

Kripalu R&R Daily Schedule for Sunday, July 1

Please note: Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

7:30–8:30 **Sun Salutation**

8:45–10:30 **Guided Kayaking**

9:00–10:30 **Breath, Body, Bliss Michelle Dalbec**

We breathe more than 20,000 times a day without ever having to think about it. Yet when we are aware, we can control the breath at will. Yogis call this pranayama, or mastery of the life-force. Come experience the power of prana in this practice that is a mixture of traditional techniques and movement combined with breath.

9:00–10:30 **Open Your Heart Through Movement Sage Brody**

Come open and free your heart through guided therapeutic movements. In this workshop, you learn to release physical tensions in your upper body to access the dynamic flow of energy that exists within. Discover a wealth of energy and a connection to your power and tenderness in this moving journey.

9:15–11:00 **Guided Hiking**

9:15–11:30 **Guided Stand Up Paddleboarding**

11:00–11:45 **Om Tones Lara Tupper**

What does it mean to find your voice? This playful exploration of song starts with the simple soundings of om and experiments with singing as pranayama, allowing your throat chakra to open. Come sing for the joy of it, letting go of past judgments about being “good.”

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

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

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

4:15–6:15 **Afternoon Yoga Classes**

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

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

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

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

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Kripalu R&R Daily Schedule for Monday, July 2

Please note: Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

7:30–8:30 **Sun Salutation**

8:45–10:30 **Guided Kayaking**

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

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

9:15–11:00 **Guided Hiking**

10:45–12:30 **Guided Kayaking**

11:00–11:45 **Labyrinth Walk Tracy Foster**

Enjoy a guided walking meditation through the Kripalu Labyrinth. The labyrinth represents a journey to your own center and back out into the world. Labyrinths have long been used as a way to renew the mind, body, and spirit, offering insight into life's transitions. Take home techniques for using this ancient spiritual tool to increase awareness toward yourself and the environment around you.

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class and Beginner Yoga Class**

12:45–1:30 **Meditation Jess Frey**

2:00–3:30 **Introduction to Kirtan and Mantra Sherrie Howard**

Chanting in Sanskrit calms the mind and opens the energy channels. Come experience the power of mantra and kirtan as you learn about these ancient practices and discover how they can benefit your life and enhance your spiritual well-being. Use these practices as an aid in meditation or an adjunct to your daily yoga practice.

2:45–4:30 **Guided Kayaking**

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 **Healing Arts Sampler: Positional Therapy**

More information on this workshop coming soon.

7:30–8:30 **Workshop TBD**

More information on this workshop coming soon.



Kripalu R&R Daily Schedule for Tuesday, July 3

Please note: Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

7:30–8:30 **Sun Salutation**

9:00–10:30 **Power Animals Cristie Newhart**

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

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

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

9:15–11:00 **Guided Hiking**

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

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

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

12:45–2:30 **Guided Kayaking**

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

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.

2:45–4:30 **Guided Kayaking**

3:45–6:00 **Guided Stand Up Paddleboarding**

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **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, July 4

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6:30–8:30 **Morning Yoga Classes**

7:30–8:30 **Sun Salutation**

8:45–10:30 **Guided Kayaking**

9:00–10:30 **Jaguar Yoga Ray Crist**

Yoga is a practice of shifting your energy field, emotions, and energy levels to a higher state of consciousness. Experience a vinyasa-based yoga flow with a focus on the meridians and the luminous field.

9:00–10:30 **Radiant Health Sudha Carolyn Lundeen**

Good health and radiance are two things we all strive for. Through discussion, yoga, and breathing exercises, explore key tools that support us to live with more vitality and joy, reconnect with your life force, and cultivate awareness and motivation to instill these tools in your daily life.

9:15–11:00 **Guided Hiking**

10:45–12:30 **Guided Kayaking**

11:00–11:45 **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.

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

12:45–1:30 **Meditation Jess Frey**

12:45–2:30 **Guided Kayaking**

2:00–3:30 **Qigong on the Lawn Ken Nelson**

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

4:15–6:30 **Afternoon Yoga Classes**

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

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

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, July 5

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6:30–8:30 **Morning Yoga Classes**

7:30–8:30 **Sun Salutation**

9:00–10:30 **Five Elements Yoga Jennifer Reis**

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

9:00–10:30 **Embodied Positive Psychology Megha Nancy Buttenheim**

More information on this workshop coming soon.

