

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

6:30–8:30 **Morning Yoga Classes**

8:45–10:30 **Guided Kayaking**

9:00–10:30 **Creative Collage Jess Frey**

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

9:00–10:30 **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.

9:15–11:00 **Guided Hiking**

9:15–11:30 **Guided Stand Up Paddleboarding**

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

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

10:45–12:30 **Guided Kayaking**

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

12:45–1:30 **Meditation Angela Wilson**

12:45–2:30 **Guided Kayaking**

1:15–3:00 **Guided Hiking**

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Ayurvedic Tools for Renewal Angela Wilson**

Learn basic Ayurvedic practices to enhance well-being and energy for the mind and body. We discuss the Ayurvedic daily routine and cleansing of the senses to promote physical, psychological, and spiritual thriving.

3:45–6:00 **Guided Stand Up Paddleboarding**

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 **Journaling 101 Lara Tupper**

Perhaps you kept a journal as a child or young adult and have an urge to do so now. Explore the joys and blessings of this contemplative practice, try some light-hearted writing exercises, and receive tips for sustaining this beneficial habit at home.

7:30–9:00 **Open Your Heart Through Movement Sage Brody**

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

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

6:30–8:30 **Morning Yoga Classes**

8:45–10:30 **Guided Kayaking**

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

Discover 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 **The Yoga of Fun and Creativity Megha Nancy Bittenheim**

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!

9:15–11:00 **Guided Hiking**

10:45–12:30 **Guided Kayaking**

11:00–11:45 **Kung Fu Yoga Nina Henrikson**

In this workshop, you learn to integrate the dynamic energies of Shaolin Kung Fu and Kripalu Yoga to invite both heat and a deep connection to Self. Enjoy an exploration of increased energy flow and experience your full potential as you tap into this unique expression of eternal power. Learn about the unique parallels between traditional Kung Fu postures and yoga asana, both on the physical and metaphysical level.

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Meditation Jess Frey**

12:45–2:30 **Guided Kayaking**

1:15–3:00 **Guided Hiking**

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Musical Melting Sherrie Howard**

Sound and music can help the body enter meditative states of deep relaxation. Come experience a body awareness scan to open up the sound channels in your body as you relax deeply to sweet mantras and lullabies.

4:15–6:30 **Afternoon Yoga Classes**

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

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

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

6:30–8:30 **Morning Yoga Classes**

8:15–10:30 **Guided Kayaking**

9:00–10:30 **Riding the Wave: Finding Emotional Balance Aruni Nan Futuronsky**

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

9:00–10:30 **Back to Life: Yoga for Your Lower Back Jess Frey**

Explore a holistic approach to reeducate, release, and ease chronic back tension. Learn and experience a sequence of yoga postures that stretch and strengthen to reclaim mobility and improve overall spinal alignment.

9:15–11:00 **Guided Hiking**

9:15–11:30 **Guided Stand Up Paddleboarding**

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

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

10:45–12:30 **Guided Kayaking**

2:00 **Kripalu Closes for Facilities Maintenance**

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

2:00 **Kripalu Reopens**

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

8:00–9:00 **Yoga Nidra Cindy Yapple**

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.

Kripalu R&R Daily Schedule for Saturday, September 8

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6:30–7:45 **Morning Yoga Classes**

8:45–10:30 **Guided Kayaking**

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

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

9:00–10:30 **Radiant Health Sudha Carolyn Lundeen**

Good health and radiance are two things we all strive for. Through discussion, yoga, and breathing exercises, explore key tools that support us to live with more vitality and joy, reconnect with your life force, and cultivate awareness and motivation to instill these tools in your daily life.

9:15–11:00 **Guided Hiking**

11:00–11:45 **Pranayama Karin Otto**

More information on this workshop coming soon.

10:45–12:30 **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 with joy.

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Meditation Sudha Carolyn Lundeen**

12:45–2:30 **Guided Kayaking**

1:15–3:00 **Guided Hiking**

2:00–3:30 **Word Collage Lara Tupper**

Play with scissors, glue, and poetry in this crafty exploration. Let your intentions guide you through random printed matter as you create a word collage. Piece together found phrases with those of your own and take home a vivid reminder of your aspirations.

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 **Workshop TBD Heather Bilotta**

More information on this workshop coming soon.

