

R&R Retreat Daily Schedule for Thursday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:00 **Morning Yoga Classes**

9:00–10:30 ***Resilient Health* Lisa B. Nelson**

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

9:00–10:30 ***Inward Diving: Introduction to Pranayama* Micah Mortali**

Explore the ancient art of pranayama, or yogic breathing, with a modern twist. Inward diving is the practice of pranayama with the use of a blindfold and powerful rhythmic music—a potent technique for accessing deep states of introversion and preparing the mind for meditation.

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

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

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

12:00–1:00 **Kripalu YogaDance®**

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 ***Creating Non-Negotiables* Sarajeon Rudman**

In this workshop, you learn to end an unproductive mentality and develop self-empowerment to get the fitness and self-care you need and deserve every day. Create a list of “non-negotiables” that put you back in the driver's seat of your fitness simply and sustainably, ensuring that you never miss a daily workout again.

1:00–2:30 ***Guided Kayaking***

1:30–3:00 ***Guided Hiking***

2:00–3:30 ***Barefoot Fitness* Sarajeon Rudman**

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 ***Qigong as Relaxation* Mark Roule**

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

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R&R Retreat Daily Schedule for Friday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:00 **Morning Yoga Classes**

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

More information on this workshop coming soon.

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***Posture Clinic* Susan Bernhart**

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

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

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

2:00–3:30 ***Inquire Within* Ken Nelson**

Explore writing as a method for self discovery and use yoga to get beyond the usual distracted mind and the internal critic. Take home poems, reflections, journaling ideas, and tips for tuning into the greenhouse of creativity and refuge of Self that awaits you for the rest of your life.

4:15–5:45 **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 Retreat Daily Schedule for Saturday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:00 **Morning Yoga Classes**

9:00–10:30 ***How Balanced is Your Life?* Izzy Lenihan**

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.

9:00–10:30 ***Yoga for Back Care* Sherrie Howard**

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

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***Labyrinth Walk* Jess Frey**

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®**

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12:00–1:00 **Vinyasa Yoga Class**

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

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

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

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

4:15–5:45 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–9:00 ***Evening Event***

Every Saturday night, we offer a workshop, kirtan, or concert to round out your day at Kripalu. More information on this evening's event coming soon.

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Kripalu

R&R Retreat Daily Schedule for Sunday, June 4

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

6:30–8:00 **Morning Yoga Classes**

7:30–8:30 ***Guided Walk***

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

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

9:00–10:30 ***Body in Balance: Untech Your Neck Michelle Dalbec***

More information on this workshop coming soon.

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

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®**

12:00–1:00 **Vinyasa Yoga Class**

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

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

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

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

4:15–5:45 **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 ***Breath of Life Jess Frey***

Discover and practice breathing techniques to regulate the nervous system, calm the mind and body, and expand resilience to live life more fully.

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R&R Retreat Daily Schedule for Monday, June 5

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6:30–8:00 **Morning Yoga Classes**

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

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

9:00–10:30 ***Jaguar Yoga* Ray Crist**

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

11:00–11:45 ***Plateful of Grateful* Sarajeon Rudman**

Embracing gratitude in everything you do shines the light of love into your life. Every day, you sit down to eat, so why not surround that experience with gratitude? Come explore a new approach to eating, and leave the table with a full heart as well as a full belly.

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

2:00–3:30 ***Three Seasons of Sun Salutations* Sarajeon Rudman**

As the seasons change, so do the needs of the body. Shouldn't our asana practice follow suit? Join this exploration through the basic movements of sun salutations tailored specifically for spring, summer and fall/winter. You take home a practice that will keep you in balance all year!

4:15–5:45 **Afternoon Yoga Classes**

7:30–8:30 ***Healing Arts Sampler***

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 Retreat Daily Schedule for Tuesday, June 6

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6:30–8:00 **Morning Yoga Classes**

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

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.

11:00–11:45 ***Empowered Communication* Cristie Newhart**

Skillful language is an important tool in managing communication. Through an awareness of the words you choose to express yourself, you can learn self-responsibility, empowerment, and clarity. In this workshop, practice using "I" statements, co-listening, and reflective listening as tools for compassionate self-observation.