9:15–11:00 **Guided Hiking**

10:45–12:30 **Guided Kayaking**

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, Kripalu YogaDance® will surprise you

12:00–1:00 **Vinyasa Yoga Class**

12:00–1:00 **Share Circle Izzy Lenihan**

Rumi once said, “In order to speak one must first learn to listen – learn to speak by listening.” Come join us in practicing one of Kripalu’s oldest teachings and discover the gift of conscious communication.

12:45–2:30 **Guided Kayaking**

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

Are you ready to call forth your innate leader? Join us to explore what it means to be a conscious leader, using reflection, journaling, and interactive exercises. You gain empowering tools to call forth your best self, so you can take charge of your life and help serve those around you.

3:45–6:00 **Guided Stand Up Paddleboarding**

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Yin Yoga**

7:30–8:30 **Already There Jess Frey**

In this guided body scan, investigate what is already present by increasing body awareness and cultivating the ability to watch and observe without having to change anything.



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Kripalu R&R Daily Schedule for Friday, July 6

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6:30–8:30 **Morning Yoga Classes**

7:30–8:30 **Sun Salutation**

8:45–10:30 **Guided Kayaking**

9:00–10:30 **A Walk to Remember Jess Frey**

Explore the Kripalu labyrinth and circle into the center of your heart. Learn to use this ancient spiritual tool as a way to increase awareness to self and the environment around you. Come prepared with clothing and shoes to walk outside.

9:00–10:30 **Life in Balance: Introduction to Ayurveda Erin Casperson**

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

9:15–11:00 **Guided Hiking**

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

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

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

2:00–3:30 **Sacred Boundaries Nina Henrikson**

Bring attention to your primitive instincts and strengthen your intuitive knowing to increase sensitivity of your environment and self. Sharpen your senses and alertness, freshen your perspective and enhance your experience of life as you learn to expand your personal wingspan and heighten your responsiveness to all that life presents. Develop layers of awareness to encompass mind, body and breath.

4:15–6:15 **Afternoon Yoga Classes**

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

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

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

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

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Kripalu R&R Daily Schedule for Saturday, July 7

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6:30–8:30 **Morning Yoga Classes**

7:30–8:30 **Sun Salutation**

8:45–10:30 **Guided Kayaking**

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

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

9:00–10:30 ***This Precious Life* Sudha Carolyn Lundeen**

Through a combination of lecture, movement, guided meditation, and journaling, this workshop invites you to clarify your priorities and cultivate the ability to live each moment mindfully. Awaken to the gift that is your life.

9:15–11:00 **Guided Hiking**

9:15–11:30 **Guided Stand Up Paddleboarding**

10:45–12:30 **Guided Kayaking**

11:00–11:45 **Gratitude Mandala Izzy Lenihan**

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

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

12:45–2:30 **Guided Kayaking**

1:15–3:30 **Guided Stand Up Paddleboarding**

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 **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.

7:30–9:00 **Concert Amy K.**

Amy K., a certified IKYTA Kundalini Yoga and meditation instructor, is a multi-dimensional DJ and producer. Each of her Kundalini Yoga and guided meditation sessions takes a deep dive into sound waves and brain waves. She thoughtfully curates and customizes rhythms and breathing techniques to body, mind, and soul, merging ancient wisdom with modern science and urban living.

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Kripalu R&R Daily Schedule for Sunday, July 8

Please note: Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

7:30–8:30 **Sun Salutation**

8:45–10:30 **Guided Kayaking**

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

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

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

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

9:15–11:00 **Guided Hiking**

9:15–11:30 **Guided Stand Up Paddleboarding**

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

11:00–12:30 **Guided Kayaking**

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Meditation Sage Brody**

2:00–3:30 **Kripalu's Food Philosophy Annie B. Kay**

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

4:15–6:15 **Afternoon Yoga Classes**

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

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

7:30–8:30 **Sound Sleep Jess Frey**

In this workshop, review the basic biologic mechanisms that underlie hunger and satiety (i.e., feeling satisfied), and explore how the foods you choose can either support healthy eating or undermine it. In particular, we explore the role of sugar and refined foods and how they can lead to food cravings and addiction.

