

R&R Retreat Daily Schedule for Saturday, 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**

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

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

9:00–10:30 ***Mindfulness: A Path to Freedom* Izzy Lenihan**

More information on this workshop coming soon.

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

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.

11:00–12:30 ***Guided Kayaking***

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 ***Meditation* Evelyn Gonzalez**

1:00–2:30 ***Guided Kayaking***

1:30–3:00 ***Guided Hiking***

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

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. Whether as a performance tool, a postural tool, or a tool to get you out of pain, Foundation Training helps you become the powerful and effective person you

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–9:00 ***Concert***

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

R&R Retreat Daily Schedule for Sunday, 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**

9:00–10:30 ***Tai Chi on the Lawn* Ken Nelson**

Tai chi is a Chinese martial art of gentle physical exercise and stretching. Learn how to perform a series of postures in a slow, graceful manner. Allow yourself to relax into rhythmic patterns as you coordinate movement with breath.

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

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

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

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

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

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* Bhavani Lorraine Nelson**

1:00–2:30 ***Guided Kayaking***

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

2:00–3:30 ***Mapping Your Childhood* Lara Tupper**

We look at maps to see where we've been and to know where we're going. In this drawing/writing class, map your childhood haunts and translate these sketches into words. No drawing or writing experience necessary, just a willingness to remember the early places you've been to.

3:00–4:30 ***Guided Kayaking***

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

4:15–6:30 **Afternoon Yoga Classes**

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

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

7:30–8:30 ***Yoga Nidra* Jess Frey**

Unwind at the end of a busy day and 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.

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R&R Retreat Daily Schedule for Monday, 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**

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

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

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

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

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

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

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

11:00–12:30 ***Guided Kayaking***

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 ***Savasana Meditation* Christopher Holmes**

1:00–2:30 ***Guided Kayaking***

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

2:00–3:30 ***Ayurvedic Tips for Your Kripalu Stay* Cat Pacini**

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

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 ***Healing Arts Sampler: Introduction to Kripalu Massage* Johanna Wise**

In this workshop, learn to trust your innate ability to help others through safe touch. See how Kripalu's unique approach to massage as a meditation in motion can open the doorway to transformation for both the giver and receiver.

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.

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Kripalu

R&R Retreat Daily Schedule for Tuesday, July 4

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6:30–8:30 **Morning Yoga Classes**

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

More information on this workshop coming soon.

9:00–10:30 **Oh, My Aching Back! Lee Albert**

Is there an effective way to deal with back pain through yoga? In the final analysis, most pain is foundational, resulting from imbalances in the musculoskeletal system. We are in pain because we are misaligned, or “crooked.” Learn which yoga poses are most effective for this pervasive condition.

9:30–11:00 **Guided Hiking**

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

Adapting yoga poses to a chair can make the practice more accessible. Chair yoga also provides those who sit often at work ways to relax, move, strengthen, and stretch the body.

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

1:00–2:30 **Guided Kayaking**

1:30–3:00 **Guided Hiking**

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

2:00–3:30 **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.

3:00–4:30 **Guided Kayaking**

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 **Qigong Mark Roule**

In this workshop, explore the ancient Chinese practice of qigong and discover its usefulness to enhance relaxation, self-healing, and overall well-being.

7:30–8:30 **Healing Arts Sampler: The Art of Receiving Nancy Ramani Costersian**

For many people, it can be harder to receive than to give. In this workshop, explore how to receive gracefully and wholeheartedly, and learn tools to help you receive in everyday life as you are guided to focus on breath, relaxation, and massage.

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 Retreat Daily Schedule for Wednesday, July 5

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

6:30–8:30 **Morning Yoga Classes**

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

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

9:00–10:30 ***A Dynamic Yoga Practice* Steven Leonard**

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

9:30–11:00 ***Guided Hiking***

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

11:00–11:45 ***Workshop TBD***

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

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

1:00–2:30 ***Guided Kayaking***

2:00–3:30 ***Qigong: The Medicine Within* Ken Nelson**

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

3:00–4:30 ***Guided Kayaking***

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 ***Yoga and the Alexander Technique* Lisa Lutton**

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

7:30–9:00 ***Kirtan* (E)**

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 Retreat Daily Schedule for Thursday, July 6

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6:30–8:30 **Morning Yoga Classes**

9:00–10:30 ***Your Heart's Intention* Jennifer Reis**

Your heart is a truth-teller that finds where you feel separation. Through yoga postures, breathing, mudras, journaling, and Divine Sleep Yoga Nidra, find your heart's intention, which contains the seed to bring you back into feeling whole, happy, and aligned.

