

R&R Retreat Daily Schedule for Wednesday, March 1

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

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

9:00–10:30 **Creating a Home Practice Evelyn Gonzalez (L/E)**

Through writing, movements, and self-exploration, examine the possibilities and obstacles to maintaining your own personal yoga routine. Share your discoveries, thoughts, and ideas.

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

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.

11:00–11:45 **Life Without Regret Part I Annie B. Kay (L)**

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

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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

12:00–1:00 Vinyasa Yoga Class

1:30–3:00 **Guided Hiking** (Advanced registration suggested, please call for details.)

2:00–3:30 **Life in Balance: Introduction to Ayurveda Larissa Carlson (L)**

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

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

7:30–8:30 **What Abundance Looks Like Vandita Kate Marchesiello (E)**

Visualization is a potent technique for making an impression upon the mind, body, and heart. Using bold and beautiful images, open-eyed meditation, and pranayama (yogic breathing techniques), dive into the power of the mind to support an attitude of gratitude and abundance.

7:30–9:00 **Kirtan (E)**

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

R&R Retreat Daily Schedule for Thursday, March 2

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

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

9:00–10:30 ***Life Without Regret Part II Izzy Lenihan*** (L)

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

9:00–10:30 ***Mastering Your Life Force Ray Crist*** (M)

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

11:00–11:45 ***Posture Clinic: Triangle Evelyn Gonzalez*** (M)

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

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

12:45–1:30 ***Learning to Love Exercise Sarajeon Rudman*** (L/M)

1:30–3:00 ***Guided Hiking*** (Advanced registration suggested, please call for details.)

2:00–3:30 ***Barre Yoga Sarajeon Rudman*** (M)

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

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

7:30–8:30 Rest and Unwind Yoga

7:30–8:30 ***Sound Healing Bhavani Lorraine Nelson*** (E)

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.

R&R Retreat Daily Schedule for Friday, March 3

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

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

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

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

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

11:00–11:45 ***The Zen Mind* Steven Leonard (M)**

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

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

2:00–3:30 ***Life in Balance: Ayurveda with the Dean* Gerard Buffo, MD (L)**

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

4:15–6:30 Afternoon Yoga Classes (various levels and class lengths)

5:00–7:30 Dinner

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* (E)**

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

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

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R&R Retreat Daily Schedule for Saturday, March 4

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

6:30–8:00 Morning Yoga Classes (various levels)

7:00–9:00 Breakfast

9:00–10:30 **Myth, Movement, and Mystery Coby Kozlowski (M)**

“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.

9:00–10:30 **Gratitude Mandala Izzy Lenihan (L)**

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.

11:00–11:45 **The 10 Minute Workout Sarajeon Rudman (M)**

Ten minutes is all you need for a great workout! Come learn tricks of the trade, experience some 10-minute workouts, and leave with a collection of workouts you can do at home, on the road, or wherever life may lead you.

11:30–2:00 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

12:45–1:30 **Meditation Michelle Dalbec (E)**

1:30–3:00 **Guided Hiking** (Advanced registration suggested, please call for details.)

2:00–3:30 **Breath, Body, Bliss: Introduction to Yogic Breathing Michelle Dalbec (L/E)**

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

4:15–6:30 Afternoon Yoga Classes (various levels and class lengths)

5:00–7:30 Dinner

7:30–9:00 **Evening Event**

Each 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, March 5

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

6:30–8:00 Morning Yoga Classes (various levels)

7:00–9:00 Breakfast

9:00–10:30 **Yoga Foundations Michelle Dalbec (M)**

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

9:00–10:30 **The Anatomy of Pranayama Christopher Holmes (L/E)**

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

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

11:00–11:45 **Om Tones Lara Tupper (E)**

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.”

