

Kripalu R&R Daily Schedule for Tuesday, May 1

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

6:30–7:45 **Morning Yoga Classes**

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

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

9:00–10:30 **The Yoga of Yes Jurian Hughes**

This gentle movement workshop is for those who long to reconnect to their authentic self. Learn how principles of theatre improvisation and yogic philosophy can enhance your listening skills, help you let go of the thinking mind, and trust the guidance of prana within.

11:00–11:45 **Soothing Pranayama Sherrie Howard**

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

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**

1:15–3:00 **Guided Hiking**

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

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

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

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

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

Kripalu R&R Daily Schedule for Wednesday, May 2

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

6:30–7:45 **Morning Yoga Classes**

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

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

9:00–10:30 **Yoga for Athletes Susannah Gale**

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

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

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

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

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

1:15–3:00 **Guided Hiking**

2:00–3:30 **Simple Habits for Healthy Living Janna Delgado**

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

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Harnessing the Heart's Energy Kimberly Coleman**

Get ready to nourish yourself from the inside out. In this class, we use meditation, creative visualization, and movement to harness the heart's energy and awaken self-love.

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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The Kripalu logo is displayed in a bold, orange, sans-serif font.

Kripalu R&R Daily Schedule for Thursday, May 3

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

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Increase Your Radiance Jennifer Reis**

Explore your inner fire element in a whole new light. Increase your radiance and stoke your fire to improve digestion and gain clarity of your life purpose through yoga postures, breathing, mudras, and Divine Sleep Yoga Nidra guided meditation.

9:00–10:30 **Nutrition New to Use Kathie Madonna Swift**

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

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

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

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

12:45–1:15 **Share Circle Izzy Lenihan**

1:15–3:00 **Guided Hiking**

2:00–3:30 **Seven Steps to Aging Well Vandita Kate Marchesiello**

Do you want to experience more vitality, strength, and balance as you age? Yoga is an ancient science that offers many health benefits, especially as we age. In this workshop, learn easy-to-follow techniques (breathing, stretching, visualization, relaxation, affirmation, and meditation) that you take home to support a healthier aging experience.

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

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

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

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Kripalu R&R Daily Schedule for Friday, May 4

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

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Cultivating Clarity: Introduction to Mindfulness Janna Delgado**

This workshop introduces you to the art and science of mindfulness and its power to bring clarity, calm, and connection into your daily life.

9:15–11:00 **Guided Hiking**

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

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

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

2:00–3:30 **Yoga Nidra Heather Bilotta**

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.

4:15–6:30 **Afternoon Yoga Classes**

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

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

8:00–9:00 **Open Your Heart Through Movement Sage Brody**

Come open and free your heart through guided therapeutic movements. In this workshop, you learn to release physical tensions in your upper body to access the dynamic flow of energy that exists within. Discover a wealth of energy and a connection to your power and tenderness in this moving journey.

Kripalu R&R Daily Schedule for Saturday, May 5

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

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Yoga for Your Dosha** Jurian Hughes

Ayurveda, the ancient Indian science of health, teaches that on the road to wellness there is no “one size fits all” prescription. In this workshop—a combination of lecture, discussion, and practice—learn how different yoga styles, postures, and pranayama techniques can help to increase or diminish your uniquely balanced health and wholeness.

9:00–10:30 **This Precious Life** Sudha Carolyn Lundeen

Through a combination of lecture, movement, guided meditation, and journaling, this workshop invites you to clarify your priorities and cultivate the ability to live each moment mindfully. Awaken to the gift that is your life.

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

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

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Meditation** Ken Nelson

1:30–3:00 **Guided Hiking**

2:00–3:30 **Energy of Thoughts** Izzy Lenihan

Everything we do begins with a thought. Every thought leads to a feeling and every feeling creates energy. This energy can either be defeating or it can support a powerful, thriving life, filled with amazing possibilities. Come discover how you can create thoughts that lead to a more fulfilling life.

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–9:00 **Concert** Mahapurna

Free yourself from the dialy chatter of the mind in a heart-opening evening of inspirational live music. Experience healing and empowerment while instilling your whole being with bliss absolute.

