

# R&R Retreat Daily Schedule for Sunday, May 1

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 **Qigong Ken Nelson (M)**  
This Taoist healing art uses breath, motion, and meditation to restore balance and vitality. Learn effortless Chinese energy exercises to train the body, focus the mind, and feel an easeful spiritual presence.
- 9:00–10:30 **Reflections on Your Inner World Michelle Dalbec (L/E)**  
Below the surface of everyday life is a vast reservoir of wisdom and knowledge, an accumulation of life experiences. Meditation and journaling can help you listen deeply listening, giving a voice to that inner landscape, integrating what was witnessed in the subconscious and connecting you to your higher Self.
- 9:30–11:30 **Guided Hiking** (advance registration suggested, please call for details)
- 11:00–11:45 **Human Rhythms, Earth Rhythms Christopher Holmes (L/E)**  
The Native American Medicine Wheel is an ancient tool for personal transformation. In this workshop, review the meaning of the four cardinal directions and focus on the East; the direction of spring, birth, and new beginnings. Using the medicine wheel, set intentions for the unfolding of your life.
- 11:30–1:30 Lunch
- 12:00–1:00 Kripalu YogaDance®  
Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, YogaDance will surprise you with joy.
- 12:00–1:00 Vinyasa Yoga Class
- 2:00–3:30 **Core Principles for Yoga Postures Cristie Newhart (M)**  
In this workshop, discuss and practice the fundamental alignment principles of the different groups of postures, such as standing, forward bends, and, twists, and discover how to make the adjustments needed for stability and comfort.
- 4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:30–7:00 Dinner
- 6:45–7:15 **Kripalu Orientation Guest Services**  
Welcome to Kripalu! Learn about Kripalu and get helpful tips on making the most of your stay.
- 7:30–8:30 **Meditation Bhavani Lorraine Nelson (E)**  
Join in an engaging experience of meditation to gain perspective and find a greater sense of freedom through compassionate self inquiry. Integrate practical suggestions to help deepen your meditation practice.

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# R&R Retreat Daily Schedule for Monday, May 2

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–8:30 Breakfast
- 9:00–10:30 ***Riding the Waves Aruni Nan Futuronsky*** (L)  
Do you feel challenged by life? Do the unknowns of your world shake you up? In this workshop, learn practical tools for outliving your feelings and returning to equanimity. Using the Kripalu methodology of *Riding the Waves*, you practice allowing the feelings to come and go. Come allow your body, mind, and spirit to integrate, relax, and renew.
- 11:00–11:45 ***Hip Openers Janna Delgado*** (M)  
Learn how to create balance in your pelvis and unlock your hips in this hip-opening sequence that focuses on releasing, opening, and creating more space in your body.
- 11:30–1:30 Lunch
- 12:00–1:00 Kripalu YogaDance®  
Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, YogaDance will surprise you with joy.
- 12:00–1:00 Vinyasa Yoga Class
- 1:30–3:30 ***Guided Hiking*** (advance registration suggested, please call for details)
- 2:00–3:30 ***The Monk and the Mother Steven Leonard*** (E)  
It is important to understand the practice of yoga and meditation within the context of your own life. What experiences are you seeking? How can you choose specific practices that support your personal intentions? Where do the practices of a monk and a mother overlap, and how should they differ? Come join the conversation of understanding yoga in the modern world.
- 4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:30–7:00 Dinner
- 7:30–8:30 ***Healing Arts Sampler: Introduction to Kripalu Massage Johanna Wise*** (E)  
In this hands-on Healing Arts sampler, learn to trust your innate ability to help others through safe touch. See how Kripalu's unique approach to massage as a meditation in motion can open the doorway to transformation for both the giver and receiver.

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# R&R Retreat Daily Schedule for Tuesday, May 3

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–8:30 Breakfast
- 9:00–10:30 ***The Embodied Heart Toni Bergins*** (E)  
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 ***Yoga Anytime, Anywhere! Vandita Kate Marchesiello*** (M)  
Protecting your mental steadiness, increasing your flexibility, and feeling overall wellness is often more challenging outside the yoga studio and in the world. Kripalu Yoga can be easily integrated and adapted into nearly every situation we find ourselves in each day. Come explore techniques to incorporate into your daily life, no matter where you are.
- 11:30–1:30 Lunch
- 12:00–1:00 Kripalu YogaDance®  
Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, YogaDance will surprise you with joy.
- 12:00–1:00 Vinyasa Yoga Class
- 12:45–1:30 ***Share Circle Aruni Nan Futuronsky***  
Employ the principle "the key to my heart rests in the heart of another." Through this conscious listening and speaking technique, access the power of your moment and witness the power of others.
- 1:30–3:30 ***Guided Hiking*** (advance registration suggested, please call for details)
- 2:00–3:30 ***The Science of Detox Kathie Madonna Swift*** (L)  
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.
- 4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:30–7:00 Dinner
- 7:30–8:30 Rest and Unwind Yoga
- 7:30–9:00 ***Whole Foods Cooking Demonstration Jeremy Rock Smith*** (E)  
Join us for a lecture on the joys and benefits of whole foods cooking, with recipes and techniques from the Kripalu Kitchen, and take home simple methods and inspiration for a healthier diet that you can maintain throughout the year.

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# R&R Retreat Daily Schedule for Wednesday, May 4

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- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–8:30 Breakfast
- 9:00–10:30 **Chakra Yoga Flow Coby Kozlowski (M/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.
- 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
- 1:30–3:30 **Guided Hiking** (advance registration suggested, please call for details)
- 2:00–3:30 **The Gift of Self-Care Aruni Nan Futuronsky (L)**  
Life can present moments of great challenge. How can we both be gentle with ourselves and cultivate sustainable lifestyle change? This workshop investigates the literal meaning of “Kripalu” and how to use mindfulness as the key to transformation. Let the body return to its inherent inner wisdom in this experiential journey into self-care, self-nurturance, and self-support.
- 4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:30–7:00 Dinner
- 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 5

