

R&R Retreat Daily Schedule for Monday, May 1

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

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

7:00–9:00 Breakfast

9:00–10:30 **Transformation at the Core Aruni Nan Futuronsky** (L/M)

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

9:00–10:30 **Yin Yoga and the Energy Body Ken Nelson** (M)

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

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

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

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

2:00–3:30 **Mini Meditation Retreat Steven Leonard** (E)

Give yourself 90 minutes to sink deeply into the practice and quality of meditation. In this class, learn simple sitting and walking meditation techniques, with the time and space to explore them. The class begins with a brief instruction and then alternates between sitting and walking meditations (15 minutes each).

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

5:00–7:30 Dinner

7:30–8:30 **Healing Arts Sampler**

7:30–9:00 **Discovering Your Essence Izzy Lenihan** (L/E)

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.

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R&R Retreat Daily Schedule for Tuesday, May 2

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

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

7:00–9:00 Breakfast

9:00–10:30 **Qualities of Consciousness Coby Kozlowski (L)**

Delve into the conversation and exploration of tantric yoga's six principles of consciousness. Expand into the rich landscape of the world through the lens of yoga and explore the diverse layers of the human experience. Through lecture and self-reflection, come home to a deeper sense of yoga and awaken to the beauty, sweetness, and aliveness of the universe.

9:00–10:30 **Dance of Manifestation Toni Bergins (L/M)**

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

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

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

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

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

2:00–3:30 **The Grace of Surrender Aruni Nan Futuronsky (E)**

What is the interaction between will and letting go? How can you live with passionate nonattachment? Learn how to practice taking mindful action and surrendering your attachment to the fruits of those actions.

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

5:30–7:00 Dinner

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

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

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R&R Retreat Daily Schedule for Wednesday, May 3

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

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

7:00–8:30 Breakfast

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

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

9:00–10:30 ***Spring Forward Lara Tupper*** (E)

Spring is a season of renewal and fresh ideas. In this journaling class, consider the effects of the season on your body and mind and share your words with others in a safe, supportive space. Take home ideas for future journaling practices to sustain rejuvenation.

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 ***Introduction to Meditation Vandita Kate Marchesiello*** (E)

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

2:00–3:30 ***Life In Balance: Introduction to Ayurveda Cat Pacini*** (L)

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

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

5:30–7:00 Dinner

7:30–8:30 ***Meditation Workshop: Pratyahara Vandita Kate Marchesiello*** (L/E)

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.

7:30–9:00 ***Kirtan*** (E)

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

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R&R Retreat Daily Schedule for Thursday, May 4

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

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

7:00–8:30 Breakfast

9:00–10:30 **Hero's Journey: The Yoga of Star Wars Micah Mortali (L)**

Heroes and heroines have always appeared in myths and legends, and the *Star Wars* saga represents a surprising reflection of yoga's disciplines and ethics through the individual journeys it chronicles. These stories speak to our own journeys and the adventure of being alive. Living an inspired life depends on bravely answering the call to adventure when it knocks on our doors.

9:00–10:30 **Conscious Communication Aruni Nan Futuronsky and Izzy Lenihan (L/E)**

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

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

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.

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

12:00–1:00 Vinyasa Yoga Class

12:45–1:30 **The 10-Minute Workout Sarajeon Rudman (M)**

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

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

2:00–3:30 **Running Meditation Sarajeon Rudman (L)**

Instead of popping in the ear buds, what if you turned your run into a soul-healing, mind-relaxing meditation adventure? Learn the tools to create bliss and peace on every run using breathing and mantra techniques to connect your heart-mind to your body in a new, fun, and transformative way.

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

5:30–7:00 Dinner

7:30–8:30 Rest and Unwind Yoga

7:30–8:30 **The 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 for increased clarity of mind and greater inner awareness. Perfect for first time meditators.

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R&R Retreat Daily Schedule for Friday, May 5

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

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

7:00–8:30 Breakfast

9:00–10:30 ***Life in Balance: Daily Ayurvedic Self-Care* Erin Casperson (L)**

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

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

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

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

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

2:00–3:30 ***Understanding the Chakras: Ajna, the Third Eye* Jurian Hughes (L)**

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.

