

R&R Retreat Daily Schedule for Sunday, October 1

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

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 **Attitude of Gratitude Michelle Dalbec**

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

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

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

9:30–11:00 **Guided Hiking**

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

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

1:00–2:30 **Guided Kayaking**

1:30–3:00 **Guided Hiking**

1:30–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Ayurveda for Autumn Cat Pacini**

Come explore seasonal diet and lifestyle practices to soothe any residual heat of the summer and prepare the body and mind for the cool dry season of the fall.

4:00–6:00 **Guided Stand Up Paddleboarding**

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 **Sound Healing Bhavani Lorraine Nelson**

Soothing sound is one of the oldest healing modalities in the world. Now, scientists are attesting to its power. Come find out how simple and satisfying it can be to sound for your own and others' healing. No experience or talent necessary, just a divine spirit wrapped in a human heart.

R&R Retreat Daily Schedule for Monday, October 2

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

6:30–8:30 **Morning Yoga Classes**

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

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

9:00–10:30 ***Introduction to Foundation Training* Susannah Gale**

Foundation Training is a movement improvement system designed to restore your body's natural flow and put you at the center of your health. This program redefines the core to include the posterior chain of muscles, and both identifies and corrects the fundamental movement imbalances created by the modern lifestyle.

9:30–11:00 ***Guided Hiking***

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

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 ***Meditation* Ben Seidman**

1:00–2:30 ***Guided Kayaking***

1:30–3:00 ***Guided Hiking***

1:30–3:30 ***Guided Stand Up Paddleboarding***

2:00–3:30 ***Yoga for a Healthy Back* Ben Seidman**

More information on this workshop coming soon.

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 ***Healing Arts Sampler***

More information on this workshop coming soon.



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R&R Retreat Daily Schedule for Tuesday, October 3

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

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 **Clearing Out the Cobwebs Cristie Newhart**

In this workshop, use your breath in a fun and energizing way to brighten your energy and clear your mind of thoughts and distractions. Guaranteed to give you a boost!

9:00–10:30 **Yoga for Safe and Healthy Knees Christopher Holmes**

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

9:30–11:00 **Guided Hiking**

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

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

11:00–12:30 **Guided Kayaking**

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Meditation Michelle Dalbec**

1:00–2:30 **Guided Kayaking**

1:30–3:30 **Guided Stand Up Paddleboarding**

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

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.

4:00–6:00 **Guided Stand Up Paddleboarding**

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

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

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

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R&R Retreat Daily Schedule for Wednesday, October 4

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

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 **Body in Balance: Hip Harmony Michelle Dalec**

In order to have a stable and supportive practice, the hips need to be both strong and supple. Come experience classic yoga poses and creative movements that bring the hips through their full range of motion, stretching, strengthening, and stabilizing. Ease lower back discomfort, alleviate knee pain, and live better in your body by creating more awareness, better alignment, and freedom in your hips.

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

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.

9:30–11:00 **Guided Hiking**

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

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

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

1:00–2:30 **Guided Kayaking**

1:30–3:00 **Guided Hiking**

2:00–3:30 **Good Gut, Great Health Kathie Madonna Swift**

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

4:15–6:30 **Afternoon Yoga Classes**

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

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

7:30–9:00 **Kirtan**

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

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R&R Retreat Daily Schedule for Thursday, October 5

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

6:30–8:30 **Morning Yoga Classes**

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

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

9:30–11:00 **Guided Hiking**

11:00–11:45 **Appreciating the Moment Evelyn Gonzalez**

An overactive mind obscures the senses from being truly alive. In this workshop, slow down and quiet the mind with a simple breathing meditation. One by one, open each of the sense doors (taste, smell, sight, touch, and sound), in a mindful, unique experience.

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Coloring as Relaxation Izzy Lenihan**

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

1:00–2:30 **Guided Kayaking**

1:30–3:00 **Guided Hiking**

1:30–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Conscious Leadership Ken Nelson**

Each of us is a leader. There's no choice. We must all lead our own lives. No matter where you are, or what position you are in, you influence others with your thoughts, words, and actions.