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Kripalu R&R Daily Schedule for Monday, July 9

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6:30–8:30 **Morning Yoga Classes**

7:30–8:30 **Sun Salutation**

8:45–10:30 **Guided Kayaking**

9:00–10:30 **The Yoga of Life Aruni Nan 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 **Recharging and Rebooting Janna Delgado**

Address the challenges of staying centered in your best self in the midst of the daily grind and explore the connection between stress, willpower, and mindfulness.

9:15–11:00 **Guided Hiking**

10:45–12:30 **Guided Kayaking**

11:00–11:45 **Mindful Minute Meditation 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®**

12:00–1:00 **Vinyasa Yoga Class and Beginner Yoga Class**

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

1:15–3:30 **Guided Stand Up Paddleboarding**

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

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

2:45–4:30 **Guided Kayaking**

3:45–6:00 **Guided Stand Up Paddleboarding**

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

7:30–9:00 **Clearing the Clutter Izzy Lenihan**

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

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Kripalu

Kripalu R&R Daily Schedule for Tuesday, July 10

Please note: Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

7:30–8:30 **Sun Salutation**

8:45–10:30 **Guided Kayaking**

9:00–10:30 **Nutrition News to Use Kathie Madonna Swift**

With the incredible amount of new information on nutrition and eating that is available today, how do you know what to believe? Join this stimulating review of the latest nutrition news as we cut through the headlines and digest what news to use.

9:00–10:30 **Magic of Manifestation Susannah Gale**

Open yourself to the universe and manifest what you desire in life. In this workshop, you learn about and create a sand painting—a South American indigenous tool that is used for manifestation—all while fostering a deeper relationship with Mother Earth and the world around you. This workshop includes a short walk on the Kripalu grounds to create our sand painting in the woods.

9:15–11:00 **Guided Hiking**

10:45–12:30 **Guided Kayaking**

11:00–11:45 **Meridian Sound Meditation Kimberly Coleman**

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®**

12:00–1:00 **Vinyasa Yoga Class**

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Anatomy of Standing Posture 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.

3:45–6:00 **Guided Stand Up Paddleboarding**

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Yin Yoga**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

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

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

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Kripalu R&R Daily Schedule for Wednesday, July 11

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6:30–8:30 **Morning Yoga Classes**

7:30–8:30 **Sun Salutation**

9:00–10:30 **Connect with Nature Annie B. Kay**

Plants can be our allies in healing and in life. Learn a method of connecting more deeply with plants in order to live in deeper alignment to your own true nature. Be ready to head outside!

9:00–10:30 **Restorative Yoga Sudha Carolyn Lundeen**

Restorative yoga relieves the effects of chronic stress to bring you into a place of deep healing. Relax fully with postures using the support of props so that it becomes an effortless and enjoyable practice with no strain. Then, drop deeper into bliss with Divine Sleep Yoga Nidra®.

9:15–11:00 **Guided Hiking**

10:45–12:30 **Guided Kayaking**

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

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

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class and Beginner Yoga Class**

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

12:45–2:30 **Guided Kayaking**

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Ayurvedic Daily Routine Lauren Gernady**

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.

3:45–6:00 **Guided Stand Up Paddleboarding**

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Deep Unwind for Body and Mind Lisa Lutton**

Soften into greater connection with your body, mind, and nervous system in this soothing workshop that offers gentle somatic movement, meditation, and intuitive journaling for a restful night's sleep.

7:30–9:00 **Kirtan Sherrie Howard and Friends**

Join Sherrie Howard, Mark Kelso, Shaun Laframboise, and Bill Noren, for an evening of singing the Divine Name. Ranging from danceable high energy grooves to soothing Sanskrit lullabies, this practice takes you on a journey through chanting into your own depths and beyond.

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Kripalu R&R Daily Schedule for Thursday, July 12

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6:30–8:30 **Morning Yoga Classes**

7:30–8:30 **Sun Salutation**

9:00–10:30 **Revitalize Your Energy Currents Jennifer Reis**

Energy travels in the body through five currents, called the vayus. Knowledge of the energy currents can help you understand your own body and yoga postures. This facilitates both relaxation and energy flow in your posture practice and everyday activities.

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

This workshop begins with a viewing of historic photos of the property and then ventures outside for a tour of the grounds to discover points of interest and learn more about the rich history and roots of Kripalu Yoga. In the event of inclement weather, a virtual tour will be held indoors.

