

# Kripalu R&R Daily Schedule for Friday, June 1

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

6:30–7:45 **Morning Yoga Classes**

8:15–10:00 **Guided Kayaking**

8:45–10:30 **Guided Hike**

9:00–10:30 **Pathways to Presence Jess Frey**

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

11:00–11:45 **The Crown Chakra: Sahasrara Jurian Hughes**

The crown chakra connects us to our spiritual nature. In this gentle, experiential workshop appropriate for all levels, discover how visualization, meditation, affirmations, breathing techniques, and yoga postures can help you to feel more relaxed and connected to your own divine wisdom.

12:00–1:00 **Vinyasa Yoga Class**

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.

2:00–3:30 **Silk-Reeling Qigong Sage Brody**

Learn the flowing and spiraling movements of Silk-Reeling Qigong, an ancient system that can help unwind our tensions and increase energy flow throughout the body.

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**

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



# Kripalu R&R Daily Schedule for Saturday, June 2

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

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Yoga for Vitality Jurian Hughes**

Turn up the prana! If you wish you had more energy, focus, and joy, come discover how yoga can increase prana (life force). In this workshop—a combination of in-depth breath work, gentle asana, and partner work—learn a simple 10-step exercise series that can be done daily to refuel, reenergize, and rebalance.

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

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

11:00–11:45 **Share Cricle Izzy Lenihan**

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

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Meditation Ken Nelson**

12:45–2:30 **Guided Kayaking**

1:45–3:30 **Guided Hiking**

2:00–3:30 **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.

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 **Concert Kevin Paris**

More information on this event coming soon.

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# Kripalu R&R Daily Schedule for Sunday, June 3

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

6:30–7:45 **Morning Yoga Classes**

8:15–10:00 **Guided Kayaking**

8:45–10:30 **Guided Hike**

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.

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

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

11:00–11:45 **Om Tones Lara Tupper**

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

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

2:00–3:30 **Yoga for Back Care Sherrie Howard**

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

4:15–5:30 **Afternoon Yoga Classes**

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

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

7:30–8:30 **Soul Journey Susannah Gale**

Experience a soul journey which stems from ancient shamanic practices intended to bring about deep healing and spiritual growth. As you lay comfortably on your back, you are guided through a visual meditation. Journaling afterward is a key component to help integrate the experience, so space is provided to complete this process.

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# Kripalu R&R Daily Schedule for Monday, June 4

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6:30–7:45 **Morning Yoga Classes**

8:15–10:00 **Guided Kayaking**

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 **Yoga for Athletes Susannah Gale**

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

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

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

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

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

1:45–3:30 **Guided Hiking**

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

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

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

7:30–8:30 **Aromatherapy 101 Johanna Wise**

Pure essential oils can have a profound effect on our emotions. Enjoy discovering their many unique benefits, including how they can lift your mood and assist with life's changes and transitions.

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# Kripalu R&R Daily Schedule for Tuesday, June 5

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6:30–7:45 **Morning Yoga Classes**

8:45–11:00 **Guided Stand Up Paddleboarding**

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

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

9:00–10:30 **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.

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

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

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

1:45–3:30 **Guided Hiking**

2:00–3:30 **The Deeper Practice of Pranayama Christopher Holmes**

More information on this workshop coming soon.

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

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

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

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# Kripalu R&R Daily Schedule for Wednesday, June 6

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

6:30–7:45 **Morning Yoga Classes**

8:15–10:00 **Guided Kayaking**

9:00–10:30 **Jaguar Yoga Ray Crist**

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

9:00–10:30 **Nutrition for Integrated Wellness Annie B. Kay**

Despite the challenges of the modern toxic food environment, you can find simple ways to nourish both your body and your soul. Come learn about the science behind a whole-foods, plant-based diet, and practice mindful eating to explore your relationship with nourishment.