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 **Soundplay Bhavani Lorraine Nelson**

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

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R&R Retreat Daily Schedule for Friday, October 6

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

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 **Warming Up for the Fall Evelyn Gonzalez**

As the fall weather turns cooler, a warming and grounding practice is nourishing and supportive. Learn a simple 30-minute flow that can also be broken down into two shorter sessions to fit your lifestyle.

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

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

9:30–11:00 **Guided Hiking**

11:00–11:45 **Meditation Ken Nelson**

11:00–12:30 **Guided Kayaking**

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

1:00–2:30 **Guided Kayaking**

1:30–3:00 **Guided Hiking**

1:30–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Workshop TBD**

More information on this workshop coming soon.

4:00–6:00 **Guided Stand Up Paddleboarding**

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.

7:30–9:00 **Yoga and the Alexander Technique Lisa Lutton**

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. 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.

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R&R Retreat Daily Schedule for Saturday, October 7

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

6:30–8:30 **Morning Yoga Classes**

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

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

9:00–10:30 **Dance of Manifestation Toni Bergins**

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**

11:00–11:45 **Workshop TBD**

More information on this workshop coming soon.

11:00–12:30 **Guided Kayaking**

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Qigong: The Medicine Within Ken Nelson**

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

1:00–2:30 **Guided Kayaking**

1:30–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Workshop TBD**

More information on this workshop coming soon.

4:00–6:00 **Guided Stand Up Paddleboarding**

4:15–6:30 **Afternoon Yoga Classes**

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

Enjoy complete nourishment of body and mind in this ancient guided meditation. This workshop provides a revitalizing deep relaxation that reduces stress and promotes healing, rest, and rejuvenation. Just lie down, listen, and breathe.

7:30–9:00 **Concert**

Each Saturday, Kripalu hosts musical performances to enliven the soul with sound. Join us for an evening of good music and good company.

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Kripalu

R&R Retreat Daily Schedule for Sunday, October 8

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

6:30–8:30 **Morning Yoga Classes**

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

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

9:30–11:00 **Guided Hiking**

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

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

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

1:00–2:30 **Guided Kayaking**

1:30–3:30 **Guided Stand Up Paddleboarding**

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

More information on this workshop coming soon.

4:00–6:00 **Guided Stand Up Paddleboarding**

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **The Power of Mantra Bhavani Lorraine Nelson**

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

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R&R Retreat Daily Schedule for Monday, October 9

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

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 **Riding the Waves Aruni Nan Futuronsky**

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 **Jaguar Yoga Ray Crist**

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.

9:30–11:00 **Guided Hiking**

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

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

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

1:00–2:30 **Guided Kayaking**

1:30–3:00 **Guided Hiking**

2:00–3:30 **Ayurvedic Daily Routine Cat Pacini**

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

4:15–6:30 **Afternoon Yoga Classes**

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

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

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.



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R&R Retreat Daily Schedule for Tuesday, October 10

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

6:30–8:30 **Morning Yoga Classes**

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

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 **Empowered Communication Cristie Newhart**

Skillful language is an important tool in managing communication. Through an awareness of the words you choose to express yourself, you can learn self-responsibility, empowerment, and clarity. In this workshop, practice using "I" statements, colistening, and reflective listening as tools for compassionate self-observation.

9:30–11:00 **Guided Hiking**

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

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

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Meditation Michelle Dalbec**

1:00–2:30 **Guided Kayaking**

1:30–3:00 **Guided Hiking**

1:30–3:30 **Guided Stand Up Paddleboarding**

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 ones character. Come explore these powerful off-the-mat practices to create balance, harmony, peace, and happiness from the inside out.

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

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

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

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R&R Retreat Daily Schedule for Wednesday, October 11

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6:30–8:30 **Morning Yoga Classes**

9:00–10:30 **Body in Balance: Build a Better Backside Michelle Dalbec**

Don't be a statistic! 8 or 10 people will experience low back pain in their life. Take your power back and "have your own back". In this workshop we will pay special attention to hips, low back, and upper back with self-massage technique, corrective exercises to strengthen the hips, glutes, and back muscles to better support posture, and targeted stretches to unwind unnecessary tension.

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

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.

