

R&R Retreat Daily Schedule for Tuesday, March 1

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

- 6:30–8:00 Kripalu Yoga Classes (class times vary, please see Information Boards for details)
- 7:00–8:30 Breakfast
- 9:00–10:30 ***Mastering Your Life Force Ray Crist*** (M)
Take a journey through a deep yoga practice that promotes vibrancy, inner power, and clarity. Harmonize consciousness and the body using the breath as you learn to move your life force within. This energetic and meditative workshop also offers tips on how to bring this experience into your everyday practice.
- 9:00–10:30 ***Introduction to Ayurveda: Life in Balance Erin Casperson*** (L)
Learn simple, everyday approaches for increasing your health and vitality through 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.
- 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.
- 11:30–1:30 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
- 1:30–3:30 ***Guided Hiking*** (advance registration suggested, please call for details)
- 2:00–3:30 ***Expansion and Ease Michelle Dalbec*** (M/E)
Come reclaim space and relaxation in your body. Restorative yoga is about slowing down, supporting your body, practicing effortless effort, and letting gravity pull you deeper into the pose. Experience how restorative yoga melts your muscles, disarms the body's fight or flight response, creates tranquility throughout your nervous system, and quiets an active mind.
- 4:15–5:45 Kripalu Yoga Classes (class times vary, please see Information Boards for details)
- 5:30–7:00 Dinner
- 7:30–8:30 Rest and Unwind Yoga (please see the Information Boards for details)
- 7:30–9:00 ***Whole Foods Cooking Demonstration Jeremy Rock Smith*** (E)
Join us for a lecture on the joys and benefits of whole foods cooking, with recipes and techniques from the Kripalu Kitchen, and take home simple methods and inspiration for a healthier diet that you can maintain throughout the year.

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

R&R Retreat Daily Schedule for Wednesday, March 2

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

- 6:30–8:00 Kripalu Yoga Classes (class times vary, please see Information Boards for details)
- 7:00–8:30 Breakfast
- 9:00–10:30 **Leadership, Love, and Freedom Coby Kozlowski (L/E)**
Our deepest calling is to grow into our authentic self and live out our life purpose. This is the work of an authentic leader—leadership redefined. Through lecture and discussion, learn the power of living yoga and leadership and the impact of taking the inward journey into the depths of what it means to be human.
- 11:00–11:45 **Posture Clinic Kari Harendorf (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 **Historical Tour of the Grounds Vandita Kate Marchesiello (M)**
Shadowbrook has uplifted the spirits and hearts of people since the late nineteenth century. This workshop begins with a viewing of historic photos of the property and then ventures outside for a tour of the grounds to discover points of interest and learn more about the rich history and roots of Kripalu Yoga.
- 1:30–3:30 **Guided Hiking** (advance registration suggested, please call for details)
- 2:00–3:30 **Muscle, Fascia, and Yoga Christopher Holmes (L/M)**
Muscles have the separate but related functions of providing energy and strength. The role of fascia is a key factor in determining how aggressively we test our strength, and how much we can stretch. In this workshop, learn the properties of muscle and fascia, and how their dual roles inform the strength and stretch relationship. Through yoga practice, discover how to safely explore your posture edge.
- 4:15–5:45 Kripalu Yoga Classes (class times vary, please see Information Boards for details)
- 5:30–7:00 Dinner
- 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 and a heightened awareness of your inner spiritual authority.

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R&R Retreat Daily Schedule for Thursday, March 3

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

- 6:30–8:00 Kripalu Yoga Classes (class times vary, please see Information Boards for details)
- 7:00–8:30 Breakfast
- 9:00–10:30 ***Clearing the Clutter Izzy Lenihan*** (L)
Clutter can affect every aspect of your life—health, relationships, work, finances, and inner peace. In this workshop, identify the clutter in your life and create simple strategies to achieve a conscious life that feels lighter, brighter, and rejuvenated.
- 9:00–10:30 ***Ojas-Boosting Self-Care Larissa Hall Carlson*** (L/E)
Give yourself the gift of self-care! Dive into a nourishing asana practice with soothing pranayama, experience abhyanga (herbal oil massage), and deeply relax with yoga nidra. Emerge from this experience refreshed, relaxed, and glowing. Please wear clothes that expose your arms and most of your legs for the oil massage.
- 11:00–11:45 ***Creating a Home Practice Evelyn Gonzalez*** (M)
Through writing 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 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 ***Mindful Eating Annie B. Kay*** (E)
How you eat reflects how you feel about yourself at the deepest level. Discover mindful eating, a practice of exploring your relationships with food and yourself, and deepen your understanding of food and nourishment.
- 1:30–3:30 ***Guided Hiking*** (advance registration suggested, please call for details)
- 2:00–3:30 ***Principles of Yoga Postures Cristie Newhart*** (L/M)
In this workshop, discuss and practice the fundamental alignment principles of the different groups of postures, such as standing, forward bends, and twists, and learn how to make the adjustments needed for stability and comfort.
- 4:15–5:45 Kripalu Yoga Classes (class times vary, please see Information Boards for details)
- 5:30–7:00 Dinner
- 7:30–8:30 Rest and Unwind Yoga (please see the Information Boards for details)
- 7:30–8:30 ***Love is Our Soul Purpose Atma Joann Levitt*** (M)
Swami Kripalu calls love "God's only ambassador." He also refers to our efforts at loving as the highest form of spiritual practice. Through journaling, dialogue, and heart-felt meditation, explore the many ways you can become an ambassador of love in your own life.