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

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

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

1:45–3:30 **Guided Hiking**

2:00–3:30 **Everyday Dharma Cristie Newhart**

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

4:15–5:30 **Afternoon Yoga Classes**

7:30–9:00 **Kirtan**

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

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# Kripalu R&R Daily Schedule for Thursday, June 7

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

6:30–7:45 **Morning Yoga Classes**

8:45–11:00 **Guided Stand Up Paddleboarding**

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

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 **Resilience: The Answer to the Question, Seriously, This is My Life? Maria Sirois**

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.

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

More information on this workshop coming soon.

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

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

1:45–3:30 **Guided Hiking**

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

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

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Yin Yoga**

7:30–8:30 **Sound Healing Bhavani Lorraine Nelson**

Soothing sound is one of the oldest healing modalities in the world. Now, scientists are attesting to its power. Come find out how simple and satisfying it can be to sound for your own and others' healing. No experience or talent necessary, just a divine spirit wrapped in a human heart.

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# Kripalu R&R Daily Schedule for Friday, June 8

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

6:30–7:45 **Morning Yoga Classes**

8:15–10:00 **Guided Kayaking**

8:45–10:30 **Guided Hike**

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.

11:00–11:45 **The Heart Chakra: Anahata Jurian Hughes**

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.

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

2:00–3:30 **Mastering Your Life Force Ray Crist**

Take a journey through a deep yoga practice that harmonizes consciousness and body through the breath. This energetic and meditative practice guides you to move your life force within and offers tips on how to bring this into your everyday practice. This approach to yoga leads to vibrancy, inner power, and clarity.

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 **Gratitude Journaling Lara Tupper**

What are you thankful for? What fills you with appreciation and grace? A gratitude journal allows us to contemplate and articulate these questions on a daily basis. Share your gratitude with others in a safe, supportive space and receive prompts to sustain this rejuvenating practice at home.

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# Kripalu R&R Daily Schedule for Saturday, June 9

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

6:30–7:45 **Morning Yoga Classes**

8:45–11:00 **Guided Stand Up Paddleboarding**

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

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

9:00–10:30 **Riding the Wave: Finding Emotional Balance Aruni Nan Futuronsky**

The way we manage our emotions can either be a great hindrance or can be a great help to us. In this workshop, explore and practice an accessible tool that can enhance your capacity to manage difficult emotional experiences with greater ease.

11:00–11:45 **Share Circle Izzy Lenihan**

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

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

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

12:45–2:30 **Guided Kayaking**

1:45–3:30 **Guided Hiking**

2:00–3:30 **Body in Balance: Hip Harmony Michelle Dalbec**

In order to have a stable and supportive practice, the hips need to be both strong and supple. Come experience classic yoga poses and creative movements that bring the hips through their full range of motion, stretching, strengthening, and stabilizing. Ease lower back discomfort, alleviate knee pain, and live better in your body by creating more awareness, better alignment, and freedom in your hips.

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–9:00 **Concert The Nields**

Sisters, folk-rock goddesses, and Kripalu favorites Nerissa and Katryna Nields have just released their 17th album in a long and stellar career. Tonight, joined for the first time by their daughters, Amelia and Lila, they offer stunning vocal harmonies and gorgeous lyrics.

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# Kripalu R&R Daily Schedule for Sunday, June 10

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6:30–7:45 **Morning Yoga Classes**

8:15–10:00 **Guided Kayaking**

8:45–10:30 **Guided Hike**

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.

9:00–10:30 **Body in Balance: Strong and Supple Shoulders Michelle Dalbec**

In this workshop, learn playful and challenging techniques to create space in the shoulder, increase range of motion, and discover proper alignment. Gain knowledge about this crucial joint while discovering your personal “body blind spots” and take home ways to strengthen weak points and stretch tight areas.

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

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

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

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

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

4:15–5:30 **Afternoon Yoga Classes**

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

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

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

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

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# Kripalu R&R Daily Schedule for Monday, June 11

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6:30–7:45 **Morning Yoga Classes**

8:15–10:00 **Guided Kayaking**

9:00–10:30 **Workshop TBA**

More information on this workshop coming soon.