9:00–10:30 ***Awaken the Possibilities* Izzy Lenihan**

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

9:30–11:00 ***Guided Hiking***

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

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

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

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

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

1:00–2:30 ***Guided Kayaking***

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

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

3:00–4:30 ***Guided Kayaking***

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

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

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

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R&R Retreat Daily Schedule for Friday, July 7

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6:30–8:30 **Morning Yoga Classes**

9:00–10:30 ***Cool It! Summer Yoga Flow* Jess Frey**

Summer is the season of heat and fire. Come take shelter from the warmth as we flow through a yoga practice that offers cooling postures and pranayama (breathwork). Learn to shift your yoga routine to reduce excess heat and create an overall feeling of harmony this summer.

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

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

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

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®**

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12:00–1:00 **Vinyasa Yoga Class**

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

2:00–3:30 ***Labyrinth Walk* Jurian Hughes**

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

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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R&R Retreat Daily Schedule for Saturday, July 8

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6:30–8:30 **Morning Yoga Classes**

9:00–10:30 ***Chakra Yoga Flow* Jurian Hughes**

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

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

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

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

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

Take a meditative saunter through the Kripalu grounds and allow yourself to soak in sensory details. What do you see, smell, hear, and feel? Take time to journal about what you observed and share your words with others in a safe, supportive space.

11:00–12:30 ***Guided Kayaking***

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

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

1:00–2:30 ***Guided Kayaking***

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

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 will be guided through a visual meditation. Journaling afterwards is a key component to help integrate the experience and so space will be provided to complete this process.

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–9:00 **Concert**

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

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R&R Retreat Daily Schedule for Sunday, July 9

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6:30–8:30 **Morning Yoga Classes**

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

Feel relaxed, light, and free. Yin postures target deep tissue to enhance range of motion and flexibility while relieving pain in the low back, hips, and spine. Rooted in yoga therapy and meridian energy medicine, these supported floor postures allow gravity to rehabilitate connective tissue.

9:00–10:30 ***Workshop TBD***

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

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

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

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* Bhavani Lorraine Nelson**

1:00–2:30 ***Guided Kayaking***

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

2:00–3:30 ***Summertime Stillness* Lara Tupper**

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

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

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 ***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.

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R&R Retreat Daily Schedule for Monday, July 10

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6:30–8:30 **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 ***Ayurvedic Care of the Senses* Erin Casperson**

The sense organs bring in all impressions from the outer world to the inner world. Ayurveda offers ancient wisdom on the importance of sense care. Come learn ways to gently care for the eyes, nose, ears, mouth, and skin.

9:30–11:00 ***Guided Hiking***

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

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

11:00–12:30 ***Guided Kayaking***

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

1:00–2:30 ***Guided Kayaking***

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

2:00–3:30 ***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.

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

4:15–6:30 **Afternoon Yoga Classes**

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

Learn how to release chronic tight muscle patterns using this gentle but extremely powerful modality. Target specific muscles with simple 90-second techniques.

7:30–8:30 ***Qigong* Mark Roule**

In this workshop, explore the ancient Chinese practice of qigong and discover its usefulness to enhance relaxation, self-healing, and overall well-being. Experience gentle movement, self-care, breathing exercises, and meditation to activate and support the parasympathetic relaxation response; which in turn, fosters healing.

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Kripalu

R&R Retreat Daily Schedule for Tuesday, July 11

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6:30–8:30 **Morning Yoga Classes**

9:00–10:30 ***Reboot: Yoga for Vitality* Cristie Newhart**

Both yoga and science tout the importance of self-care to replenish depleted states of mind and body. Knowing when your internal reserves have become depleted means knowing when it's time to reboot. This workshop focuses on the causes of depletion and offers specific yogic practices that can help you find more vitality in your day-to-day life.

