

R&R Retreat Daily Schedule for Friday, July 1

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 **Anatomy of Seated Poses Christopher Holmes (L)**
In this workshop, investigate skeletal alignment, muscle and connective tissue considerations, and breath in seated poses. This information is suitable for practitioners of all levels.
- 9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)
- 11:00–11:45 **Share Circle Aruni Nan Futuronsky (E)**
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.
- 11:30–2:00 Lunch
- 12:00–1:00 Kripalu YogaDance®
- 12:00–1:00 Vinyasa Yoga Class
- 12:45–1:30 **Meditation Aruni Nan Futuronsky**
- 2:00–3:30 **Yin Yoga and the Energy Body Ken Nelson (M/E)**
Yin Yoga brings to life a feeling of well-being and the flow of energy already in motion. Discover the wisdom of stillness with simple, easy-to-learn, passive floor postures to relieve chronic tension, awaken insight, and stimulate life-giving forces for health and healing. Learn about the meridian system and the healing benefits of Yin Yoga.
- 4:15–6:45 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)
- 12:45–1:30 **Meditation Aruni Nan Futuronsky**
- 5:00–7:30 Dinner
- 6:45–7:15 **Kripalu Orientation Guest Services**
- 7:30–8:30 **Healing Arts Sampler: Ayurvedic Bodywork Cat Pacini (E)**
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.
- 7:30–8:30 **Divine Sleep Yoga Nidra Jennifer Reis (E)**
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 2

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–8:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 7:00–9:00 Breakfast
- 9:00–10:30 **Freestyle Meditation Steven Leonard** (E) Meditation is a vast tradition that encompasses many approaches, philosophies, goals, and techniques. Within this wide range of practice there is space for you to find your own way. This workshop is a mix of instruction, practice, and conversation. See how wonderful meditation can be when you do it your way.
- 9:00–10:30 **Deep Yoga Ray Crist** (M) Dive below the surface of the physical and open the subtle channels of the body. Begin by discovering the energetic meridians in Mountain pose, then experience creative movement and breath that releases old bodily tensions. Deepen your understanding of asana practice and expand into a clearer, more integrated view of life.
- 9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)
- 11:00–11:45 **Inquire Within Ken Nelson** (E)
Explore writing as a method for self-discovery and use yoga to move beyond the usual distracted mind and the internal critic. Take home poems, reflections, journaling ideas, and ways to tune into the greenhouse of creativity and refuge of self that awaits you for the rest of your life.
- 11:30–2:00 Lunch
- 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
- 12:45–1:30 **Meditation Ken Nelson**
- 1:30–3:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)
- 2:00–3:30 **Muscle, Fascia, and Yoga Christopher Holmes** (E)
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.
- 4:00–6:00 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)
- 4:15–6:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:00–7:30 Dinner
- 7:30–8:30 Rest and Unwind Yoga
- 7:30–9:00 **Evening Event** (E)
Each night, we offer a workshop, kirtan, or concert to round out your day at Kripalu. Check back for more information on this evening's event.

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R&R Retreat Daily Schedule for Sunday, July 3

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 **Calming the Ocean Within Heather Bilotta (M)**
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.
- 9:00–10:30 **Awaken the Possibilities Izzy Lenihan (L)**
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** (Advanced registration suggested, please call for details.)
- 11:00–11:45 **Short and Sweet Lara Tupper (E)**
Less is more, as they say. It's helpful to be clear and to the point, to trim the excess and 'zero in' on what we mean to say. Ernest Hemingway once wrote a story in just six words and called it his best work. In this light-hearted writing class, you read six-word tales, discuss what makes them appealing, and compose your own.
- 11:30–2:00 Lunch
- 12:00–1:00 Kripalu YogaDance®
- 12:00–1:00 Vinyasa Yoga Class
- 2:00–3:30 **Taking It Home Cristie Newhart (E)**
In this workshop, explore how to take the tools you learn at Kripalu back into your everyday life and be inspired to live your Kripalu experience at home.
- 4:15–6:45 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)
- 5:00–6:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 5:00–7:00 Dinner
- 6:45–7:15 **Kripalu Orientation Guest Services**
- 7:30–8:30 **Meditation Sherrie Howard (E)**
Release the mind's tyranny through the practice of meditation, focusing on concentrative practices and awareness meditations. Integrate practical suggestions to help deepen your meditation practice.

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R&R Retreat Daily Schedule for Monday, July 4

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6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

7:00–9:00 Breakfast

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

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 **Introduction to Ayurveda: Life in Balance Cat Pacini (L)**

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.

9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)

11:00–11:45 **Herb Walk Annie B. Kay (M)**

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.

11:30–2:00 Lunch

12:00–1:00 Kripalu YogaDance®

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

12:00–1:00 Vinyasa Yoga Class

1:30–3:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

2:00–3:30 **Yoga Nidra Sherrie Howard (M)**

4:00–6:00 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

4:15–6:45 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)

5:00–7:30 Dinner

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

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 **Introduction to the Practice of Swami Kripalu Christopher Holmes (E)**

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.