9:30–11:00 **Guided Hiking**

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

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

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Meditation Jess Frey**

1:00–2:30 **Guided Kayaking**

1:30–3:00 **Guided Hiking**

2:00–3:30 **Nature's Mandala Mary Hannah Parkman**

"Mandala" means "circle," and it symbolizes the entire universe and the universe we hold within our deepest selves. Mandalas are also used as tools for meditation in various spiritual traditions. On a silent, meditative walk around the Kripalu property, gather natural found objects such as leaves, rocks or flower petals and with them create unique mandalas to connect to self-expression and to Mother Nature.

4:15–6:30 **Afternoon Yoga Classes**

8:00–9:00 **The Path of Love Vandita Kate Marchesiello**

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

7:30–9:00 **Kirtan**

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, October 12

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6:30–8:30 **Morning Yoga Classes**

9:00–10:30 **Introduction to Shamanism Ray Crist**

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.

9:00–10:30 **Introduction to Foundation Training Susannah Gale**

Foundation Training is a movement improvement system designed to restore your body's natural flow and put you at the center of your health. This program redefines the core to include the posterior chain of muscles, and both identifies and corrects the fundamental movement imbalances created by the modern lifestyle.

9:00–10:30 **Guided Kayaking**

9:30–11:00 **Guided Hiking**

11:00–11:45 **Warming Up for the Fall Evelyn Gonzalez**

As the fall weather turns cooler, a warming and grounding practice is nourishing and supportive. Learn a simple 30-minute flow that can also be broken down into two shorter sessions to fit your lifestyle.

11:00–12:30 **Guided Kayaking**

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

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

1:00–2:30 **Guided Kayaking**

1:30–3:00 **Guided Hiking**

1:30–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Eating Healthy in a Hectic World Sarajejan Rudman**

Life is busy, and sometimes meals can get tossed to the wayside, making room for our crazy schedules. Learn how to eat healthy in a hectic world with simple, take-anywhere tips, tricks, and hacks. Discover how you can eat to thrive, not just survive, keeping your body strong so that you can do all the things you love for a long time to come.

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–9:00 **Peaceful Pranayama Jess Frey**

You can alter your state of being with simple breathing practices. Come learn a variety of techniques to enhance energy, improve mood, and promote relaxation of the body, mind, and nervous system.

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R&R Retreat Daily Schedule for Friday, October 13

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6:30–8:30 **Morning Yoga Classes**

9:00–10:30 **Yoga Collage Evelyn Gonzalez**

Explore new creative expressions of traditional postures in this fun and engaging workshop. Take standard poses and break them down into specific body expressions. Then, begin to collage by mixing various parts into a new whole.

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

From the Ayurvedic perspective, there are three governing principles of eating. Learn how these principles can improve your health and wellness, and discuss how you eat, 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.

9:30–11:00 **Guided Hiking**

11:00–11:45 **Meditation Lisa Lutton**

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

1:00–2:30 **Guided Kayaking**

1:30–3:00 **Guided Hiking**

1:30–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Kind Vinyasa Jurian Hughes**

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.

4:15–6:30 **Afternoon Yoga Classes**

8:00–9:00 **Soothe Moves Heather Bilotta**

Ready to unwind, slow down and soothe your nervous system? Experience a movement practice that utilizes soothing, organic movement and contemplative practices to calm your body and quiet your busy mind. Discover practices you can do at home to support a restful mind and body.

8:00–9:00 **What's Your Story? Lara Tupper**

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.

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This schedule subject to change without notice.

R&R Retreat Daily Schedule for Saturday, October 14

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

6:30–8:30 **Morning Yoga Classes**

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

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

9:00–10:30 **The Path to Self-Care** **Aruni Nan Futuronsky and Izzy Lenihan**

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

9:30–11:00 **Guided Hiking**

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

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

11:00–12:30 **Guided Kayaking**

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Meditation** **Bhavani Lorraine Nelson**

1:00–2:30 **Guided Kayaking**

1:30–3:00 **Guided Hiking**

1:30–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Creating Non-Negotiables** **Sarajeen Rudman**

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.