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 **Introduction to Ayurveda: Life in Balance Larissa Hall Carlson (L)**  
Learn simple, everyday approaches to increase your health and vitality using Ayurveda, an ancient approach to health care that originated in India. Ayurvedic wisdom teaches us to connect with our deepest selves, the source of all healing.
- 9:00–10:30 **Color Flow Jennifer Reis (E)**  
In this fun workshop, find a partner and draw with crayons and pastels. Partner drawing facilitates the melting away of the inner critic. No one is the author, which assists us in feeling liberated and confident to create. Enjoy this safe and sacred space in which to cultivate your creative flow of energy.
- 11:00–11:45 **Yoga and the Art of Improv Evelyn Gonzalez (M/E)**  
This workshop focuses on yoga not as a science, but rather as an art form. The jazz musician Charlie Haden said about improvisation: "It takes you out of yesterday and out of tomorrow and puts you right in the moment you are in." In this posture flow workshop, follow the safe guidelines of alignment and then begin to explore and improvise into a free and spontaneous expression that is all yours.
- 11:30–2:00 Lunch
- 12:00–1:00 Kripalu YogaDance®  
Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, YogaDance will surprise you with joy.
- 12:00–1:00 Vinyasa Yoga Class
- 12:45–1:30 **Meditation Vandita Kate Marchesiello**
- 1:30–3:30 **Guided Hiking** (advance registration suggested, please call for details)
- 2:00–3:30 **C'mon Let's Twist Cristie Newhart (M)**  
Twists are some of the most beneficial types of asana. Rotating the physical body can rejuvenate the digestive tract and nervous system. Explore the basic principles for twists and bring your body and mind back home for vitality and balance.
- 4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:30–7:00 Dinner
- 7:30–8:30 Rest and Unwind Yoga
- 7:30–8:30 **Soul Journey Atma Joann Levitt (E)**  
In the past, shamans helped access the dream-like state of soul journeying, where spirit encounters, insights, or new visions became available to earnest practitioners. In this workshop, launch into relaxation as you are guided by drums, music, and narration to touch down into this magical domain and see what messages spirit has to offer.

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# Kripalu

# R&R Retreat Daily Schedule for Friday, May 6

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–8:30 Breakfast
- 9:00–10:30 ***A Dynamic Yoga Practice Steven Leonard*** (M/E)  
Move more deeply into asana by cultivating a strong internal focus. Flow from the details of alignment to a deeper internal awareness through this guided training session in willful concentration. Bring dynamic strength to your mat.
- 11:00–11:45 ***Mindful Eating Annie B. Kay*** (L)  
How we eat reflects how we feel about ourselves at the deepest level. Mindful eating is a practice of exploring our relationships with food and ourselves, and can deepen our understanding of food and all that nourishes us.
- 11:30–1:30 Lunch
- 12:00–1:00 Kripalu YogaDance®  
Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, YogaDance will surprise you with joy.
- 12:00–1:00 Vinyasa Yoga Class
- 1:30–3:30 ***Guided Hiking*** (advance registration suggested, please call for details)
- 2:00–3:30 ***The Anatomy of Pranayama Christopher Holmes*** (L)  
Human beings take, on average, more than 20,000 breaths per day, while using only five percent of the body's energy requirements. In this workshop, learn the muscles of inspiration and expiration, physiology of gas exchange, and the scientific benefits of pranayama.
- 4:15–6:15 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)
- 5:00–7:30 Dinner
- 6:45–7:15 ***Kripalu Orientation Guest Services***  
Welcome to Kripalu! Learn about Kripalu and get helpful tips on making the most of your stay.
- 7:30–8:30 ***Healing Arts Sampler: The Art of Receiving Nancy Ramani Costerisan*** (E)  
For many people, it can be harder to receive than to give. In this workshop, explore how to receive gracefully and wholeheartedly, and learn tools to help you receive in everyday life as you are guided to focus on breath, relaxation, and massage.
- 8:00–9:00 ***Divine Sleep Yoga Nidra Jennifer Reis*** (E)  
Divine Sleep is the antidote for modern life. Experience deeper levels of freedom than you ever imagined possible. This inspired, meditative practice gives you permission to rest, restore, and tap into new sources of energy. There is nothing required of you but to lie down and listen. Be supported, held, and nourished as you discover profound peace and vibrant health.

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# R&R Retreat Daily Schedule for Saturday, May 7

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- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 ***Get Down to Uplift Sarajeon Rudman*** (M)  
Connecting to movement in a rhythmic, fun, and creative way is a bridge to connecting to your soul, the souls of others, and the universal soul. Enjoy a mindful dance experience to uplift your body, mind, and heart! Joyously jump around, soulfully shake your body, and get down with a good music and happy people!
- 9:00–10:30 ***Chair Yoga Sherrie Howard*** (M)  
For those who are not able to do yoga on a mat, adapting the practice to a chair can make yoga more accessible. Chair yoga also provides those who sit often at work ways to relax, move, strengthen, and stretch the body.
- 11:00–11:45 ***Yoga for Athletes Susannah Gale*** (M)  
Yoga is the perfect complement to athletic training, and is an excellent way to prevent injury and enhance performance. Learn how to use this valuable tool to warm up and cool down the body, and leave with a practical approach to incorporate yoga into your favorite sport or activity.
- 11:30–2:00 Lunch
- 12:00–1:00 Kripalu YogaDance®  
Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, YogaDance will surprise you with joy.
- 12:00–1:00 Vinyasa Yoga Class
- 12:45–1:30 ***Meditation Susannah Gale***
- 1:30–3:30 ***Guided Hiking*** (advance registration suggested, please call for details)
- 2:00–3:30 ***Ten Steps to Peace and Happiness Michelle Dalbec*** (L/E)  
The 10 yamas and niyamas are ethical guidelines intended to stimulate a continual inquiry on how to awaken, strengthen, and develop ones character. Come explore these powerful off-the-mat practices to create balance, harmony, peace, and happiness from the inside out.
- 4:15–6:15 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)
- 5:00–7:30 Dinner
- 7:30–8:30 Rest and Unwind Yoga
- 7:30–9:00 ***Evening Event*** (E)  
Each night, we offer a workshop, kirtan, or concert to round out your day at Kripalu. Check back for more information on this evening's event.