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

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

11:00–11:45 **Asana Clinic Evelyn Gonzalez**

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

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

1:45–3:30 **Guided Hiking**

2:00–3:30 **Ayurvedic Daily Routine Cat Pacini**

Ayurveda teaches us that the key to balancing mind, body, and emotions is through a balanced daily routine. Come explore how you can access harmony with the natural rhythms of the day with simple tools and principles.

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

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

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

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# Kripalu R&R Daily Schedule for Tuesday, June 12

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

6:30–7:45 **Morning Yoga Classes**

8:45–11:00 **Guided Stand Up Paddleboarding**

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

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

9:00–10:30 **Creation of an Authentic Life Maria Sirois**

How many of us are living a life that is not fully truthful or working a job that belongs to someone else? Through story, poetry, and clinical anecdote, explore how we can live a more genuine, energized life and inspire others to do the same.

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

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

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

1:45–3:30 **Guided Hiking**

2:00–3:30 **Reflections on Your Inner World Michelle Dalbec**

Below the surface of everyday life is a vast reservoir of wisdom and knowledge, an accumulation of life experiences. Meditation and journaling can help you listen deeply, giving a voice to that inner landscape, integrating what was witnessed in the subconscious and connecting you to your higher Self.

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

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

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

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# Kripalu R&R Daily Schedule for Wednesday, June 13

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6:30–7:45 **Morning Yoga Classes**

8:15–10:00 **Guided Kayaking**

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

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

9:00–10:30 **Meridian Sound Meditation Kimberly Coleman**

Access your body's ability to heal by activating and energizing the meridian system. This seated journey that traces your meridians as you chant each meridian sound is a powerful relaxing experience.

11:00–11:45 **Kripalu: A Person, a Place, a Tradition Vandita Kate Marchesiello**

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

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**

1:45–3:30 **Guided Hiking**

2:00–3:30 **Power Animals Cristie Newhart**

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

4:15–5:30 **Afternoon Yoga Classes**

7:30–9:00 **Evening Event**

More information on this event coming soon.

*This schedule subject to change without notice.*

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# Kripalu R&R Daily Schedule for Thursday, June 14

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

6:30–7:45 **Morning Yoga Classes**

8:45–11:00 **Guided Stand Up Paddleboarding**

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

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.

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

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

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

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

12:00–1:00 **Kripalu YogaDance®**

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**

1:45–3:30 **Guided Hiking**

2:00–3:30 **All Things Are One Christopher Holmes**

More information on this workshop coming soon.

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Yin Yoga**

7:30–9:00 **Gratitude Meditation Bhavani Lorraine Nelson**

More information on this event coming soon.

The Kripalu logo is located in the bottom right corner of the page. It features the word "Kripalu" in a bold, orange, sans-serif font. The letter "i" in "Kripalu" has a small white dot, and the "u" has a white dot as well. The logo is set against a white background.

*This schedule subject to change without notice.*

# Kripalu R&R Daily Schedule for Friday, June 15

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

6:30–7:45 **Morning Yoga Classes**

8:15–10:00 **Guided Kayaking**

8:45–10:30 **Guided Hike**

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

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

11:00–11:45 **The Third Eye Chakra: Ajna Jurian Hughes**

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

2:00–3:30 **Yoga and the Alexander Technique Lisa Lutton**

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

4:15–6:30 **Afternoon Yoga Classes**

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

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

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

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

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# Kripalu R&R Daily Schedule for Saturday, June 16

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

6:30–7:45 **Morning Yoga Classes**

8:45–11:00 **Guided Stand Up Paddleboarding**

9:00–10:30 **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 **Origami and Mindfulness Mary Hannah Parkman**

Come enjoy mindfulness through the ancient art of paper folding. Learn four basic origami designs: crane (peace), balloon (lightness), frog (emotion), and butterfly (transformation). Beautiful colored paper will be supplied. Consider passing one or more of your creations on to someone at Kripalu or back home as a gesture of gratitude and loving-kindness.