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R&R Retreat Daily Schedule for Tuesday, July 5

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 **Mindful Eating Annie B. Kay and Aruni Nan Futuronsky (L)**
How you eat reflects how you feel about yourself at the deepest level. Mindful eating is a practice of exploring your relationship with food and yourself. Come learn how it can deepen your understanding of food and all that nourishes you.
- 9:00–10:30 **Strengthen Your Core Rudy Peirce (M)**
A key foundation of yoga postures is to strengthen the muscles and tissues in the torso and pelvis, vital in creating support in the asanas. How do you strengthen these muscles safely, and take care of your back while developing your abdominals? Come practice and learn.
- 9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)
- 11:00–11:45 **Garden of Intentions Izzy Lenihan (L)**
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.
- 11:00–12:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 11:30–2:00 Lunch
- 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 **Mindful Life Annie B. Kay and Aruni Nan Futuronsky (L)**
Both yoga and science tout the importance of self-care to replenish depleted states of mind and body. Knowing when our internal reserves have become depleted allows us to know 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.
- 4:15–6:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:00–7:30 Dinner
- 7:30–8:30 Rest and Unwind Yoga
- 7:30–9:00 **Whole Foods Cooking Demonstration Jeremy Rock Smith (E)**
Join us for a lecture on the joys and benefits of whole foods cooking, with recipes and techniques from the Kripalu Kitchen, and 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 6

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6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

7:00–9:00 Breakfast

9:00–10:30 **The Qualities of Consciousness Coby Kozlowski (L/E)**

Delve into the conversation and exploration of tantric yoga's six principles of consciousness. Expand into the rich landscape of the world through the lens of yoga and explore the diverse layers of the human experience. Through lecture and self-reflection, come home to a deeper sense of yoga and awaken to the beauty, sweetness, and aliveness of the universe.

9:00–10:30 **Microflora: Tend Your Inner Garden Annie B. Kay (L)**

A majority of your immune system is comprised of bacteria, or microflora, that profoundly impacts your mental and physical health. Come discuss recent and fascinating scientific literature on microflora and health, and through meditative body scanning and free writing, make contact with your own inner city of wellness.

9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)

11:00–11:45 **Posture Clinic Kari Harendorf (M)**

In this workshop, spend time breaking down the difficulties of classic postures. As we examine the architecture of the body within a pose, we can sequence similar asanas to build strength and engage where we tend to collapse, and release what tends to bind. By the time you get to the actual peak pose, the body is ripe and ready for it. The result is finding a true equanimity in the physical body and an easy breath.

11:30–2:00 Lunch

12:00–1:00 Kripalu YogaDance®

12:00–1:00 Vinyasa Yoga Class

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

1:30–3:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

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

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.

4:15–6:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:00–6:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

5:00–7:30 Dinner

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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R&R Retreat Daily Schedule for Thursday, July 7

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- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 **Mudra Yoga: Revitalize Your Energy Jennifer Reis** (M/E)
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 **Cardio Core Fusion Sarajeon Rudman** (M)
Toggling between cardio and core intervals might just be the most productivity you can achieve during a work out. This workshop is designed to get your heart rate up, your body alive with movement, and your core strong and long.
- 9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)
- 11:00–11:45 **Mantras and Affirmations for Wellness Annie B. Kay** (E)
Come explore chanting mantras for healing and develop personal healing affirmations to support eating well, deepening your yoga or physical practice, self-care, and more.
- 11:00–12:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 11:30–2:00 Lunch
- 12:00–1:00 Kripalu YogaDance®
- 12:00–1:00 Vinyasa Yoga Class
- 12:45–1:30 **Meditation Walk Izzy Lenihan**
- 2:00–3:30 **Ojas-Boosting Self-Care Larissa Hall Carlson** (L/E)
Give yourself the gift of self-care. Dive into a nourishing asana practice with soothing pranayama, experience abhyanga (herbal oil self-massage), and deeply relax with yoga nidra. Emerge from this experience refreshed, relaxed, and glowing. Please wear clothes that expose your arms and most of your legs for the massage.
- 4:00–6:00 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)
- 4:15–6:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:00–7:30 Dinner
- 7:30–8:30 Rest and Unwind Yoga
- 7:30–8:30 **Love is Our Soul Purpose Atma Jo Ann Levitt** (E)
Swami Kripalu referred to our efforts at loving as the highest form of spiritual practice. Through journaling, dialogue, and heart-felt meditation, explore the many ways you can become an ambassador of love in your own life.

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R&R Retreat Daily Schedule for Friday, July 8

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6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

7:00–9:00 Breakfast

9:00–10:30 **Jaguar Yoga Ray Crist** (M)

Experience a vinyasa-based yoga flow with a focus on the meridians and the luminous field. Ray Crist has practiced yoga with the shamans and shares the energetics behind each posture as an attitude toward life, the meridians, and the emotions. Yoga is a practice of shifting your energy field, emotions, and energy levels to a higher state of consciousness.

9:00–10:30 **The Sacred Call of Life Jess Frey** (E)

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

9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)

11:00–11:45 **Share Circle Aruni Nan Futuronsky** (E)

11:30–2:00 Lunch

12:00–1:00 Kripalu YogaDance®

12:00–1:00 Vinyasa Yoga Class

1:30–3:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

2:00–3:30 **Restorative Yoga Sherrie Howard** (E)

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

4:15–6:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:00–7:30 Dinner

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

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

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.