7:30–9:00 **Concert Om Kara**

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 Daily Schedule for Sunday, September 9

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6:30–7:45 **Morning Yoga Classes**

8:45–10:30 **Guided Kayaking**

9:00–10:30 **Transformation at the Core Aruni Nan Futuronsky**

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

9:00–10:30 **Silk-Reeling Qigong Sage Brody**

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

9:15–11:00 **Guided Hiking**

10:45–12:30 **Guided Kayaking**

11:00–11:45 **Asana Clinic Liza Bertini**

More information on this workshop coming soon.

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Meditation Liza Bertini**

2:00–3:30 **Creating Your Own Labyrinth Sudha Carolyn Lundeen**

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–8:30 **Himalayan Sound Bowl Meditation Rudy Bach**

Relax and end the day with the harmonic sounds of antique Himalayan bowls. Experience a deep meditative state with the warm and gentle tones of these ancient instruments

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Kripalu R&R Daily Schedule for Monday, September 10

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6:30–7:45 **Morning Yoga Classes**

8:45–10:30 **Guided Kayaking**

9:00–10:30 **The 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, you learn about the muscles of inspiration and expiration, physiology of gas exchange, and the scientific benefits of pranayama.

9:00–10:30 **Rock Out in the Labyrinth Tracy Foster**

Connect to present-moment awareness as we walk the Kripalu Labyrinth and explore the soothing beauty of the landscape, calling forth a personal affirmation, and creating unique "rock art" using nature's gifts.

9:15–11:00 **Guided Hiking**

11:00–11:45 **Workshop TBD**

More information on this workshop coming soon.

12:00 **Kripalu Closes for Facilities Maintenance**

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Kripalu R&R Daily Schedule for Thursday, September 13

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2:00 **Kripalu Reopens**

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

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

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

7:30–8:30 **Workshop TBD**

More information on this workshop coming soon.

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

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Workshop TBD**

More information on this workshop coming soon.

9:00–10:30 **Workshop TBD**

More information on this workshop coming soon.

11:00–11:45 **Workshop TBD**

More information on this workshop coming soon.

12:00–1:00 **Kripalu YogaDance®**

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12:00–1:00 **Vinyasa Yoga Class**

2:00–3:30 **Sowing Seeds of Gold Heather Bilotta**

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **The Traveling Mindset Lara Tupper**

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

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

6:30–7:45 **Morning Yoga Classes**

8:45–10:30 **Guided Kayaking**

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 **Everyday Dharma Cristie Newhart**

Dharma is the unfolding of who you are in the present moment. This workshop explores the meanings in everyday moments. Through meditation and journaling, discover ways to deepen into purposeful living.

9:15–11:00 **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.

10:45–12:30 **Guided Kayaking**

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

12:45–1:30 **Meditation Ken Nelson**

1:15–3:00 **Guided Hiking**

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Balanced Nervous System, Balanced Life Angela Wilson**

The nervous system helps regulate digestion, mood, heart rate, and breath efficiency. It is intimately connected to stress levels, and when the nervous system is balanced, so are you. This workshop explores how to keep the nervous system in balance for optimal physical and mental health.

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

7:30–9:00 **Concert Bobby Sweet and Abe Guthrie**

Bobby Sweet is a sixth-generation musician who began his performing career in his father's band at age seven. His songs have been called "mini-movies," whether about his hometown or life's ups and downs, and always woven with a thread of hope. Stylistically, Bobby's music resides somewhere between John Prine, Jackson Browne, and a countryfied Bruce Springsteen. An engaging storyteller and dynamic performer, he's at home on the stage. Bobby will be performing with his trio featuring Pete Adams (pedal steel) and Abe Guthrie, son of folk legend Arlo Guthrie (keyboard).

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Kripalu R&R Daily Schedule for Sunday, September 16

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6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Introduction to Kirtan and Mantra Sherrie Howard**

Chanting in Sanskrit calms the mind and opens the energy channels. Come experience the power of kirtan and mantra as you learn about these ancient practices and discover how they can benefit your life and enhance your spiritual well-being. You can use these practices as an aid in meditation or an adjunct to your daily yoga practice.

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, focus the mind, and feel an easeful spiritual presence.

9:15–11:00 **Guided Hiking**

10:45–12:30 **Guided Kayaking**

11:00–11:45 **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.