9:15–11:00 **Guided Hiking**

10:45–12:30 **Guided Kayaking**

11:00–11:45 **Yoga and the Art of Improv Evelyn Gonzalez**

This workshop focuses on yoga not as a science, but rather as an art form. In this posture flow workshop, follow the safe guidelines of alignment and then begin to explore and improvise into a free and spontaneous expression that is all yours.

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

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

Rumi once said, “In order to speak one must first learn to listen – learn to speak by listening.” Come join us in practicing one of Kripalu’s oldest teachings and discover the gift of conscious communication.

12:45–2:30 **Guided Kayaking**

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Qigong on the Lawn Ken Nelson**

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

2:45–4:30 **Guided Kayaking**

3:45–6:00 **Guided Stand Up Paddleboarding**

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 **Introduction to Mudras Tracy Remelius**

Mudras are gestures of the hands that promote physical and psychological well-being as well as spiritual growth. Come learn to incorporate mudras that support centering, grounding, and revitalization can into your breathing, meditation, and asana practices.

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

This schedule subject to change without notice.

Kripalu R&R Daily Schedule for Friday, July 13

Please note: Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

7:30–8:30 **Sun Salutation**

8:45–10:30 **Guided Kayaking**

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 **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.

9:15–11:00 **Guided Hiking**

9:15–11:30 **Guided Stand Up Paddleboarding**

11:00–11:45 **Exploring the Six Tastes of Ayurveda Erin Casperson**

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

12:00–1:00 **Vinyasa Yoga Class**

2:00–3:30 **Introduction to Foundation Training 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.

4:15–6:15 **Afternoon Yoga Classes**

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

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

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

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

This schedule subject to change without notice.

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 Saturday, July 14

Please note: Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

7:30–8:30 **Sun Salutation**

9:00–10:30 **The Yoga of Fun and Creativity Megha Nancy Bутtenheim**

Bring open-hearted, open-minded curiosity and adventure to this workshop that explores easy, fun, creative ways to step into the present moment. Millions of people are using improv as a tool to enhance their personal and work life, career, and relationships.

9:00–10:30 **The Anatomy of Pranayama Christopher Holmes**

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

9:15–11:00 **Guided Hiking**

9:15–11:30 **Guided Stand Up Paddleboarding**

10:45–12:30 **Guided Kayaking**

11:00–11:45 **Mindfulness: A Path to Freedom Izzy Lenihan**

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

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

12:45–2:30 **Guided Kayaking**

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.

2:45–4:30 **Guided Kayaking**

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

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

Come experience and receive guidance in the ancient spiritual practice of loving-kindness, a universal practice of giving blessings. This workshop includes time after the practice for Q&A.

7:30–9:00 **Evening Event John Holland**

John Holland is an internationally renowned psychic medium, spiritual teacher, author, and radio host. His public demonstrations provide audiences with a rare glimpse into the fascinating subject of mediumship, delivered in his own unique style, explaining the delicate process of raising his vibrational energy to link with the other side and deliver messages, which he does with clarity, passion, and integrity.

This schedule subject to change without notice.

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Kripalu R&R Daily Schedule for Sunday, July 15

Please note: Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

7:30–8:30 **Sun Salutation**

8:45–10:30 **Guided Kayaking**

9:00–10:30 **Yoga Foundations Michelle Dalbec**

Take the mystery out of yoga practice. Whether you are new to yoga or a seasoned practitioner, learn the foundations of practice, including basic breath techniques, essential form and alignment of poses, use of props, and how to modify postures for your body.

9:00–10:30 **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.

9:15–11:00 **Guided Hiking**

9:15–11:30 **Guided Stand Up Paddleboarding**

11:00–11:45 **Labyrinth Walk Lara Tupper**

We are all on the path, exactly where we need to be. The labyrinth is a model of that path. Come learn about the labyrinth and experience how it can be a tool for growth, transformation, reflection, and guidance for the next step in your life. Dress for spending time outdoors. Feel free to bring a journal.

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

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

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

4:15–6:15 **Afternoon Yoga Classes**

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

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

7:30–8:30 **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.

This schedule subject to change without notice.

The Kripalu logo is displayed in a stylized, orange font with a slight shadow effect.

Kripalu R&R Daily Schedule for Monday, July 16

Please note: Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

7:30–8:30 **Sun Salutation**

9:00–10:30 **The Grace of Surrender Aruni Nan Futuronsky**

What is the interaction between will and letting go? How can you live with passionate nonattachment? Learn how to practice taking mindful action and surrendering your attachment to the fruits of those actions.