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# Kripalu

# R&R Retreat Daily Schedule for Sunday, May 8

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 ***Yin Yoga Ken Nelson*** (M/E)  
Feel relaxed, light, and free. Yin Yoga postures target deep tissue to enhance range of motion and flexibility while relieving pain in the low back, hips, and spine. Rooted in yoga therapy and meridian energy medicine, these supported floor postures allow gravity to rehabilitate connective tissue.
- 9:00–10:30 ***Breath, Body, Bliss Michelle Dalbec*** (E)  
We breathe more than 20,000 times a day without ever having to think about it. Yet when we are aware, we can control the breath at will. Yogis call this pranayama, or mastery of the life-force. Come experience the power of prana in this practice that is a mixture of traditional techniques and movement combined with breath.
- 9:30–11:30 ***Guided Hiking*** (advance registration suggested, please call for details)
- 11:00–11:45 ***Word Walk Lara Tupper*** (M/E)  
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.
- 11:30–1:30 Lunch
- 12:00–1:00 Kripalu YogaDance®  
Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, YogaDance will surprise you with joy.
- 12:00–1:00 Vinyasa Yoga Class
- 2:00–3:30 ***Explore the Whole Self Cristie Newhart*** (E)  
Yoga identifies five layers of being: the koshas. In this lecture-based workshop, learn about the koshas and experience Self-Observation Without Judgment as you connect with the whole self through a deeper understanding of your many layers. Through simple movements, explore how each of these aspects of the self relates to your well-being.
- 4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:30–7:00 Dinner
- 6:45–7:15 ***Kripalu Orientation Guest Services***  
Welcome to Kripalu! Learn about Kripalu and get helpful tips on making the most of your stay.
- 7:30–8:30 ***The Traveling Mindset Lara Tupper*** (E)  
When traveling to a new place, we tend to notice and appreciate the details of our surroundings. As writer Alain de Botton says, we gain a “traveling mindset.” We stop to look at street signs and plant life; we send postcards home about what we see. The challenge is to apply this outlook to our everyday lives. In this writing class, discuss ways to approach familiar settings with fresh eyes and “notice what we have already seen.” No writing experience necessary, just a willingness to observe.

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# R&R Retreat Daily Schedule for Monday, May 9

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–8:30 Breakfast
- 9:00–10:30 ***Mandala: Your Inner Compass* Jennifer Reis (M/E)**  
Movement, yoga, and breathing open up inner doorways to discover your personal mandalas. Connect with yourself and others as you explore the ancient sacred circle.
- 11:00–11:45 ***Heart of Fire Yoga Flow* Sarajeon Rudman (M)**  
Build strength, confidence, courage, and heat through this heart-opening, warrior-based practice. Be prepared to warm up and work out any obstacles in your life with vigor and passion.
- 11:30–2:00 Lunch
- 12:00–1:00 Kripalu YogaDance®  
Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, YogaDance will surprise you with joy.
- 12:00–1:00 Vinyasa Yoga Class
- 1:30–3:30 ***Guided Hiking*** (advance registration suggested, please call for details)
- 2:00–3:30 ***Sound of the Moment* Steven Leonard (E)**  
Everything vibrates: your bones, your breath, your mind, your being. You are a creative force and have the ability to tune into different frequencies of awareness. In this workshop, you are guided through sound meditations, including live bamboo flute, singing bowl, and guitar.
- 4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:30–7:00 Dinner
- 7:30–8:30 ***Healing Arts Sampler: Introduction to Kripalu Massage* Johanna Wise (E)**  
In this hands-on Healing Arts sampler, learn to trust your innate ability to help others through safe touch. See how Kripalu's unique approach to massage as a meditation in motion can open the doorway to transformation for both the giver and receiver.

# R&R Retreat Daily Schedule for Tuesday, May 10

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–8:30 Breakfast
- 9:00–10:30 ***Energy of Thoughts* Izzy Lenihan (L)**  
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.
- 11:00–11:45 ***Good Gut, Great Health* Kathie Madonna Swift (L)**  
Your digestive system determines, to a great extent, your overall health. Join us as we explore the things that make a good gut go bad and how to get it well again.
- 11:30–1:30 Lunch
- 12:00–1:00 Kripalu YogaDance®  
Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, YogaDance will surprise you with joy.
- 12:00–1:00 Vinyasa Yoga Class
- 12:45–1:30 ***Historical Tour of the Grounds* Vandita Kate Marchesiello (L/M)**  
Shadowbrook has uplifted the spirits and hearts of people since the late nineteenth century. This workshop begins with a viewing of historic photos of the property and then ventures outside for a tour of the grounds to discover points of interest and learn more about the rich history and roots of Kripalu Yoga.
- 1:30–3:30 ***Guided Hiking*** (advance registration suggested, please call for details)
- 2:00–3:30 ***Courageous Core* Michelle Dalbec (M)**  
Creating and maintaining a strong, stable core takes more than just sit ups. The “core revolution” requires you to connect to your belly in an intelligent, integrated, and conscious way. Through a series of creative movements, learn to strengthen your core from the inside out, helping to penetrate weak muscle fibers, awaken sluggish organs, stretch scar tissue, and cultivate vibrancy throughout your nervous system.
- 4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:30–7:00 Dinner
- 7:30–8:30 Rest and Unwind Yoga
- 7:30–9:00 ***Whole Foods Cooking Demonstration* Jeremy Rock Smith (E)**  
Join us for a lecture on the joys and benefits of whole foods cooking, with recipes and techniques from the Kripalu Kitchen, and take home simple methods and inspiration for a healthier diet that you can maintain throughout the year.

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# R&R Retreat Daily Schedule for Wednesday, May 11

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- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–8:30 Breakfast
- 9:00–10:30 ***Radiance Sutras: Life as Meditation* Coby Kozlowski (E)**  
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 ***Introduction to Ayurveda: Life in Balance* Larissa Hall Carlson (L)**  
Learn simple, everyday approaches for increasing your health and vitality through Ayurveda, an ancient approach to health care that originated in India. Ayurvedic wisdom teaches us to connect with our deepest selves, the source of all healing.
- 11:00–11:45 ***Posture Clinic* Kari Harendorf (M)**  
Whether you're new to yoga or an experienced practitioner coming back to the beginner's mind, this workshop helps you build your practice from the ground up.
- 11:30–1:30 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 ***Kripalu: A Person, a Place, a Tradition* Vandita Kate Marchesiello (L)**  
Enjoy a brief overview of Swami Kripalu's interesting life, the places Kripalu Center has called home over the last four decades, and a tradition that has grown from a set of social ethics and personal practices known as the yamas and niyamas.
- 1:30–3:30 ***Guided Hiking*** (advance registration suggested, please call for details)
- 2:00–3:30 ***Restorative Yoga* Sherrie Howard (E)**  
Restorative yoga is designed to release deeply held tensions, stretch the body, calm the mind, and sooth the nervous system. Come practice yoga postures using a variety of props to support and stabilize the body while promoting relaxation of the body and mind.
- 4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:30–7:00 Dinner
- 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 12