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

12:45–2:30 **Guided Kayaking**

2:00–3:30 **The Root Chakra: Muladhara Jurian Hughes**

Do you sometimes struggle with feeling anxious or ungrounded? In this experiential workshop appropriate for all levels, discover how to bring more energy and balance to the root chakra, the muladhara, through visualization, meditation, chanting, affirmations, breathing techniques, and yoga postures.

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 **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.

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Kripalu R&R Daily Schedule for Monday, September 17

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6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Falling in Love with Life Again Maria Sirois**

How do you find the heart to re-engage with the world even when you are in pain or caring for those in pain? Through the poetic and wisdom traditions, you can recapture your capacity to go back into the world enlivened.

9:00–10:30 **Integrative Weight Loss Aruni Nan Futuronsky**

A naturally healthy weight doesn't mean sacrificing foods you love. Learn how to nourish your body and your whole being by enjoying whole foods that support lifelong natural wellness.

10:45–12:30 **Guided Kayaking**

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

Learn to bring your attention to and into your body to experience the richness contained within. Tune in to the present moment of your interior life, noticing spontaneous feelings, sensations, energetic shifts, and other moment-to-moment changes. Practice your ability to be with whatever arises with openness, acceptance, and compassion, a step towards living your life from that place.

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

12:45–2:30 **Guided Kayaking**

1:15–3:00 **Guided Hiking**

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Yoga and Ayurveda: Dosha Balancing Yoga for the Season Erin Casperson**

Each season brings a set of qualities that influence our body and mind. Cool, damp days can make us feel sluggish; while cold, windy days can make us feel unsettled; and hot, humid days can make us feel aggravated. Come explore an Ayurvedic approach to yoga practice that can bring ease to your body and mind during the summer season.

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 **Aromatherapy 101 Johanna Wise**

Pure essential oils have the ability to affect us on many levels, and their effects on our emotions can be incredibly profound. Discover their many unique benefits, including how they can lift your mood, assist with life changes and transitions, and boost your delight.

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Kripalu R&R Daily Schedule for Tuesday, September 18

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6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Mastering Your Life Force Ray Crist**

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

9:00–10:30 **Workshop TBD Cristie Newhart**

More information on this workshop coming soon.

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

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

10:45–12:30 **Guided Kayaking**

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Beginner Yoga Class**

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

Rumi once said, “In order to speak one must first learn to listen—learn to speak by listening.” Come join us in practicing one of Kripalu’s oldest teachings and discover the gift of conscious communication.

12:45–2:30 **Guided Kayaking**

1:15–3:00 **Guided Hiking**

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Slow Flow and Let Go Ken Nelson**

Enjoy tension-releasing restorative and Yin Yoga to loosen habitual holding. Sleep better, calm your nervous system, and rediscover vitality with slow, gentle body-sensing movement and still, accessible floor postures. Yoga’s “mild side” is surprisingly relaxing, potentially challenging, and offers deep insight.

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.

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Kripalu R&R Daily Schedule for Wednesday, September 19

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6:30–7:45 **Morning Yoga Classes**

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

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

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

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

11:00–11:45 **Asana Clinic 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.

10:45–12:30 **Guided Kayaking**

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Beginner Yoga Class**

12:45–2:30 **Guided Kayaking**

1:15–3:00 **Guided Hiking**

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **The Whole World is One Family Aruni Nan Futuronsky**

In this workshop, learn about and practice Swami Kripalu's teaching of Sanatan Dharma, the Path of Love. How can we take skillful actions that lead us to see all beings as one? In this time of such disconnection, come dive into this practice of love.

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Sacred Boundaries Nina Henrikson**

Bring attention to your primitive instincts and strengthen your intuitive knowing to increase sensitivity of your environment and self. Sharpen your senses and alertness, freshen your perspective, and enhance your experience of life as you learn to heighten your responsiveness to all that life presents. Develop layers of awareness to encompass mind, body, and breath.

7:30–9:00 **Kirtan Ned Leavitt**

Whether you are a beginner or a seasoned bhakti, chanting with Ned Leavitt is a rich experience. The ancient Sanskrit mantras are easy to learn and have deep spiritual resonance. At times deeply meditative and at others times ecstatic, the style is call and response and those present are encouraged to sing with full heart and spirit. Using both traditional chants and modern melodies, Ned invites you to feel your own vibration and experience spiritual connection.