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 ***Share Circle* Aruni Nan Futuronsky**

1:30–3:00 ***Guided Hiking***

2:00–3:30 ***Sun, Moon, Yoga Fire* Michelle Dalbec**

More information on this workshop coming soon.

4:15–5:45 **Afternoon Yoga Classes**

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

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

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 ***Healing Arts Sampler***

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

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

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Kripalu

R&R Retreat Daily Schedule for Wednesday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:00 **Morning Yoga Classes**

9:00–10:30 ***Life in Balance: Introduction to Ayurveda* Cat Pacini**

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

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

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

9:30–11:00 ***Guided Hiking***

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

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

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

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

1:00–2:30 ***Guided Kayaking***

2:00–3:30 ***Life in Balance: Six Tastes of Ayurveda* Erin Casperson**

Ayurveda teaches six tastes of foods that sustain the body, mind, and emotions. Learn simple and impactful ways to incorporate these six tastes into your everyday diet through seasonal eating, spices, and whole foods, that optimize digestion and promote balanced health.

4:15–5:45 **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 ***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.

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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R&R Retreat Daily Schedule for Thursday, June 8

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6:30–8:00 **Morning Yoga Classes**

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.

9:00–10:30 ***Simple Habits for Healthy Living* Janna Delgado**

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

9:30–11:00 ***Guided Hiking***

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

The lure of fun summer activities can leave less time for your yoga mat. Learn tools to take your yoga off the mat, and into your life, while staying mindful. Explore the teachings of Dipa Ma, Pema Chodron, and others that can help you to both love summer and keep up the inner practice of yoga.

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 ***Introduction to Vinyasa Yoga* Sarajeen Rudman**

1:00–2:30 ***Guided Kayaking***

2:00–3:30 ***Vinyasa for the Core* Sarajeen Rudman**

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

4:15–5:45 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

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

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

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Kripalu

R&R Retreat Daily Schedule for Friday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:00 **Morning Yoga Classes**

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

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

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

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

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.

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

2:00–3:30 ***The Five Tibetan Rites of Rejuvenation* Micah Mortali**

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

4:15–5:45 **Afternoon Yoga Classes**

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

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 Retreat Daily Schedule for Saturday, June 10

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

6:30–8:00 **Morning Yoga Classes**

9:00–10:30 ***Back to Life: Yoga for the Lower Back* Jess Frey**

Come explore a holistic approach to reeducate, release, and ease chronic back tension. Learn and experience a sequence of yoga postures that stretch and strengthen to reclaim mobility and improve overall spinal alignment.

9:00–10:30 ***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, mindful practices, what you eat, food guidelines, and the impact of when you eat. Take home simple, practical tools that you can apply to your daily life.

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

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

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

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

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

1:30–3:00 ***Guided Hiking***

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

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 listening, giving a voice to that inner landscape, integrating what was witnessed in the subconscious and connecting you to your higher Self.

4:15–5:45 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–9:00 ***Evening Event***

Every Saturday night, we offer a workshop, kirtan, or concert to round out your day at Kripalu. More information on this evening's event coming soon.

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R&R Retreat Daily Schedule for Sunday, June 11

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6:30–8:00 **Morning Yoga Classes**

7:30–8:30 **Guided Walk**

9:00–10:30 **Body in Balance: Build a Better Backside Michelle Dalbec**

More information on this workshop coming soon.

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

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

9:30–11:00 **Guided Hiking**

11:00–11:45 **Workshop TBD**

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 **Soothing Pranayama Sherrie Howard**

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

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

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.

4:15–5:45 **Afternoon Yoga Classes**

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

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

7:30–8:30 **Pathways to Presence Jess Frey**

More information on this workshop coming soon.

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R&R Retreat Daily Schedule for Monday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:00 **Morning Yoga Classes**

9:00–10:30 ***Grief, Loss, And Renewal* Aruni Nan Futuronsky**

The experience of loss is one of the most universal human experiences, yet the process of grief is uniquely personal. How do we receive comfort during times of deep sorrow? Yogic philosophy teaches us how to become present in each moment and offers us a powerful model for experiencing all layers of grief.