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- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–8:30 Breakfast
- 9:00–10:30 **Connect with Nature Annie B. Kay** (M/L)  
Plants can be our allies in healing and in life. Learn how to connect more deeply with plants in order to live in deeper alignment to your own true nature. Be ready to head outside!
- 11:00–11:45 **Creating a Home Practice Evelyn Gonzalez** (E)  
Through written form and self-inquiry, examine the possibilities and obstacles to maintaining your own personal yoga routine. Share your discoveries, thoughts, and ideas to help strengthen your home yoga practice.
- 11:30–1:30 Lunch
- 12:00–1:00 Kripalu YogaDance®  
Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, YogaDance will surprise you with joy.
- 12:00–1:00 Vinyasa Yoga Class
- 1:30–3:30 **Guided Hiking** (advance registration suggested, please call for details)
- 2:00–3:30 **A Fast for the Senses: 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.
- 4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:30–7:00 Dinner
- 7:30–8:30 Rest and Unwind Yoga
- 7:30–8:30 **The Power of Mantra Bhavani Lorraine Nelson** (E)  
The simple repetition of a Sanskrit phrase, traditionally used in India, makes this concentration practice powerful and relevant during stressful times. Discover the universal energies invoked by mantras and experience the depth and power of mantra meditation through the practice of this ancient form of connection to Spirit.

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# Kripalu

# R&R Retreat Daily Schedule for Friday, May 13

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–8:30 Breakfast
- 9:00–10:30 ***Grounded Presence Evelyn Gonzalez*** (M)  
Practice the key elements that give length and vitality to yoga poses. Based on the model of plant life, drop your roots to give life to the pose growing upwards out of the earth. Come get green!
- 11:00–11:45 ***Yoga for Athletes Susannah Gale*** (M)  
Yoga is the perfect complement to athletic training, and is an excellent way to prevent injury and enhance performance. Learn how to use this valuable tool to warm up and cool down the body, and leave with a practical approach to incorporate yoga into your favorite sport or activity.
- 11:30–1:30 Lunch
- 12:00–1:00 Kripalu YogaDance®  
Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, YogaDance will surprise you with joy.
- 12:00–1:00 Vinyasa Yoga Class
- 1:30–3:30 ***Guided Hiking*** (advance registration suggested, please call for details)
- 2:00–3:30 ***Lila, the Joy of Divine Play Jurian Hughes*** (M/E)  
Ancient yogic texts describe lila as the play of the Divine, who creates freely, for the pure joy of it. Come discover the freedom of embracing your spontaneous, unpredictable lila spirit through movement, dance, stories, and yoga improv.
- 4:15–6:15 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)
- 5:00–7:30 Dinner
- 6:45–7:15 ***Kripalu Orientation Guest Services***  
Welcome to Kripalu! Learn about Kripalu and get helpful tips on making the most of your stay.
- 7:30–8:30 ***Healing Arts Sampler: Positional Therapy Lee Albert*** (E)  
Learn how to release chronic tight muscle patterns using this gentle but extremely powerful modality. Target specific muscles with simple 90-second techniques.
- 8:00–9:00 ***Divine Sleep Yoga Nidra Sherrie Howard*** (E)  
Allow yourself to be completely nourished in this ancient guided meditation. Experience a deep relaxation that revitalizes body and mind, reduces stress, and promotes healing, rest, and rejuvenation. Just lie down, listen, and breathe.

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# R&R Retreat Daily Schedule for Saturday, May 14

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 **Chakra Yoga Jurian Hughes** (M/E)  
Though we may not be able to see or touch the chakras, we can tell when they're out of balance—leaving us 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 **The Discipline of Freedom Ray Crist** (M/E)  
Dive into the depths of yogic philosophy as a method to gain freedom from past traumas and fears. Yoga as a discipline helps us to shift our energy and way of thinking and allows us to be liberated by the constrictions of the mind. In this workshop, explore two different kinds of pranayama (breathing techniques) and several asana (postures) to experience direct empowerment and freedom.
- 11:00–11:45 **Posture Clinic Kari Harendorf** (M)  
Whether you're new to yoga or an experienced practitioner coming back to the beginner's mind, this workshop helps you build your practice from the ground up.
- 11:30–2:00 Lunch
- 12:00–1:00 Kripalu YogaDance®  
Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, YogaDance will surprise you with joy.
- 12:00–1:00 Vinyasa Yoga Class
- 12:45–1:30 **Meditation Jurian Hughes**
- 1:30–3:30 **Guided Hiking** (advance registration suggested, please call for details)
- 2:00–3:30 **Sound Play Bhavani Lorraine Nelson** (E)  
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.
- 4:15–6:15 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)
- 5:00–7:30 Dinner
- 7:30–8:30 Rest and Unwind Yoga
- 7:30–9:00 **Evening Event** (E)  
Each night, we offer a workshop, kirtan, or concert to round out your day at Kripalu. Check back for more information on this evening's event.

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# R&R Retreat Daily Schedule for Sunday, May 15

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

6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

7:00–8:30 Breakfast

9:00–10:30 ***Qigong on the Lawn 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. This workshop will be held indoors in the event of inclement weather.

9:00–10:30 ***Dharana: Awakening Awareness Jess Frey*** (L/E)

In Patangali's eight-limbed path of yoga, dharana is the initial stage of meditation which invites us to focus and attune attention. Discuss, learn, and experience tools and practices of active observation to increase awareness of self and the world around you.

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

11:00–11:45 ***Yoga for Safe and Healthy Knees Christopher Holmes*** (L/M)

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

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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

12:00–1:00 Vinyasa Yoga Class

2:00–3:30 ***Reaching Out, Reaching In Cristie Newhart*** (E)

The ancient yogis understood that our energy drew us out into the world, or deeper into ourselves. In this workshop, learn about the energies the yogis called prana and apana, and how their dance effects how you experience life.

4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:30–7:00 Dinner

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 Traveling Mindset Lara Tupper*** (E)

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

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# R&R Retreat Daily Schedule for Monday, May 16

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

6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

7:00–8:30 Breakfast

9:00–10:30 **Compassion is the Highest Prayer Aruni Nan Futuronsky (L)**

The word Kripalu means “being compassionate.” How can you practice compassion toward yourself and others in ways that eases your daily journey? Come create simple strategies to live life with more relaxation and ease through the grace of compassion.