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

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

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

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

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

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

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

1:00–2:30 ***Guided Kayaking***

2:00–3:30 **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.

3:00–4:30 ***Guided Kayaking***

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 ***Healing Arts Sampler: The Art of Receiving* Nancy Ramani Costersian**

For many people, it can be harder to receive than to give. In this workshop, explore how to receive gracefully and wholeheartedly, and learn tools to help you receive in everyday life as you are guided to focus on breath, relaxation, and massage.

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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R&R Retreat Daily Schedule for Wednesday, July 12

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6:30–8:30 **Morning Yoga Classes**

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

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

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

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

9:30–11:00 ***Guided Hiking***

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

11:00–11:45 ***Share Circle* Aruni Nan Futuronsky**

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 ***Meditation* Aruni Nan Futuronsky**

1:00–2:30 ***Guided Kayaking***

2:00–3:30 ***Qigong: The Medicine Within* Ken Nelson**

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

3:00–4:30 ***Guided Kayaking***

4:15–6:30 **Afternoon Yoga Classes**

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

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

7:30–9:00 ***Kirtan***

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

This schedule subject to change without notice.

Kripalu

R&R Retreat Daily Schedule for Thursday, 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**

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

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

9:00–10:30 ***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.

9:30–11:00 ***Guided Hiking***

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

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

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

1:00–2:30 ***Guided Kayaking***

2:00–3:30 ***Ayurvedic Lifehacker* Sarajejan Rudman**

More information on this workshop coming soon.

3:00–4:30 ***Guided Kayaking***

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 ***Workshop TBD***

This schedule subject to change without notice.

Kripalu

R&R Retreat Daily Schedule for Friday, 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**

9:00–10:30 ***Expressions from Within* Jess Frey**

Through guided meditation and journal exercises, learn to pause, listen, and access the secret language and wisdom of your body and connect to your individual truth.

9:00–10:30 ***The Yoga of Improv* Megha Nancy Buttenheim**

Bring open-hearted, open-minded curiosity and adventure to this workshop that explores easy, fun, creative ways to step into the present moment. Get ready to light up your brain and body. Millions of people are using improv as a tool to enhance their personal and work life, career, and relationships. If you need a joy boost, come join us!

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***Posture Clinic* 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**

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

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

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

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

4:15–6:30 **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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This schedule subject to change without notice.

R&R Retreat Daily Schedule for Saturday, 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**

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.

9:00–10:30 ***Garden of Intentions* Izzy Lenihan**

If your life was a garden, what would you see growing? Fruitful vegetation? Or lots of weeds? Finding your true dharma, or life's work, begins with setting an intention. When we plant the seeds of intention, infinite possibilities await.

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***Vertical Vinyasa: A Standing Flow* Sarajeon Rudman**

Vinyasa yoga is recognized by the flow of movements connecting a sequence of poses to the breath. Experience a new way to coordinate breath with movement, linking poses and embodying your body in this vertical vinyasa workshop—a standing-only yoga sequence. Begin with a standing centering and meditation, flow between standing poses that strengthen the core and legs, and end with a standing savasana.

11:00–12:30 ***Guided Kayaking***

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

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

1:00–2:30 ***Guided Kayaking***

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

2:00–3:30 ***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.

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–9:00 ***Concert***

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

This schedule subject to change without notice.

Kripalu

R&R Retreat Daily Schedule for Sunday, 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**

9:00–10:30 ***Qigong on the Lawn* Ken Nelson**

This Taoist healing art uses breath, motion, and meditation to restore balance and vitality. Learn effortless Chinese energy exercises to train the body, aim the mind, and feel an easeful spiritual presence. This workshop will be held indoors in the event of inclement weather.

9:00–10:30 ***Soundplay* Bhavani Lorraine Nelson**

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

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

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

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

12:45–1:30 ***Meditation***

1:00–2:30 ***Guided Kayaking***

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

2:00–3:30 ***Word Walk* Lara Tupper**

Naturalist Henry David Thoreau did his best thinking (or pre-writing) while rambling through the Massachusetts woods. This writing class includes a brief introduction to Thoreau, a gentle walk around the Kripalu grounds, and writing time spent indoors. No prior writing experience necessary. Please bring your walking shoes.