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

5:30–7:00 Dinner

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

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

7:30–8:30 ***Healing Arts Sampler***

7:30–8:30 ***Yoga Nidra* Sherrie Howard (E)**

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

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R&R Retreat Daily Schedule for Saturday, May 6

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

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

7:00–8:30 Breakfast

9:00–10:30 **Understanding the Chakras: Anahata, the Heart** Jurian Hughes (L/M)

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.

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 **Posture Clinic** Susannah Gale (E)

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

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

12:00–1:00 Vinyasa Yoga Class

12:45–1:30 **Meditation** Sherrie Howard (E)

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

2:00–3:30 **Empower Yourself: Tools for Life** Ken Nelson (L)

Live free of fear and habits of the mind. When you're present, not perfect, the change that changes everything can happen. By not disturbing your happiness, the mind shifts, the heart softens, and reality deepens. Through reflection, journaling, and interactive exercises, learn mindful tools of intention, attention, visualization, and conscious breathing.

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

5:30–7:00 Dinner

7:30–8:30 Rest and Unwind Yoga

7:30–9:00 **Evening Event**

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

R&R Retreat Daily Schedule for Sunday, May 7

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

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

7:00–9:00 Breakfast

9:00–10:30 ***Straight to the Heart: Metta Meditation* Michelle Dalbec (L)**

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

9:00–10:30 ***Qigong on the Mansion Lawn* Ken Nelson (L)**

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

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

11:00–11:45 ***The Neurobiology of Meditation: The Science* Christopher Holmes (E)**

In this workshop, review current scientific findings regarding the effects of meditation on brain function and health and discuss the benefits of developing a home practice. Then practice several meditation techniques as a group.

11:30–2:00 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

12:45–1:30 ***The Neurobiology of Meditation: The Practice* Christopher Holmes (E)**

More information on this workshop coming soon.

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

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

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

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R&R Retreat Daily Schedule for Friday, May 12

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

- 2:00 PM **Kripalu Reopens**
- 4:15–6:30 Kripalu Yoga Classes (Please see Information Boards for details)
- 5:00–7:30 Dinner
- 6:45–7:15 ***Kripalu Orientation*** (Please see Information Boards for details)
- 7:30–8:30 ***Healing Arts Sampler***
- 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, May 13

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

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

7:00–8:30 Breakfast

9:00–10:30 ***Labyrinth Walk* Jurian Hughes (M/E)**

Experience a walking meditation on the sacred path of Kripalu's outdoor labyrinth. You receive unique inspiration for seeking your inner wisdom and guidance using this ancient practice. Dress appropriately for the weather.

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

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

11:00–11:45 ***Share Circle* Izzy Lenihan (E)**

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

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

12:45–1:30 ***Meditation* Jess Frey (L/M)**

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

2:00–3:30 ***Three Seasons of Sun Salutations* Sarajeen Rudman (M)**

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

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

5:30–7:00 Dinner

7:30–8:30 Rest and Unwind Yoga

7:30–9:00 ***Evening Event***

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

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R&R Retreat Daily Schedule for Sunday, May 14

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

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

7:00–8:30 Breakfast

9:00–10:30 ***Yin Yoga and the Energy Body* Ken Nelson (M)**

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

9:00–10:30 ***The Enchantment of Chanting* Bhavani Lorraine Nelson (M/E)**

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

11:00–11:45 ***Kripalu Core: BRFWA* Jess Frey (M/E)**

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

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

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

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

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

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

5:00–7:30 Dinner

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

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

7:30–8:30 ***Soothing Pranayama* Sherrie Howard (E)**

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

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R&R Retreat Daily Schedule for Monday, May 15

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

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

7:00–9:00 Breakfast

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

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

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

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

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

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®

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12:00–1:00 Vinyasa Yoga Class

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

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

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

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

5:00–7:30 Dinner

7:30–8:30 Rest and Unwind Yoga

7:30–8:30 ***Healing Arts Sampler***

7:30–9:00 ***Clearing the Clutter: What Is 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.