7:30–8:30 **Divine Sleep Yoga Nidra Jennifer Reis** (E)

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 9

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 **Resilience Maria Sirois PsyD (L/E)**
Resilience is about adapting to difficulties in life by finding a kind of heaven within. How you get there and sustain that sense of inner ease is the subject of the science of Positive Psychology and mind-body medicine. Come explore the tools and practices that can help sustain your strength, and those that enable you to create a life that thrives, even when facing truly uneasy times.
- 9:00–10:30 **Running Meditation Sarajeen Rudman (M)**
Instead of popping in the ear buds, what if you turned your run into a soul-healing, mind-relaxing meditation adventure? Learn the tools to create bliss and peace on every run using breathing and mantra techniques to connect your heart-mind to your body in a new, fun, and transformative way.
- 9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)
- 11:00–11:45 **How Balanced Is Your Life? Izzy Lenihan (L)**
Lack of balance in your life can have profound and adverse effects on your mind, body, spirit, and soul. This lecture is for anyone who is feeling stressed, overwhelmed, or disconnected. Learn how to identify where your life is out of balance and create a plan that supports work, family, fun, and good health.
- 11:00–12:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 11:30–2:00 Lunch
- 12:00–1:00 Kripalu YogaDance®
- 12:00–1:00 Vinyasa Yoga Class
- 12:45–1:30 **Share Circle Izzy Lenihan**
- 1:30–3:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)
- 2:00–3:30 **The Power of Mantra Bhavani Lorraine Nelson (E)**
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.
- 4:00–6:00 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)
- 4:15–6:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:00–7:30 Dinner
- 7:30–8:30 Rest and Unwind Yoga
- 7:30–9:00 **Evening Event (E)**
Each night, we offer a workshop, kirtan, or concert to round out your day at Kripalu. Check back for more information on this evening's event.

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R&R Retreat Daily Schedule for Sunday, July 10

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 **Good Gut, Great Health Kathie Madonna Swift (L)**
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 **Slow Yoga and Qigong Ken Nelson (M/E)**
Nourish your vitality and restore the hips and low back with passive Yin Yoga floor postures that rehabilitate fascia and moisturize joints. Learn to move and breathe with ease, balance, and strength, with beginner-friendly qigong and enjoy blissful restorative yoga and relaxation.
- 9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)
- 9:30–11:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)
- 11:00–11:45 **Joyful Joints Yoga Jess Frey (M)**
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.
- 11:30–2:00 Lunch
- 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 **Core Principles for Yoga Postures Cristie Newhart (E)**
In this workshop, discuss and practice the fundamental alignment principles of the different groups of postures, such as standing, forward bends, and, twists, and discover how to make the adjustments needed for stability and comfort.
- 4:15–6:45 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)
- 5:00–7:30 Dinner
- 6:45–7:15 **Kripalu Orientation Guest Services**
- 7:30–8:30 **Calming the Ocean Within Heather Bilotta (M)**
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.

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R&R Retreat Daily Schedule for Monday, July 11

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6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

7:00–9:00 Breakfast

9:00–10:30 **Grief, Loss, and Renewal Aruni Nan Futuronsky (L)**

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 **Faith, Hope, Awe, a Dog, and a Gorilla Maria Sirois (E)**

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** (Advanced registration suggested, please call for details.)

9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)

11:00–11:45 **Mindful Eating Annie B. Kay (L)**

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.

11:00–12:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

11:30–2:00 Lunch

12:00–1:00 Kripalu YogaDance®

12:00–1:00 Vinyasa Yoga Class

1:30–3:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

2:00–3:30 **Uplift: Air and Ether Element Yoga Jennifer Reis (M/E)**

Uplift your energy with yoga postures, breathing techniques, mudras, and Divine Sleep Yoga Nidra. This workshop, focuses on the air element to expand your inner compassion and acceptance, and the ether element to foster deep connection to yourself and others.

4:00–6:00 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

4:15–6:45 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)

5:00–7:30 Dinner

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

7:30–8:30 **Summertime Stillness Lara Tupper (E)**

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

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R&R Retreat Daily Schedule for Tuesday, July 12

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 **Yoga for Digestion Annie B. Kay** (M/E)
One of the many benefits of yoga is the positive effect consistent practice can have on the digestive system. By reducing stress and enhancing the mind-body connection, yoga leads us to a balanced system. In this workshop, practice movements and yogic breathing techniques with your digestive health in mind.
- 9:00–10:30 **Ayurvedic Daily Routine Erin Casperson** (L/E)
Ayurveda teaches us that the key to balancing mind, body, and emotions is through a balanced daily routine. Come explore simple Ayurvedic tools and principles to access harmony with the natural rhythms of the day.
- 9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)
- 11:00–11:45 **Conscious Conversation Izzy Lenihan and Aruni Nan Futuronsky** (E)
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. Join Kripalu's life coaches for an open Q&A discussion and discover some personal tips on how to bring home the magic.
- 11:00–12:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 11:30–2:00 Lunch
- 12:00–1:00 Kripalu YogaDance®
- 12:00–1:00 Vinyasa Yoga Class
- 12:45–1:30 **Meditation Aruni Nan Futuronsky**
- 1:30–3:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)
- 2:00–3:30 **Relaxation: Let Go or Be Dragged Ken Nelson** (E)
Relaxation happens naturally when you stop creating tension. Refresh your self with gentle, easy-to-learn practices that create well-being and restore wholeness: restorative yoga, yin yoga, and yoga nidra (guided deep relaxation). Discover the wisdom of stillness with quiet, unhurried practices that nurture positive change through intentional breathing, guided imagery, and attention training.
- 4:00–6:00 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)
- 4:15–6:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:00–7:30 Dinner
- 7:30–8:30 Rest and Unwind Yoga
- 7:30–8:30 **Dharana: Awakening Awareness Jess Frey** (E)
In Patanjali's eight-limbed path of yoga, dharana is the initial stage of meditation which invites us to focus and attune attention. Discuss, learn, and experience tools and practices of active observation to increase awareness of self and the world around you.