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

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

9:15–11:00 **Guided Hiking**

9:15–11:30 **Guided Stand Up Paddleboarding**

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 Jess Frey**

12:45–2:30 **Guided Kayaking**

1:15–3:30 **Guided Stand Up Paddleboarding**

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.

2:45–4:30 **Guided Kayaking**

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 **Himalayan Sound Bowl Meditation Rudi Bach**

More information on this workshop coming soon.



This schedule subject to change without notice.

Kripalu R&R Daily Schedule for Tuesday, July 17

Please note: Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

7:30–8:30 **Sun Salutation**

9:00–10:30 **The Science of Detox Kathie Madonna Swift**

Explore the science behind a whole-foods approach to detox, discover the factors that contribute to toxic burden, and learn about the stages of detoxification.

9:00–10:30 **The Eight-Limbed Path: A Guide to Practice Cristie Newhart**

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

9:15–11:00 **Guided Hiking**

9:15–11:30 **Guided Stand Up Paddleboarding**

10:45–12:30 **Guided Kayaking**

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 Ken Nelson**

12:45–2:30 **Guided Kayaking**

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Workshop TBD Sherrie Howard**

2:45–4:30 **Guided Kayaking**

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, July 18

Please note: Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

7:30–8:30 **Sun Salutation**

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 **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.

9:15–11:00 **Guided Hiking**

9:15–11:30 **Guided Stand Up Paddleboarding**

10:45–12:30 **Guided Kayaking**

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

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

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class and Beginner Yoga Class**

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

12:45–2:30 **Guided Kayaking**

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Nature's Sketchbook Mary Hannah Parkman**

Capture spring wildflowers, summer plants, seasonal leaves and gems. Dip into your creative well as you explore simple sketches using paper and pencil. Color in later or keep as original graphite drawings.

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Yoga Nidra Lisa Lutton**

7:30–9:00 **Kirtan HuDost**

HuDost is living proof that the whole really is greater than the sum of its parts. Pulling together musical styles as diverse as the jellies in Marco Polo's kitchen cupboard, they weave a seamless tapestry that renders tears and laughter and cultivates that nameless longing that abides in our hearts. Having toured the United States, Canada, and Europe, HuDost brings their atmospheric and resonant songs around the globe.

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Kripalu R&R Daily Schedule for Thursday, July 19

Please note: Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

7:30–8:30 **Sun Salutation**

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.

9:00–10:30 **Kripalu: A Person, a Place, a Tradition Vandita Kate Marchesiello**

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

9:15–11:00 **Guided Hiking**

9:15–11:30 **Guided Stand Up Paddleboarding**

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

More information on this workshop coming soon.

10:45–12:30 **Guided Kayaking**

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

12:45–2:30 **Guided Kayaking**

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Qigong on the Lawn Ken Nelson**

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 **Introduction to Mudras Tracy Remelius**

Mudras are gestures of the hands that promote physical and psychological well-being as well as spiritual growth. Come learn to incorporate mudras that support centering, grounding, and revitalization can into your breathing, meditation, and asana practices.

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Kripalu R&R Daily Schedule for Friday, July 20

Please note: Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

7:30–8:30 **Sun Salutation**

8:45–10:30 **Guided Kayaking**

9:00–10:30 **Riding the Waves of Life Jess Frey**

Come learn to ride the waves of life. Through lecture and experience, explore tools to stay present, strengthen resiliency, and expand your capacity to be with all experiences life has to offer.

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.

9:15–11:00 **Guided Hiking**

9:15–11:30 **Guided Stand Up Paddleboarding**

Delve into Setu Bandhasana (Bridge) Susannah Gale

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®**

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 **Harnessing the Heart's Energy Kimberly Coleman**

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

4:15–6:15 **Afternoon Yoga Classes**

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

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

7:30–8:30 **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.

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Kripalu R&R Daily Schedule for Saturday, July 21

Please note: Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

7:30–8:30 **Sun Salutation**

8:45–10:30 **Guided Kayaking**

9:00–10:30 **Mindfulness Through the Five Senses Jess Frey**

There is a unique quality to each of the five senses. Your senses are your window to the world and the way in which you experience life. Come explore mindfulness by connecting to each of the senses through the great outdoors. Be prepared to go outside.