9:00–10:30 ***Yoga Collage* Evelyn Gonzalez**

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

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

11:00–11:45 ***Posture Clinic* Susannah Gale**

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

1:00–2:30 ***Guided Kayaking***

1:30–3:00 ***Guided Hiking***

2:00–3:30 ***A Walk to Remember* Jess Frey**

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

4:15–5:45 **Afternoon Yoga Classes**

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

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

7:30–8:30 ***Healing Arts Sampler***

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

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R&R Retreat Daily Schedule for Tuesday, June 13

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6:30–8:00 **Morning Yoga Classes**

9:00–10:30 ***Chakra Yoga Flow* Coby Kozlowski**

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

9:00–10:30 ***No More Excuses* Izzy Lenihan**

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.

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

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

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 ***Conscious Communication* Aruni Nan Futuronsky and Izzy Lenihan**

1:00–2:30 ***Guided Kayaking***

1:30–3:00 ***Guided Hiking***

2:00–3:30 ***The Whole World as One Family* Aruni Nan Futuronsky**

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

4:15–5:45 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 ***Healing Arts Sampler***

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

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

This schedule subject to change without notice.

Kripalu

R&R Retreat Daily Schedule for Wednesday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:00 **Morning Yoga Classes**

9:00–10:30 ***Mitahar: How Much is Enough?* Annie B. Kay**

Mitahar, or moderation in diet, is essential to yoga practice. Eating lightly has proven metabolic effects; it can reduce oxidative stress, improve digestion, and improve health. Explore the practice, art, and science of eating lightly, or mitahar.

9:00–10:30 ***Walk the Elements* Janna Delgado**

Ayurvedic wisdom teaches that the five elements—ether, air, fire, water, earth—form the building blocks of all matter and they exist within each of us, corresponding to our five senses. After a brief lecture, awaken your senses as you commune directly with nature's elements on a guided walk through the beautiful Kripalu grounds. Please dress for the weather.

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

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

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

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 ***Meditation* Jess Frey**

1:00–2:30 ***Guided Kayaking***

1:30–3:00 ***Guided Hiking***

2:00–3:30 ***Nutrition News to Use* Kathie Madonna Swift**

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

4:15–6:30 **Afternoon Yoga Classes**

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

Is there an effective way to deal with back pain through yoga? There sure is.

In the final analysis, most pain is foundational, resulting from imbalances in the musculoskeletal system. We are in pain because we are misaligned, or “crooked.” Learn which poses are most effective for this pervasive condition.

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.

R&R Retreat Daily Schedule for Thursday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:00 **Morning Yoga Classes**

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

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

9:00–10:30 **Feast for the Senses Coby Kozlowski**

Being alive is an opportunity to fall in the love with everything around you. Experience movement and meditation techniques to awaken to each of the five senses and leave with the ability to delight in the beauty of everyday existence.

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

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

This laughter yoga class follows the model as taught by Dr. Madan Kataria, a medical doctor from Mumbai, India, popularly known as the "Guru of Giggling." It is medically proven that laughter helps lower the stress hormone, cortisol, and releases the "happy" chemical, serotonin. Come exercise your laughter muscles!

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Learning to Love Exercise Sarajejan Rudman**

More information on this workshop coming soon.

1:00–2:30 **Guided Kayaking**

1:30–3:00 **Guided Hiking**

2:00–3:30 **Barre Yoga Sarajejan Rudman**

Barre Yoga integrates many of Kripalu Yoga's most fundamental practices—such as centering, pranayama, and meditation—into a mindful and physical practice.

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 **Qigong as Relaxation Mark Roule**

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

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This schedule subject to change without notice.

R&R Retreat Daily Schedule for Friday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:00 **Morning Yoga Classes**

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

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

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***Mindfulness Through the Five Senses* Jess Frey**

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

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

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

2:00–3:30 ***Chair Yoga* Sherrie Howard**

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

4:15–5:45 **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 ***Oh, My Aching Back!* Lee Albert**

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

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

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

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This schedule subject to change without notice.

R&R Retreat Daily Schedule for Saturday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:00 **Morning Yoga Classes**

9:00–10:30 ***Labyrinth Walk* Jess Frey**

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.