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R&R Retreat Daily Schedule for Wednesday, July 13

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 **The Science of Detox Kathie Madonna Swift (L)**
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 **Vinyasa for the Core Sarajeen Rudman (M/E)**
- 9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)
- 11:00–11:45 **Posture Clinic Kari Harendorf (M)**
In this workshop, spend time breaking down the difficulties of classic postures. As we examine the architecture of the body within a pose, we can sequence similar asanas to build strength and engage where we tend to collapse, and release what tends to bind. By the time you get to the actual peak pose, the body is ripe and ready for it. The result is finding a true equanimity in the physical body and an easy breath.
- 11:00–12:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 11:30–2:00 Lunch
- 12:00–1:00 Kripalu YogaDance®
- 12:00–1:00 Vinyasa Yoga Class
- 12:45–1:30 **Meditation Aruni Nan Futuronsky**
- 1:30–3:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)
- 2:00–3:30 **Introduction to Ayurveda: Life in Balance Cat Pacini (L)**
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.
- 4:00–6:00 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)
- 4:15–6:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:00–7:30 Dinner
- 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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R&R Retreat Daily Schedule for Thursday, July 14

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

7:00–9:00 Breakfast

9:00–10:30 **Color Flow Jennifer Reis (E)**

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

9:00–10:30 **Yoga of Yes Jurian Hughes (M)**

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 **Guided Kayaking** (Advanced registration suggested, please call for details.)

9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)

11:00–11:45 **Garden of Intentions Izzy Lenihan (L)**

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.

11:00–12:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

11:30–2:00 Lunch

12:00–1:00 Kripalu YogaDance®

12:00–1:00 Vinyasa Yoga Class

1:30–3:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

2:00–3:30 **Leaning Toward Joy: A Summer Primer Aruni Nan Futuronsky (L/E)**

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.

4:00–6:00 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

4:15–6:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:00–7:30 Dinner

7:30–8:30 Rest and Unwind Yoga

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

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.

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R&R Retreat Daily Schedule for Friday, July 15

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

7:00–9:00 Breakfast

9:00–10:30 **Peaceful Pranayama Jess Frey (E)**

You can alter your state of being with simple breathing practices. Come learn a variety of techniques to enhance energy, improve mood, and promote relaxation of the body, mind, and nervous system.

9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)

9:30–11:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

11:00–11:45 **The Throat Chakra: Vishuddha Jurian Hughes (E)**

Are you able to communicate as freely and fully as you'd like? In this experiential workshop appropriate for all levels, discover how to invite more freedom and flow to the throat chakra, the vishuddha, through visualization, meditation, chanting, affirmations, breathing techniques, and yoga postures, and find yourself speaking your truth with ease.

11:30–2:00 Lunch

12:00–1:00 Kripalu YogaDance®

12:00–1:00 Vinyasa Yoga Class

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

2:00–3:30 **Historical Tour of the Grounds Vandita Kate Marchesiello (M)**

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.

4:15–6:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:00–7:30 Dinner

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

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

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 **Divine Sleep Yoga Nidra Jennifer Reis (E)**

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 16

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–8:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 7:00–9:00 Breakfast
- 9:00–10:30 **Yoga for Vitality Jurian Hughes** (M)
Turn up the prana! Most of us wish we had more energy, focus, and joy. Discover how yoga can increase prana (life force). In this workshop—a combination of in-depth breathwork, gentle asana, and partner work—learn a simple 10-step exercise series that can be done daily to refuel, reenergize, and rebalance.
- 9:00–10:30 **Gifts in the Storm Izzy Lenihan** (E)
The adversities in life can be challenges that help make us stronger. Join this inspirational, interactive discussion on the strategies, attitudes, and qualities that can help you thrive during the storms in your life.
- 9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)
- 11:00–11:45 **Learn to Love Exercise Vandita Kate Marchesiello** (M/E)
Our bodies are built to move! Tap into enthusiasm and transform monotony to enjoyment with simple yet powerful techniques that help you learn to love exercise. Through meditation, visualization, and movement, come find the fun factor that can lead you from ‘need to exercise’ to ‘want to exercise.’
- 11:30–2:00 Lunch
- 12:00–1:00 Kripalu YogaDance®
- 12:00–1:00 Vinyasa Yoga Class
- 12:45–1:30 **Meditation Vandita Kate Marchesiello**
- 1:30–3:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)
- 2:00–3:30 **Labyrinth Walk Sherrie Howard** (M)
Enjoy a guided walking meditation through the Kripalu Labyrinth. Take home techniques for using this ancient spiritual tool to increase awareness toward yourself and the environment around you.
- 3:00–4:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 4:00–6:00 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)
- 4:15–6:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:00–6:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 5:00–7:30 Dinner
- 7:30–8:30 Rest and Unwind Yoga
- 7:30–9:00 **Evening Event** (E)
Each night, we offer a workshop, kirtan, or concert to round out your day at Kripalu. Check back for more information on this evening's event.