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

2:00–3:30 **Soundplay: The Enchantment of Chanting Bhavani Lorraine Nelson (E)**

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

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

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 **Soundplay: The Power of Mantra Bhavani Lorraine Nelson (E)**

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

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R&R Retreat Daily Schedule for Monday, March 6

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

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

9:00–10:30 ***Life in Balance: Exploring the Six Tastes* Erin Casperson (L)**

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.

9:00–10:30 ***Mindful Eating, Mindful Life* Aruni Nan Futuronsky and Annie Kay (L)**

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

11:00–11:45 ***Posture Clinic: Bird of Paradise* Susannah Gale (M)**

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

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

1:30–3:00 ***Guided Hiking*** (Advanced registration suggested, please call for details.)

2:00–3:30 ***In Through the Outdoors* Steven Leonard (M/E)**

You cannot have an inside without also having an outside. You cannot have a solid sense of yourself without having the contrast of your environment. In fact, the two go perfectly together, complement each other, and support each other. Join a guided walk through and around the beautiful Kripalu grounds.

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

7:30–8:30 ***Healing Arts Sampler*** (E)

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R&R Retreat Daily Schedule for Tuesday, March 7

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

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

9:00–10:30 ***Life in Balance: Practical Tips for Health* Gerard C. Buffo, MD (L)**

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

9:00–10:30 ***Chakras and the Energy Body* Ray Crist (L)**

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 (E)**

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

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

12:45–1:30 ***8 Limbed Path: Meditation* Cristie Newhart (E)**

1:30–3:00 ***Guided Hiking*** (Advanced registration suggested, please call for details.)

2:00–3:30 ***8 Limbed Path: Yamas and Niyamas* Michelle Dalbec (L)**

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.

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

7:30–8:30 Rest and Unwind Yoga

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

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, March 8

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

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

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

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 **Nutrition for Integrated Wellness Annie B. Kay (L)**

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 **Riding the Waves Aruni Nan Futuronsky (L)**

Do you feel challenged by life? Do the unknowns of your world shake you up? In this workshop, learn practical tools for outliving your feelings and returning to equanimity. Using the Kripalu methodology of Riding the Waves, you practice allowing the feelings to come and go. Come allow your body, mind, and spirit to integrate, relax, and renew.

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

1:30–3:00 **Guided Hiking** (Advanced registration suggested, please call for details.)

2:00–3:30 **Yoga Anytime, Anywhere! Vandita Kate Marchesiello (L)**

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 into your daily life, no matter where you are.

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

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

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.

7:30–9:00 **Kirtan (E)**

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

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R&R Retreat Daily Schedule for Thursday, March 9

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

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

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

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

9:00–10:30 **Introduction to the Practice of Swami Kripalu Christopher Holmes (L)**

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 mediation in motion, a centerpiece of Kripalu Yoga.

11:00–11:45 **Laughter Yoga Evelyn Gonzalez (M)**

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!

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

12:00–1:00 Vinyasa Yoga Class

12:45–1:30 **Share Circle Aruni Nan Futuronsky and Izzy Lenihan (E)**

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

1:30–3:00 **Guided Hiking** (Advanced registration suggested, please call for details.)

2:00–3:30 **Barefoot Fitness Sarajeon Rudman (M)**

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!

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

7:30–8:30 Rest and Unwind Yoga

7:30–8:30 **Qigong as Relaxation Mark Roule (E)**

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, March 10

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

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

9:00–10:30 **Yoga and Creation Jess Frey (M)**

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

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

11:00–11:45 **Taking Kripalu Home Aruni Nan Futuronsky (L)**

In this workshop, explore how to take the tools you learn at Kripalu back into your everyday life and be inspired to live your Kripalu experience at home.

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

2:00–3:30 **The Throat Chakra: Vishuddha Jurian Hughes (L/M)**

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

4:15–6:30 Afternoon Yoga Classes (various levels and class lengths)

5:00–7:30 Dinner

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 (E)**

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

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

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R&R Retreat Daily Schedule for Saturday, March 11

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

6:30–8:00 Morning Yoga Classes (various levels)

7:00–9:00 Breakfast

9:00–10:30 ***The Voice of Truth* Jurian Hughes (L/E)**

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

9:00–10:30 ***For the Love of Eating* Cat Pacini (L)**

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.