R&R Retreat Daily Schedule for Tuesday, May 16

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

6:30–8:00 **Morning Yoga Classes**

9:00–10:30 ***Radiance Sutras* Coby Kozlowski**

Would you like to discover a meditation practice that feels authentically yours? When you meditate with your unique practice, you feel centered in your “yes to life.” In this dynamic workshop, discover intellectual tools and a rich inner experience, while embedding this learning in your muscle and sensory memory so that it’s at your fingertips when you need it.

9:00–10:30 ***Aligning Intentions and Actions* Izzy Lenihan**

Defining your intentions and then living them fully and authentically can bring more balance into your life. This workshop invites you to look more clearly and truthfully how you spend your time and energy. Discover possibilities for creating a life of more balance, harmony, and growth.

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***Mystical Om* Cristie Newhart**

Om is called the vibration of the universe. In this workshop, we discuss the origins of the Om and how to practice this universal sound as a meditation technique.

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 ***Meditation* Susan Bernhardt**

2:00–3:30 ***Yoga Foundations* Michelle Dalbec**

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

4:15–5:45 **Afternoon Yoga Classes**

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

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

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R&R Retreat Daily Schedule for Wednesday, May 17

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

6:30–8:00 **Morning Yoga Classes**

9:00–10:30 **Mindful Eating Annie B. Kay (L)**

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

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

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

11:00–11:45 **Posture Clinic Christopher Holmes (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.

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Yoga Nidra Part I Vandita Kate Marchesiello (E)**

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

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

2:00–3:30 **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.

4:15–5:45 **Afternoon Yoga Classes**

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

More information on this workshop coming soon.

7:30–9:00 **Kirtan (E)**

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

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

6:30–8:00 **Morning Yoga Classes**

9:00–10:30 ***Riding the Waves: Finding Emotional Balance* Aruni Nan Futuronsky (L)**

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 ***Nature Journaling* Lara Tupper (M/E)**

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

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

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

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 Exercise: Creating Non-Negotiables* Sarajeon Rudman (M)**

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

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

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

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

4:15–5:45 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 ***Restorative Yoga* Jess Frey (M)**

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

This schedule subject to change without notice.

Kripalu

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

6:30–8:00 **Morning Yoga Classes**

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

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

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

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

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

2:00–3:30 ***Yoga for Athletes* Susannah Gale (L/M)**

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

4:15–5:45 **Afternoon Yoga Classes**

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

When traveling to a new place, we tend to notice and appreciate the details of our surroundings. As writer Alain de Botton says, we gain a “traveling mindset.” We stop to look at street signs and plant life; we send 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.

7:30–9:00 ***Introduction to the Native American Culture of the Berkshires***

Join Mohican nation member Shawn Stevens and Kripalu faculty Jennifer Reis for the opening session of a weekend celebrating the culture of the indigenous people of Berkshire County. Learn the story of the Mohican tribe, the beauty and spirit of the sacred ancestral lands, and the importance of ceremony. Shawn also introduces the significance of the eagle—what it represents to the native people both past and present, and why the eagle is such a powerful symbol to him now—while Jennifer weaves in meditation and easy yoga practices based on Mohican themes.

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

6:30–8:00 **Morning Yoga Classes**

9:00–10:30 **Four Directions Medicine and Yoga Shawn Stevens and Jennifer Reis (M/E)**

Learn about the importance of finding one's way in life with the sacred map of the Native American four directions. Accompanied by traditional flute and percussion, explore yoga flows, postures, and breathing techniques as a way to examine your true nature. This is a beautiful and sacred practice to access energy and increase vitality and peace. All levels and abilities welcome.

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

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

11:00–11:45 **Share Circle Izzy Lenihan (E)**

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

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

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

2:00–3:30 **Yogagaia Hasita Nadai (M)**

Yogagaia fuses traditional and non-traditional asanas and music with the story of how the universe came into being—a story told by science and informed by spirit. Yogagaia has the intention to enable us to connect somatically to our place in and among the plants and creatures on earth and the very substance of our planet.

2:00–3:30 **Expansion and Ease Michelle Dalbec (M)**

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 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 **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.