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R&R Retreat Daily Schedule for Sunday, July 17

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

7:00–9:00 Breakfast

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

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 **The World is My Gym Sarajeen Rudman** (M)

If travel or a hiccup in routine has thrown off your workout plan, come learn how to make anywhere your gym, no equipment required. In this workshop, you learn tips to utilize body weight and any space to get your workout in.

9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)

9:30–11:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

11:00–11:45 **Haiku Stew Lara Tupper** (E)

Originating in Japan and inspired by nature, haiku allow us to hold fleeting images with words. In this brief introduction, read some classic examples, pay homage to elements from the natural world, and try your hand at the three-line form.

11:00–12:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

11:30–2:00 Lunch

12:00–1:00 Kripalu YogaDance®

12:00–1:00 Vinyasa Yoga Class

2:00–3:30 **Altar Your Life Cristie Newhart** (E)

How can you bring meaning and depth to your life? How can you change negative influences into something positive? In this workshop, discuss the practice of yoga off the mat through the use of altars, sacred objects, and mindfulness.

4:15–6:45 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)

5:00–7:30 Dinner

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

7:30–8:30 **Restorative Yoga Sherrie Howard** (E)

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

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R&R Retreat Daily Schedule for Monday, July 18

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

7:00–9:00 Breakfast

9:00–10:30 **Food and Mood Annie B. Kay (L)**

What and how we eat profoundly influences how we feel. Come explore the latest research and ideas on nutrients, eating habits, and lifestyle choices most supportive of lifelong mental health.

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

Summer is the season of heat and fire. Come take shelter from the warmth and 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.

9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)

11:00–11:45 **Kripalu Guided Walk and Talk Ken Nelson (M)**

Enjoy Kripalu's grounds, gardens, and views, and the stories they tell. Local Berkshire history and culture come alive—from Native American roots to the Quakers and Shakers, from Hawthorne and Melville, to the Carnegie and Vanderbilt gilded age, from Jesuit seminary to Kripalu today.

11:30–2:00 Lunch

12:00–1:00 Kripalu YogaDance®

12:00–1:00 Vinyasa Yoga Class

1:00–2:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

1:30–3:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

2:00–3:30 **Freestyle Meditation Steven Leonard (E)**

Meditation is a vast tradition that encompasses many approaches, philosophies, goals, and techniques. Within this wide range of practice there is space for you to find your own way. This class is a mix of instruction, practice, and conversation. See how wonderful meditation can be when you do it your way.

4:00–6:00 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

4:15–6:45 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)

5:00–7:30 Dinner

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

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 **Energy of Thoughts Izzy Lenihan (L)**

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.

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R&R Retreat Daily Schedule for Tuesday, July 19

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

7:00–9:00 Breakfast

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

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 **Muscle, Fascia, and Yoga Christopher Holmes (L/M)**

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

9:30–11:00 **Guided Hiking (Advanced registration suggested, please call for details.)**

11:00–11:45 **Mindful Eating Annie B. Kay (L)**

How we eat reflects how we feel about ourselves at the deepest level. Mindful eating is a practice of exploring our relationships with food and ourselves, and can deepen our understanding of food and all that nourishes us.

11:30–2:00 Lunch

12:00–1:00 Kripalu YogaDance®

12:00–1:00 Vinyasa Yoga Class

12:45–1:30 **Meditation Christopher Holmes (E)**

1:00–2:30 **Guided Kayaking (Advanced registration suggested, please call for details.)**

1:30–3:30 **Guided Stand Up Paddleboarding (Advanced registration suggested, please call for details.)**

2:00–3:30 **It's All About the Base Sarajejan Rudman (M)**

The legs are the roots of the body. They connect to the earth more than any other part of us. In this fun, interactive workout class that combines yoga, classic aerobics, functional strength training, and martial arts fitness, learn strengthening exercises to keep a strong base. It's a great way to stay strong and injury free, from the ground up.

4:00–6:00 **Guided Stand Up Paddleboarding (Advanced registration suggested, please call for details.)**

4:15–6:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:00–7:30 Dinner

7:30–8:30 Rest and Unwind Yoga

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

Join us for a lecture on the joys and benefits of whole foods cooking, with recipes and techniques from the Kripalu Kitchen, and 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 20

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

7:00–9:00 Breakfast

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

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 **In Through the Outdoors Steven Leonard (M)**

Dive below the surface of the physical and open the subtle channels of the body. Begin by discovering the energetic meridians in Mountain pose, then experience creative movement and breath that releases old bodily tensions. Deepen your understanding of asana practice and expand into a clearer, more integrated view of life.

9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)

11:00–11:45 **Posture Clinic Kari Harendorf (M)**

In this workshop, spend time breaking down the difficulties of classic postures. As we examine the architecture of the body within a pose, we can sequence similar asanas to build strength and engage where we tend to collapse, and release what tends to bind. By the time you get to the actual peak pose, the body is ripe and ready for it. The result is finding a true equanimity in the physical body and an easy breath.