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

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

11:30–2:00 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

12:45–1:30 ***Meditation* Michelle Dalbec (E)**

1:30–3:00 ***Guided Hiking*** (Advanced registration suggested, please call for details.)

2:00–3:30 ***Body in Balance: Restore Your Core* Michelle Dalbec (M)**

Core strength is about creating mobility and stability—from top to bottom, and from the inside out—in order to move, breathe, and live better. This workshop provides a whole-body approach that focuses on alignment, breath, habit awareness, and creative, corrective movements to restore your core and help you live better in your body.

4:15–6:30 Afternoon Yoga Classes (various levels and class lengths)

5:00–7:30 Dinner

7:30–8:30 Rest and Unwind Yoga

7:30–9:00 ***Evening Event***

Each 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, March 12

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

6:30–8:00 Morning Yoga Classes (various levels)

7:00–9:00 Breakfast

9:00–10:30 **Body in Balance: Total Body Tune-Up Michelle Dalbec (M)**

Experience a workout full of dynamic, creative, and corrective movements targeting muscles and joints to create strength, stability, and mobility for your entire body. This workshop is designed to get you moving, and is a safe and healthy way to help you live better in your body.

9:00–10:30 **Introduction to BRFWA Jess Frey (E)**

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

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

11:00–11:45 **Chair Yoga Sherrie Howard (M)**

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.

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

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

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

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

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 (E)**

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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R&R Retreat Daily Schedule for Monday, March 13

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

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

9:00–10:30 ***Yoga for Safe and Healthy Knees* Christopher Holmes (L/M)**

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.

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

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

11:00–11:45 ***Kripalu's Food Philosophy* Annie B. Kay (L)**

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.

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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

12:00–1:00 Vinyasa Yoga Class

1:30–3:00 ***Guided Hiking*** (Advanced registration suggested, please call for details.)

2:00–3:30 ***The Monk and the Mother* Steven Leonard (E)**

It is important to understand the practice of yoga and meditation within the context of your own life. What experiences are you seeking? How can you choose specific practices that support your personal intentions? Where do the practices of a monk and a mother overlap, and how should they differ? Come join the conversation of understanding yoga in the modern world.

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

7:30–8:30 ***Healing Arts Sampler*** (E)

7:30–8:30 ***Coloring as Relaxation* Izzy Lenihan (E)**

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.

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R&R Retreat Daily Schedule for Tuesday, March 14

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

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

9:00–10:30 ***Soothing Pranayama* Sherrie Howard (E)**

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 ***Clearing the Clutter: The Science Behind the Impact of Clutter* Izzy Lenihan (L)**

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

11:00–11:45 ***Posture Clinic: Down Dog* Cristie Newhart (M)**

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

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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

12:00–1:00 Vinyasa Yoga Class

12:45–1:30 ***Meditation* Aruni Nan Futuronsky (E)**

1:30–3:00 ***Guided Hiking*** (Advanced registration suggested, please call for details.)

2:00–3:30 ***Muscle, Fascia, and Yoga* Chirstopher Holmes (M)**

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

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

7:30–8:30 Rest and Unwind Yoga

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

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.

R&R Retreat Daily Schedule for Wednesday, March 15

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

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

9:00–10:30 ***Clearing the Clutter: The Heavens of Mindfulness* Maria Sirois (L)**

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

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

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 ***The Power of Compassion* Vandita Kate Marchesiello (E)**

If there is any power considered the highest, it is love. How can we transform pain and suffering into love and joy? What practices can help us achieve states of joy more frequently? In this workshop, examine the teachings of Swami Kripalu and experiment with transformative activities such as meditation, gentle yoga, and journaling.

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

12:00–1:00 Vinyasa Yoga Class

1:30–3:00 ***Guided Hiking*** (Advanced registration suggested, please call for details.)