7:30–9:00 **Native American Flute, Drum, Song, and Story Shawn Stevens and Friends**

Honoring their Mohican ancestors and homeland on the Kripalu grounds of Lenox and Stockbridge, Shawn Stevens and his friends share Native American flute, drumming, singing, story, and dance! Shawn explains the significance of his Native American songs, his colorful regalia, the potency of the drum, and how this celebration honors the earth, the people, and their history.

This schedule subject to change without notice.

Kripalu

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

6:30–8:00 **Morning Yoga Classes**

9:00–10:30 ***Native American Spirituality* Shawn Stevens and Jennifer Reis (E)**

Come learn about Native American spirituality and how it brings people together in unity and healing. This workshop also includes a discussion about some of the sacred medicines: tobacco leaves, sage, cedar, and sweet grass. Jennifer weaves in meditation and easy yoga practices based on Mohican themes

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

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

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

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

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

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 ***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.

4:15–6:30 **Afternoon Yoga Classes**

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

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

7:30–8:30 ***Yoga Nidra* Sherrie Howard (E)**

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

This schedule subject to change without notice.

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

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

6:30–8:00 **Morning Yoga Classes**

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

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 ***Ayurvedic Daily Routine* Cat Pacini (L)**

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

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.

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

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

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

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

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.

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 ***Healing Arts Sampler***

7:30–9:00 ***Gratitude Mandala* Izzy Lenihan (E)**

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

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

6:30–8:00 **Morning Yoga Classes**

9:00–10:30 **Leadership, Love, and Freedom Coby Kozlowski (L)**

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 **Tame Tension with the Alexander Technique Lisa Lutton (E)**

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

9:30–11:00 **Guided Hiking**

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

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

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Share Circle Izzy Lenihan (E)**

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

2:00–3:30 **Body in Balance: Rehab for Feet Michelle Dalbec (M/E)**

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 brings suppleness back to the feet, creates intelligent mobility between the feet and the legs, and helps re-establish the proper alignment from pelvis to feet.

4:15–5:45 **Afternoon Yoga Classes**

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

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

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This schedule subject to change without notice.

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

6:30–8:00 **Morning Yoga Classes**

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

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

9:00–10:30 **Yoga and Prana Ray Crist (L)**

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

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.

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

1:30–3:00 **Guided Hiking**

2:00–3:30 **Vertical Vinyasa: A Standing Flow Sarajeon Rudman (M)**

Vinyasa yoga is recognized by the flow of movements connecting a sequence of poses to the breath. Experience a new way to coordinate breath with movement, linking poses and embodying your body in this vertical vinyasa workshop—a standing-only yoga sequence. Begin with a standing centering and meditation, flow between standing poses that strengthen the core and legs, and end with a standing savasana.

4:15–5:45 **Afternoon Yoga Classes**

7:30–8:30 **Oh My Aching Back! Lee Albert (E)**

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

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

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

This schedule subject to change without notice.

Kripalu

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

6:30–8:00 **Morning Yoga Classes**

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

Bring vitality and awareness to your the five koshic bodies: physical, energetic, mental/emotional, intuitive, and bliss. Learn about the five koshas and then experience them with practice on the mat. For all levels, including beginners.

9:00–10:30 ***Accessing Inner Wisdom* Aruni Nan Futuronsky (L)**

The yogis teach that all wisdom lives inside of us. How can we access this deep intuition? In this workshop, discuss and practice listening to your inner voice, attuning to your inherent, deep knowing. Discover how to respond to dharma, that sense of inner brilliance.

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

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

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 ***The 10-Minute Workout* Sarajeon Rudman (M)**

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

1:30–3:00 ***Guided Hiking***

2:00–3:30 ***Running Meditation* Sarajeon Rudman (M)**

Instead of popping in the ear buds, what if you turned your run into a soul-healing, mind-relaxing meditation adventure? Learn the tools to create bliss and peace on every run using breathing and mantra techniques to connect your heart-mind to your body in a new, fun, and transformative way.

4:15–5:45 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–9:00 ***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 for increased clarity of mind and greater inner awareness. Perfect for first time meditators.

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

This schedule subject to change without notice.