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R&R Retreat Daily Schedule for Friday, March 4

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

- 6:30–8:00 Kripalu Yoga Classes (class times vary, please see Information Boards for details)
- 7:00–8:30 Breakfast
- 9:00–10:30 ***Slow Flow Expression Jess Frey (E)***
Explore slow flow yoga in a dynamic expression and dance of body, breath, and movement. Through this gentle journey, draw forth qualities of rhythm and repetition while moving with and cultivating compassion and kindness.
- 11:00–11:45 ***Creating a Home Practice Evelyn Gonzalez (M/E)***
Through writing 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 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
- 1:30–3:30 ***Guided Hiking (advance registration suggested, please call for details)***
- 2:00–3:30 ***Yoga for Athletes Susannah Gale (M)***
Yoga, a perfect complement to athletic training, 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 incorporating yoga into your favorite sport or activity.
- 4:15–6:15 Kripalu Yoga Classes (class times vary, please see Information Boards for details)
- 5:00–7:30 Dinner
- 6:45–7:15 ***Kripalu Orientation Guest Services (Please see Information Boards for details)***
Welcome to Kripalu! Learn about Kripalu and get helpful tips on making the most of your stay.
- 7:30–8:30 ***Healing Arts Sampler: Ayurvedic Bodywork Cat Pacini (E)***
Ayurvedic wisdom teaches us to connect with our deepest selves, the source of all healing. Come learn simple, everyday approaches for increasing your health and vitality through oil massage and Ayurvedic bodywork, and experience a nourishing foot massage using herbal oil. Please come with clean feet and bring socks.
- 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 5

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

- 6:30–8:00 Kripalu Yoga Classes (class times vary, please see Information Boards for details)
- 7:00–9:00 Breakfast
- 9:00–10:30 ***Discovering Your Essence Izzy Lenihan*** (L/E)
When life feels uncomfortable, out of balance, and disconnected, what supports you in discovering calm and peace? You have these tools already available. Join Izzy for a creative journey in exploring your personal essence, a perfect prescription for self-care.
- 9:00–10:30 ***Restorative Yoga Sherrie Howard*** (E)
Restorative yoga is designed to release deeply held tensions, stretch the body, calm the mind, and soothe the nervous system. Come practice yoga postures using props to support and stabilize the body while promoting relaxation of the body and mind.
- 11:00–11:45 ***Soothe Moves Heather Bilotta*** (M)
Ready to unwind, slow down, and soothe your nervous system? Experience soothing, organic movements and contemplative practices that calm your body and quiet your busy mind. Discover how you can take these practices home to support a restful mind and body.
- 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 Susannah Gale*** (Please see Information Boards for details)
- 1:30–3:30 ***Guided Hiking*** (advance registration suggested, please call for details)
- 2:00–3:30 ***Care of the Senses Erin Casperson*** (L/E)
The sense organs absorb all the impressions from the outer world into your inner world. Come learn Ayurvedic tips to gently care for the eyes, nose, ears, mouth, and skin. Please wear loose fitting clothes such as shorts and tees/tanks for applying oil to the skin.
- 4:15–6:15 Kripalu Yoga Classes (class times vary, please see Information Boards for details)
- 5:00–7:30 Dinner
- 7:30–8:30 Rest and Unwind Yoga (please see the Information Boards for details)
- 7:30–9:00 ***Evening Event***
Each night, we offer a workshop, kirtan, or concert to round out your day at Kripalu. Check back for more information on this evening's event.

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R&R Retreat Daily Schedule for Sunday, March 6

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

- 6:30–8:00 Kripalu Yoga Classes (class times vary, please see Information Boards for details)
- 7:00–9:00 Breakfast
- 9:00–10:30 ***Reflections on Your Inner World Michelle Dalbec*** (E)
Below the surface of everyday life lives a vast reservoir of wisdom and knowledge, an accumulation of life experiences. Through meditation and journaling, learn to listen deeply and give "voice" to that inner landscape, integrating what was witnessed in the subconscious and connecting you to your higher self.
- 9:00–10:30 ***Qigong 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, focus the mind, and feel an easeful spiritual presence.
- 9:30–11:30 ***Guided Hiking*** (advance registration suggested, please call for details)
- 11:00–11:45 ***Haiku Stew Lara Tupper*** (E)
Originating in Japan and inspired by nature, haiku allow us to hold fleeting images with words. In this brief introduction, read some classic examples, pay homage to elements from the natural world, and try your hand at the three-line form.
- 11:30–1:30 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 ***Love Your Psoas Cristie Newhart*** (L/M)
The psoas muscle is the primary connector between the torso and the legs and, when out of balance, can contribute to low back and hip pain and ineffective breathing. Learn more about this massive muscle in the core of the body and how simple yoga movements can stretch, strengthen, and relax it at your deepest core.
- 4:15–5:45 Kripalu Yoga Classes (class times vary, please see Information Boards for details)
- 5:30–7:00 Dinner
- 7:30–8:30 ***Meditation Bhavani Lorraine Nelson*** (E)
Each night, we offer a workshop, kirtan, or concert to round out your day at Kripalu. Check back for more information on this evening's event.