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Kripalu R&R Daily Schedule for Sunday, May 6

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

6:30–7:45 **Morning Yoga Classes**

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

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

9:00–10:30 **Sound Sleep Jess Frey**

Restful sleep is the foundation for mental and physical well-being. Often, simple adjustments to routine, exercise, diet, and lifestyle habits can have a profound impact on quality of sleep. Learn about and discuss Ayurvedic and yogic self-care tools that support more restful and balanced sleep in this workshop that includes gentle and mindful movements and conscious breathing.

9:15–11:00 **Guided Hiking**

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

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

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

2:00–3:30 **The Enchantment of Chanting Bhavani Lorraine Nelson**

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

4:15–6:30 **Afternoon Yoga Classes**

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 **The Yoga of Dylan Lara Tupper**

What do Swami Kripalu and Bob Dylan have in common? In this journaling workshop, consider the yogic strains of Dylan, as seen and heard in his song lyrics. For fans and non-fans alike.

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

Kripalu R&R Daily Schedule for Monday, May 7

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

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Yoga off the Mat Aruni Nan Futuronsky**

Yoga is the art of living with compassionate presence. In this workshop, use yogic philosophy to study and practice being in the present moment, an exercise that heightens the quality of our lives.

9:00–10:30 **Resiliency and Self-Care Maria Sirois**

For any one of us, life can present moments of great challenge. Join inspirational speaker, author, and Positive Psychologist Maria Sirois as she weaves together story, poetry, and research to help us answer the questions that potentiate our growth.

11:00–11:45 **Workshop TBD**

More information on this workshop coming soon.

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

1:15–3:00 **Guided Hiking**

2:00–3:30 **Life in Balance: Introduction to Ayurveda Cat Pacini**

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

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

7:30–9:00 **Discovering Your Essence Izzy Lenihan**

When life feels uncomfortable, out of balance, and disconnected, what helps and supports you in discovering calm and peace? You have these tools already. Join Izzy for a creative journey in exploring your personal essence, a perfect prescription for self-care.



Kripalu R&R Daily Schedule for Tuesday, May 8

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

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Workshop TBD**

More information on this workshop coming soon.

9:00–10:30 **Power Animals Cristie Newhart**

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

11:00–11:45 **Asana Clinic Sherrie Howard**

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

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

1:15–3:00 **Guided Hiking**

2:00–3:30 **Breath, Body, Bliss Michelle Dalbec**

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.

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

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

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

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Kripalu R&R Daily Schedule for Wednesday, May 9

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

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 ***The Science of Mindful Eating* Annie B. Kay**

Mindful eating is a simple practice that can profoundly change your relationship with food. Advances in psychology, neuroscience, and genetics each suggest how this practice supports change. Join a discussion of the science and explore the experience of mindful eating.

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

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

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

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

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

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

1:15–3:00 ***Guided Hiking***

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

Address the challenges of staying centered in your best self in the midst of the daily grind and explore the connection between stress, willpower, and mindfulness.

4:15–5:30 **Afternoon Yoga Classes**

7:30–9:00 ***Kirtan***

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

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Kripalu R&R Daily Schedule for Thursday, May 10

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

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Get Grounded: Earth Element Yoga Jennifer Reis**

Find stability, steadiness, and connection to your foundation as you embody your inner earth element. As you practice yoga postures, breathing, hand mudras, and finally rest deeply with Mother Earth in Divine Sleep Yoga Nidra, you develop a sense of safety, trust, and mental ease.

9:00–10:30 **Spring into Renewal Megha Nancy Buttenheim**

No matter your age or place in life, whether you need a physical, emotional, or mindful tune up, this workshop is guaranteed to bring light and life to your body, to elevate your mood and mind, and put a new a spring to your step! Experience community as you explore gentle, fun, movement experiences, an inspiring video, and journal writing and return home with yoga tools and Positive Psychology research to support what you learn. Best of all: You receive a big joy boost of positivity resonance. It's never too late to begin again.

11:00–11:45 **Yoga and the Art of Improv Evelyn Gonzalez**

This workshop focuses on yoga not as a science, but rather as an art form. In this posture flow workshop, follow the safe guidelines of alignment and then begin to explore and improvise into a free and spontaneous expression that is all yours.

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

1:15–3:00 **Guided Hiking**

2:00–3:30 **A Fast for the Senses: Pratyahara Vandita Kate Marchesiello**

Pratyahara is the practice of inward focus, which can be achieved by limiting external sensory impressions. Trying to meditate without controlling our impressions can hinder the path to inner peace and clarity. In this workshop you learn techniques to still the mind that are rooted in the ancient system of the eight-limbed approach to yoga.