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

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 ***Qigong* Mark Roule**

In this workshop, explore the ancient Chinese practice of qigong and discover its usefulness to enhance relaxation, self-healing, and overall well-being. Experience gentle movement, self-care, breathing exercises, and meditation to activate and support the parasympathetic relaxation response; which in turn, fosters healing.

This schedule subject to change without notice.

Kripalu

R&R Retreat Daily Schedule for Monday, 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**

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

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

9:00–10:30 ***Conscious Leadership* Ken Nelson**

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

9:30–11:00 ***Guided Hiking***

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

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

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

1:00–2:30 ***Guided Kayaking***

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

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

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

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 ***Healing Arts Sampler: The Art of Receiving* Nancy Ramani Costersian**

For many people, it can be harder to receive than to give. In this workshop, explore how to receive gracefully and wholeheartedly, and learn tools to help you receive in everyday life as you are guided to focus on breath, relaxation, and massage.

7:30–9:00 ***Life Without Regret* Izzy Lenihan**

Living with regrets is a recipe for a life of suffering. Although the past may be a good reference point as to where you are today, it doesn't have to define your future. This workshop helps you discover the wisdom that lives within. Through gentle guidance, develop intentions filled with peace and possibilities in all aspects of your life.

Kripalu

This schedule subject to change without notice.

R&R Retreat Daily Schedule for Tuesday, 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**

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

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

9:00–10:30 ***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.

9:30–11:00 ***Guided Hiking***

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

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

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

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

1:00–2:30 ***Guided Kayaking***

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

2:00–3:30 ***Muscle, Fascia, and Yoga* Christopher Holmes**

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 ***Healing Arts Sampler: Ayurvedic Bodywork* Cat Pacini**

Ayurvedic wisdom teaches us to connect with our deepest selves, the source of all healing. Come learn simple, everyday approaches for increasing your health and vitality through oil massage and Ayurvedic bodywork, and experience a nourishing foot massage using herbal oil. Please come with clean feet and bring socks.

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

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

This schedule subject to change without notice.

Kripalu

R&R Retreat Daily Schedule for Wednesday, 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**

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 ***Herb Walk* Annie B. Kay**

Take a walk around the beautiful Kripalu campus with an eye on the ground. Identify and sample both wild edibles and cultivated herbs with Kripalu's Lead Nutritionist.

9:30–11:00 ***Guided Hiking***

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

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

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 ***Abundant Energy* Vandita Kate Marchesiello**

Discover an invigorating energy from meditative techniques to prepare for the months ahead. Cultivate gratitude through meditation, pranayama, and visualization that help transition from the external energies of summer to the inner focus of autumn.

1:00–2:30 ***Guided Kayaking***

2:00–3:30 ***Simple Habits for Healthy Living* Janna Delgado**

Discuss and experience simple Ayurvedic practices for self-care. When incorporated into your daily routine, these tools can enhance well-being and energy for the mind and body.

3:00–4:30 ***Guided Kayaking***

4:15–6:30 **Afternoon Yoga Classes**

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

If you've wrestled with sleepless nights, everyday stressors, and anxiety that wreaks havoc on the body and mind, this workshop offers a respite and reprieve to these common challenges. Learn a technique rooted in the 5,000 year old practice of yoga nidra to deeply relax your body and calm your busy mind. This technique that can be done seated in a chair, resting in bed, or on your yoga mat can lower blood pressure, reduce stress hormones and heart rates, and slow the metabolic system.

7:30–9:00 ***Kirtan***

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

This schedule subject to change without notice.

Kripalu

R&R Retreat Daily Schedule for Thursday, 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**

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.

9:00–10:30 **Gratitude Mandala Izzy Lenihan**

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

9:30–11:00 **Guided Hiking**

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

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

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

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

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

1:00–2:30 **Guided Kayaking**

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

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

3:00–4:30 **Guided Kayaking**

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

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

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

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This schedule subject to change without notice.