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R&R Retreat Daily Schedule for Monday, March 7

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- 6:30–8:00 Kripalu Yoga Classes (class times vary, please see Information Boards for details)
- 7:00–8:30 Breakfast
- 9:00–10:30 ***Riding the Waves Aruni Nan Futuronsky (L)***
Do you feel challenged by life? Do the unknowns of your world shake you up? In this workshop, learn practical tools for outliving your feelings and returning to equanimity. Using the Kripalu methodology of Riding the Waves, practice allowing the feelings to come and go. Come allow your body, mind, and spirit to integrate, relax, and renew.
- 11:00–11:45 ***Free Your Joints Cristie Newhart (M)***
The body's joints are keys to stability and flexibility. In this workshop, practice a series of joint opening movements to help increase range of motion and freedom in the body.
- 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
- 1:30–3:30 ***Guided Hiking*** (advance 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 Kripalu Yoga Classes (class times vary, please see Information Boards for details)
- 5:30–7:00 Dinner
- 7:30–8:30 ***Evening Event***
Each night, we offer a workshop, kirtan, or concert to round out your day at Kripalu. Check back for more information on this evening's event.
- 7:30–8:30 ***Healing Arts Sampler: Introduction to Kripalu Massage Johanna Wise (E)***
In this hands-on Healing Arts sampler, learn to trust your innate ability to help others through safe touch. See how Kripalu's unique approach to massage as a meditation in motion can open the doorway to transformation for both the giver and receiver.

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R&R Retreat Daily Schedule for Tuesday, March 8

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–8:30 Breakfast
- 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 ***How Balanced is Your Life? Izzy Lenihan*** (L)
Lack of balance in your life can have profound and adverse effects on your mind, body, spirit, and soul. This lecture is for anyone who is feeling stressed, overwhelmed, or disconnected. Learn how to identify where your life is out of balance and create a plan that supports work, family, fun, and good health.
- 11:30–1:30 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 Vandita Kate Marchesiello***
- 1:30–3:30 ***Guided Hiking*** (advance registration suggested, please call for details)
- 2:00–3:30 ***Courageous Core Michelle Dalbec*** (M)
Creating and maintaining a strong, stable core takes more than just sit ups. The “core revolution” requires you to connect to your belly in an intelligent, integrated, and conscious way. Through a series of creative movements, learn to strengthen your core from the inside out, helping to penetrate weak muscle fibers, awaken sluggish organs, stretch scar tissue, and cultivate vibrancy throughout your nervous system.
- 4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 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)
Join us for a lecture on the joys and benefits of whole foods cooking, with recipes and techniques from the Kripalu Kitchen, and take home simple methods and inspiration for a healthier diet that you can maintain throughout the year.

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R&R Retreat Daily Schedule for Wednesday, March 9

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 ***Introduction to Ayurveda: Life in Balance* Larissa Hall Carlson (L)**
Learn simple, everyday approaches for increasing your health and vitality through 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.
- 11:00–11:45 ***Posture Clinic* Kari Harendorf (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.
- 11:30–2:00 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
- 1:30–3:30 ***Guided Hiking*** (advance registration suggested, please call for details)
- 2:00–3:30 ***The Gift of Self-Care* Aruni Nan Futuronsky (L)**
How can you both be gentle with yourself while cultivating 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.
- 4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:30–7:00 Dinner
- 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.

R&R Retreat Daily Schedule for Thursday, March 10

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 ***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 ***A Dynamic Yoga Practice* Evelyn Gonzalez (M)**
Move more deeply into asana by cultivating a strong internal focus. Flow from the details of alignment to a deeper internal awareness through this guided training session in willful concentration and learn to bring dynamic strength to your mat.
- 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 ***Conscious Conversation* Izzy Lenihan and Aruni Nan Futuronsky**
Are you unsure how to take home the teachings you've learned and been inspired by here at Kripalu? Learn to shift your health, relationships, and work or find your passions, purpose, and joy. Join Kripalu's life coaches for an open Q&A discussion and discover some personal tips on how to bring home the magic.
- 1:30–3:30 ***Guided Hiking*** (advance registration suggested, please call for details)
- 2:00–3:30 ***Introduction to Yogic Breathing* Cristie Newhart (E)**
In this workshop, practice the fundamental pranayama (yogic breathing) techniques led in many yoga classes and learn how breathing can enhance your yoga practice.
- 4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:30–7:00 Dinner
- 7:30–8:30 Rest and Unwind Yoga
- 7:30–8:30 ***Celebration of Spirit* Bhavani Lorraine Nelson (E)**
In this workshop, share chants from many spiritual traditions. You may feel a blissful joy as the chanting brightens your body, mind, and spirit. Absolutely everybody welcome!