2:00–3:30 ***A Massage Therapist at Your Fingertips* Ken Nelson (E)**

Imagine having a personal massage therapist at your fingertips. Learn how to self-treat tension and stress and relieve head, neck, and facial pain with the medical benefits of shiatsu, acupuncture, and Ayurvedic massage. You also experience methods to use at home, in the office, or even in the car.

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

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

If you've wrestled with sleepless nights, everyday stressors and anxiety that wreak havoc on the body and mind, this workshop will offer a respite and reprieve to these very common challenges. This technique of Yoga Nidra (deep relaxation) can be done seated in a chair, resting in bed, or on your yoga mat to lower blood pressure, reduce stress hormones and heart rates, and to slow the metabolic system down.

7:30–9:00 ***Kirtan* Bhavani Lorraine Nelson (E)**

Thousands of years ago, yogis recognized the profound effects of sound vibrations on states of consciousness; they discovered that chanting specific words and names of God gives rise to an experience of the Divine. Bhavani is an inspired leader of heart-opening Sanskrit chanting and internationally known master of singing and toning.

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R&R Retreat Daily Schedule for Thursday, March 16

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

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

9:00–10:30 **Mudra Yoga: Nourish and Revitalize Your Energy Jennifer Reis (M)**

Mudras are hand gestures that redirect energy to positively affect body, mind, and emotions. Mudras can help you meditate with ease, breathe to full capacity, and awaken inner peace and connection. Come learn more about mudras and practice them with healing affirmations to align with your highest self.

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

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

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

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.

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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

12:00–1:00 Vinyasa Yoga Class

12:45–1:30 **Learning to Love Exercise Sarajejan Rudman (L/M)**

1:30–3:00 **Guided Hiking** (Advanced registration suggested, please call for details.)

2:00–3:30 **Barre Yoga Sarajejan Rudman (M)**

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

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

7:30–8:30 Rest and Unwind Yoga

7:30–8:30 **Gratitude Mandala Izzy Lenihan (L)**

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.

R&R Retreat Daily Schedule for Friday, March 17

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

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

9:00–10:30 **Restore Jess Frey (M)**

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

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

11:00–11:45 **The Path to Self Care Aruni Nan Futuronsky (L)**

Using mindfulness and right action, learn to commit to yourself in ways that are sustainable, fulfilling, and ultimately yogic, bringing unity between your intentions and your actions.

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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

12:00–1:00 Vinyasa Yoga Class

2:00–3:30 **Sowing Seeds of Gold Heather Bilotta (M)**

How will you live your one precious life? Many of us get caught in survival mode, losing track of what brings us alive and connects us to our dreams, not just our to-do list. With mindfulness and expressive arts tools, come and rediscover the seeds of dreams that your heart wants you to sow.

4:15–6:30 Afternoon Yoga Classes (various levels and class lengths)

5:00–7:30 Dinner

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 (E)**

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

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

This schedule subject to change without notice.

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R&R Retreat Daily Schedule for Saturday, March 18

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

- 6:30–8:00 Morning Yoga Classes (various levels)
- 7:00–9:00 Breakfast
- 9:00–10:30 ***Resilience: A Gift in the Storm* Izzy Lenihan (L)**
The adversities in life can be challenges that help make us stronger. Join this inspirational, interactive discussion on the strategies, attitudes, and qualities that can help you thrive during the storms in your life.
- 9:00–10:30 ***Creating Non-Negotiables* Sarajejan Rudman (M)**
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.
- 11:00–11:45 ***Sound Healing* Bhavani Lorraine Nelson (E)**
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.
- 11:30–2:00 Lunch
- 12:00–1:00 Kripalu YogaDance®
Experience Kripalu’s most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, YogaDance® will surprise you with joy.
- 12:00–1:00 Vinyasa Yoga Class
- 12:45–1:30 ***Meditation* Michelle Dalbec (E)**
- 1:30–3:00 ***Guided Hiking*** (Advanced registration suggested, please call for details.)
- 2:00–3:30 ***Breath, Body, Bliss: Introduction to Yogic Breathing* Michelle Dalbec (L/E)**
We breathe more than 20,000 times a day without ever having to think about it. Yet when we are aware, we can control the breath at will. Yogis call this pranayama, or mastery of the life-force. Come experience the power of prana in this practice that is a mixture of traditional techniques and movement combined with breath.
- 4:15–6:30 Afternoon Yoga Classes (various levels and class lengths)
- 5:00–7:30 Dinner
- 7:30–8:30 Rest and Unwind Yoga
- 7:30–9:00 ***Evening Event***
Each 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, March 19