3:00–4:30 **Guided Kayaking**

4:15–6:30 **Afternoon Yoga Classes**

7:30–9:00 **Concert**

Each Saturday, Kripalu hosts musical performances to enliven the soul with sound. Join us for an

R&R Retreat Daily Schedule for Sunday, October 15

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

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 **Gratitude Journaling Lara Tupper**

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

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

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

9:30–11:00 **Guided Hiking**

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

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**

1:00–2:30 **Guided Kayaking**

1:30–3:00 **Guided Hiking**

1:30–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Ayurveda for Autumn Cat Pacini**

Come explore seasonal diet and lifestyle practices to soothe any residual heat of the summer and prepare the body and mind for the cool dry season of the fall.

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Sound Healing Bhavani Lorraine Nelson**

Soothing sound is one of the oldest healing modalities in the world. Now, scientists are attesting to its power. Come find out how simple and satisfying it can be to sound for your own and others' healing. No experience or talent necessary, just a divine spirit wrapped in a human heart.

This schedule subject to change without notice.

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R&R Retreat Daily Schedule for Monday, October 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 and early arrival. Due to the diversity of our teaching faculty, this schedule may change without notice. For rooms and teachers not listed here, please see Information Boards.

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 **Greif, Loss, Renewal Aruni Nan Futuronsky**

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 **Anatomy of Standing Postures Christopher Holmes**

In this workshop suitable for practitioners of all levels, investigate skeletal alignment, muscle and connective tissue considerations, and the breath in standing poses.

9:30–11:00 **Guided Hiking**

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

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

1:30–3:00 **Guided Hiking**

2:00–3:30 **Harnessing the Heart's Energy Kimberly Coleman**

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

7:30–9:00 **Energy of Thoughts Izzy Lenihan**

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

R&R Retreat Daily Schedule for Tuesday, October 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 and early arrival. Due to the diversity of our teaching faculty, this schedule may change without notice. For rooms and teachers not listed here, please see Information Boards.

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 **Life of Perspective Coby Kozlowski**

More information on this workshop coming soon.

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

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

9:30–11:00 **Guided Hiking**

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

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

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

1:30–3:00 **Guided Hiking**

2:00–3:30 **Qigong Greg DiLisio**

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.

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

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

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

This schedule subject to change without notice.

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R&R Retreat Daily Schedule for Wednesday, October 18

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

6:30–8:30 **Morning Yoga Classes**

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

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 **Yoga for a Healthy Back Ben Seidman**

More information on this workshop coming soon.

9:30–11:00 **Guided Hiking**

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

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

1:30–3:00 **Guided Hiking**

2:00–3:00 **Qigong on the Lawn Ken Nelson**

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Yoga Nidra Vandita Kate Marchesiello**

Enjoy complete nourishment of body and mind in this ancient guided meditation. This workshop provides a revitalizing deep relaxation that reduces stress and promotes healing, rest, and rejuvenation. Just lie down, listen, and breathe.

7:30–9:00 **Kirtan**

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

This schedule subject to change without notice.

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R&R Retreat Daily Schedule for Thursday, October 19

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

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 **Yoga and Shamanism Ray Crist**

This workshop provides a clear understanding of the world of energy and examines what yogis refer to as prana and what shamans refer to as the luminous sphere. We also explore the chakras: what they are, how they work, and how they connect us to the world.

9:00–10:30 **Word Walk Lara Tupper**

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

9:30–11:00 **Guided Hiking**

11:00–11:45 **Appreciating the Moment Evelyn Gonzalez**

An overactive mind obscures the senses from being truly alive. In this workshop, slow down and quiet the mind with a simple breathing meditation. One by one, open each of the sense doors (taste, smell, sight, touch, and sound), in a mindful, unique experience.

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Share Circle Izzy Lenihan**

1:30–3:00 **Guided Hiking**

2:00–3:30 **Meditation Playground Sarajejan Rudman**

As a little kid, you could become so focused and intent on a game you were playing that the whole world melted away. Come return to that play/flow and anchor your attention to a bouncing ball, a card game, connecting the dots, and other toy-centered activities and drop into the present moment. Boost joy, boost awareness, and boost the relaxation response as you play!

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 **Soundplay Bhavani Lorraine Nelson**

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

R&R Retreat Daily Schedule for Friday, October 20

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

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 **A Dynamic Yoga Practice Evelyn Gonzalez**

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 as you learn to bring dynamic strength to your mat.