R&R Retreat Daily Schedule for Friday, March 11

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–8:30 Breakfast
- 9:00–10:30 ***Each Step is the Way* Jess Frey €**
There is a natural flow for each one of us in which “each step we take is the way.” Come learn about the cycle of transformation and explore empowering tools to ride the waves of life with radical nonjudgmental awareness.
- 11:00–11:45 ***Yoga for Safe and Healthy Knees* Christopher Holmes (L/M)**
Throughout your lifetime, your knees will cycle (bend and straighten) more than 50 million times. In this workshop, discover how yoga can help maintain healthy knees and restore injured knees.
- 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
- 1:30–3:30 ***Guided Hiking* (advance registration suggested, please call for details)**
- 2:00–3:30 ***Mitahar: How Much is Enough?* Annie B. Kay (L)**
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 overall health. Come explore the practice, art, and science of eating lightly.
- 4:15–6:15 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)
- 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: The Art of Receiving* Nancy Ramani Costerisan (E)**
For many people, it can be harder to receive than to give. In this workshop, explore how to receive gracefully and wholeheartedly, and learn tools to help you receive in everyday life as you are guided to focus on breath, relaxation, and massage.
- 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 12

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- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 ***Gifts 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 ***Restorative Yoga Sherrie Howard*** (E)
Restorative yoga is designed to release deeply held tensions, stretch the body, calm the mind, and soothe the nervous system. Come practice yoga postures using props to support and stabilize the body while promoting relaxation of the body and mind.
- 11:00–11:45 ***Swift Ink Lara Tupper*** (E)
In this light-hearted writing class, complete a series of quick, interactive writing exercises designed to dissolve the internal editor and allow you to "speak your truth." No writing experience necessary. Laughter may ensue.
- 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 Sherrie Howard***
- 1:30–3:30 ***Guided Hiking*** (advance registration suggested, please call for details)
- 2:00–3:30 ***Body in Balance: Rehab for Feet Michelle Dalbec*** (M)
Get your feet fit and repair, recover, and restore from the hips down. The feet are the body's foundation the whole body's functionality depends on their health. Through self massage techniques, creative-corrective movements, and skillful stretches this workshop aims to bring suppleness back to the feet, create intelligent mobility between the feet and the legs, and help reestablish the proper alignment from pelvis to feet.
- 4:15–6:15 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)
- 5:00–7:30 Dinner
- 7:30–8:30 Rest and Unwind Yoga
- 7:30–9:00 ***Evening Event***
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R&R Retreat Daily Schedule for Sunday, March 13

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- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–8:30 Breakfast
- 9:00–10:30 **Leadership, Love, and Freedom Coby Kozlowski (L/E)**
Our deepest calling is to grow into our authentic self and live out our life purpose. This is the work of an authentic leader—leadership redefined. Through lecture and discussion, learn the power of living yoga and leadership and the impact of taking the inward journey into the depths of what it means to be human.
- 9:00–10:30 **Yin Yoga Ken Nelson (M/E)**
Feel relaxed, light, and free. Yin postures target deep tissue to enhance range of motion and flexibility while relieving pain in the low back, hips, and spine. Rooted in yoga therapy and meridian energy medicine, these supported floor postures allow gravity to rehabilitate connective tissue.
- 9:30–11:30 **Guided Hiking** (advance registration suggested, please call for details)
- 11:00–11:45 **Yoga for Back Care Sherrie Howard (E)**
Tension and stress commonly lead to tightness and discomfort in the back. This workshop offers movements and breathing techniques to help support a healthy spine and release back muscles, creating more comfort and ease. Experience back care techniques that you can bring into your 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
- 2:00–3:30 **Reaching Out, Reaching In Cristie Newhart (M)**
The ancient yogis understood that our energy either draws us out into the world, or deeper into ourselves. In this workshop, learn about the energies the yogis called prana and apana, and how their dance effects how you experience life.
- 4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:30–7:00 Dinner
- 7:30–8:30 **Restorative Yoga Sherrie Howard (E)**
Restorative yoga is designed to release deeply held tensions, stretch the body, calm the mind, and sooth the nervous system. Come practice yoga postures using a variety of props to support and stabilize the body while promoting relaxation of the body and mind.

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R&R Retreat Daily Schedule for Monday, March 14

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–8:30 Breakfast
- 9:00–10:30 ***Grief, Loss, and Renewal Aruni Nan Futuronsky (L)***
The experience of loss is one of the most universal human experiences, yet the process of grief is uniquely personal. How do we receive comfort during times of deep sorrow? Yogic philosophy teaches us how to become present in each moment and offers a powerful model for experiencing all layers of grief.
- 11:00–11:45 ***Start Fresh: Build Your Yoga Practice Cristie Newhart (L/M)***
Whether you are looking to refresh a practice that's gone a little stale, or just beginning, this workshop helps you get started. Learn the elements a practice should include, how to create a home practice that's sustainable, and off the mat practices to take you deeper.
- 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
- 1:30–3:30 ***Guided Hiking (advance registration suggested, please call for details)***
- 2:00–3:30 ***The Science of Meditation Steven Leonard (L/E)***
Science is beginning to explore how meditation affects and benefits both mind and body. Some types of meditation create clearer communication between areas of the brain, some promote relaxation and optimal healing, and others improve focus. In this workshop appropriate for both beginners and experienced practitioners, learn simple meditation techniques and the science behind them.
- 4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:30–7:00 Dinner
- 7:30–8:30 ***Healing Arts Sampler: Positional Therapy Lee Albert (E)***
Learn how to release chronic tight muscle patterns using this gentle but extremely powerful modality. Target specific muscles with simple 90-second techniques.
- 7:30–8:30 ***No More Excuses Izzy Lenihan (L)***
In this workshop, learn how to remove the barriers of habitual thinking to unlock your potential and achieve your goals. Through a series of thought-provoking questions and exercises, discover tools to confront your obstacles and excuses, and develop practical strategies to help you find success in life.