11:00–11:45 **Share Circle Izzy Lenihan**

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

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

12:45–2:30 **Guided Kayaking**

1:45–3:30 **Guided Hiking**

2:00–3:30 **Straight to the Heart: Metta Meditation Michelle Dalbec**

Through a series of well-wishing blessings, metta meditation, or loving-kindness, helps open your heart to yourself and to others, creating an intimate and compassionate inner relationship with the self. This can dissolve walls between your heart and the world around you, restoring humanity and compassion when your mind may feel like a battlefield.

4:15–6:30 **Afternoon Yoga Classes**

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

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

7:30–8:30 **Rest and Unwind Yoga**

7:30–9:00 **Concert**

More information on this event coming soon.

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*This schedule subject to change without notice.*



# Kripalu R&R Daily Schedule for Sunday, June 17

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

6:30–7:45 **Morning Yoga Classes**

8:15–10:00 **Guided Kayaking**

8:45–10:30 **Guided Hike**

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.

9:00–10:30 **Reflections on Your Inner World Michelle Dalbec**

Below the surface of everyday life is a vast reservoir of wisdom and knowledge, an accumulation of life experiences. Meditation and journaling can help you listen deeply, giving a voice to that inner landscape, integrating what was witnessed in the subconscious and connecting you to your higher Self.

11:00–11:45 **Workshop TBA**

More information on this workshop coming soon.

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

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

2:00–3:30 **Labyrinth Walk Sherrie Howard**

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

4:15–5:30 **Afternoon Yoga Classes**

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

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

7:30–8:30 **Coloring as Meditation Susannah Gale**

Coloring is an easy way to calm the mind and occupy the hands. This active meditation focuses our attention on simple tasks that require repetitive motion, inviting awareness to the present moment.

This creative, mindful relaxation is based around the mandala, a sacred symbol in Hinduism and Buddhism that can promote relaxation and calm.

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*This schedule subject to change without notice.*

# Kripalu R&R Daily Schedule for Monday, June 18

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

6:30–7:45 **Morning Yoga Classes**

8:15–10:00 **Guided Kayaking**

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

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

9:00–10:30 **Slow Flow and Restore Susannah Gale**

Enjoy a warming flow sequence that leads right into a series of restorative postures allowing the body to fully melt into relaxation.

11:00–11:45 **Asana Clinic Evelyn Gonzalez**

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

1:45–3:30 **Guided Hiking**

2:00–3:00 **Silk-Reeling Qigong Evelyn Gonzalez**

Learn the flowing and spiraling movements of Silk-Reeling Qigong, an ancient system that can help unwind our tensions and increase energy flow throughout the body.

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Healing Arts Sampler TBA**

More information on this workshop coming soon.

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# Kripalu R&R Daily Schedule for Tuesday, June 19

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

6:30–7:45 **Morning Yoga Classes**

8:15–10:00 **Guided Kayaking**

9:00–10:30 **Dance of Manifestation Toni Bergins**

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

9:00–10:30 **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!

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

Practicing mindfulness in life, as well as on the mat, is essential for developing personal and spiritual growth. Among other benefits, mindfulness increases the capacity to improve one's happiness, health, and authenticity, leading to freedom in our bodies, work, relationships, and finances.

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 Jurian Hughes**

1:45–3:30 **Guided Hiking**

2:00–3:30 **Ten Steps to Peace and Happiness Michelle Dalbec**

The yamas and niyamas are ethical guidelines intended to stimulate a continual inquiry on how to awaken, strengthen, and develop ones character. Come explore these powerful off-the-mat practices to create balance, harmony, peace, and happiness from the inside out.

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 **Healing Arts Sampler TBA**

More information on this workshop coming soon.

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

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

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# Kripalu R&R Daily Schedule for Wednesday, June 20

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

6:30–7:45 **Morning Yoga Classes**

8:15–10:00 **Guided Kayaking**

9:00–10:30 **Workshop TBA Annie B. Kay**

More information on this workshop coming soon.

