

Kripalu R&R Daily Schedule for Friday, 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**

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

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

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

How can we mend the split between our capacity to support others and ignoring our own needs? This workshop looks to yogic philosophy for an understanding of radical kindness and creating sustainable strategies for practice.

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

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

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

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

11:00–12:30 ***Guided Kayaking***

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

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

2:00–3:30 ***The Heart Chakra: Anahata* Jurian Hughes**

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

4:15–6:30 **Afternoon Yoga Classes**

Kripalu R&R Daily Schedule for Saturday, 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**

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

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

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.

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***Delve into Utkatasana Standing Squat* Steven Leonard**

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, YogaDance® will surprise you with joy.

12:00–1:00 **Vinyasa Yoga Class**

1:30–3:00 ***Guided Hiking***

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

2:00–3:30 ***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.

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

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.

Kripalu

Kripalu R&R Daily Schedule for Sunday, 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**

9:00–10:30 ***The Monk and the Mother* Steven Leonard**

It is important to understand the practice of yoga and meditation within the context of your own life. What experiences are you seeking? How can you choose specific practices that support your personal intentions? Where do the practices of a monk and a mother overlap, and how should they differ? Come join the conversation of understanding yoga in the modern world.

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

Tai chi is a Chinese martial art of gentle physical exercise and stretching. Learn how to perform a series of postures in a slow, graceful manner. Allow yourself to relax into rhythmic patterns as you coordinate movement with breath.

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

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

11:00–11:45 ***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.

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

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

More information on this workshop coming soon.

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**

7:30–8:30 ***Meditation Part II* Bhavani Lorraine Nelson**

More information on this workshop coming soon.

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

This schedule subject to change without notice.

Kripalu R&R Daily Schedule for Monday, September 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. 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**

9:00–10:30 ***Exploring Renewal Through Yoga* Cristie Newhart**

In this hectic world, it's easy to feel depleted and run down. Luckily, the yogic tradition offers wonderful tools for renewing the body, mind, and soul. In this workshop, learn life-affirming practices that can help reduce stress, prevent burnout, and increase well-being.

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

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

9:00–10:30 ***Guided Kayaking***

11:00–11:45 ***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.

11:00–12:30 ***Guided Kayaking***

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

This schedule subject to change without notice.

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

Kripalu R&R Daily Schedule for Friday, 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.

2:00 **Kripalu Reopens**

2:00–3:30 ***Chakra Yoga* Jurian Hughes**

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 **Rest and Unwind Yoga**

8:00–9:00 ***Muscle Balance Therapy* Lee Albert**

More information on this workshop coming soon.

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.

Kripalu

Kripalu R&R Daily Schedule for Saturday, September 16

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

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 ***Meditation in Motion* Jurian Hughes**

Silent, seated meditation is not for everyone. Come experience meditation in motion, a gentle, moving form of meditation that enhances your listening skills and allows you to let go of the thinking mind and trust the guidance of prana within.

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 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***Delve into Ardha Chandrasana Half Moon Balance* Ray Crist**

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® or Vinyasa Yoga Class**

12:45–1:30 ***Yin Yoga and the Energy Body* Ken Nelson**

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

1:30–3:00 ***Guided Hiking***

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

2:00–3:30 ***Ayurvedic Bodywork* Erin Casperson**

Come learn simple, everyday approaches for increasing your health and vitality through oil massage and Ayurvedic bodywork, and experience a nourishing foot massage using herbal oil. Please come with clean feet and bring socks.

2:00–3:30 ***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 yoga to warm up and cool down the body, and leave with a practical approach to incorporate yoga into your favorite sport or activity.

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

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 evening of good music and good company.

This schedule subject to change without notice.

Kripalu

Kripalu R&R Daily Schedule for Sunday, September 17

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

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 ***Therapist At Your Fingertips* Ken Nelson**

Imagine having a personal massage therapist at your fingertips. Learn how to self-treat tension and stress and relieve head, neck, and facial pain with the medical benefits of shiatsu, acupressure, and Ayurvedic massage. You also experience methods to use at home, in the office, or even in the car.

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

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

9:30–11:00 ***Guided Hiking***

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, YogaDance® will surprise you with joy.

12:00–1:00 **Vinyasa Yoga Class**

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

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 **Rest and Unwind Yoga**

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

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

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

This schedule subject to change without notice.