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R&R Retreat Daily Schedule for Tuesday, March 15

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–8:30 Breakfast
- 9:00–10:30 ***The Science of Detox* Kathie Madonna Swift (L)**
Explore the science behind a whole-foods approach to detox, discover factors that contribute to toxic burden, and learn about the stages of detoxification.
- 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.
- 11:30–1:30 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* Izzy Lenihan**
Employ the principle "the key to my heart rests in the heart of another." Through this conscious listening and speaking technique, access the power of your moment and witness the power of others.
- 1:30–3:30 ***Guided Hiking*** (advance registration suggested, please call for details)
- 2:00–3:30 ***Muscle, Fascia, and Yoga* Christopher Holmes (E)**
Muscles have the separate but related functions of providing energy and strength. The role of fascia is a key factor in determining how aggressively we test our strength, and how much we can stretch. In this workshop, learn the properties of muscle and fascia, and how their dual roles inform the strength and stretch relationship. Through yoga practice, discover how to safely explore your posture edge.
- 4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 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)**
Join us for a lecture on the joys and benefits of whole foods cooking, with recipes and techniques from the Kripalu Kitchen, and take home simple methods and inspiration for a healthier diet that you can maintain throughout the year.

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R&R Retreat Daily Schedule for Wednesday, March 16

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–8:30 Breakfast
- 9:00–10:30 ***Kripalu's Food Philosophy Annie B. Kay*** (L)
Transform your health through 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 ***Ojas-Boosting Self-Care Larissa Hall Carlson*** (L/E)
Give yourself the gift of self-care! Dive into a nourishing asana practice with soothing pranayama, experience abhyanga (herbal oil massage), and deeply relax with yoga nidra. Emerge from this experience refreshed, relaxed, and glowing. Please wear clothes that expose your arms and most of your legs for the oil massage.
- 11:00–11:45 ***Posture Clinic Kari Harendorf*** (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 Vandita Kate Marchesiello***
- 1:30–3:30 ***Guided Hiking*** (advance registration suggested, please call for details)
- 2:00–3:30 ***Compassion is the Highest Prayer Aruni Nan Futuronsky*** (L)
The word Kripalu means "being compassionate." How can you practice compassion toward yourself and others in ways that eases your daily journey? Come create simple strategies to live life with more relaxation and ease through the grace of compassion.
- 4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:30–7:00 Dinner
- 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, March 17

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 ***Sugar: America's Favorite Drug* Lisa B. Nelson (L)**
Join Kripalu's Director of Medical Education for an informative lecture about the physiological effects of sugar—including health risks associated with out-of-balance glucose and insulin production—and learn practical tools to reduce or eliminate sugar from your diet.
- 11:00–11:45 ***Creating a Home Practice* Evelyn Gonzalez (M/E)**
Through writing 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 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 ***Share Circle* Aruni Nan Futuronsky**
Employ the principle "the key to my heart rests in the heart of another." Through this conscious listening and speaking technique, access the power of your moment and witness the power of others.
- 1:30–3:30 ***Guided Hiking*** (advance registration suggested, please call for details)
- 2:00–3:30 ***Breathe Easy* Cristie Newhart (L/E)**
Learning to control the breath can have profound effects on the body and mind. Learn to increase your breath capacity and calm your nervous system through the three-part breath, coherent breathing, and more.
- 4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:30–7:00 Dinner
- 8:00–9:00 ***How to Quiet the Mind* Atma Joann Levitt (E)**
Swami Kripalu taught that instead of focusing on what's uplifting, we're often distracted "collecting hourly, daily, monthly, and yearly disturbances" in our minds. In this workshop, experience the yogic approach to centering as well as unique activities that calm body, mind, and prana. You learn how to quiet the mind and perform all action as a form of meditation.

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R&R Retreat Daily Schedule for Friday, March 18

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–8:30 Breakfast
- 9:00–10:30 ***Appreciating the Moment Evelyn Gonzalez*** (E)
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.
- 11:00–11:45 ***Yin Yoga and the Energy Body Ken Nelson*** (M/E)
Learn about the meridian system and the healing benefits of Yin Yoga as you discover the wisdom of stillness with simple, easy-to-learn, floor postures that relieve chronic tension, awaken insight, and stimulate life-giving forces for health and healing.
- 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
- 1:30–3:30 ***Guided Hiking*** (advance registration suggested, please call for details)
- 2:00–3:30 ***Restorative Yoga Sherrie Howard*** (E)
Restorative yoga is designed to release deeply held tensions, stretch the body, calm the mind, and soothe the nervous system. Come practice yoga postures using props to support and stabilize the body while promoting relaxation of the body and mind.
- 4:15–6:15 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)
- 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: Positional Therapy Lee Albert*** (E)
Learn how to release chronic tight muscle patterns using this gentle but extremely powerful modality. Target specific muscles with simple 90-second techniques.
- 8:00–9:00 ***The Traveling Mindset Lara Tupper*** (L/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.