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

6:30–8:00 Morning Yoga Classes (various levels)

7:00–9:00 Breakfast

9:00–10:30 **Yoga Foundations Michelle Dalbec** (M)

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

9:00–10:30 **Creative Collage Jess Frey** (E)

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

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

11:00–11:45 **Human Rhythms, Earth Rhythms Christopher Holmes** (L)

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

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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

12:00–1:00 Vinyasa Yoga Class

2:00–3:30 **Slow Flow and Restore Susannah Gale** (M)

Enjoy a warming flow sequence that leads right into a series of restorative postures allowing the body to fully melt into relaxation. Feel recharged, relaxed, and open!

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

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** (E)

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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R&R Retreat Daily Schedule for Monday, March 20

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

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

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

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 **Tools for Mindful Living: Honoring the Journey Aruni Nan Futuronsky (L)**

11:00–11:45 **Posture Clinic Bakasana (Crow) Susannah Gale (M)**

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

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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

12:00–1:00 Vinyasa Yoga Class

1:30–3:00 **Guided Hiking** (Advanced registration suggested, please call for details.)

2:00–3:30 **The Zen Mind Steven Leonard (M/E)**

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

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

7:30–8:30 **Healing Arts Sampler (E)**

R&R Retreat Daily Schedule for Tuesday, March 21

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

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

9:00–10:30 **Chakras and the Energy Body Ray Crist (L)**

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

9:00–10:30 **Tools for Mindful Living: Balancing Your Life Izzy Lenihan (L)**

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

11:00–11:45 **Eight-Limbed Path: Meditation Cristie Newhart (M)**

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

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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

12:00–1:00 Vinyasa Yoga Class

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

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

1:30–3:00 **Guided Hiking** (Advanced registration suggested, please call for details.)

2:00–3:30 **Eight-Limbed Path: Yamas and Niyamas Michelle Dalbec (L)**

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.

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

7:30–8:30 Rest and Unwind Yoga

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

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, March 22

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

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

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

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.

11:00–11:45 **Riding the Waves Aruni Nan Futuronsky (L)**

Do you feel challenged by life? Do the unknowns of your world shake you up? In this workshop, learn practical tools for outliving your feelings and returning to equanimity. Using the Kripalu methodology of Riding the Waves, you practice allowing the feelings to come and go. Come allow your body, mind, and spirit to integrate, relax, and renew.

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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

12:00–1:00 Vinyasa Yoga Class

12:45–1:30 **Meditation Jess Frey (E)**

1:30–3:00 **Guided Hiking** (Advanced registration suggested, please call for details.)

2:00–3:30 **Recharging and Rebooting Janna Delgado (E)**

Address the challenges of staying centered in the midst of the daily grind. Explore the connection between stress, willpower, and mindfulness.

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

7:30–8:30 **Yoga Nidra Vandita Kate Marchesiello (E)**

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.