9:00–10:30 ***The Yoga of Fun, Creativity, and Easy Improv* Megha Nancy Buttenheim**

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

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Stand Up Paddleboarding***

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, YogaDance® will surprise you with joy.

12:00–1:00 **Vinyasa Yoga Class**

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

1:00–2:30 ***Guided Kayaking***

1:30–3:00 ***Guided Hiking***

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

2:00–3:30 ***Eating Healthy in a Hectic World* Sarajeen Rudman**

Life is busy, and many times the self-care practice of eating gets tossed to the wayside to make room for our hectic schedules. Learn how to eat healthy in a hectic world with simple, take-anywhere tips, tricks and hacks.

4:15–5:45 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–9:00 ***Evening Event***

Every Saturday night, we offer a workshop, kirtan, or concert to round out your day at Kripalu. More information on this evening's event coming soon.

This schedule subject to change without notice.

Kripalu

R&R Retreat Daily Schedule for Sunday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:00 **Morning Yoga Classes**

7:30–8:30 ***Guided Walk***

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

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

9:00–10:30 ***Soothing Pranayama Sherrie Howard***

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

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***Delve into Ado Mukha Svasana (Down Dog) Susannah Gale***

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

1:30–2:30 ***Guided Kayaking***

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

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

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

4:15–5:45 **Afternoon Yoga Classes**

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

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

7:30–8:30 Rest and Unwind Yoga

7:30–8:30 ***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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R&R Retreat Daily Schedule for Monday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:00 **Morning Yoga Classes**

9:00–10:30 ***The Zen Mind* Steven Leonard**

Remember, when practicing Zen, there is nothing missing from this moment, there is no place else to go, and nothing more you need to be. Right now, in this very moment, enlightenment is here, truth is here, and reality is here.

9:30–11:00 ***Guided Stand Up Paddleboarding***

11:00–11:45 ***Delve into Prasarita Padottanasana (Forward Bend)* Susannah Gale**

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

1:00–2:30 ***Guided Kayaking***

1:30–3:30 ***Guided Hiking***

2:00–3:30 ***Radiant Health* Sudha Carolyn Lundeen**

Come reclaim your vitality and reconnect with your life force as you explore preventive approaches and natural treatments for stress reduction and other health issues. You leave with specific yoga sequences and breathing exercises to practice at home.

4:15–5:45 **Afternoon Yoga Classes**

7:30–8:30 ***Healing Arts Sampler***

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-judgement and fear by opening yourself up to the gifts of gratitude, forgiveness, compassion, and joy—transcending from fear and judgement to love and acceptance.

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This schedule subject to change without notice.

R&R Retreat Daily Schedule for Tuesday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:00 **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 ***Myth, Movement, and Mystery* Coby Kozlowski**

“We are every character in every myth.” Come learn about living yoga through the lens of yogic mythology. Discover how these stories can guide you into inquiries and insight about your own life. Through storytelling, discussion, movement, and reflection, wake up the story inside you and engage more fully with being alive.

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® or Kripalu Vinyasa Yoga Class**

12:45–1:30 ***Meditation***

1:00–2:30 ***Guided Kayaking***

1:30–3:30 ***Guided Hiking***

2:00–3:30 ***Yoga for Safe and Healthy Knees* Christopher Holmes**

Throughout your lifetime, your knees will cycle (bend and straighten), on average, more than 50 million times. In this workshop, explore how yoga can help maintain healthy knees and restore injured knees.

4:15–5:45 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 ***Healing Arts Sampler***

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

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

This schedule subject to change without notice.

Kripalu

R&R Retreat Daily Schedule for Wednesday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:00 **Morning Yoga Classes**

9:00–10:30 ***Kripalu 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 ***Yoga, Mudra, and Meditation* Megha Nancy Buttenheim**

This experiential program brings together the three ancient and beautiful practices of yoga, mudra, and meditation. Learn how these practices complement one another and form a powerful art that cultivates energy, grace, and awareness.

9:30–11:00 ***Guided Stand Up Paddleboarding***

11:00–11:45 ***Delve into Trikonasana (Triangle)* Kari Harendorf**

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

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

1:00–2:30 ***Guided Kayaking***

1:30–3:30 ***Guided Hiking***

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

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

2:00–3:30 ***The Qualities of Consciousness* Coby Kozlowski**

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.