11:30–2:00 Lunch

12:00–1:00 Kripalu YogaDance®

12:00–1:00 Vinyasa Yoga Class

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

1:00–2:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

2:00–3:30 **Yoga with Your Shoes On Vandita Kate Marchesiello (M)**

Learn a fun and easy yoga routine to start your day on the right foot. This standing sequence includes stretches that warm up the body in preparation for walks, hikes, and everyday activities. This session concludes with a seated relaxation. Sneakers required.

3:00–4:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

4:00–6:00 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

4:15–6:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:00–7:30 Dinner

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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R&R Retreat Daily Schedule for Thursday, July 21

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 **Vertical Vinyasa: A Standing Flow Sarajeon Rudman (M)**
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.
- 9:00–10:30 **Chakra Yoga Jurian Hughes (M/E)**
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.
- 9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)
- 11:00–11:45 **Peace in Every Step Vandita Kate Marchesiello (M/E)**
Enjoy a meditative walk on sacred wooded trails to take in the fragrances and sounds of nature, pausing now and then to sit and meditate as you cultivate peace, patience, and gratitude.
- 11:30–2:00 Lunch
- 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** (Advanced registration suggested, please call for details.)
- 2:00–3:30 **Life Without Regret, Food Without Regret Izzy Lenihan and Annie B. Kay (L)**
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. Join Annie and Izzy in a workshop that helps you discover the wisdom that lives within. Through gentle guidance, develop intentions filled with peace and possibilities in all aspects of your life.
- 3:00–4:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 4:00–6:00 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)
- 4:15–6:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:00–7:30 Dinner
- 7:30–8:30 Rest and Unwind Yoga
- 7:30–8:30 **How to Quiet the Mind Atma Jo Ann Levitt (E)**
Swami Kripalu (Bapuji) taught that instead of dwelling on what's uplifting, we're often distracted “collecting hourly, daily, monthly, and yearly disturbances” in our minds. In this workshop, learn the yogic approach to centering as exemplified through Bapuji's teachings and the unique activities that calm body, mind, and prana. You learn not only how to quiet the mind, but also how to perform all action as a form of meditation.

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R&R Retreat Daily Schedule for Friday, July 22

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

7:00–9:00 Breakfast

9:00–10:30 **Slow Flow Expression Jess Frey** (M/E)

Explore slow flow yoga in a dynamic expression and dance of body, breath, and movement. Through this gentle journey, draw forth qualities of rhythm and repetition while moving with and cultivating compassion and kindness.

9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)

11:00–11:45 **Meditation in Motion Jurian Hughes** (M/E)

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

11:00–12:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

11:30–2:00 Lunch

12:00–1:00 Kripalu YogaDance®

12:00–1:00 Vinyasa Yoga Class

12:45–1:30 **Meditation Vandita Kate Marchesiello** (E)

2:00–3:30 **Yin Yoga and the Energy Body Ken Nelson** (M/E)

Yin Yoga brings to life a feeling of well-being and the flow of energy already in motion. Discover the wisdom of stillness with simple, easy-to-learn, passive floor postures to relieve chronic tension, awaken insight, and stimulate life-giving forces for health and healing. Learn about the meridian system and the healing benefits of Yin Yoga.

4:15–6:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:00–7:30 Dinner

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

7:30–8:30 **Healing Arts Sampler: The Art of Receiving Nancy Ramani Costerisan** (E)

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.

7:30–8:30 **Divine Sleep Yoga Nidra Jennifer Reis** (E)

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 23

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

7:00–9:00 Breakfast

9:00–10:30 **Yoga of Yes Jurian Hughes** (M)

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 **Soothing Pranayama Sherrie Howard** (E)

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

9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)

11:00–11:45 **How Balanced is Your Life? Izzy Lenihan** (L)

Lack of balance in your life can have profound and adverse effects on your mind, body, spirit, and soul. This lecture is for anyone who is feeling stressed, overwhelmed, or disconnected. Learn how to identify where your life is out of balance and create a plan that supports work, family, fun, and good health.

11:30–2:00 Lunch

12:00–1:00 Kripalu YogaDance®

12:00–1:00 Vinyasa Yoga Class

12:45–1:30 **Meditation Walk Izzy Lenihan**

1:30–3:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

2:00–3:30 **Nature Journaling Lara Tupper** (M/E)

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.

4:00–6:00 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

4:15–6:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:00–7:30 Dinner

7:30–8:30 Rest and Unwind Yoga

7:30–9:00 **Evening Event** (E)

Each night, we offer a workshop, kirtan, or concert to round out your day at Kripalu. Check back for more information on this evening's event.



This schedule subject to change without notice.

R&R Retreat Daily Schedule for Sunday, July 24

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

7:00–9:00 Breakfast

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

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 **Yoga, Music, and Mindfulness Marc Mandel and Ray Crist** (M/E)

Explore the striking parallels between yoga and music through mindful asana, breathwork, meditation, and guided listening to classical music featured in the afternoon's Boston Symphony Orchestra concert at Tanglewood. Absolutely no technical expertise or prior training in music is required; just bring your love for classical music and yoga. Participants will also receive complimentary tickets to Sunday afternoon's Tanglewood performance.