R&R Retreat Daily Schedule for Friday, 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**

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

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

9:00–10:30 ***Introduction to Forest Therapy* Mark Roule**

The practice of forest bathing, or Shinrin-Yoku, was developed in Japan in the 1980s as a way for city-dwellers to restore balance to body, mind, and spirit. Research has shown that forests rich in conifers expose walkers to naturally occurring chemicals called phytoncides, which results in reduced blood pressure and cortisol levels, and improved immune function. Explore the forest around Kripalu, and experience the nourishment of your senses and soul with a symphony of engaging outdoor stimulus brilliantly designed to root us in the present moment.

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

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

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

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

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

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

2:00–3:30 ***The Voice of Truth* Jurian Hughes**

Discover your authentic voice and share it with the world. Uncover your creative courage through fun and playful exercises in breathing, sounding, singing, moving, and journaling. Meredith Monk, composer/singer/director, says exploring the voice "is like being an archeologist. Digging into one's own voice we discover feelings and energies for which we don't even have words."

4:15–6:30 **Afternoon Yoga Classes**

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

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

7:30–8:30 ***Oh My Aching Back!* Lee Albert**

Is there an effective way to deal with back pain through yoga? In the final analysis, most pain is foundational, resulting from imbalances in the musculoskeletal system. We are in pain because we are misaligned, or "crooked." Learn which yoga poses are most effective for this pervasive condition.

This schedule subject to change without notice.

Kripalu

R&R Retreat Daily Schedule for Saturday, 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**

9:00–10:30 **Chakra Yoga Flow** Jurian Hughes

Though you may not be able to see or touch the chakras, you can tell when they're out of balance—leaving you feeling blocked, depleted, or unwell. Discover how ancient India's chakra system offers a powerful map to clear and balance these energy centers through yoga postures, breathing techniques, meditation, and chanting.

9:00–10:30 **Guided Kayaking**

9:30–11:00 **Guided Hiking**

11:00–11:45 **Workshop TBD**

11:00–12:30 **Guided Kayaking**

12:00–1:00 **Kripalu YogaDance®**

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

1:00–2:30 **Guided Kayaking**

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

2:00–3:30 **Posture 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.

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–9:00 **Concert**

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

This schedule subject to change without notice.

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R&R Retreat Daily Schedule for Sunday, 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**

9:00–10:30 ***Tai Chi on the Lawn* Ken Nelson**

Tai chi is a Chinese martial art of gentle physical exercise and stretching. Learn how to perform a series of postures in a slow, graceful manner. Allow yourself to relax into rhythmic patterns as you coordinate movement with breath.

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***Ajna: The Third Eye Chakra* 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.

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 ***Mindfulness Meditation* Janna Delgado**

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

2:00–3:30 ***Journaling 101* Lara Tupper**

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

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

4:15–6:30 **Afternoon Yoga Classes**

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

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

7:30–8:30 ***Yoga Nidra* Jess Frey**

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

R&R Retreat Daily Schedule for Monday, 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**

9:00–10:30 ***Riding the Wave* 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.

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***The Anatomy of Standing Postures* Christopher Holmes**

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

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 ***The 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.

1:00–2:30 ***Guided Kayaking***

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

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

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

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 ***Healing Arts Sampler: Energy Work Talk* Padme**

More information on this workshop coming soon.

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

This schedule subject to change without notice.

R&R Retreat Daily Schedule for Tuesday, 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**

9:00–10:30 ***The Five Tibetan Rites of Rejuvenation* Micah Mortali**

In this workshop, explore five simple movements to create a powerful practice of mind-body integration that has been cherished by Tibetan monks for centuries. Said to reverse the aging process, the “Five Tibetans” are an energizing and fun daily practice that can truly change your life!

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.

9:30–11:00 ***Guided Hiking***

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

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

11:00–12:30 ***Guided Kayaking***

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

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

1:00–2:30 ***Guided Kayaking***

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

2:00–3:30 ***Human Rhythms, Earth Rhythms* Christopher Holmes**

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

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

Learn how to release chronic tight muscle patterns using this gentle but extremely powerful modality. Target specific muscles with simple 90-second techniques.

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

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

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This schedule subject to change without notice.

R&R Retreat Daily Schedule for Wednesday, 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**

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

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

9:30–11:00 ***Guided Hiking***

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

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**

12:45–1:30 ***Historical Tour of the 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.

1:00–2:30 ***Guided Kayaking***

2:00–3:30 ***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.