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 ***Yoga Nidra* Jess Frey**

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

7:30–9:00 ***Drum Story* John de Kadat and Friends**

Ecstatic drumming, adventurous tales and rich poetry have been used for all of human history to impart wisdom, entertain, teach and retain information from generation to generation. Come join us for a mesmerizing evening of drumming and wisdom stories with world traveling percussionist, poet and storyteller John de Kadat.

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This schedule subject to change without notice.

R&R Retreat Daily Schedule for Thursday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:00 **Morning Yoga Classes**

9:00–10:30 ***Yamas and Niyamas* Coby Kozlowski**

The first two limbs of yoga, the yamas and niyamas, are integral parts of a yoga practice. Learn why these principles are essential to achieving balance, increasing vital life force, and living with authenticity. Through discussion, journaling, and experimentation, learn ways to bring yoga off the mat and into our daily lives.

9:00–10:30 ***Life Without Regret* Izzy Lenihan**

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

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

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

This laughter yoga class follows the model as taught by Dr. Madan Kataria, a medical doctor from Mumbai, India, popularly known as the "Guru of Giggling." It is medically proven that laughter helps lower the stress hormone, cortisol, and releases the "happy" chemical, serotonin. Come exercise your laughter muscles!

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

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

1:00–2:30 ***Guided Kayaking***

1:30–3:00 ***Guided Hiking***

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

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

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

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

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This schedule subject to change without notice.

R&R Retreat Daily Schedule for Friday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:00 **Morning Yoga Classes**

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

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

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

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

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.

Kripalu YogaDance®

12:00–1:00 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**

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

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

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

4:15–5:45 **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 ***Secrets of the Human Machine* Lee Albert**

Learn about the brilliant mechanics of the human body and unlock secrets to help you live with less pain and stress, and experience more happiness and calm in your life. Knowledge is power!

8:00–9:00 ***Appreciating the Moment* Evelyn Gonzalez**

An overactive mind obscures the senses from being truly alive. In this workshop, slow down and quiet the mind with a simple breathing meditation. One by one, open each of the sense doors (taste, smell, sight, touch, and sound), in a mindful, unique experience.

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This schedule subject to change without notice.

R&R Retreat Daily Schedule for Saturday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:00 **Morning Yoga Classes**

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 ***Guided Kayaking***

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

11:00–11:45 ***Share Circle* Bhavani Lorraine Nelson**

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

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

1:30–3:30 ***Guided Hiking***

2:00–3:30 ***Radiant Health* Sudha Carolyn Lundeen**

Come reclaim your vitality and reconnect with your life force as you explore preventive approaches and natural treatments for stress reduction and other health issues. You leave with specific yoga sequences and breathing exercises to practice at home.

4:15–5:45 **Afternoon Yoga Classes**

7:30–9:00 ***Evening Event***

Every Saturday night, we offer a workshop, kirtan, or concert to round out your day at Kripalu. More information on this evening's event coming soon.

This schedule subject to change without notice.

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R&R Retreat Daily Schedule for Sunday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:00 **Morning Yoga Classes**

7:30–8:30 ***Guided Walk***

9:00–10:30 ***Introduction to Yogic Breathing Sherrie Howard***

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

9:00–10:30 ***Word Collage Lara Tupper***

Play with scissors, glue, and poetry in this crafty exploration. Let your intentions guide you through random printed matter as you create a word collage. Piece together found phrases with those of your own and take home a vivid reminder of your aspirations.

9:30–11:00 ***Guided Hiking***

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

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

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

1:00–2:30 ***Guided Kayaking***

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

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

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

4:15–5:45 **Afternoon Yoga Classes**

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

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

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 ***Introduction to the Practice of Swami Kripalu Christopher Holmes***

Swami Kripalu's teacher gave him only two practices: Full-Lotus pose and Aniloma Viloma, a yogic breathing technique. Twenty years later, Swami Kripalu discovered a world of poses and pranayamas that naturally arose from these two simple practices. Come explore the intelligence of prana and experience meditation in motion, a centerpiece of Kripalu Yoga.