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

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

9:30–11:00 **Guided Hiking**

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

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 **Meditation Jess Frey**

1:30–3:00 **Guided Hiking**

2:00–3:30 **Nature's Mandala Mary Hannah Parkman**

"Mandala" means "circle," and it symbolizes the entire universe and the universe we hold within our deepest selves. Mandalas are also used as tools for meditation in various spiritual traditions. On a silent, meditative walk around the Kripalu property, gather natural found objects such as leaves, rocks or flower petals and with them create unique mandalas to connect to self-expression and to Mother Nature.

4:15–6:30 **Afternoon Yoga Classes**

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

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

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

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



This schedule subject to change without notice.

R&R Retreat Daily Schedule for Saturday, October 21

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

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 **The Path to Self-Care Aruni Nan Futuronsky and Izzy Lenihan**

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

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

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

9:30–11:00 **Guided Hiking**

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

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

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Meditation Sherrie Howard**

1:30–3:00 **Guided Hiking**

2:00–3:30 **Soul Journey Susannah Gale**

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Calming the Ocean Within Heather Bilotta**

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 **Concert**

Each Saturday, Kripalu hosts musical performances to enliven the soul with sound. Join us for an evening of good music and good company.

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 Sunday, October 22

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

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 **Taking it Home Jess Frey**

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.

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

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

9:30–11:00 **Guided Hiking**

11:00–11:45 **Meditation Susannah Gale**

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

1:30–3:00 **Guided Hiking**

2:00–3:30 **Ayurvedic Daily Routine Cat Pacini**

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–9:00 **What's Your Story? Lara Tupper**

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.

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R&R Retreat Daily Schedule for Monday, October 23

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

6:30–8:30 **Morning Yoga Classes**

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

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.

9:00–10:30 **Posture Clinic Christopher Holmes**

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.

9:30–11:00 **Guided Hiking**

11:00–11:45 **Meditation Christopher Holmes**

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

1:30–3:00 **Guided Hiking**

2:00–3:30 **Yoga for a Healthy Back Ben Seidman**

More information on this workshop coming soon.

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

7:30–8:30 **Epressions from Within Jess Frey**

Through guided meditation and journal exercises, learn to pause, listen, and access the secret language and wisdom of your body and connect to your individual truth.

R&R Retreat Daily Schedule for Tuesday, October 24

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

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 **The Qualities of Consciousness Coby Kozlowski**

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 **Explore the Whole Self Cristie Newhart**

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

9:30–11:00 **Guided Hiking**

11:00–11:45 **Hearo's Journey: The Yoga of Star Wars Micah Mortali**

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.

11:00–12:30 **Guided Kayaking**

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

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

1:30–3:00 **Guided Hiking**

2:00–3:30 **Peace in Every Step Vandita Kate Marchesiello**

Enjoy a meditative walk on sacred wooded trails to take in the fragrances and sounds of nature, pausing now and then to sit and meditate as you cultivate peace, patience, and gratitude.

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

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

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



This schedule subject to change without notice.

R&R Retreat Daily Schedule for Wednesday, October 25

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

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 **Yoga for Safe and Healthy Knees Christopher Holmes**

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

9:00–10:30 **Nature Journaling Lara Tupper**

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

9:30–11:00 **Guided Hiking**

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

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

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Meditation Ken Nelson**

1:30–3:00 **Guided Hiking**

2:00–3:30 **Qigong on the Lawn Ken Nelson**

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

4:15–6:30 **Afternoon Yoga Classes**

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

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

7:30–8:30 **The Path of Love Vandita Kate Marchesiello**

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

7:30–9:00 **Kirtan**

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.

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

R&R Retreat Daily Schedule for Thursday, October 26

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

6:30–8:30 **Morning Yoga Classes**

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

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

9:00–10:30 **Introduction to Shamanism Ray Crist**

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

9:30–11:00 **Guided Hiking**

11:00–11:45 **Appreciating the Moment Evelyn Gonzalez**

An overactive mind obscures the senses from being truly alive. In this workshop, slow down and quiet the mind with a simple breathing meditation. One by one, open each of the sense doors (taste, smell, sight, touch, and sound), in a mindful, unique experience.

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Coloring as Relaxation Izzy Lenihan**

1:30–3:00 **Guided Hiking**

2:00–3:30 **Barefoot Fitness Sarajejan Rudman**

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!