11:00–11:45 **Standing on One Foot: Cultivating Balance Cristie Newhart (M)**

Balancing poses are a fun and an essential part of any practice. In this workshop, open the feet and learn basic principles and easy hints to make standing balance postures more accessible.

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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

12:00–1:00 Vinyasa Yoga Class

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

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

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

4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:30–7:00 Dinner

7:30–8:30 **Healing Arts Sampler: Positional Therapy Lee Albert (E)**

Learn how to release chronic tight muscle patterns using this gentle but extremely powerful modality. Target specific muscles with simple 90-second techniques.

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# R&R Retreat Daily Schedule for Tuesday, May 17

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

6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

7:00–8:30 Breakfast

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

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.

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

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

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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

12:00–1:00 Vinyasa Yoga Class

12:45–1:30 ***Meditation Aruni Nan Futuronsky***

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

2:00–3:30 ***Courageous Core Michelle Dalbec*** (M)

Creating and maintaining a strong, stable core takes more than just sit ups. The “core revolution” requires you to connect to your belly in an intelligent, integrated, and conscious way. Through a series of creative movements, learn to strengthen your core from the inside out, helping to penetrate weak muscle fibers, awaken sluggish organs, stretch scar tissue, and cultivate vibrancy throughout your nervous system.

4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:30–7:00 Dinner

7:30–8:30 Rest and Unwind Yoga

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

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

# Kripalu

*This schedule subject to change without notice.*

# R&R Retreat Daily Schedule for Wednesday, May 18

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

6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

7:00–8:30 Breakfast

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

Our deepest calling is to grow into our authentic self and live out our life purpose. This is the work of an authentic leader—leadership redefined. Through lecture and discussion, learn the power of living yoga and leadership and the impact of taking the inward journey into the depths of what it means to be human.

11:00–11:45 **Posture Clinic Kari Harendorf** (M)

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

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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

12:00–1:00 Vinyasa Yoga Class

12:45–1:30 **Historical Tour of the Grounds Vandita Kate Marchesiello**

Shadowbrook has uplifted the spirits and hearts of people since the late nineteenth century. This workshop begins with a viewing of historic photos of the property and then ventures outside for a tour of the grounds to discover points of interest and learn more about the rich history and roots of Kripalu Yoga.

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

2:00–3:30 **The Highest Spiritual Practice Aruni Nan Futuronsky** (L)

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.

4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:30–7:00 Dinner

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 19

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

6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

7:00–8:30 Breakfast

9:00–10:30 **Energy Flow Ray Crist** (M/E)

In this vinyasa workshop, pulse from movement to stillness, sweating out tension, revitalizing your body, and increasing your glow. Receive direct and grounded understanding of how energy works in the body and allows you to access personal power and attain enhanced perception.

11:00–11:45 **Compassionate Companion Evelyn Gonzalez** (L/E)

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

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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

12:00–1:00 Vinyasa Yoga Class

12:45–1:30 **Mindful Eating Annie B. Kay** (E)

How you eat reflects how you feel about yourself at the deepest level. Discover mindful eating, a practice of exploring your relationships with food and yourself, and deepen your understanding of food and nourishment.

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

2:00–3:30 **Introduction to Yogic Breathing Cristie Newhart** (E)

In this workshop, practice the fundamental pranayama (yogic breathing) techniques led in many yoga classes and learn how breathing can enhance your yoga practice.

4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:30–7:00 Dinner

7:30–8:30 Rest and Unwind Yoga

7:30–8:30 **Love is Our Soul Purpose Atma Joann Levitt** (M)

Swami Kripalu calls love "God's only ambassador." He also refers to our efforts at loving as the highest form of spiritual practice. Through journaling, dialogue, and heart-felt meditation, explore the many ways you can become an ambassador of love in your own life.

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# R&R Retreat Daily Schedule for Friday, May 20

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

6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

7:00–8:30 Breakfast

9:00–10:30 ***A Walk to Remember Jess Frey*** (M/E)

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 of yourself and the environment around you. Come prepared with clothing and shoes to walk outside.

11:00–11:45 ***Plateful of Grateful Sarajeen Rudman*** (E)

Embracing gratitude in everything we do shines the light of love into our lives. Every day we sit down and eat food, so why not surround that experience with gratitude and let it be even sweeter? Come explore a new approach to eating, and leave the dinner table with a full heart as well as a full belly.

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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

12:00–1:00 Vinyasa Yoga Class

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

2:00–3:30 ***The Voice of Truth Jurian Hughes*** (E)

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

4:15–6:15 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)

5:00–7:30 Dinner

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

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

7:30–8:30 ***Healing Arts Sampler: The Art of Receiving Nancy Ramani Costerisan*** (E)

For many people, it can be harder to receive than to give. In this workshop, explore how to receive gracefully and wholeheartedly, and learn tools to help you receive in everyday life as you are guided to focus on breath, relaxation, and massage.

8:00–9:00 ***Divine Sleep Yoga Nidra Sherrie Howard*** (E)

Allow yourself to be completely nourished in this ancient guided meditation. Experience a deep relaxation that revitalizes body and mind, reduces stress, and promotes healing, rest, and rejuvenation. Just lie down, listen, and breathe.

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# R&R Retreat Daily Schedule for Saturday, May 21

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 ***Kind Vinyasa* Jurian Hughes (M)**  
It may be one of the most popular forms of yoga, but vinyasa commonly offers less instruction and many of its customary poses aren't recommended for all body types. In this fun and engaging workshop, learn posture modifications that keep you feeling safe, strong, and able to participate fully in this delightful, dance-like form of yoga.
- 9:00–10:30 ***Clearing the Clutter* Izzy Lenihan (L)**  
Clutter can affect every aspect of your life—health, relationships, work, finances, and inner peace. In this workshop, identify the clutter in your life and create simple strategies to achieve a conscious life that feels lighter, brighter, and rejuvenated.
- 11:00–11:45 ***Yoga for Back Care* Sherrie Howard (E)**  
Tension and stress commonly lead to tightness and discomfort in the back. This workshop offers movements and breathing techniques to help support a healthy spine and release back muscles, creating more comfort and ease. Experience back care techniques that you can bring into your yoga practice.
- 11:30–2:00 Lunch
- 12:00–1:00 Kripalu YogaDance®  
Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, YogaDance will surprise you with joy.
- 12:00–1:00 Vinyasa Yoga Class
- 12:45–1:30 ***Meditation* Jurian Hughes**
- 1:30–3:30 ***Guided Hiking*** (advance registration suggested, please call for details)
- 2:00–3:30 ***Breath, Body, Bliss* Michelle Dalbec (M/E)**  
We breathe more than 20,000 times a day without ever having to think about it. Yet when we are aware, we can control the breath at will. Yogis call this pranayama, or mastery of the life-force. Come experience the power of prana in this practice that is a mixture of traditional techniques and movement combined with breath.
- 4:15–6:15 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)
- 5:00–7:30 Dinner
- 7:30–8:30 Rest and Unwind Yoga
- 7:30–9:00 ***Evening Event* (E)**  
Each night, we offer a workshop, kirtan, or concert to round out your day at Kripalu. Check back for more information on this evening's event.