This schedule subject to change without notice.

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

Kripalu R&R Daily Schedule for Thursday, September 20

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

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Uplift: Air and Ether Element Yoga Jennifer Reis**

Uplift your energy with yoga postures, breathing techniques, mudras, and Divine Sleep Yoga Nidra. This workshop, focuses on the air element to expand your inner compassion and acceptance, and the ether element to foster deep connection to yourself and others.

9:00–10:30 **Gratitude Mandala Izzy Lenihan**

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

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

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

10:45–12:30 **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 with joy.

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Meditation Janna Delgado**

12:45–2:30 **Guided Kayaking**

1:15–3:00 **Guided Hiking**

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Shamanic Healing Ray Crist**

Balancing out the energy body offers clarity and focus that you can use across all aspects of life. In this workshop, identify energy blocks and clear out the chakras in order to balance the energy body. Learn the technique of the pendulum to identify a closed chakra and the use of a rattle to clear and "jump start" it.

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Yin Yoga**

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.



Kripalu R&R Daily Schedule for Friday, September 21

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

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Living the Kripalu Values Cristie Newhart**

Dharma is the unfolding of who you are in the present moment. This workshop explores the meanings in everyday moments. Through meditation and journaling, discover ways to deepen into purposeful living.

9:15–11:00 **Guided Hiking**

10:45–12:30 **Guided Kayaking**

11:00–11:45 **Breath, Stretch, and Walk Vandita Kate Marchesiello**

The Berkshires come alive with color in the fall and it's the perfect time to walk in nature. Prior to stepping out we are reminded about the importance of the breath and learn techniques that can energize or calm us. Stretching based in the ancient practice of yoga prepares the body and creates safety for each step. Our walk will information about the history of this property.

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 **Introduction to Metta Meditation Michelle Dalbec**

12:45–2:30 **Guided Kayaking**

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 is provided to complete this process.

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

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.

This schedule subject to change without notice.

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Kripalu R&R Daily Schedule for Saturday, September 22

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

6:30–7:45 **Morning Yoga Classes**

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

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

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

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

9:15–11:00 **Guided Hiking**

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

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

10:45–12:30 **Guided Kayaking**

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

12:45–1:30 **Meditation Ken Nelson**

12:45–2:30 **Guided Kayaking**

1:15–3:00 **Guided Hiking**

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **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.

3:45–6:00 **Guided Stand Up Paddleboarding**

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

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

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

7:30–9:00 **Concert The Nields**

Sisters, folk-rock goddesses, and Kripalu favorites Nerissa and Katryna Nields have just released their 17th album in a long and stellar career. Tonight, joined for the first time by their daughters, Amelia and Lila, they offer stunning vocal harmonies and gorgeous lyrics.

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Kripalu R&R Daily Schedule for Sunday, September 23

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

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 ***Yin and Yang: The Dance of Effort and Ease* Jess Frey**

Come explore the edge between effort and ease by flowing through both passive (yin) and active (yang) yoga postures and breathing techniques. Cultivate a new level of mind-body awareness and harmony as you pause and sustain postures and then move through a more active sequence to energize, strengthen, and align.

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, focus the mind, and feel an easeful spiritual presence.

9:15–11:00 ***Guided Hiking***

10:45–12:30 ***Guided Kayaking***

11:00–11:45 ***Share Circle* Izzy Lenihan**

Rumi once said, “In order to speak one must first learn to listen—learn to speak by listening”. Come join us in practicing one of Kripalu’s oldest teachings and discover the gift of conscious communication.

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

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

12:45–2:30 ***Guided Kayaking***

2:00–3:30 ***Magic of Manifestation* Susannah Gale**

Open yourself to the universe and manifest what you desire in life. In this workshop, you learn about and create a sand painting—a South American indigenous tool that is used for manifestation—all while fostering a deeper relationship with Mother Earth and the world around you. This workshop includes a short walk on the Kripalu grounds to create our sand painting in the woods.

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 ***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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This schedule subject to change without notice.

Kripalu R&R Daily Schedule for Monday, September 24

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

6:30–7:45 **Morning Yoga Classes**

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

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

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 with a peaceful stroll through Swami Kripalu's Meditation Garden.