7:30–9:00 **Kirtan (E)**

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

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R&R Retreat Daily Schedule for Thursday, March 23

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

- 6:30–8:00 Morning Yoga Classes (various levels)
- 7:00–8:30 Breakfast
- 9:00–10:30 ***Mandala: Your Inner Compass* Jennifer Reis (L)**
Movement, yoga, and breathing open up inner doorways to discover your personal mandalas. Connect with yourself and others as you explore the ancient sacred circle.
- 9:00–10:30 ***Inquire Within* Ken Nelson (E)**
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.
- 11:00–11:45 ***Posture Clinic* Evelyn Gonzalez (M)**
Whether you're new to yoga or an experienced practitioner coming back to the beginner's mind, this workshop helps you build your practice from the ground up.
- 11:30–1:30 Lunch
- 12:00–1:00 Kripalu YogaDance®
- 12:00–1:00 Vinyasa Yoga Class
- 12:45–1:30 ***Meditation Walk* Christopher Holmes (M/E)**
- 1:30–3:00 ***Guided Hiking*** (Advanced registration suggested, please call for details.)
- 2:00–3:30 ***Barefoot Fitness* Sarajeon Rudman (M)**
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!
- 4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)
- 5:30–7:00 Dinner
- 7:30–8:30 Rest and Unwind Yoga

This schedule subject to change without notice.

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R&R Retreat Daily Schedule for Friday, March 24

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

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

9:00–10:30 **Introduction to BRFWA Jess Frey (E)**

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

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

11:00–11:45 **Taking Kripalu Home Aruni Nan Futuronsky (L)**

In this workshop, explore how to take the tools you learn at Kripalu back into your everyday life and be inspired to live your Kripalu experience at home.

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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

12:00–1:00 Vinyasa Yoga Class

2:00–3:30 **Ayurveda with the Dean: Practical Tips for Health Gerard C. Buffo, MD (L)**

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

4:15–6:30 Afternoon Yoga Classes (various levels and class lengths)

5:00–7:30 Dinner

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 (E)**

7:30–8:30 **The Traveling Mindset Lara Tupper (E)**

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 postcards home about what we see. The challenge is to apply this outlook to our everyday lives. In this writing class, 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.

R&R Retreat Daily Schedule for Saturday, March 25

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

6:30–8:00 Morning Yoga Classes (various levels)

7:00–9:00 Breakfast

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

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

11:00–11:45 **Sound Healing Bhavani Lorraine Nelson (E)**

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.

11:30–2:00 Lunch

12:00–1:00 Kripalu YogaDance®

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

12:00–1:00 Vinyasa Yoga Class

12:45–1:30 **BRFWA Meditation Jess Frey (E)**

1:30–3:00 **Guided Hiking** (Advanced registration suggested, please call for details.)

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

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

4:15–6:30 Afternoon Yoga Classes (various levels and class lengths)

5:00–7:30 Dinner

7:30–8:30 Rest and Unwind Yoga

7:30–9:00 **Evening Event**

Each 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, March 26

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

6:30–8:00 Morning Yoga Classes (various levels)

7:00–9:00 Breakfast

9:00–10:30 **Journaling 101 Lara Tupper (E)**

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

9:00–10:30 **Qigong: The Medicine Within Ken Nelson (M)**

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

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

11:00–11:45 **Posture Clinic Susannah Gale (M)**

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

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

12:00–1:00 Vinyasa Yoga Class

12:45–1:30 **Meditation Walk Susannah Gale (M/E)**

2:00–3:30 **Life in Balance: Ayurvedic Daily Routine Cat Pacini (L)**

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 (various levels and class lengths)

5:30–7:00 Dinner

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 (E)**

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.

R&R Retreat Daily Schedule for Monday, March 27

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

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

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

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

9:00–10:30 ***Sharpening Your Sixth Sense* Aruni Nan Futuronsky (L)**

We are born with an unbreakable connection to source knowledge, yet we often forget to listen, becoming distracted by our external lives. In this workshop, discuss strategies to maintain balance and follow your innate wisdom within.

11:00–11:45 ***Yoga for Athletes* Susannah Gale (M)**

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

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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

12:00–1:00 Vinyasa Yoga Class

1:30–3:00 ***Guided Hiking*** (Advanced registration suggested, please call for details.)

