key is awareness without judgment.

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 **Introduction to Vinyasa Yoga Sarajeon Rudman**

1:15–3:00 **Guided Hiking**

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

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

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Yin Yoga Michael Petersen**

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, January 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 **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.

9:15–11:00 **Guided Hiking**

11:00–11:45 **Wind Down 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.

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 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."

4:15–5:30 **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 **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.

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This schedule subject to change without notice.

Kripalu R&R Daily Schedule for Saturday, January 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 **Opening Sacred Space Ray Crist**

In this workshop, learn how to open sacred space. The shamans of Peru open the four directions of the wind and invite the serpent, the jaguar, the humming bird, and the condor to be present and to clear the space of heavy energies as they share their gifts of healing, no fear, the nectar of life, and soaring in life.

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,

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

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

12:00–1:00 **Kripalu YogaDance®**

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 **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.

4:15–5:30 **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.

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

Kripalu R&R Daily Schedule for Sunday, January 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 **Body in Balance: Strong and Supple Shoulders Michelle Dalbec**

In this workshop, learn playful and challenging techniques to create space in the shoulder, 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.

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.

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**

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

1:15–3:00 **Guided Hiking**

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

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

4:15–6:30 **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 **Sound Sleep Jess Frey**

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

Kripalu R&R Daily Schedule for Monday, January 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 **The Highest Spiritual Practice Aruni 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 **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 Susannah Gale**

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

1:15–3:00 **Guided Hiking**

2:00–3:30 **A Life in Balance: 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.

7:30–8:30 **Yoga Nidra Jess Frey**

Unwind at the end of a busy day and take this 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.

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Kripalu R&R Daily Schedule for Tuesday, January 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 **The Yoga of Listening: Secrets to Fulfilling Relationships Micah Mortali**

The art of listening is the practice of being fully present. 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.

9:00–10:30 **You Are the Prayer Toni Bergins**

You are the prayer; your body, your movement, your breath. The JourneyDance Prayer Circle invites a tribe of dancers into authentic movement of deep expression and celebration. We begin with an inspirational story, sharing what inspires us to dream, our inner most intention, then open our souls with evocative music to invigorate our emotions and our hearts.

11:00–11:45 **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.

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 **Qigong Greg DiLisio**

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

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Yin Yoga Jess Frey**

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, January 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 **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 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 **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®**

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 Jess Frey**

1:15–3:00 **Guided Hiking**

2:00–3:30 **Color Flow Jennifer Reis**

In this fun workshop, find a partner and draw with crayons and pastels. Partner drawing facilitates the melting away of the inner critic. No one is the author, which assists us in feeling liberated and confident to create. Enjoy this safe and sacred space in which to cultivate your creative flow of energy.

4:15–5:30 **Afternoon Yoga Classes**

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

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

7:30–9:00 **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.

This schedule subject to change without notice.

Kripalu R&R Daily Schedule for Thursday, January 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 **Yoga and Creation Jess Frey**

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 **Resilient Health Lisa B. Nelson**

Lifestyle, more than genetics, determines the quality of your health. Join Kripalu's Director of Medical Education for a lecture on the role of lifestyle in preventing and reversing disease. In addition to a whole-foods diet and exercise, discover the important role that stress reduction, social connectedness, and sleep play on maintaining resilient health.

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 Michael Petersen**

7:30–8:30 **Meditation Bhavani Lorraine 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.

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 Friday, January 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 **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.

9:15–11:00 **Guided Hiking**

Workshop TBA

11:00–11:45

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 Third Eye Chakra: Ajna Jurian Hughes**

Do you trust your own instincts? In this experiential workshop appropriate for all levels, discover how to connect to the center of intuition, the ajna, through visualization, meditation, chanting, affirmations, breathing techniques, and yoga postures, and find the still, small voice within speaking loud and clear.

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 **Divine Sleep Yoga Nidra Jennifer Reis**

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

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

This schedule subject to change without notice.

Kripalu R&R Daily Schedule for Saturday, January 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 **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.

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 **Asana Clinic Susannah Gale**

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

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

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

1:15–3:00 **Guided Hiking**

2:00–3:30 **Gratitude Mandala Izzy Lenihan**

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga Connie Wilson**

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

Kripalu R&R Daily Schedule for Sunday, January 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 **The Enchantment of Chanting Bhavani Lorraine Nelson**

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

9:00–10:30 **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**

Workshop TBA

11:00–11:45 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**

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

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**

Kripalu Orientation Guest Services

6:45–7:15 Welcome to Kripalu! Learn about Kripalu and get helpful tips on making the most of your stay.

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

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



Kripalu R&R Daily Schedule for Monday, January 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.

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **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

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

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

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®**

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12:00–1:00 **Vinyasa Yoga Class**

1:15–3:00 **Guided Hiking**

Workshop TBA Cat Pacini

2:00–3:30 More information on this workshop coming soon.

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.



This schedule subject to change without notice.

Kripalu R&R Daily Schedule for Tuesday, January 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 **Muscle, Fascia, and Yoga Jurian Hughes**

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.

9:00–10:30 **Qigong Greg DiLisio**

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

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**

1:15–3:00 **Guided Hiking**

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

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

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 **Restorative Yoga Susannah Gale**

Restorative yoga is designed to release deeply held tensions, stretch the body, calm the mind, and soothe the nervous system. Come practice yoga postures using a variety of props to support and stabilize the body while promoting relaxation of body and mind.

7:30–9:00 **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.

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Kripalu R&R Daily Schedule for Wednesday, January 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.

6:30–7:45 **Morning Yoga Classes**

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

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

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

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 **Workshop TBA Vandita Kate Marchesiello**

More information on this workshop coming soon.

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 **Workshop TBA Vandita Kate Marchesiello**

More information on this workshop coming soon.

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Kirtan**

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

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This schedule subject to change without notice.