10:45–12:30 **Guided Kayaking**

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

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

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

12:45–2:30 **Guided Kayaking**

1:15–3:00 **Guided Hiking**

1:15–3:30 **Guided Stand Up Paddleboarding**

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

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

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

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

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Kripalu R&R Daily Schedule for Tuesday, September 25

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

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Chakra Anatomy Ray Crist**

Dive into the world of chakras with a down to earth, scientific view of this system. Learn what they are, how they're connected to the endocrine and nervous systems, and how they affect your perception of the world.

9:00–10:30 **Ayurveda and the Mind: The Three States of Being Erin Casperson**

In Ayurvedic psychology there are three qualities of the mind, in addition to the three physical doshas. According to Ayurveda we are all born with a curious and creative mind. But with increased demands and stress, we have become restless and exhausted. Come explore the theory of Ayurvedic psychology and how to increase harmony, clarity, and balance.

10:45–12:30 **Guided Kayaking**

11:00–11:45 **Meridian Sound Meditation Kimberly Coleman**

Access your body's ability to heal by activating and energizing the meridian system. This seated journey that traces your meridians as you chant each meridian sound is a powerful relaxing experience.

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Beginner Yoga Class**

12:45–2:30 **Guided Kayaking**

1:15–3:00 **Guided Hiking**

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Body in Balance: Rehab for the Feet Michelle Dalbec**

Get your feet fit and repair, recover, and restore from the hips down. The feet are the body's foundation the whole body's functionality depends on their health. Through self-massage techniques, creative corrective movements, and skillful stretches, this workshop brings suppleness back to the feet, creates intelligent mobility between the feet and the legs, and helps reestablish the proper alignment from pelvis to feet.

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Yin Yoga**

7:30–8:30 **Healing Arts Sampler**

More information on this workshop coming soon.

7:30–9:00 **Workshop TBD**

More information on this workshop coming soon.

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Kripalu R&R Daily Schedule for Wednesday, September 26

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

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Kripalu's Food Philosophy Annie B. Kay**

Transform your health by deepening your awareness and understanding of food and nourishment. Explore a whole-being approach to nourishment drawn from the wisdom of yoga, and discuss how to cultivate compassionate self-observation.

9:00–10:30 **Body in Balance: Pelvic Primer Michelle Dalbec**

Pelvic issues are becoming increasingly common. If your pelvis is out of alignment, the soft tissues in and around the pelvis are most likely imbalanced as well. This can lead to all sorts of “issues in your tissues” (urinary incontinence, prostate troubles, pelvic pain, and more). In this workshop, learn whole-body and targeted movements coupled with lifestyle modifications to strengthen and rebalance the muscles in and around your pelvis in order to restore health, naturally.

10:45–12:30 **Guided Kayaking**

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

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

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

12:45–2:30 **Guided Kayaking**

1:15–3:00 **Guided Hiking**

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **Riding the Wave 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.

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Kripalu: A Person, a Place, a Tradition Vandita Kate Marchesiello**

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.

7:30–9:00 **Kirtan Dave Russell and Friends**

Dave Russell has been leading kirtan chanting events since 1972, combining East-West musicality with devotion and humor. He views his chant arrangements as either celebratory of the Divine spark within us or the yearning to feel and stay connected to that spark ... or both. With chants that range from sweet to rocking, his intention is to create a space for you to experience your inner spiritual authority.

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Kripalu R&R Daily Schedule for Thursday, September 27

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

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Opening the Wings of Breath Jennifer Reis**

Learn ancient breathing techniques to access more inner awareness, calm the nerves, and raise sluggish energy as you explore the power of the breath in yoga postures and hand mudras. Bring energetic potency onto your mat and into your daily life.

9:00–10:30 **Free at Last: Joint Openers Ken Nelson**

Enhance your freedom to move with ease and vitality. Learn simple range-of-motion exercises to increase strength and flexibility, relieve pain and stiffness, and improve circulation while balancing your immune response, and reducing stress.

10:45–12:30 **Guided Kayaking**

11:00–11:45 **Garden of Intentions Izzy Lenihan**

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

12:45–2:30 **Guided Kayaking**

1:15–3:00 **Guided Hiking**

1:15–3:30 **Guided Stand Up Paddleboarding**

2:00–3:30 **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.

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Yin Yoga**

7:30–8:30 **Sand Mandala Susannah Gale**

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

This schedule subject to change without notice.