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# Kripalu

# R&R Retreat Daily Schedule for Sunday, May 22

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 ***Yin Yoga Ken Nelson*** (M/E)  
Feel relaxed, light, and free. Yin postures target deep tissue to enhance range of motion and flexibility while relieving pain in the low back, hips, and spine. Rooted in yoga therapy and meridian energy medicine, these supported floor postures allow gravity to rehabilitate connective tissue.
- 9:00–10:30 ***Attitude of Gratitude Michelle Dalbec*** (E)  
Gratitude, thankfulness, gratefulness, appreciation; the acknowledgement of a blessing. Research shows that intentionally focusing on and expressing appreciation for what you have improves quality of life. There are many ways to express and embody gratitude. Learn practices that develop an awareness of appreciating small everyday experiences, boosting your happiness levels and decreasing stress and depression.
- 9:30–11:30 ***Guided Hiking*** (advance registration suggested, please call for details)
- 11:00–11:45 ***Haiku Stew Lara Tupper*** (E)  
Originating in Japan and inspired by nature, haiku allow us to hold fleeting images with words. In this brief introduction, read some classic examples, pay homage to elements from the natural world, and try your hand at the three-line form.
- 11:30–1:30 Lunch
- 12:00–1:00 Kripalu YogaDance®  
Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, YogaDance will surprise you with joy.
- 12:00–1:00 Vinyasa Yoga Class
- 2:00–3:30 ***The World is My Gym Sarajeon Rudman*** (M)  
If travel or a hiccup in routine has thrown off your workout plan, come learn how to make anywhere your gym, no equipment required. In this workshop, you learn tips to utilize body weight and any space to get your workout in.
- 4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:30–7:00 Dinner
- 6:45–7:15 ***Kripalu Orientation Guest Services***  
Welcome to Kripalu! Learn about Kripalu and get helpful tips on making the most of your stay.
- 7:30–8:30 ***Restore Jess Frey*** (M/E)  
Restorative yoga is focused on the art of rest and relaxation. Each supported posture is simple yet profound. Through awareness, focus on the breath, and the sustained holding of restorative postures, explore the subtle layers of your body, calm your mind, and rejuvenate your whole body.

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# Kripalu

# R&R Retreat Daily Schedule for Monday, May 23

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 ***The Yoga of Life Aruni Nan Futuronsky*** (L)  
How does the practice of yoga on and off the mat build a faith that works? How can this ancient set of tools for living improve and deepen the quality of our lives today? Come practice the yoga of life through discussion, contemplation, movement, and introspection.
- 11:00–11:45 ***Prop It Up! Janna Delgado*** (M)  
In this workshop, demystify and redefine how to incorporate props into your asana practice and learn how to use them effectively in your practice at home.
- 11:30–2:00 Lunch
- 12:00–1:00 Kripalu YogaDance®  
Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, YogaDance will surprise you with joy.
- 12:00–1:00 Vinyasa Yoga Class
- 1:30–3:30 ***Guided Hiking*** (advance registration suggested, please call for details)
- 2:00–3:30 ***The Science of Meditation Steven Leonard*** (E)  
Science has begun to scratch the surface of how meditation affects and benefits the mind and body. Some types of meditation create clearer communication between areas of the brain, some promote relaxation and optimal healing and some improve the ability to focus. In this class learn a few simple meditation techniques and how they can be understood from a scientific point of view. This class is appropriate for both beginners and experienced practitioners.
- 4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:30–7:00 Dinner
- 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 24

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–8:30 Breakfast
- 9:00–10:30 ***The Discipline of Freedom* Ray Crist (M/E)**  
Dive into the depths of yogic philosophy as a method to gain freedom from past traumas and fears. Yoga as a discipline helps to shift your energy and way of thinking, liberating you from the constrictions of the mind. In this workshop, explore breathing techniques and yoga postures that promote an experience of empowerment and freedom.
- 11:00–11:45 ***Yoga Anytime, Anywhere!* Vandita Kate Marchesiello (M)**  
Protecting mental steadiness, increasing flexibility, and feeling overall wellness is often more challenging outside the yoga studio. Kripalu Yoga can be easily integrated and adapted into nearly every situation you find yourself in each day. Come explore techniques to incorporate yoga into your daily life, no matter where you are.
- 11:30–1:30 Lunch
- 12:00–1:00 Kripalu YogaDance®
- 12:00–1:00 Vinyasa Yoga Class
- 12:45–1:30 ***Meditation Walk* Aruni Nan Futuronsky**
- 1:30–3:30 ***Guided Hiking*** (advance registration suggested, please call for details)
- 2:00–3:30 ***Reflections on Your Inner World* Michelle Dalbec (L/E)**  
Below the surface of everyday life is a vast reservoir of wisdom and knowledge, an accumulation of life experiences. Meditation and journaling can help you listen deeply listening, giving a voice to that inner landscape, integrating what was witnessed in the subconscious and connecting you to your higher Self.
- 4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:30–7:00 Dinner
- 7:30–8:30 Rest and Unwind Yoga
- 7:30–9:00 ***Whole Foods Cooking Demonstration* Jeremy Rock Smith (E)**  
Join us for a lecture on the joys and benefits of whole foods cooking, with recipes and techniques from the Kripalu Kitchen, and take home simple methods and inspiration for a healthier diet that you can maintain throughout the year.