9:00–10:30 **Yoga Anytime, Anywhere! Vandita Kate Marchesiello**

Protecting your mental steadiness, increasing your flexibility, and feeling overall wellness is often more challenging outside the yoga studio and in the world. Kripalu Yoga can be easily integrated and adapted into nearly every situation we find ourselves in each day. Come explore techniques to incorporate yoga into your daily life, no matter where you are.

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

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

1:45–3:30 **Guided Hiking**

2:00–3:30 **Balancing Yoga with Ayurveda for the Summer Erin Casperson**

Each season brings a set of qualities that influence our body and mind. Cool, damp days can make us feel sluggish; while cold, windy days can make us feel unsettled; and hot, humid days can make us feel aggravated. Come explore an Ayurvedic approach to yoga practice that can bring ease to your body and mind during the summer season.

4:15–5:30 **Afternoon Yoga Classes**

7:30–9:00 **Kirtan**

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

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*This schedule subject to change without notice.*

# Kripalu R&R Daily Schedule for Thursday, June 21

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

6:30–7:45 **Morning Yoga Classes**

8:15–10:00 **Guided Kayaking**

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

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 **Conscious Leadership: Everyone Is a Leader Ken Nelson**

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

11:00–11:45 **Asana Clinic Evelyn Gonzalez**

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

1:45–3:30 **Guided Hiking**

2:00–3:30 **Ten Minutes to Bliss Christopher Holmes**

More information on this workshop coming soon.

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Yin Yoga**

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

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

*This schedule subject to change without notice.*

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# Kripalu R&R Daily Schedule for Friday, June 22

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

6:30–7:45 **Morning Yoga Classes**

8:15–10:00 **Guided Kayaking**

8:45–10:30 **Guided Hike**

9:00–10:30 **Taking it Home Cristie Newhart**

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

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, Kripalu YogaDance® will surprise you with joy.

12:00–1:00 **Vinyasa Yoga Class**

2:00–3:30 **Yoga and the Alexander Technique Lisa Lutton**

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

4:15–6:30 **Afternoon Yoga Classes**

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**

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

*This schedule subject to change without notice.*

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# Kripalu R&R Daily Schedule for Saturday, June 23

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

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Transformation at the Core Aruni Nan Futuronsky**

Create steps toward new behavior in this workshop that draws on the Kripalu model of transformation—being present in the moment, augmented with right action, to ensure incremental and sustainable growth. Leave ready to successfully weave healthy change into your life, with a plan of action steeped in mindfulness.

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

More information on this workshop coming soon.

11:00–11:45 **Share Circle Izzy Lenihan**

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

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

12:45–2:30 **Guided Kayaking**

1:45–3:30 **Guided Hiking**

2:00–3:30 **At the Water's Edge Vandita Kate Marchesiello**

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

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–9:00 **Concert Nina Rao**

More information on this event coming soon.

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

*This schedule subject to change without notice.*

# Kripalu R&R Daily Schedule for Sunday, June 24

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

6:30–7:45 **Morning Yoga Classes**

8:15–10:00 **Guided Kayaking**

8:45–10:30 **Guided Hike**

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.

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.

11:00–11:45 **Calming the Ocean Within Heather Bilotta**

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

2:00–3:30 **Yoga for Back Care Sherrie Howard**

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

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 Sherrie Howard**

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

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*This schedule subject to change without notice.*



# Kripalu R&R Daily Schedule for Monday, June 25

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

6:30–7:45 **Morning Yoga Classes**

8:15–10:00 **Guided Kayaking**

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 **Sand Mandala Susannah Gale**

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

11:00–11:45 **Asana Clinic Evelyn Gonzalez**

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

12:45–2:30 **Guided Kayaking**

1:45–3:30 **Guided Hiking**

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.

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Healing Arts Sampler TBA**

More information on this workshop coming soon.

7:30–9:00 **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-judgment and fear by opening yourself up to the gifts of gratitude, forgiveness, compassion, and joy—transcending from fear and judgement to love and acceptance.