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Yin Yoga Class**

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

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

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Kripalu R&R Daily Schedule for Friday, May 11

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

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Spring Asana Jess Frey**

The months of hibernation are over. 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 jump into spring season.

9:15–11:00 **Guided Hiking**

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

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

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

2:00–3:30 **BRFWA Meditation Tracy Foster**

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).

4:15–6:30 **Afternoon Yoga Classes**

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

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

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

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

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Kripalu R&R Daily Schedule for Saturday, May 12

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

6:30–7:45 **Morning Yoga Classes**

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

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

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

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

9:15–11:00 **Guided Hiking**

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

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

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Meditation Kari Harendorf**

1:15–3:00 **Guided Hiking**

2:00–3:30 **Soundplay Bhavani Lorraine Nelson**

Come free your voice from the constraints of unhelpful vocal habits, and physical and emotional blockages so that you can express yourself more fully in every area of your life. In this workshop, practice easy exercises to open the body, release the voice, and find your unique sound.

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 **Gratitude Journaling Lara Tupper**

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

Kripalu R&R Daily Schedule for Sunday, May 13

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

6:30–7:45 **Morning Yoga Classes**

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

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

9:00–10:30 **Pen Practice Lara Tupper**

“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.

9:15–11:00 **Guided Hiking**

11:00–11:45 **Wind Down Heather Bilotta**

Unwind, slow down, and soothe your nervous system with soothing, organic movement and contemplative practices to calm your body and quiet your busy mind. Discover practices you can do at home to support a restful mind and body.

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

4:00 **Kripalu Closes for Facilities Maintenance**

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Kripalu R&R Daily Schedule for Friday, May 18

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

2:00 PM **Kripalu Reopens**

4:15–6:30 **Afternoon Yoga Classes**

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

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

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

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

Kripalu R&R Daily Schedule for Saturday, May 19

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

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Labyrinth Walk Jurian Hughes**

More information on this workshop coming soon.

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

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

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

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

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 Kari Harendorf**

1:15–3:00 **Guided Hiking**

2:00–3:30 **Self-Observation: Finding Mental Balance Angela Wilson**

A cornerstone of yoga is the practice of self-observation, the capacity to bring your full attention to the present moment without reactivity or immediate action. By observing your thoughts, physical sensations, and feelings in an open and curious manner you can begin to train the mind for more peace and clarity. Come explore the practice of self-observation and practice this tool through a guided meditation experience.

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–9:00 **Concert Mamalama**

Renowned harpist Mamalama (Elizabeth Clark-Jerez) combines elements of early/sacred music, modern songwriting, and devotional chant. Her music has been described as “ethereal and transporting, like walking into a dream.” Hear the stories behind the song-cycles, many of which have been inspired by meditation, prayer, and personal healing.

This schedule subject to change without notice.

The Kripalu logo is displayed in a stylized, orange font. The letters are bold and rounded, with a slight shadow effect. The 'i' in 'Kripalu' has a dot that is a small circle. The logo is positioned in the bottom right corner of the page.

Kripalu R&R Daily Schedule for Sunday, May 20

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

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Qigong on the Lawn Jess Frey**

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

9:00–10:30 **The Power of Mantra Bhavani Lorraine Nelson**

The simple repetition of a Sanskrit phrase, traditionally done 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 with this ancient form of connection to Spirit.

9:15–11:00 **Guided Hiking**

11:00–11:45 **Chair Yoga Sherrie Howard**

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

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 **Word Walk Lara Tupper**

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

4:15–5:30 **Afternoon Yoga Classes**

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

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

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

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



Kripalu R&R Daily Schedule for Monday, May 21

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

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **The Highest Spiritual Practice Aruni Nan Futuronsky**

Examine and practice Swami Kripalu's invitation into Self-Observation Without Judgment and discover its relevance and practical application to your life. You leave this workshop with specific tools for a body-centered practice of sustainable change.

9:00–10:30 **Mudras for Stress Relief Tracy Remelius**

Mudras are gestures of the hands that promote physical and psychological well-being as well as spiritual growth. Come learn to incorporate mudras that support centering, grounding, and revitalization can into your breathing, meditation, and asana practices.