3:00–4:30 ***Guided Kayaking***

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 ***Kripalu: A Person, a Place, a Tradition* Vandita Kate Marchesiello**

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

7:30–9:00 ***Kirtan***

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

This schedule subject to change without notice.

Kripalu

R&R Retreat Daily Schedule for Thursday, 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**

9:00–10:30 ***Living a Pain-Free Life* Lee Albert**

More information on this workshop coming soon.

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

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

9:30–11:00 ***Guided Hiking***

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

11:00–11:45 ***Guided Meditation Walk* Steven Leonard**

Wisdom traditions refer to freedom as both a goal of spiritual practice and an intrinsic aspect of human nature. Come explore mindfulness in motion on an outdoor walk as a way of awakening to your deepest self. This workshop will be held indoors in the event of inclement weather.

12:00–1:00 **Kripalu YogaDance®**

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

1:00–2:30 ***Guided Kayaking***

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

3:00–4:30 ***Guided Kayaking***

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

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

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

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Kripalu

R&R Retreat Daily Schedule for Friday, 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**

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 ***Introduction to Forest Therapy* Mark Roule**

The practice of forest bathing, or Shinrin-Yoku, was developed in Japan in the 1980s as a way for city-dwellers to restore balance to body, mind, and spirit. Research has shown that forests rich in conifers expose walkers to naturally occurring chemicals called phytoncides, which results in reduced blood pressure and cortisol levels, and improved immune function. Explore the forest around Kripalu, and experience the nourishment of your senses and soul with a symphony of engaging outdoor stimulus brilliantly designed to root us in the present moment.

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

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 ***Meditation* Susannah Gale**

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

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

Enjoy a gently moderate water-inspired yoga and pranayama flow on Kripalu’s lakefront! Meet in the First Floor lobby to pick up a mat, and walk together to the lake. Weather permitting, feel free to bring a towel and bathing suit if you’d like to swim afterward!

4:15–6:30 **Afternoon Yoga Classes**

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

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

8:00–9:00 ***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.

Kripalu

R&R Retreat Daily Schedule for Saturday, 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**

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

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

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

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

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***Introduction to Vinyasa Yoga* Sarajeon Rudman**

11:00–12:30 ***Guided Kayaking***

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

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

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

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 will be provided to complete this process.

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–9:00 ***Concert***

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

This schedule subject to change without notice.

Kripalu

R&R Retreat Daily Schedule for Sunday, 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**

9:00–10:30 ***Qigong on the Lawn* Ken Nelson**

This Taoist healing art uses breath, motion, and meditation to restore balance and vitality. Learn effortless Chinese energy exercises to train the body, aim the mind, and feel an easeful spiritual presence. This workshop will be held indoors in the event of inclement weather.

9:00–10:30 ***Breath and Stress Resilience* Janna Delgado**

In this workshop you learn the importance of the breath in cultivating stress resilience and optimal performance. Come explore this profound tool for staying centered in the face of daily stressors and demands.

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***Labyrinth Walk* Jurian Hughes**

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

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* Bhavani Lorraine Nelson**

1:00–2:30 ***Guided Kayaking***

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

2:00–3:30 ***Summertime Stillness* Lara Tupper**

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

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

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 ***Restore* 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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R&R Retreat Daily Schedule for Monday, 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**

9:00–10:30 ***Conscious Leadership* Ken Nelson**

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

9:30–11:00 ***Guided Hiking***

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

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

1:00–2:30 ***Guided Kayaking***

1:30–3:30 ***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.

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 ***Healing Arts Sampler: Ayurvedic Bodywork* Cat Pacini**

Ayurvedic wisdom teaches us to connect with our deepest selves, the source of all healing. Come learn simple, everyday approaches for increasing your health and vitality through oil massage and Ayurvedic bodywork, and experience a nourishing foot massage using herbal oil. Please come with clean feet and bring socks.

7:30–9:00 ***Garden of Intentions* Izzy Lenihan**

If your life was a garden, what would you see growing? Fruitful vegetation? Or lots of weeds? Finding your true dharma, or life's work, begins with setting an intention. When we plant the seeds of intention, infinite possibilities await.

This schedule subject to change without notice.

Kripalu