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R&R Retreat Daily Schedule for Saturday, March 19

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 ***Myth, Movement, and Mystery* Coby Kozlowski (M/E)**
Learn about living yoga through the lens of yogic mythology and 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 ***Posture Clinic: Forward Bends* Cristie Newhart (M)**
Forward bends create strength and flexibility, address back pain, and encourage the free flow of energy along the spine. In this workshop, practice the alignment and mindfulness needed to make these inward-focused postures a tonic for outward-focused minds.
- 11:00–11:45 ***Calming the Ocean Within* Heather Bilotta (M)**
Unwind, slow down, and soothe your nervous system with meditative movement. Taming tension in the body is absolutely essential in grounding energy and settling a busy mind. Discover simple dance and yoga movements to cultivate the calm that your mind and body are craving.
- 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* Sarajeon Rudman**
- 1:30–3:30 ***Guided Hiking*** (advance registration suggested, please call for details)
- 2:00–3:30 ***Creating Non-Negotiables* Sarajeon Rudman (L/M)**
Have you ever had your workout sabotaged because you didn't have time to commit to it? Does an "all or nothing" mentality impair the consistency and effectiveness of your fitness routine? In this workshop, learn how to end this mentality and get empowered 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 and ensure that you never miss a workout again.
- 4:15–6:15 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)
- 5:00–7:30 Dinner
- 7:30–8:30 Rest and Unwind Yoga
- 7:30–9:00 ***Evening Event***
Each night, we offer a workshop, kirtan, or concert to round out your day at Kripalu. Check back for more information on this evening's event.

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R&R Retreat Daily Schedule for Sunday, March 20

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 **Qigong 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, focus the mind, and feel an easeful spiritual presence.
- 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 meditation in motion, a centerpiece of Kripalu Yoga.
- 9:30–11:30 **Guided Hiking** (advance registration suggested, please call for details)
- 11:00–11:45 **Pen Practice Lara Tupper (L/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 **Reboot: Yoga for Vitality Cristie Newhart (M)**
Both yoga and science tout the importance of self-care to replenish depleted states of mind and body. Knowing when our internal reserves have become depleted allows us to know when it's time to reboot. This workshop focuses on the causes of depletion and offers specific yogic practices that can help you find more vitality in your day-to-day life.
- 4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 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.
- 8:00–9:00 **Meditation Bhavani Lorraine Nelson (E)**
In this engaging meditation experience, gain perspective and find a greater sense of freedom through compassionate self-inquiry, and receive practical suggestions that help deepen your meditation practice.

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R&R Retreat Daily Schedule for Monday, March 21

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–8:30 Breakfast
- 9:00–10:30 **Introduction to Ayurveda: Life in Balance Cat Pacini (L)**
Learn simple, everyday approaches for increasing your health and vitality through 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.
- 11:00–11:45 **C'mon Let's Twist Cristie Newhart (M)**
Twists are one of the most beneficial categories of asana. By rotating the physical body, we 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®
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 Hiking** (advance registration suggested, please call for details)
- 2:00–3:30 **Yatra: Meditation as a Journey Steven Leonard (E)**
Meditation doesn't always require a quiet, calm, or empty mind. In reality, meditation is a journey between sound and silence, energy and rest. Come try meditation in a style that affirms your innate intelligence and the natural rhythms of life.
- 4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:30–7:00 Dinner
- 7:30–8:30 Rest and Unwind Yoga (please see the Information Boards for details)
- 7:30–8:30 **Healing Arts Sampler: Positional Therapy Lee Albert (E)**
Learn how to release chronic tight muscle patterns using this gentle but extremely powerful modality. Target specific muscles with simple 90-second techniques.
- 7:30–8:30 **Evening Event**
Each night, we offer a workshop, kirtan, or concert to round out your day at Kripalu. Check back for more information on this evening's event.

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R&R Retreat Daily Schedule for Tuesday, March 22

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–8:30 Breakfast
- 9:00–10:30 ***Introduction to Shamanism Ray Crist*** (L/E)
Discover shamanism and shamanic techniques to clear the chakras and balance the energy body. This workshop introduces “cord cutting,” a technique that allows you to cut the cords of past relationships and experiences that may hold you back. Set yourself free to move unencumbered into your destiny.
- 11:00–11:45 ***Body Chakra Meditation Jess Frey*** (E)
Awaken the wisdom of the body through the pathways of the chakra system. Discuss each of the sacred energy centers and explore a guided meditation to bring forth harmony, energy, and a deeper connection to self.
- 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
- 1:30–3:30 ***Guided Hiking*** (advance registration suggested, please call for details)
- 2:00–3:30 ***Yoga Anytime, Anywhere! Vandita Kate Marchesiello*** (M)
Protecting mental steadiness, increasing flexibility, and feeling overall wellness is often more challenging outside the yoga studio. Kripalu Yoga can be easily integrated and adapted into nearly every situation you find yourself in each day. Come explore techniques to incorporate yoga into your daily life, no matter where you are.
- 4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 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)
Join us for a lecture on the joys and benefits of whole foods cooking, with recipes and techniques from the Kripalu Kitchen, and take home simple methods and inspiration for a healthier diet that you can maintain throughout the year.