This schedule subject to change without notice.

Kripalu

R&R Retreat Daily Schedule for Monday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:00 **Morning Yoga Classes**

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

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

9:00–10:30 ***A Dynamic Yoga Practice* 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.

9:30–11:00 ***Guided Stand Up Paddleboarding***

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

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 ***Meditation* Jurian Hughes**

1:00–2:30 ***Guided Kayaking***

1:30–3:00 ***Guided Hiking***

2:00–3:30 ***The Joy of Divine Play* Jurian Hughes**

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

4:15–5:45 **Afternoon Yoga Classes**

7:30–8:30 ***Healing Arts Sampler***

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

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

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This schedule subject to change without notice.

R&R Retreat Daily Schedule for Tuesday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:00 **Morning Yoga Classes**

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

Join 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 ***Muscles, Fascia, and Yoga* Christopher Holmes**

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

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

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

1:00–2:30 ***Guided Kayaking***

1:30–3:30 ***Guided Hiking***

2:00–3:30 ***Prana Walk* Micah Mortali**

Take your yoga off the mat and into the forest. In this workshop, bring an awareness of breath into each step as you make your way to a circle of ancient pines beside the fabled “shadow brook.” This power spot on the Kripalu grounds offers a profound opportunity for meditation to the laughter of this gurgling brook. Please dress appropriately for the weather.

4:15–5:45 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 ***Qigong as Relaxation* Mark Roule**

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

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

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

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R&R Retreat Daily Schedule for Wednesday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:00 **Morning Yoga Classes**

9:00–10:30 ***Resilience: The Answer to the Question “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.

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

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

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

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

12:00–1:00 **Kripalu YogaDance®**

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 ***Mediation* Janna Delgado**

1:00–2:30 ***Guided Kayaking***

1:30–3:30 ***Guided Hiking***

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

2:00–3:30 ***Explore the Six Tastes of Ayurveda* Erin Casperson**

Ayurveda teaches six tastes of foods that sustain the body, mind, and emotions. Learn simple and impactful ways to incorporate these six tastes into your everyday diet through seasonal eating, spices, and whole foods, that optimize digestion and promote balanced health.

4:15–6:30 **Afternoon Yoga Classes**

7:00–8:30 ***Healthy Knees at Any Age* Lee Albert**

Do your knees hurt when practicing Virasana? Is “easy pose” not so easy? Can yoga help with knee pain or will it make it worse? Good questions! Knee pain is a widespread problem. Twelve million Americans complain to their doctors about knee pain, and that number is on the rise. In this workshop, learn how to align your hips to save your knees. Three easy stretches are all it takes.

7:30–9:00 ***Kirtan***

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

This schedule subject to change without notice.

Kripalu

R&R Retreat Daily Schedule for Thursday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:00 **Morning Yoga Classes**

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

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

9:00–10:30 ***Harnessing the Heart's Energy* Kimberly Coleman**

We create our “love bubble” when we give ourselves the love that we have been searching for. In this workshop that includes meditation, creative visualization, and movement, harness the heart's energy and use it to fill the inner void using self-nourishment tools. These techniques can bring relief to underlying dissatisfaction that can hide deep inside.

9:30–11:00 ***Guided Stand Up Paddleboarding***

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

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 ***Introduction to Vinyasa Yoga* Sarajeon Rudman**

1:00–2:30 ***Guided Kayaking***

1:30–3:00 ***Guided Hiking***

2:00–3:30 ***Heart of the Fire Yoga Flow* Sarajeon Rudman**

Build strength, confidence, courage, and heat through this heart-opening, warrior-based practice. Be prepared to warm up and work out any obstacles in your life with vigor and passion.

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 ***Qigong as Relaxation* Mark Roule**

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

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R&R Retreat Daily Schedule for Friday, 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. Due to the diversity of our teaching faculty, this schedule may change without notice. We recommend that you check back often for updates or call prior to your visit.

6:30–8:00 **Morning Yoga Classes**

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, we will explore how we can live a more genuine, energized life and inspire others to do the same.

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***Qigong on the Lawn* Ken Nelson**

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

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**

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

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

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

4:15–5:45 **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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