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

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

1:15–3:00 **Guided Hiking**

2:00–3:30 **The Three Pillars of Health Cat Pacini**

In Ayurveda there are three pillars of health: diet, sleep, and energy management. Learn simple tools to nourish and build a stronger sense of well-being and a deeper connection to self in order to live a more full and satisfying life.

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Healing Arts Sampler**

More information on this event coming soon.

7:30–9:00 **Coloring as Relaxation Izzy Lenihan**

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

This schedule subject to change without notice.

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Kripalu R&R Daily Schedule for Tuesday, May 22

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

6:30–7:45 **Morning Yoga Classes**

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

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

9:00–10:30 ***Start Fresh: Build Your Yoga Practice* Cristie Newhart**

Whether you are looking to refresh a yoga practice that's gone a little stale, or you're just beginning a practice at home, this workshop helps you get started. Learn the elements you should include, how to create a home practice that's sustainable, and off-the-mat practices to take you deeper.

11:00–11:45 ***Soothing Pranayama* Sherrie Howard**

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

1:15–3:00 ***Guided Hiking***

2:00–3:30 ***Roll and Release: Tame Your Tension* Michelle Dalbec**

Have you ever wished you could summon a massage therapist anytime, anywhere, to help relieve tissues that are tense, tight, and sore? Come learn the art of therapy ball massage and roll away tension with this portable self-administered practice.

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 ***Healing Arts Sampler***

More information on this workshop coming soon.

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

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

This schedule subject to change without notice.

The Kripalu logo is displayed in a bold, orange, sans-serif font.

Kripalu R&R Daily Schedule for Wednesday, May 23

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

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Connect with Nature Annie B. Kay**

Plants can be our allies in healing and in life. Learn a method of connecting more deeply with plants in order to live in deeper alignment to your own true nature. Be ready to head outside!

9:00–10:30 **Life in Balance: Ayurvedic Cleansing at Home Erin Casperson**

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.

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

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

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

1:15–3:00 **Guided Hiking**

2:00–3:30 **Hip Openers Janna Delgado**

Learn how to create balance in your pelvis and unlock your hips with a hip-opening sequence that focuses on releasing, opening, and creating more space in your body.

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Silk-Reeling Qigong Sage Brody**

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

7:30–9:00 **Kirtan**

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



This schedule subject to change without notice.

Kripalu R&R Daily Schedule for Thursday, May 24

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

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Embodiment Flow: Water Element Yoga Jennifer Reis**

Discover your flowing grace and ability to self-nourish as you dive into your inner water element. In this workshop, learn about the qualities of the water element, enjoy soothing yoga postures, purify with cleansing breath, become calmer with hand mudras, nurture with self-care, and deeply rest with Divine Sleep Yoga Nidra.

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

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

11:00–11:45 **Laughter is the Best Medicine Evelyn Gonzalez**

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:15 **Share Circle Izzy Lenihan**

1:15–3:00 **Guided Hiking**

2:00–3:30 **What Abundance Looks Like Vandita Kate Marchesiello**

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.

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

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

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



This schedule subject to change without notice.

Kripalu R&R Daily Schedule for Friday, May 25

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

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **A Mindful Step Jess Frey**

Each step made in mindfulness can bring us back to the here and now. What if we let go of the need to get somewhere and simply enjoy the beauty of the present moment? Mindful walking is a soothing practice that allows us to reconnect to our body, our breath, our heart, and the world around us. Learn a new way to walk with reverence as you tune into your senses in this peaceful stroll through Swami Kripalu's Meditation Garden.

9:15–11:00 **Guided Hiking**

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

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

2:00–3:30 **Social Media Break Lara Tupper**

Do you spend more time on your mobile device than you'd like? In this playful journaling and sketching workshop, take a deliberate break from swiping and liking in order to recall and revisit the tactile pleasure of ink on paper.

4:15–6:30 **Afternoon Yoga Classes**

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

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

8:00–9:00 **Silk-Reeling Qigong Sage Brody**

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



This schedule subject to change without notice.

Kripalu R&R Daily Schedule for Saturday, May 26

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

6:30–7:30 **Morning Yoga Classes**

9:00–10:30 **Yoga by the Lake** **Jurian Hughes**

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

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

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

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

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

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**

1:15–3:00 **Guided Hiking**

2:00–3:30 **Fresh Air Pranayama** **Yuval Samburski**

Take your pranayama practice outside! In this workshop Yuval guides you through a cleansing spring practice of Ayurvedic pranayama. Take a walk on the Kripalu grounds and practice in the fresh air (weather permitting). This practice can cleanse toxins, balance all three doshas, and calm the mind.