2:00–3:30 ***Life in Balance: Eating for Spring and Cleansing at Home* Erin Casperson (L)**

Learn Ayurvedic principles to balance your springtime diet and give your digestion a kick-start. These simple but profound tips can help reduce seasonal allergies and sluggishness. Leave with a short and easy home cleanse plan.

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

7:30–8:30 ***Healing Arts Sampler* (E)**

7:30–8:30 ***Coloring as Relaxation* Izzy Lenihan (E)**

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.

This schedule subject to change without notice.

Kripalu

R&R Retreat Daily Schedule for Tuesday, March 28

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

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

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

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

9:00–10:30 **Restorative Yoga Sherrie Howard (M)**

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

11:00–11:45 **C'mon Let's Twist Cristie Newhart (L)**

Twists are some of the most beneficial types of asana. Rotating the physical body can rejuvenate the digestive tract and nervous system. Explore the basic principles for twists and bring your body and mind back home for vitality and balance.

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

12:45–1:30 **Meditation Cristie Newhart (E)**

1:30–3:00 **Guided Hiking** (Advanced registration suggested, please call for details.)

2:00–3:30 **Attitude of Gratitude Michelle Dalbec (L)**

There are many ways to express and embody gratitude, and research shows that intentionally focusing on and expressing appreciation for what you have improves quality of life. Learn practices that help you develop an awareness of appreciating small everyday experiences, boosting your happiness levels and decreasing stress and depression.

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

7:30–8:30 Rest and Unwind Yoga

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

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

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This schedule subject to change without notice.

R&R Retreat Daily Schedule for Wednesday, March 29

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

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

9:00–10:30 **Workshop TBD Lisa Lutton (L)**

More information on this workshop coming soon.

11:00–11:45 **Mindful Eating Aruni Nan Futuronsky (L)**

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

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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

12:00–1:00 Vinyasa Yoga Class

1:30–3:00 **Guided Hiking** (Advanced registration suggested, please call for details.)

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

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.

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

7:30–8:30 **The Path of Love Vandita Kate Marchesiello (L/E)**

What are the values that have stood the test of time and what did Swami Kripalu have to say about them? Come meditate, journal, and discuss the essence of the Kripalu wisdom tradition.

7:30–9:00 **Kirtan (E)**

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

R&R Retreat Daily Schedule for Thursday, March 30

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

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

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

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

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

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

11:00–11:45 ***Life Coach Panel* Aruni Nan Futuronsky and Izzy Lenihan (L)**

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.

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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

12:00–1:00 Vinyasa Yoga Class

12:45–1:30 ***Introduction to the Doshas and Fitness* Sarajeon Rudman (L/M)**

1:30–3:00 ***Guided Hiking*** (Advanced registration suggested, please call for details.)

2:00–3:30 ***Barefoot Fitness* Sarajeon Rudman (M)**

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!

4:15–5:45 Afternoon Yoga Classes (various levels and class lengths)

5:30–7:00 Dinner

7:30–8:30 Rest and Unwind Yoga

7:30–8:30 ***The Enchantment of Chanting* Bhavani Lorraine Nelson (E)**

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

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This schedule subject to change without notice.

R&R Retreat Daily Schedule for Friday, March 31

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

6:30–8:00 Morning Yoga Classes (various levels)

7:00–8:30 Breakfast

9:00–10:30 **Joyful Joints Jess Frey** (L/E)

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

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

11:00–11:45 **Pen Practice Lara Tupper** (E)

"It's a practice," we say of yoga. The same goes for developing a regular writing routine. Learn practical tips for beginning a writing habit you can stick to and enjoy. No prior writing experience necessary.

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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

12:00–1:00 Vinyasa Yoga Class

2:00–3:30 **Tai Chi Ken Nelson** (M)

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

4:15–6:30 Afternoon Yoga Classes (various levels and class lengths)

5:00–7:30 Dinner

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** (E)

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

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