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–9:00 **Restore Jess Frey**

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.

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

R&R Retreat Daily Schedule for Friday, October 27

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

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 **Fall Forward with Intention Jess Frey**

Embrace the transition from summer to fall with purpose and intention. Through guided meditation and prompted journaling exercises, you learn to harvest abundance, pause to reflect, and harness gratitude for the previous seasons.

9:00–10:30 **Ayurvedic Daily Routine Erin Casperson**

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.

9:30–11:00 **Guided Hiking**

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

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®**

12:00–1:00 **Vinyasa Yoga Class**

1:30–3:00 **Guided Hiking**

2:00–3:30 **Yoga and the Alexander Technique Lisa Lutton**

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. 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.

4:15–6:30 **Afternoon Yoga Classes**

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

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

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

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

8:00–9:00 **Open Your Heart Through Movement Dan Leven**

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

This schedule subject to change without notice.

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R&R Retreat Daily Schedule for Saturday, October 28

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

6:30–8:30 **Morning Yoga Classes**

7:30–9:00 **Awaken the Possibilities Izzy Lenihan**

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.

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

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

9:30–11:00 **Guided Hiking**

11:00–11:45 **Fall Back Lara Tupper**

Fall is a time of contemplation and remembrance. In this journaling class, give voice to your vivid memories and consider the effects of the fall season on your body and mind. Share your words with others in a safe, supportive space and take home ideas for future journaling practices.

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Meditation Jess Frey**

1:30–3:00 **Guided Hiking**

2:00–3:30 **Introduction to Foundation Training Susannah Gale**

Foundation Training is a movement improvement system designed to restore your body's natural flow and put you at the center of your health. This program redefines the core to include the posterior chain of muscles, and both identifies and corrects the fundamental movement imbalances created by the modern lifestyle.

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Calming the Ocean Within Heather Bilotta**

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 **Concert**

Each Saturday, Kripalu hosts musical performances to enliven the soul with sound. Join us for an evening of good music and good company.

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R&R Retreat Daily Schedule for Sunday, October 29

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

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 **Taking it Home Jess Frey**

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

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

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

9:30–11:00 **Guided Hiking**

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

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Meditation Susannah Gale**

1:30–3:00 **Guided Hiking**

2:00–3:30 **Nature's Mandala Mary Hannah Parkman**

"Mandala" means "circle," and it symbolizes the entire universe and the universe we hold within our deepest selves. Mandalas are also used as tools for meditation in various spiritual traditions. On a silent, meditative walk around the Kripalu property, gather natural found objects such as leaves, rocks or flower petals and with them create unique mandalas to connect to self-expression and to Mother Nature.

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–9:00 **What's Your Story? Lara Tupper**

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.

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R&R Retreat Daily Schedule for Monday, October 30

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

6:30–8:30 **Morning Yoga Classes**

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

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

9:00–10:30 **Anatomy of Pranayama Christopher Holmes**

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

9:30–11:00 **Guided Hiking**

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

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Loving Kindness Meditation Ken Nelson**

1:30–3:00 **Guided Hiking**

2:00–3:30 **Harnessing the Heart's Energy Kimberly Coleman**

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

7:30–9:00 **Love is the Answer Izzy Lenihan**

The path to supporting a more kind, more compassionate world begins with loving and nurturing ourselves. This workshop is designed help you shed the burden of self-judgement and fear by opening yourself up to the gifts of gratitude, forgiveness, compassion, and joy—transcending from fear and judgement to love and acceptance.

This schedule subject to change without notice.

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R&R Retreat Daily Schedule for Tuesday, October 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 and early arrival. Due to the diversity of our teaching faculty, this schedule may change without notice. For rooms and teachers not listed here, please see Information Boards.

6:30–8:30 **Morning Yoga Classes**

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

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

9:00–10:30 **Reaching Out, Reaching In Cristie Newhart**

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.

9:30–11:00 **Guided Hiking**

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

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

11:00–12:30 **Guided Kayaking**

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Meditation Jess Frey**

1:30–3:00 **Guided Hiking**

2:00–3:30 **Good Gut, Great Health Kathie Madonna Swift**

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

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

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



This schedule subject to change without notice.