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

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

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

7:30–9:00 **Concert** **DJ Mantra**

DJ Mantra's set lists often include a blend of remixed mantras, chants, and world-spirit music that flow with sacred sounds to evoke the calling of India with danceable beats.

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

This schedule subject to change without notice.

Kripalu R&R Daily Schedule for Sunday, May 27

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

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **A Doorway In Jess Frey**

We have the ability to choose what we pay attention to. There are thousands of pathways to being more present in life. Come play with and explore a variety of meditation styles, techniques, and intentions as a doorway back home to the present moment.

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

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

11:00–11:45 **Introduction to Mudras Tracy Remelius**

Mudras are gestures of the hands that promote physical and psychological well-being as well as spiritual growth. Come learn to incorporate mudras that support centering, grounding, and revitalization can into your breathing, meditation, and asana practices.

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Meditation Tracy Foster**

1:15–3:00 **Guided Hiking**

2:00–3:30 **Nature Journaling Lara Tupper**

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

4:15–6:30 **Afternoon Yoga Classes**

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

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

7:30–8:30 **Yoga Nidra Heather Bilotta**

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.



Kripalu R&R Daily Schedule for Monday, May 28

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

6:30–7:45 **Morning Yoga Classes**

7:30–9:00 ***Riding the Wave: Finding Emotional Balance* Aruni Nan Futuronsky**

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

9:00–10:30 ***Sand Mandala* Susannah Gale**

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

9:15–11:00 ***Guided Hiking***

11:00–11:45 ***Deep Unwind for Body and Mind* Lisa Lutton**

Soften into greater connection with your body, mind, and nervous system in this soothing workshop that offers gentle somatic movement, meditation, and intuitive journaling for a restful night's sleep.

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

1:15–3:00 ***Guided Hiking***

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

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

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 ***Healing Arts Sampler***

More information on this workshop coming soon.

This schedule subject to change without notice.

The Kripalu logo is displayed in a bold, orange, sans-serif font.

Kripalu R&R Daily Schedule for Tuesday, May 29

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

6:30–7:45 **Morning Yoga Classes**

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

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

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

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

11:00–11:45 **Meditation Sherrie Howard**

Meditation is a process, an inner journey of noticing. In this workshop, you learn different techniques for the art of meditation and explore ways to deepen the practice.

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Garden of Intentions Izzy Lenihan**

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.

1:15–3:00 **Guided Hiking**

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

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

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Yin Yoga Class**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

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

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

This schedule subject to change without notice.

The Kripalu logo is displayed in a bold, orange, sans-serif font.

Kripalu R&R Daily Schedule for Wednesday, May 30

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

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Mindful Eating, Mindful Life Annie B. Kay and Aruni Nan Futuronsky**

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

9:00–10:30 **Creating Your Own Labyrinth Sudha Carolyn Lundeen**

Learn about the history and uses of this ancient and sacred geometrical pattern as well as how to create your own yarn labyrinth at home. Then walk the labyrinth the group creates and explore the meditative and introspective benefits of what many consider a spiritual practice.

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

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

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

1:15–3:00 **Guided Hiking**

2:00–3:30 **Open Your Heart Through Movement Sage Brody**

Come open and free your heart through guided therapeutic movements. In this workshop, you learn to release physical tensions in your upper body to access the dynamic flow of energy that exists within. Discover a wealth of energy and a connection to your power and tenderness in this moving journey.

4:15–5:30 **Afternoon Yoga Classes**

7:30–9:00 **Kirtan**

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

This schedule subject to change without notice.

Kripalu®

Kripalu R&R Daily Schedule for Thursday, May 31

Please note: Daily yoga classes are offered in various levels mornings, afternoons, and some evenings. Guided outdoor activities are open

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **A Walk to Remember Jess Frey**

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

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

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

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

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:15 **Share Circle Izzy Lenihan**

1:15–3:00 **Guided Hiking**

2:00–3:30 **Workshop TBD**

More information on this workshop coming soon.

4:15–5:30 **Afternoon Yoga Classes**

7:30–8:30 **Yin Yoga Class**

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

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