9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)

11:00–11:45 **BRFWA Jess Frey** (L/E)

Breathe Relax Feel Watch and Allow. In this guided meditation we will practice being fully present and learn to expand awareness through this five-step mindfulness methodology.

11:30–2:00 Lunch

12:00–1:00 Kripalu YogaDance®

12:00–1:00 Vinyasa Yoga Class

1:30–3:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

2:00–3:30 **Loving-Kindness Bhavani Lorraine Nelson** (E)

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.

4:15–6:45 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)

5:00–7:30 Dinner

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

7:30–8:30 **Yoga for Back Care Sherrie Howard** (M/E)

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



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R&R Retreat Daily Schedule for Monday, July 25

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 **Yoga, Addiction, and Recovery Aruni Nan Futuronsky (L)**
Understand addiction from a body-centered perspective and investigate the parallels between the philosophies of Kripalu Yoga and 12-Step recovery principles as we strategize techniques to jumpstart and sustain behavior change. This workshop is open to all—especially those impacted by compulsive patterns, negative thinking, and the behavior of others.
- 9:00–10:30 **A Lotta Tabata Sarajejan Rudman (L)**
Experience Tabata, a high-intensity interval training workout proven to increase results for both the anaerobic and aerobic systems in the body. The technique involves 20 seconds of high-intensity activity followed by 10 seconds of rest, repeated for four minutes.
- 9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)
- 11:00–11:45 **Human Rhythms, Earth Rhythms Christopher Holmes (L/E)**
The Native American Medicine Wheel is an ancient tool for personal transformation. In this workshop, review the meaning of the four cardinal directions, and set intentions for the unfolding of your life.
- 11:00–12:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 11:30–2:00 Lunch
- 12:00–1:00 Kripalu YogaDance®
- 12:00–1:00 Vinyasa Yoga Class
- 1:30–3:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)
- 2:00–3:30 **Introduction to Ayurveda: Life in Balance Erin Casperson (L)**
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.
- 4:00–6:00 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)
- 4:15–6:45 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)
- 5:00–7:30 Dinner
- 7:30–8:30 **Healing Arts Sampler: Positional Therapy Lee Albert (E)**
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 **Yoga Nidra Heather Bilotta (E)**
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 Tuesday, July 26

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 **No More Excuses Izzy Lenihan (L)**
In this workshop, learn how to remove the barriers of habitual thinking to unlock your potential and achieve your goals. Through a series of thought-provoking questions and exercises, learn tools to confront your obstacles and excuses, and develop practical strategies to help you find success in life.
- 9:00–10:30 **A Dynamic Yoga Practice Evelyn Gonzalez (M)**
Move more deeply into asana by cultivating a strong internal focus using basic yogic tools. With breath as the key, flow from the details of alignment to a deeper internal awareness through this guided training session in willful concentration.
- 9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)
- 11:00–11:45 **Where the Wild Things Grow Vandita Kate Marchesiello (M/E)**
Bathe your senses in the forest. See, smell, touch, hear and maybe even taste the world around you. Travel into the woods fearlessly.
- 11:00–12:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 11:30–2:00 Lunch
- 12:00–1:00 Kripalu YogaDance®
- 12:00–1:00 Vinyasa Yoga Class
- 12:45–1:30 **Meditation Vandita Kate Marchesiello**
- 1:30–3:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)
- 2:00–3:30 **Psoas It Is Kari Harendorf (E)**
Often called the “Mighty Psoas”, this muscle is the deepest part of our core and affects nearly every system in the body. Unfortunately, due to culture and habits, it is often tight, weak and dry, leading to dysfunction and other problems. In this workshop we will discuss and explore the importance of the vitality of the psoas.
- 4:00–6:00 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)
- 4:15–6:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:00–7:30 Dinner
- 7:30–8:30 Rest and Unwind Yoga
- 7:30–9:00 **Whole Foods Cooking Demonstration Jeremy Rock Smith (E)**
Join us for a lecture on the joys and benefits of whole foods cooking, with recipes and techniques from the Kripalu Kitchen, and 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 27

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

7:00–9:00 Breakfast

9:00–10:30 ***The Whole World is One Family* Aruni Nan Futuronsky (L)**

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 ***Jaguar Yoga* Ray Crist (M)**

This is a vinyasa based yoga flow with a focus on the meridians and the luminous field. Ray has practice yoga with the shamans and shares the energetics behind each posture as an attitude to life as well as the meridians and the emotions. Yoga is a practice of shifting ones energy field, emotion and level of energy to a higher state of consciousness.

9:30–11:00 ***Guided Hiking* (Advanced registration suggested, please call for details.)**

11:00–11:45 ***Posture Clinic* Kari Harendorf (M)**

In this workshop, spend time breaking down the difficulties of classic postures. As we examine the architecture of the body within a pose, we can sequence similar asanas to build strength and engage where we tend to collapse, and release what tends to bind. By the time you get to the actual peak pose, the body is ripe and ready for it. The result is finding a true equanimity in the physical body and an easy breath.

11:00–12:30 ***Guided Kayaking* (Advanced registration suggested, please call for details.)**

11:30–2:00 Lunch

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

1:30–3:30 ***Guided Stand Up Paddleboarding* (Advanced registration suggested, please call for details.)**

2:00–3:30 ***At the Water's Edge* Vandita Kate Marchesiello (M/E)**

Follow the trail to the lake and sit with me a spell. Meditation is powerful with others and the sounds of nature surrounding you.