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Kripalu R&R Daily Schedule for Friday, September 28

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

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 ***Six Movements of the Spine* Jess Frey**

Your spine is the connector and communication center for the flow of fluids, nerves, and signals between your brain and your body. Come experience simple, gentle movements that cultivate suppleness in the spinal column.

9:00–10:30 ***Historical Tour of the Grounds* Vandita Kate Marchesiello**

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. In the event of inclement weather, a virtual tour will be held indoors.

9:15–11:00 ***Guided Hiking***

10:45–12:30 ***Guided Kayaking***

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

Learn to bring your attention to and into your body to experience the richness contained within. Tune in to the present moment of your interior life, noticing spontaneous feelings, sensations, energetic shifts, and other moment-to-moment changes. Practice your ability to be with whatever arises with openness, acceptance, and compassion, a step towards living your life from that place.

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

12:45–1:30 ***Meditation* Cristie Newhart**

12:45–2:30 ***Guided Kayaking***

2:00–3:30 ***Type “E” Personality* Izzy Lenihan**

If you consider yourself energetic, a risk taker, or a self starter, chances are you have a Type E personality. If this personality type is not recognized and properly nurtured, it can put enormous stress on the body’s physiology and can be detrimental both personally and professionally. Come learn how to properly understand this specialized personality type and how Type Es can expect to have a successful, exciting, and passion-filled life.

4:15–6:30 **Afternoon Yoga Classes**

8:00–9:00 ***Meridian Sound Meditation* Kimberly Coleman**

Access your body’s ability to heal by activating and energizing the meridian system. This seated journey that traces your meridians as you chant each meridian sound is a powerful relaxing experience.

8:00–9:00 ***Origami and Mindfulness* Mary Hannah Parkman**

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

Kripalu

Kripalu R&R Daily Schedule for Saturday, September 29

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

6:30–7:45 **Morning Yoga Classes**

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

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

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

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

9:15–11:00 **Guided Hiking**

10:45–12:30 **Guided Kayaking**

11:00–11:45 **Already There Jess Frey**

In this guided body scan, investigate what is already present by increasing body awareness and cultivating the ability to watch and observe without having to change anything.

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

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

12:45–2:30 **Guided Kayaking**

1:15–3:00 **Guided Hiking**

1:15–3:30 **Guided Stand Up Paddleboarding**

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

We breathe more than 20,000 times a day without ever having to think about it. Yet when we are aware, we can control the breath at will. Yogis call this pranayama, or mastery of the life-force. Come experience the power of prana in this practice that is a mixture of traditional techniques and movement combined with breath.

3:45–6:00 **Guided Stand Up Paddleboarding**

4:15–6:30 **Afternoon Yoga Classes**

7:30–9:00 **Concert Russill Paul**

Liberate your voice and dance your prayers to rich musical accompaniment with Russill Paul and Kripalu musicians, and the KDZ: Drummers. The intention of this evening's kirtan is moksha, the liberation of the soul.

This schedule subject to change without notice.

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Kripalu R&R Daily Schedule for Sunday, September 30

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

6:30–7:45 **Morning Yoga Classes**

9:00–10:30 **Body in Balance: Restore Your Core Michelle Dalbec**

Core strength is about creating mobility and stability—from top to bottom, and from the inside out—in order to move, breathe, and live better. This workshop provides a whole-body approach that focuses on alignment, breath, habit awareness, and creative, corrective movements to restore your core and help you live better in your body.

9:00–10:30 **The Whole World is One Family Aruni Nan Futuronsky**

In this workshop, learn about and practice Swami Kripalu's teaching of Sanatan Dharma, the Path of Love. How can we take skillful actions that lead us to see all beings as one? In this time of such disconnection, come dive into this practice of love.

9:15–11:00 **Guided Hiking**

10:45–12:30 **Guided Kayaking**

11:00–11:45 **Labyrinth Walk Jess Frey**

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

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

12:45–2:30 **Guided Kayaking**

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

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

4:15–6:30 **Afternoon Yoga Classes**

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 **Rest and Unwind Yoga**

7:30–8:30 **Pen Practice Lara Tupper**

"It's a practice," we say of yoga. The same goes for developing a regular writing routine. Learn practical tips for beginning a writing habit you can stick to and enjoy. No prior writing experience necessary.

This schedule subject to change without notice.

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