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R&R Retreat Daily Schedule for Wednesday, March 23

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–8:30 Breakfast
- 9:00–10:30 ***The Voice of Truth* Jurian Hughes (M/E)**
Discover your authentic voice and 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 ***Ayurvedic Daily Routine* Cat Pacini (L/E)**
According to Ayurveda, 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.
- 11:00–11:45 ***Posture Clinic* Kari Harendorf (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 ***Historical Tour of the Grounds* Vandita Kate Marchesiello**
Shadowbrook has uplifted the spirits and hearts of people since the late nineteenth century. This workshop begins with a viewing of historic photos of the property and then ventures outside for a tour of the grounds to discover points of interest and learn more about the rich history and roots of Kripalu Yoga.
- 1:30–3:30 ***Guided Hiking*** (advance registration suggested, please call for details)
- 2:00–3:30 ***Care of the Senses* Erin Casperson (L/E)**
The sense organs absorb all the impressions from the outer world into your inner world. Come learn Ayurvedic tips to gently care for the eyes, nose, ears, mouth, and skin. Please wear loose fitting clothes such as shorts and tees/tanks for applying oil to the skin.
- 4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:30–7:00 Dinner
- 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, March 24

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–8:30 Breakfast
- 9:00–10:30 ***Opening the Wings of Breath* Jennifer Reis (M/E)**
In this workshop, learn ancient breathing techniques to access inner awareness, calm the nerves, and raise sluggish energy. Bring energetic potency onto your mat and into your daily life as you explore the power of the breath in yoga postures and hand mudras.
- 11:00–11:45 ***Yoga Collage* Evelyn Gonzalez (M)**
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.
- 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
- 1:30–3:30 ***Guided Hiking*** (advance registration suggested, please call for details)
- 2:00–3:30 ***Empowered Communication* Cristie Newhart (E)**
Language is an important tool in managing miscommunication. 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.
- 4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:30–7:00 Dinner
- 7:30–8:30 Rest and Unwind Yoga
- 8:00–9:00 ***Loving-Kindness* Bhavani Lorraine Nelson (E)**
This universal practice of giving blessings is the perfect meditation technique for our world today. Come experience and receive guidance in the ancient spiritual practice of loving kindness that is so relevant for our times. This workshop includes time for Q&A.

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R&R Retreat Daily Schedule for Friday, March 25

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–8:30 Breakfast
- 9:00–10:30 **Spring Asana Jess Frey (M)**
Explore specific yoga postures, pranayama, and meditation techniques to cleanse, flush, and clear out winter sluggishness. Refresh internal organs, increase circulation, and reawaken the mind and the body as we enter the spring season.
- 11:00–11:45 **The Zen Mind Steven Leonard (E)**
When practicing Zen, there is nothing missing from this moment, there is no place else to get to, 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®
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 Hiking** (advance registration suggested, please call for details)
- 2:00–3:30 **Vinyasa for the Core Sarajeon Rudman (L/M)**
Your energy center (also known as your hara, your dantian, or your belly) is where all of our power and confidence comes from. During this powerful vinyasa yoga flow, directed at strengthening the core, learn to access your power from within while you build strength and warmth right at the center of your belly.
- 4:15–6:15 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)
- 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.
- 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 26

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 **Leadership, Love, and Freedom Coby Kozlowski (L/E)**
Our deepest calling is to grow into our authentic self and live out our life purpose. This is the work of an authentic leader—leadership redefined. Through lecture and discussion, learn the power of living yoga and leadership and the impact of taking the inward journey into the depths of what it means to be human.
- 9:00–10:30 **A Lotta Tabata Sarajejan Rudman (M)**
Experience Tabata, a high-intensity interval training workout proven to increase results for both the anaerobic and aerobic systems in the body. The technique involves 20 seconds of high-intensity activity followed by 10 seconds of rest, repeated for four minutes.
- 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.
- 11:30–2:00 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 Sarajejan Rudman**
- 1:30–3:30 **Guided Hiking** (advance registration suggested, please call for details)
- 2:00–3:30 **Body in Balance: Rehab for Feet Michelle Dalbec (M)**
The feet are the body's foundation, and the whole body's functionality depends on their health. Through self-massage techniques, creative-corrective movements, and skillful stretches, bring suppleness back to the feet, create intelligent mobility between the feet and the legs, and help reestablish proper alignment from the pelvis to the feet.
- 4:15–6:15 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)
- 5:00–7:30 Dinner
- 7:30–8:30 Rest and Unwind Yoga
- 7:30–9:00 **Evening Event**
Each night, we offer a workshop, kirtan, or concert to round out your day at Kripalu. Check back for more information on this evening's event.

R&R Retreat Daily Schedule for Sunday, March 27

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 ***Total Body Tune-Up Michelle Dalbec*** (M)
Experience a workout 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 ***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 ways to tune into the greenhouse of creativity and refuge of Self that awaits you for the rest of your life.
- 9:30–11:30 ***Guided Hiking*** (advance registration suggested, please call for details)
- 11:00–11:45 ***Om Tones Lara Tupper*** (E)
Join the Om Tones and find your voice! In this playful exploration of song, start with simple soundings of om, experiment with singing as pranayama, and allow the fifth (throat) chakra to open. Come sing for the joy of it, letting go of past judgments of being “good.”
- 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 ***Apana Prana Cristie Newhart*** (M)
The ancient Yogis understood that our energy drew as out into the world, or deeper into ourselves. Learn about the energies the Yogis called Prana and Apana, and how their dance effects the experience of our lives.
- 4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 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.
- 7:30–9:00 ***The Body Scan Bhavani Lorraine Nelson*** (E)
Come enjoy this ancient body-centered concentration practice that eases you into a meditative state. Learn this simple technique to take home for increased clarity of mind and greater inner awareness. Perfect for first time meditators.