4:00–6:00 ***Guided Stand Up Paddleboarding* (Advanced registration suggested, please call for details.)**

4:15–6:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:00–7:30 Dinner

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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R&R Retreat Daily Schedule for Thursday, July 28

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 **Five Element Yoga Jennifer Reis** (M/E)
Explore the five elements of Ayurvedic philosophy (earth, water, fire, air, and ether) and practice yoga postures, breathing, and hand mudras to connect with these larger forces of nature and find balance within yourself.
- 9:00–10:30 **Vertical Vinyasa: A Standing Flow Sarajeon Rudman** (M)
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.
- 9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)
- 11:00–11:45 **Conscious Conversation Izzy Lenihan and Aruni Nan Futuronsky** (E)
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. Join Kripalu's life coaches for an open Q&A discussion and discover some personal tips on how to bring home the magic.
- 11:00–12:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 11:30–2:00 Lunch
- 12:00–1:00 Kripalu YogaDance®
- 12:00–1:00 Vinyasa Yoga Class
- 12:45–1:30 **Meditation Walk Izzy Lenihan**
- 2:00–3:30 **Relaxation: Let Go or Be Dragged Ken Nelson** (E)
Refresh your self with gentle, easy-to-learn practices that create well-being and restore wholeness: restorative yoga, yin yoga, and yoga nidra. Discover the wisdom of stillness with quiet, unhurried practices that nurture positive change through intentional breathing, guided imagery, and attention training.
- 4:00–6:00 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)
- 4:15–6:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:00–7:00 Dinner
- 7:30–8:30 Rest and Unwind Yoga
- 7:30–8:30 **The Power of Mantra Bhavani Lorraine Nelson** (E)
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 29

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

7:00–9:00 Breakfast

9:00–10:30 **Riding the Waves Aruni Nan Futuronsky (L)**

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 **Guided Kayaking** (Advanced registration suggested, please call for details.)

9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)

9:30–11:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

11:00–11:45 **The Heart Chakra: Anahata Jurian Hughes (M/E)**

How's your heart? In this workshop appropriate for all levels, discover how visualization, meditation, chanting, affirmations, breathing techniques, and yoga postures can support the heart center, the anahata, to feel safe, whole, and harmonious.

11:30–2:00 Lunch

12:00–1:00 Kripalu YogaDance®

12:00–1:00 Vinyasa Yoga Class

2:00–3:30 **Summertime Stillness Lara Tupper (L/E)**

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.

4:15–6:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:00–7:30 Dinner

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

7:30–8:30 **Healing Arts Sampler: The Art of Receiving Nancy Ramani Costerisan (E)**

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.

7:30–8:30 **Divine Sleep Yoga Nidra Jennifer Reis (E)**

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 30

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 **Lila, the Joy of Divine Play Jurian Hughes (M)**
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 David Lipsius (M/E)**
Explore the striking parallels between yoga and music through mindful asana, breathwork, meditation, and guided listening to classical music featured in the evening's Boston Symphony Orchestra concert at Tanglewood. Absolutely no technical expertise or prior training in music is required; just bring your love for classical music and yoga. Participants will also receive complimentary tickets to Saturday night's Tanglewood performance.
- 9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)
- 11:00–11:45 **Garden of Intentions Izzy Lenihan (L)**
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.
- 11:00–12:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 11:30–2:00 Lunch
- 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
- 12:45–1:30 **Meditation Sherrie Howard**
- 1:30–3:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)
- 2:00–3:30 **The Enchantment of Chanting Bhavani Lorraine Nelson (E)**
Join an exploration of voice and the vibration of chanting as a meditative and spiritual tool. Free your voice and open your heart as you engage in this profound experience.
- 4:00–6:00 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)
- 4:15–6:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:00–7:30 Dinner
- 7:30–8:30 Rest and Unwind Yoga
- 7:30–9:00 **Evening Event (E)**
Each night, we offer a workshop, kirtan, or concert to round out your day at Kripalu. Check back for more information on this evening's event.

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R&R Retreat Daily Schedule for Sunday, July 31

L = Lecture, M = Movement-based, E = Experiential (may include some movement)

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 **Qigong on the Lawn Ken Nelson (M)**
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 **Expressions From Within Jess Frey (E)**
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 **Guided Kayaking** (Advanced registration suggested, please call for details.)
- 9:30–11:00 **Guided Hiking** (Advanced registration suggested, please call for details.)
- 11:00–11:45 **Yoga Nidra Heather Bilotta (E)**
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.
- 11:30–2:00 Lunch
- 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 **Cardio Core Fusion Sarajeon Rudman (L)**
Toggling between cardio and core intervals might just be the most productivity you can achieve during a working out. This workshop is designed to get your heart rate up, your body alive with movement, and your core strong and long. Learn creative ways to work your body's cardiovascular system and core muscles, and have a great time while doing it!
- 4:15–6:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:00–7:30 Dinner
- 6:45–7:15 **Kripalu Orientation Guest Services**
- 7:30–8:30 **Soothing Pranayama Sherrie Howard (E)**
The breath is a powerful tool that can be used to create energetic, mental, and physical shifts in your being. This workshop introduces to ways to harness the breath to relieve stress and soothe the nervous system.

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