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

6:30–8:00 **Morning Yoga Classes**

9:00–10:30 ***Mindfulness Through the Five Senses* Jess Frey (E)**

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

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***Tech Neck Reset* Kari Harendorf**

This workshop arms you with easy and accessible exercises that combat “tech neck”. With this knowledge, you can ease pain and discomfort in your neck and back and have a powerful self-care regimen for the long term health of your spine. Gain a renewed sense of awareness of your own biomechanics and posture that you can bring into your daily activities, contributing to a greater sense of ease and wellness.

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 ***Understanding the Chakras: Svadhisthana, the Sacrum* Jurian Hughes (L/M)**

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.

4:15–5:45 **Afternoon Yoga Classes**

7:30–8:30 ***Healing Arts Sampler***

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

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

This schedule subject to change without notice.

Kripalu

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

6:30–8:00 **Morning Yoga Classes**

9:00–10:30 ***Understanding the Chakras: Sahasrara, the Crown* Jurian Hughes (L/M)**

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

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.

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***Hooping into Harmony* Toni Bergins (M)**

Meditation can be practiced in various forms, including while in motion inside a hula-hoop. Experiment with chanting, chakra balancing meditations, and basic hoop tricks as you give hooping a whirl!

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 (E)**

1:30–3:00 ***Guided Hiking***

2:00–3:30 ***Garden of Intentions* Izzy Lenihan (L/E)**

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.

4:15–5:45 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–9:00 ***Evening Event***

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

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

This schedule subject to change without notice.

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

6:30–8:00 **Morning Yoga Classes**

9:00–10:30 ***The Power of Mantra Bhavani Lorraine Nelson* (L/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.

9:00–10:30 ***Yin Yoga and the Energy Body Ken Nelson* (M)**

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

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***BRFWA Meditation Jess Frey* (M/E)**

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

1:30–3:00 ***Guided Hiking***

2:00–3:30 ***Breath of Fresh Air Yuval Samburski***

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.

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 for Back Care Sherrie Howard* (M/E)**

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

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

This schedule subject to change without notice.

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

6:30–8:00 **Morning Yoga Classes**

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

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

9:00–10:30 ***Prana Playground* Jess Frey (L/E)**

Prana is the vital life force and subtle energy that exists within and around you. Through various awareness exercises, you can learn to awaken, connect to, and come into relationship with prana.

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.

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

1:30–3:00 ***Guided Hiking***

2:00–3:30 ***Life in Balance: Introduction to Ayurveda* Cat Pacini (L/E)**

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 ***Healing Arts Sampler***

7:30–8:30 ***What's Your Story?* Lara Tupper (E)**

Everyone has a story; the challenge is to remember it clearly. In this writing workshop, mine your true tales in a series of brief, pointed exercises. You're invited to recall memorable sensory details and to share your work if desired. No previous writing experience necessary.

This schedule subject to change without notice.

Kripalu

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

6:30–8:00 **Morning Yoga Classes**

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

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

9:00–10:30 **Coloring as Relaxation Izzy Lenihan (E)**

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

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

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

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 Janna Delgado (E)**

1:30–3:00 **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.

4:15–5:45 **Afternoon Yoga Classes**

7:30–8:30 **Secrets of the Human Machine Lee Albert**

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

This schedule subject to change without notice.

Kripalu

R&R Retreat Daily Schedule for Wednesday, May 31

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

6:30–8:00 **Morning Yoga Classes**

9:00–10:30 ***Connect with Nature* Annie B. Kay (M/E)**

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 ***Hero's Journey: Answering the Call* Micah Mortali**

Heroes and heroines have always appeared in myths and legends. These stories speak to our own journeys and the adventure of being alive. Living an inspired life depends on bravely answering the call to adventure when it knocks on our doors.

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.

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 (E)**

1:30–3:00 ***Guided Hiking***

2:00–3:30 ***The Doshas and Fitness* Sarajejan Rudman (L)**

Learn how to balance a healthy life in a modern world with the ancient practices of yoga and Ayurveda as we explore simple practices suitable for people living at the speed of life.

4:15–5:45 **Afternoon Yoga Classes**

7:30–8:30 ***Introduction to Pratyahara* Vandita Kate Marchesiello (L/E)**

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.

7:30–9:00 ***Kirtan* (E)**

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