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# R&R Retreat Daily Schedule for Wednesday, May 25

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–8:30 Breakfast
- 9:00–10:30 ***Myth, Movement, and Mystery* Coby Kozlowski (M/E)**  
Learn about living yoga through the lens of yogic mythology and discover how these stories can guide you into inquiries and insight about your own life. Through storytelling, discussion, movement, and reflection, wake up the story inside you and engage more fully with being alive.
- 11:00–11:45 ***Posture Clinic* Kari Harendorf (M)**  
Whether you're new to yoga or an experienced practitioner coming back to the beginner's mind, this workshop helps you build your practice from the ground up.
- 11:30–1:30 Lunch
- 12:00–1:00 Kripalu YogaDance®  
Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, YogaDance will surprise you with joy.
- 12:00–1:00 Vinyasa Yoga Class
- 12:45–1:30 ***Historical Tour of the Grounds* Vandita Kate Marchesiello**  
Shadowbrook has uplifted the spirits and hearts of people since the late nineteenth century. This workshop begins with a viewing of historic photos of the property and then ventures outside for a tour of the grounds to discover points of interest and learn more about the rich history and roots of Kripalu Yoga.
- 1:30–3:30 ***Guided Hiking*** (advance registration suggested, please call for details)
- 2:00–3:30 ***Grief, Loss, and Renewal* Aruni Nan Futuronsky (L)**  
The experience of loss is one of the most universal human experiences, yet the process of grief is uniquely personal. How do we receive comfort during times of deep sorrow? Yogic philosophy teaches us how to become present in each moment and offers a powerful model for experiencing all layers of grief.
- 4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:30–7:00 Dinner
- 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.

*This schedule subject to change without notice.*

# Kripalu

# R&R Retreat Daily Schedule for Thursday, May 26

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–8:30 Breakfast
- 9:00–10:30 ***Nature is Nurture* Lisa B. Nelson, MD (L/E)**  
It's easy to sense that being in nature is fulfilling and nourishing to the soul. Join Kripalu's Director of Medical Education to explore how being in nature is beneficial to your whole being. Review scientific data that supports time spent in nature, and leave inspired to bring nature's nurture into your life.
- 11:00–11:45 ***Laughter is the Best Medicine* Evelyn Gonzalez (E)**  
This laughter yoga class follows the model as taught by Dr. Madan Kataria, a medical doctor from Mumbai, India, popularly known as the Guru of Giggling. It is medically proven that laughter helps lower the stress hormone, cortisol, and releases the “happy” chemical, serotonin. Come exercise your laughter muscles!
- 11:30–1:30 Lunch
- 12:00–1:00 Kripalu YogaDance®  
Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, YogaDance will surprise you with joy.
- 12:00–1:00 Vinyasa Yoga Class
- 1:30–3:30 ***Guided Hiking* (advance registration suggested, please call for details)**
- 2:00–3:30 ***Learn to Love Exercise* Vandita Kate Marchesiello (M/E)**  
Our bodies are built to move! Tap into enthusiasm and transform monotony to enjoyment with simple yet powerful techniques that help you learn to love exercise. Through meditation, visualization, and movement, come find the fun factor that can lead you from ‘need to exercise’ to ‘want to exercise.’ Learn conscious living techniques that can change your life and set the stage for healthy aging.
- 4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:30–7:00 Dinner
- 7:30–8:30 Rest and Unwind Yoga
- 7:30–8:30 ***Loving-Kindness* Bhavani Lorraine Nelson (E)**  
This universal practice of giving blessings is the perfect meditation technique for our world today. Come experience and receive guidance in the ancient spiritual practice of loving kindness that is so relevant for our times. This workshop includes time for Q&A.

# R&R Retreat Daily Schedule for Friday, May 27

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–8:30 Breakfast
- 9:00–10:30 **Chair Yoga Jess Frey (M/E)**  
This workshop is a wonderful way for everyone and every body to experience the benefits of yoga. Come explore traditional yoga postures adapted to be practiced from the support of a chair.
- 11:00–11:45 **Kripalu Guided Walk and Talk Ken Nelson (M)**  
Enjoy Kripalu's grounds, gardens, and views, and the stories they tell. Local Berkshire history and culture come alive—from Native American roots to the Quakers and Shakers, from Hawthorne and Melville, to the Carnegie and Vanderbilt gilded age, from Jesuit seminary to Kripalu today.
- 11:30–1:30 Lunch
- 12:00–1:00 Kripalu YogaDance®  
Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, YogaDance will surprise you with joy.
- 12:00–1:00 Vinyasa Yoga Class
- 1:30–3:30 **Guided Hiking** (advance registration suggested, please call for details)
- 2:00–3:30 **The Voice of Truth Jurian Hughes (M/E)**  
Discover your authentic voice and creative courage through fun and playful exercises in breathing, sounding, singing, moving, and journaling. Meredith Monk, composer/singer/director, says exploring the voice “is like being an archeologist. Digging into one's own voice we discover feelings and energies for which we don't even have words.”
- 4:15–6:15 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)
- 5:00–7:30 Dinner
- 6:45–7:15 **Kripalu Orientation Guest Services**  
Welcome to Kripalu! Learn about Kripalu and get helpful tips on making the most of your stay.
- 7:30–8:30 **Healing Arts Sampler: Positional Therapy Lee Albert (E)**  
Learn how to release chronic tight muscle patterns using this gentle but extremely powerful modality. Target specific muscles with simple 90-second techniques.
- 8:00–9:00 **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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The logo for Kripalu, featuring the word "Kripalu" in a bold, orange, sans-serif font.

# R&R Retreat Daily Schedule for Saturday, May 28

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 **Chakra Yoga Jurian Hughes (M/E)**  
Though we may not be able to see or touch the chakras, we can tell when they're out of balance—leaving us feeling blocked, depleted, or unwell. Discover how ancient India's chakra system offers us a powerful map to clear and balance these energy centers through yoga postures, breathing techniques, meditation, and chanting.
- 9:00–10:30 **How Balanced Is Your Life? Izzy Lenihan (L)**  
Lack of balance in your life can have profound and adverse effects on your mind, body, spirit, and soul. This lecture is for anyone who is feeling stressed, overwhelmed, or disconnected. Learn how to identify where your life is out of balance and create a plan that supports work, family, fun, and good health.
- 11:00–11:45 **Posture Clinic Sherrie Howard (M)**  
Whether you're new to yoga or an experienced practitioner coming back to the beginner's mind, this workshop helps you build your practice from the ground up.
- 11:30–2:00 Lunch
- 12:00–1:00 Kripalu YogaDance®  
Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, YogaDance will surprise you with joy.
- 12:00–1:00 Vinyasa Yoga Class
- 12:45–1:30 **Meditation Sherrie Howard**
- 1:30–3:30 **Guided Hiking** (advance registration suggested, please call for details)
- 2:00–3:30 **Cultivating the Garden of Your Heart Jennifer Reis (M/E)**  
Flowing movement, breathing, and mudra (hand gestures) release tension and clear energy channels. Relax deeply with an extended Divine Sleep Yoga Nidra relaxation and leave feeling peaceful, renewed, and energized.
- 4:15–6:15 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)
- 5:00–7:30 Dinner
- 7:30–8:30 Rest and Unwind Yoga
- 7:30–9:00 **Evening Event (E)**  
Each night, we offer a workshop, kirtan, or concert to round out your day at Kripalu. Check back for more information on this evening's event.