9:00–10:30 **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.

9:15–11:00 **Guided Hiking**

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

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

12:45–2:30 **Guided Kayaking**

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Body in Balance: Build a Better Backside Michelle Dalbec**

Don't be a statistic! Eight out of 10 people 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 tension.

3:45–6:00 **Guided Stand Up Paddleboarding**

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–9:00 **Concert Sara Auster**

Sara Auster, founder of All Good Sounds, is a certified sound therapy practitioner and meditation teacher based in New York City. She has been a driving force in bringing sound meditation and sound therapy to contemporary culture. Sara offers sound meditation in different formats including workshops, retreats, trainings, private sessions, and large-scale events throughout the world.

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, July 22

Please note: Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

7:30–8:30 **Sun Salutation**

8:45–10:30 **Guided Kayaking**

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

In this workshop, practice innovative and effective corrective exercises; simple, stress-relieving movements; and self-massage techniques that can help realign your entire upper body, establishing a new foundation for a healthy, happy neck.

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

In this workshop, explore the striking parallels between yoga and music through mindful asana, breathwork, meditation, and guided listening to classical music featured in the Boston Symphony Orchestra (BSO) concert at Tanglewood. No technical expertise or prior training in music is required; just bring your love for classical music and yoga. Tickets to the 2:30 pm BSO concert at Tanglewood are provided.

9:15–11:00 **Guided Hiking**

9:15–11:30 **Guided Stand Up Paddleboarding**

11:00–11:45 **Posture Clinic Sherrie Howard**

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**

1:15–3:30 **Guided Stand Up Paddleboarding**

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

Explore meditative creativity through mandalas in this fun hands-on workshop. In collaboration with others, create a temporary work of art using colored sand. After admiring the beauty of your efforts, mix the sand together in order to appreciate the temporary nature of all things.

4:15–6:15 **Afternoon Yoga Classes**

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

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

7:30–9:00 **Yoga for Restful Sleep Jess Frey**

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

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

This schedule subject to change without notice.

Kripalu R&R Daily Schedule for Monday, July 23

Please note: Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

7:30–8:30 **Sun Salutation**

8:45–10:30 **Guided Kayaking**

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 **Joyful Joints Jess Frey**

Are you looking to increase mobility, circulation, and move more freely? Approach your joint health in a holistic way. Come explore a series of joint movements to loosen up the joints and increase fluidity.

9:15–11:00 **Guided Hiking**

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® or Vinyasa Yoga Class**

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

12:45–2:30 **Guided Kayaking**

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Ayurveda for Summer Cat Pacini**

The heat of the summer is upon us. Come explore seasonal diet and lifestyle practices to soothe and cool summer's fire.

3:45–6:00 **Guided Stand Up Paddleboarding**

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

7:30–9:00 **Whole Foods Cooking Demonstration Simeon Bittman**

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.

7:30–9:00 **Aligning Intentions and Actions Izzy Lenihan**

Defining your intentions and then living them fully and authentically can bring more balance into your life. This workshop invites you to look more clearly and truthfully at how you spend your time and energy. Discover possibilities for creating a life of more balance, harmony, and growth.

This schedule subject to change without notice.

Kripalu

Kripalu R&R Daily Schedule for Tuesday, July 24

Please note: Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

7:30–8:30 **Sun Salutation**

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

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

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

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

9:15–11:00 **Guided Hiking**

10:45–12:30 **Guided Kayaking**

11:00–11:45 **Kung Fu Yoga Nina Henrikson**

In this workshop, you learn to integrate the dynamic energies of Shaolin Kung Fu and Kripalu Yoga to invite both heat and a deep connection to Self. Enjoy an exploration of increased energy flow and experience your full potential as you tap into this unique expression of eternal power. Learn about the unique parallels between traditional Kung Fu postures and yoga poses, both on the physical and metaphysical level.

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class and Beginner Yoga Class**

12:45–1:30 **Meditation Greg Dilisio**

12:45–2:30 **Guided Kayaking**

1:15–3:30 **Guided Stand Up Paddleboarding**

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

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

3:45–6:00 **Guided Stand Up Paddleboarding**

4:15–5:30 **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.

This schedule subject to change without notice.