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R&R Retreat Daily Schedule for Monday, March 28

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–8:30 Breakfast
- 9:00–10:30 ***Transformation at the Core Aruni Nan Futuronsky (L)***
Create steps toward new behavior in this workshop that draws on the Kripalu model of transformation—being present in the moment, augmented with right action, to ensure incremental and sustainable growth. Leave ready to successfully weave healthy change into your life, with a plan of action steeped in mindfulness.
- 11:00–11:45 ***Standing on One Foot: Cultivating Balance Cristie Newhart (M)***
Balancing poses are fun and an essential part of any practice. In this workshop, open the feet and learn basic principles and easy hints to make standing balance postures more accessible.
- 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
- 1:30–3:30 ***Guided Hiking (advance registration suggested, please call for details)***
- 2:00–3:30 ***Freestyle Meditation Steven Leonard (E)***
Meditation is a vast tradition that encompasses many approaches, philosophies, goals, and techniques. Within this wide range of practice there is space for you to find your own way. Freestyle Meditation supports you in customizing a practice that fits your unique style and nature. This workshop includes instruction, practice, and conversation. See how wonderful meditation can be when you do it your way.
- 4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:30–7:00 Dinner
- Healing Arts Sampler: Positional Therapy Lee Albert (E)***
- 7:30–8:30 Learn how to release chronic tight muscle patterns using this gentle but extremely powerful modality. Target specific muscles with simple 90-second techniques.
- 7:30–9:00 ***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.

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R&R Retreat Daily Schedule for Tuesday, March 29

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–8:30 Breakfast
- 9:00–10:30 ***Good Gut, Great Health* Kathie Madonna Swift (L)**
Your digestive system determines, to a great extent, your overall health. Explore what makes a good gut go bad and how to get it well again.
- 11:00–11:45 ***How Balanced is Your Life?* Izzy Lenihan (L)**
Lack of balance in your life can have profound and adverse effects on your mind, body, spirit, and soul. This lecture is for anyone who is feeling stressed, overwhelmed, or disconnected. Learn how to identify where your life is out of balance and create a plan that supports work, family, fun, and good health.
- 11:30–1:30 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 ***Mindful Eating* Annie B. Kay (E)**
How you eat reflects how you feel about yourself at the deepest level. Discover mindful eating, a practice of exploring your relationships with food and yourself, and deepen your understanding of food and nourishment.
- 1:30–3:30 ***Guided Hiking*** (advance registration suggested, please call for details)
- 2:00–3:30 ***Happy Hips* Michelle Dalbec (M)**
Experience classic yoga postures and creative movements that bring the hips through their full range of motion, stretching, strengthening, and stabilizing. Ease lower back discomfort, alleviate knee pain, and live better in your body by creating more awareness, better alignment, and freedom in your hips.
- 4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 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)**
Join us for a lecture on the joys and benefits of whole foods cooking, with recipes and techniques from the Kripalu Kitchen, and take home simple methods and inspiration for a healthier diet that you can maintain throughout the year.

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R&R Retreat Daily Schedule for Wednesday, March 30

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–8:30 Breakfast
- 9:00–10:30 ***The Discipline of Freedom Ray Crist*** (M/E)
Dive into the depths of yogic philosophy as a method to gain freedom from past traumas and fears. Yoga as a discipline helps to shift your energy and way of thinking, liberating you from the constrictions of the mind. In this workshop, explore breathing techniques and yoga postures that promote an experience of empowerment and freedom.
- 11:00–11:45 ***Posture Clinic Kari Harendorf*** (M)
Whether you're new to yoga or an experienced practitioner coming back to the beginner's mind, this workshop will help 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 ***Historical Tour of the Grounds Vandita Kate Marchesiello*** (L/M)
Shadowbrook has uplifted the spirits and hearts of people since the late nineteenth century. This workshop begins with a viewing of historic photos of the property and then ventures outside for a tour of the grounds to discover points of interest and learn more about the rich history and roots of Kripalu Yoga.
- 1:30–3:30 ***Guided Hiking*** (advance registration suggested, please call for details)
- 2:00–3:30 ***The Yoga of Life Aruni Nan Futuronsky*** (L)
How does the practice of yoga on and off the mat build a faith that works? How can this ancient set of tools for living improve and deepen the quality of our lives today? Come practice the yoga of life through discussion, contemplation, movement, and introspection.
- 4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:30–7:00 Dinner
- 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.

R&R Retreat Daily Schedule for Thursday, March 31

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–8:30 Breakfast
- 9:00–10:30 **Accessing Vital Life Force Jennifer Reis (M/E)**
Deepen your yoga practice with this exploration of prana, the vital life force, with postures and breathing techniques to build energy, calm, and then relax. Bring a vibrant power to your mat and into your life.
- 9:00–10:30 **Introduction to Ayurveda: Life in Balance Cat Pacini (L)**
Learn simple, everyday approaches for increasing your health and vitality through 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.
- 11:00–11:45 **Yoga and the Art of Improv Evelyn Gonzalez (M/E)**
This workshop focuses on yoga as an art form. Jazz musician Charlie Haden says about improvisation, "It takes you out of yesterday and out of tomorrow and puts you right in the moment you are in." In this posture flow, follow the safe guidelines of alignment and then begin to explore and improvise into a free and spontaneous expression that is all yours.
- 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 and Izzy Lenihan**
- 1:30–3:30 **Guided Hiking** (advance registration suggested, please call for details)
- 2:00–3:30 **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.
- 4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:30–7:00 Dinner
- 7:30–8:30 Rest and Unwind Yoga
- 8:00–9:00 **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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