# Kripalu

*This schedule subject to change without notice.*

# R&R Retreat Daily Schedule for Sunday, May 29

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–9:00 Breakfast
- 9:00–10:30 ***Qigong on the Lawn 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. This workshop will be held indoors in the event of inclement weather.
- 9:00–10:30 ***Sing About It! Sarajeen Rudman*** (E)  
Music is medicine for the body, mind, and heart. Singing can reduce stress and boost happiness—even in small doses. In this workshop, express yourself through a kirtan-style sing-along. Kirtan is a call-and-response group experience that awakens love and devotion within you. Life hands us a lot of love every day, so let's get together and sing about it!
- 9:30–11:30 ***Guided Hiking*** (advance registration suggested, please call for details)
- 11:00–11:45 ***Yoga for Back Care Sherrie Howard*** (M)  
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.
- 11:30–1:30 Lunch
- 12:00–1:00 Kripalu YogaDance®  
Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, YogaDance will surprise you with joy.
- 12:00–1:00 Vinyasa Yoga Class
- 2:00–3:30 ***The Anatomy of Pranayama Chris Holmes*** (E)  
Human beings take, on average, more than 20,000 breaths per day, while using only five percent of the body's energy requirements. In this workshop, learn the muscles of inspiration and expiration, physiology of gas exchange, and the scientific benefits of pranayama.
- 4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:30–7:00 Dinner
- 6:45–7:15 ***Kripalu Orientation Guest Services***  
Welcome to Kripalu! Learn about Kripalu and get helpful tips on making the most of your stay.
- 7:30–9:00 ***Evening Event*** (E)  
Each night, we offer a workshop, kirtan, or concert to round out your day at Kripalu. Check back for more information on this evening's event.

*This schedule subject to change without notice.*

# Kripalu

# R&R Retreat Daily Schedule for Monday, May 30

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–8:30 Breakfast
- 9:00–10:30 ***Riding the Waves Aruni Nan Futuronsky (L)***  
Do you feel challenged by life? Do the unknowns of your world shake you up? In this workshop, learn practical tools for outliving your feelings and returning to equanimity. Using the Kripalu methodology of Riding the Waves, you practice allowing the feelings to come and go. Come allow your body, mind, and spirit to integrate, relax, and renew.
- 9:00–10:30 ***Introduction to Shamanism Ray Crist (L/E)***  
Discover shamanism and shamanic techniques to clear the chakras and balance the energy body. This workshop, introduces cord cutting, a technique that allows you to cut the cords of past relationships and experiences that may hold you back. Set yourself free to move unencumbered into your destiny.
- 11:00–11:45 ***Revitalize Your Energy Currents Jennifer Reis (M)***  
Energy travels in the body through five currents, called the vayus. Knowledge of the energy currents can help you understand your own body and yoga postures. This facilitates both relaxation and energy flow in your posture practice and everyday activities.
- 11:30–1:30 Lunch
- 12:00–1:00 Kripalu YogaDance®  
Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, YogaDance will surprise you with joy.
- 12:00–1:00 Vinyasa Yoga Class
- 1:30–3:30 ***Guided Hiking*** (advance registration suggested, please call for details)
- 2:00–3:30 ***The Freshness of This Moment Steven Leonard (M/E)***  
Enjoy a silent walking meditation through the Kripalu grounds and experience the beauty of nature and your own consciousness unfolding.
- 4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:30–7:00 Dinner
- 7:30–9:00 ***Garden of Intentions Izzy Lenihan (L)***  
If your life was a garden, what would you see growing? Fruitful vegetation? Or lots of weeds? Finding your true dharma, or life's work, begins with setting an intention. When we plant the seeds of intention, infinite possibilities await.

# R&R Retreat Daily Schedule for Tuesday, May 31

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

- 6:30–8:00 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 7:00–8:30 Breakfast
- 9:00–10:30 ***The Science of Detox Kathie Madonna Swift*** (L)  
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.
- 11:00–11:45 ***Expressions from Within Jess Frey*** (E)  
Through guided meditation and journal exercises, learn to witness, listen, and access the secret language and wisdom of the body and connect to your individual truth.
- 11:30–1:30 Lunch
- 12:00–1:00 Kripalu YogaDance®  
Experience Kripalu's most delightful, popular, and loved activity. Whether you are brand new to movement, dance, and yoga, or have danced your whole life, YogaDance will surprise you with joy.
- 12:00–1:00 Vinyasa Yoga Class
- 12:45–1:30 ***Share Circle Aruni Nan Futuronsky***  
Employ the principle "the key to my heart rests in the heart of another." Through this conscious listening and speaking technique, access the power of your moment and witness the power of others.
- 1:30–3:30 ***Guided Hiking*** (advance registration suggested, please call for details)
- 2:00–3:30 ***Total Body Tune-Up Michelle Dalbec*** (E)  
Experience a workout full of dynamic, creative, and corrective movements targeting muscles and joints to create strength, stability, and mobility for your entire body. This workshop is designed to get you moving, and is a safe and healthy way to help you live better in your body.
- 4:15–5:45 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)
- 5:30–7:00 Dinner
- 7:30–8:30 Rest and Unwind Yoga
- 7:30–9:00 ***Whole Foods Cooking Demonstration Jeremy Rock Smith*** (E)  
Join us for a lecture on the joys and benefits of whole foods cooking, with recipes and techniques from the Kripalu Kitchen, and take home simple methods and inspiration for a healthier diet that you can maintain throughout the year.