The Kripalu logo is displayed in a stylized, orange font. The letters are bold and have a slight shadow effect, giving it a three-dimensional appearance. The 'i' in 'Kripalu' has a unique, curved shape.

Kripalu R&R Daily Schedule for Wednesday, July 25

Please note: Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

7:30–8:30 **Sun Salutation**

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

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

9:00–10:30 **Energy Flow Ray Crist**

In this vinyasa workshop, pulse from movement to stillness, sweating out any tension, revitalizing your body, and increasing your glow. Receive direct and grounded understanding of how energy works in the body and allows you to access personal power and attain enhanced perception.

9:15–11:00 **Guided Hiking**

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

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

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

12:45–2:30 **Guided Kayaking**

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Ayurvedic Daily Routine Lauren Gernady**

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.

2:45–4:30 **Guided Kayaking**

3:45–6:00 **Guided Stand Up Paddleboarding**

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Deep Unwind For Body and Mind Lisa Lutton**

Soften into greater connection with your body, mind, and nervous system in this soothing workshop that offers gentle somatic movement, meditation, and intuitive journaling for a restful night's sleep.

7:30–9:00 **Kirtan Donna De Lory**

Join us for an enticing evening of original compositions that blend English verses with choruses of Sanskrit mantras in Donna De Lory's unparalleled voice and range. Donna guides you on a journey flowing in and out of mantras and songs, taking you to an altered state of bliss.

This schedule subject to change without notice.

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Kripalu R&R Daily Schedule for Thursday, July 26

Please note: Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

7:30–8:30 **Sun Salutation**

8:45–10:30 **Guided Kayaking**

9:00–10:30 **Mudra Yoga: Nourish and Revitalize 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 to align with your highest self.

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

Shadowbrook has uplifted the spirits and hearts of people since the late nineteenth century. This workshop begins with a viewing of historic photos of the property and then ventures outside for a tour of the grounds to discover points of interest and learn more about the rich history and roots of Kripalu Yoga. In the event of inclement weather, a virtual tour will be held indoors.

9:15–11:00 **Guided Hiking**

10:45–12:30 **Guided Kayaking**

11:00–11:45 **Posture 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®**

12:00–1:00 **Vinyasa Yoga Class and Beginner Yoga Class**

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

Rumi once said, "In order to speak one must first learn to listen—learn to speak by listening". Come join us in practicing one of Kripalu's oldest teachings and discover the gift of conscious communication.

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Qigong on the Lawn Ken Nelson**

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

3:45–6:00 **Guided Stand Up Paddleboarding**

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 **Body Scan Meditation 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.

This schedule subject to change without notice.

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Kripalu R&R Daily Schedule for Friday, July 27

Please note: Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

7:30–8:30 **Sun Salutation**

9:00–10:30 **The Yoga of Life Aruni Nan 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 **Nature Journaling Lara Tupper**

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

9:15–11:00 **Guided Hiking**

9:15–11:30 **Guided Stand Up Paddleboarding**

11:00–11:45 **Ayurveda and the Mind Lauren Gernady**

Beyond the physical doshas, there are 3 qualities of mind according to Ayurvedic psychology. According to Ayurveda we're all born with a curious and creative mind, but with increase demands and stress we have become restless and exhausted. Come explore the theory of ayurvedic psychology and how to increase harmony, clarity and balance.

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 **Introduction to Kirtan and Mantra Sherrie Howard**

Chanting in Sanskrit calms the mind and opens the energy channels. Come experience the power of mantra and kirtan as you learn about these ancient practices and discover how they can benefit your life and enhance your spiritual well-being. Use these practices as an aid in meditation or an adjunct to your daily yoga practice.

4:15–6:15 **Afternoon Yoga Classes**

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

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

7:30–8:30 **Rest and Unwind Yoga**

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

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

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This schedule subject to change without notice.

Kripalu R&R Daily Schedule for Saturday, July 28

Please note: Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

7:30–8:30 **Sun Salutation**

8:45–10:30 **Guided Kayaking**

9:00–10:30 **Four Directions on the Mat Cristie Newhart**

Merge the Peruvian symbolism of the Four Directions-Serpent, Jaguar, Hummingbird and Condor to your yoga practice. This timeless tool of calling in the sacred can help you create a more meaningful and mindful practice.