*This schedule subject to change without notice.*

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# Kripalu R&R Daily Schedule for Tuesday, June 26

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

## 6:30–7:30 **Morning Yoga Classes**

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

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

### 9:00–10:30 **Energy Flow Ray Crist**

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

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

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

### 12:00–1:00 **Kripalu YogaDance®**

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**

### 12:45–2:30 **Guided Kayaking**

### 1:45–3:30 **Guided Hiking**

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

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

## 4:15–5:30 **Afternoon Yoga Classes**

### 7:30–8:30 **Yin Yoga**

### 7:30–8:30 **Healing Arts Sampler TBA**

More information on this workshop coming soon.

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

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

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# Kripalu R&R Daily Schedule for Wednesday, June 27

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

6:30–7:45 **Morning Yoga Classes**

8:15–10:00 **Guided Kayaking**

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

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

9:00–10:30 **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 Yoga. In the event of inclement weather, a virtual tour will be held indoors.

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

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

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

1:45–3:30 **Guided Hiking**

2:00–3:30 **Journey to the Whole Self Cristie Newhart**

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

4:15–5:30 **Afternoon Yoga Classes**

7:30–9:00 **Kirtan Heart Centered Kirtan**

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

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# Kripalu R&R Daily Schedule for Thursday, June 28

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

6:30–7:45 **Morning Yoga Classes**

8:15–10:00 **Guided Kayaking**

7:30–9:00 **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.

9:00–10:30 **Nature is Nurture Lisa B. Nelson**

Nature can fulfill and nourish the soul. Join Kripalu's Director of Medical Education to explore how being in nature is beneficial to your whole being. Review scientific data that supports time spent in nature, and leave inspired to bring nature's nurture into your life.

11:00–11:45 **Silk-Reeling Qigong Sage Brody**

Learn the flowing and spiraling movements of Silk-Reeling Qigong, an ancient system that can help unwind tension and increase energy flow throughout 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, Kripalu YogaDance® will surprise you with joy.

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Meditation Ken Nelson**

1:45–3:30 **Guided Hiking**

2:00–3:30 **Revive and Restore Your Spine Christopher Holmes**

More information on this workshop coming soon.

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 **Body Scan Meditation Bhavani Lorraine Nelson**

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

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# Kripalu R&R Daily Schedule for Friday, June 29

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

6:30–7:45 **Morning Yoga Classes**

8:15–10:00 **Guided Kayaking**

8:45–10:30 **Guided Hike**

9:00–10:30 **Yoga of Recovery Aruni Nan Futuronsky**

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.

11:00–11:45 **The Sacral Chakra: Svadhithana Jurian Hughes**

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

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 **Magic of Manifestation Susannah Gale**

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

4:15–5:30 **Afternoon Yoga Classes**

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

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

8:00–9:00 **The Traveling Mindset Lara Tupper**

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

*This schedule subject to change without notice.*

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# Kripalu R&R Daily Schedule for Saturday, June 30

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

6:30–7:45 **Morning Yoga Classes**

8:45–11:00 **Guided Stand Up Paddleboarding**

8:45–10:30 **Guided Hike**

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

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

9:00–10:30 **Chakra Anatomy Ray Crist**

Dive into the world of chakras with a down to earth, scientific view of this system. Learn what they are, how they're connected to the endocrine and nervous systems, and how they affect your perception of the world.

11:00–11:45 **Share Circle Izzy Lenihan**

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

12:00–1:00 **Kripalu YogaDance®**

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 Michelle Dalbec**

12:45–2:30 **Guided Kayaking**

1:45–3:30 **Guided Hiking**

2:00–3:30 **Body in Balance: Un-Tech Your Neck Michelle Dalbec**

Do you spend a large portion of your days glued to a computer screen or texting. Unfortunately your neck bears the brunt of this repeated stress and strain which often leads to upper body tension and decreased range of motion. In this workshop, practice innovative and effective corrective exercises; simple, stress-relieving movements; and self-massage techniques that can help realign your entire upper body, establishing a new foundation for a healthy, happy neck.

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–9:00 **Concert Grace Cloutier**

More information on this artist coming soon.

*This schedule subject to change without notice.*

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