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

Mandala means circle, and it symbolizes the entire universe and the universe we hold within our deepest selves. Mandalas are also used as tools for meditation in various spiritual traditions. On a silent, meditative walk around the Kripalu property, gather natural found objects such as leaves, rocks, or flower petals and with them create unique mandalas to connect to self-expression and to Mother Nature.

9:15–11:00 **Guided Hiking**

9:15–11:30 **Guided Stand Up Paddleboarding**

10:45–12:30 **Guided Kayaking**

11:00–11:45 **Coloring as Relaxation Izzy Lenihan**

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

12:45–2:30 **Guided Kayaking**

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

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Magic of Manifestation Susannah Gale**

Open yourself to the universe and manifest what you desire in life. In this workshop, you learn about and create a sand painting—a South American indigenous tool that is used for manifestation—all while fostering a deeper relationship with Mother Earth and the world around you. This workshop includes a short walk on the Kripalu grounds to create our sand painting in the woods.

3:45–6:00 **Guided Stand Up Paddleboarding**

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

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

Bobby Sweet (guitar and vocals) and Lara Tupper (vocals) have a musical chemistry that's packed with heart, soul and fun, whether singing new interpretations of their favorite folk/pop songs or Bobby's original material. With their rich harmonies and natural stage presence, they have a special way of connecting with listeners.

This schedule subject to change without notice.

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Kripalu R&R Daily Schedule for Sunday, July 29

Please note: Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

7:30–8:30 **Sun Salutation**

8:45–10:30 **Guided Kayaking**

9:00–10:30 **Lila, the Joy of Divine Play Jurian Hughes**

Ancient yogic texts describe lila as the play of the Divine, who creates freely, for the pure joy of it. Come discover the freedom of embracing your spontaneous, unpredictable lila spirit through movement, dance, stories, and yoga improv.

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

In this workshop, explore the striking parallels between yoga and music through mindful asana, breathwork, meditation, and guided listening to classical music featured in the Boston Symphony Orchestra (BSO) concert at Tanglewood. No technical expertise or prior training in music is required; just bring your love for classical music and yoga. Tickets to the 2:30 pm BSO concert at Tanglewood are provided.

8:45–10:30 **Guided Kayaking**

9:15–11:00 **Guided Hiking**

9:15–11:30 **Guided Stand Up Paddleboarding**

11:00–11:45 **Labyrinth Walk Lara Tupper**

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Meditation Heather Bilotta**

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

Explore meditative creativity through mandalas in this fun hands-on workshop. In collaboration with others, create a temporary work of art using colored sand. After admiring the beauty of your efforts, mix the sand together in order to appreciate the temporary nature of all things.

4:15–6:15 **Afternoon Yoga Classes**

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

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

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 **Musical Melting Sherrie Howard**

Sound and music can help the body enter meditative states of deep relaxation. Come experience a body awareness scan to open up the sound channels in your body as you relax deeply to sweet mantras and lullabies.

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Kripalu R&R Daily Schedule for Monday, July 30

Please note: Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

7:30–8:30 **Sun Salutation**

8:45–10:30 **Guided Kayaking**

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 **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.

9:15–11:00 **Guided Hiking**

10:45–12:30 **Guided Kayaking**

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® or Vinyasa Yoga Class**

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

12:45–2:30 **Guided Kayaking**

1:15–3:30 **Guided Stand Up Paddleboarding**

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

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

2:45–4:30 **Guided Kayaking**

3:45–6:00 **Guided Stand Up Paddleboarding**

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

7:30–8:30 **Restorative Yoga Jess Frey**

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

This schedule subject to change without notice.

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Kripalu R&R Daily Schedule for Tuesday, July 31

Please note: Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open only to Kripalu R&R guests and require advanced sign-up. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:30 **Morning Yoga Classes**

7:30–8:30 **Sun Salutation**

8:45–10:30 **Guided Kayaking**

9:00–10:30 **Living the Kripalu Values Cristie Newhart**

In this workshop learn the core principles of Kripalu's mission. These six ideals have become an integral part of our Kripalu legacy. Through journaling, sharing and discussion you will learn ways to use these same values as tools to create a more meaningful life.

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

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

9:15–11:00 **Guided Hiking**

9:15–11:30 **Guided Stand Up Paddleboarding**

10:45–12:30 **Guided Kayaking**

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

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

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

12:45–2:30 **Guided Kayaking**

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **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.

3:45–6:00 **Guided Stand Up Paddleboarding**

4:15–6:15 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

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