Kripalu R&R Daily Schedule for Monday, September 18

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

6:30–8:30 **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 ***The Five Tibetan Rites of Rejuvenation Micah Mortali***

In this workshop, explore five simple movements to create a powerful practice of mind-body integration that has been cherished by Tibetan monks for centuries. Said to reverse the aging process, the “Five Tibetans” are an energizing and fun daily practice that can truly change your life!

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***Delve into Setu Bandhasana Bridge 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®**

12:00–1:00 **Vinyasa Yoga Class**

1:00–2:30 ***Guided Kayaking***

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

2:00–3:00 ***Introduction to Ayurveda Cat Pacini***

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

3:00–4:30 ***Guided Kayaking***

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.

7:30–8:30 ***Yoga and the Alexander Technique Lisa Lutton***

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

The Kripalu logo is displayed in a large, orange, sans-serif font in the bottom right corner of the page.

This schedule subject to change without notice.

Kripalu R&R Daily Schedule for Tuesday, September 19

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

6:30–8:30 **Morning Yoga Classes**

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

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

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***Delve into Ustrasana Camel* Cristie Newhart**

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

11:00–12:30 ***Guided Kayaking***

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

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

1:30–2:30 ***Guided Kayaking***

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

2:00–3:30 ***Mindfulness: A Path to Freedom* Izzy Lenihan**

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 **Rest and Unwind Yoga**

7:30–8:30 ***Healing Arts Sampler***

More information on this workshop coming soon.

7:30–8:30 ***Still the Mind, Open the Heart* Vandita Kate Marchesiello**

Stilling the mind is often described as trying to “herd cats.” But when you place a bowl of food down for them, they all come running, right? When we too focus our mind (or, see the food) we come into a zone where distracting thoughts leave for a moment or two. Come practice stilling the mind for just moments at a time, and begin to build a regular practice. Learn techniques that are simple and effective as you cultivate mindfulness and rest with ease in your heart center.

Kripalu R&R Daily Schedule for Wednesday, 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.

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 **Workshop TBD Aruni Nan Futuronsky and Annie B. Kay**

9:00–10:30 ***The Discipline of Freedom* Ray Crist**

Dive into the depths of yogic philosophy as a method to gain freedom from past traumas and fears. Yoga as a discipline can help shift energy and ways of thinking, liberating you from the constrictions of the mind. In this workshop, explore breathing techniques and yoga postures to experience direct empowerment and freedom.

9:30–11:00 ***Guided Hiking***

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

11:00–11:45 ***Delve into Dhanurasana Wheel* 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.

11:00–12:30 ***Guided Kayaking***

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 ***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.

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 ***Oh, My Aching Back!* Lee Albert**

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

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.

The Kripalu logo is displayed in a large, orange, sans-serif font in the bottom right corner of the page.

This schedule subject to change without notice.

Kripalu R&R Daily Schedule for Thursday, 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.

6:30–8:30 **Morning Yoga Classes**

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

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

9:00–10:30 ***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.

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***Grounded Presence* Evelyn Gonzalez**

Practice the key elements that give length and vitality to yoga poses. Like a tree, drop your roots to get grounded and from that stable place, rise and radiate through all your yoga poses.

11:00–12:30 ***Guided Kayaking***

12:00–1:00 **Kripalu YogaDance®**

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 ***Life Without Regret, Food Without Regret* Annie B. Kay and Izzy Lenihan**

Living with regret is a recipe for a life of suffering. Although the past may be a good reference point as to where you are today, it doesn't have to define your future. This workshop helps you discover the wisdom that lives within. With gentle guidance, come develop intentions filled with peace and possibilities in all aspects of your life.

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–9:00 ***The Power of Relaxation* Vandita Kate Marchesiello**

This workshop offers a respite and reprieve to sleepless nights, everyday stressors, and anxiety that wreaks havoc on the body and mind. Learn a technique rooted in the 5,000-year-old practice of yoga nidra to deeply relax your body and calm your busy mind. This practice that can be done in a chair, in bed, or on your yoga mat can lower blood pressure, reduce stress hormones and heart rates, and slow the metabolic system.

This schedule subject to change without notice.

Kripalu

Kripalu R&R Daily Schedule for Friday, 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.

6:30–8:30 **Morning Yoga Classes**

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

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

9:00–10:30 ***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 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

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

11:00–11:45 ***Delve into Gomukhasana Cows Face* Steven Leonard**

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

2:00–3:30 ***The Yoga of Yes* Jurian Hughes**

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

4:15–6:30 **Afternoon Yoga Classes**

7:30–8:30 ***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.

The Kripalu logo is displayed in a large, orange, sans-serif font in the bottom right corner of the page.

This schedule subject to change without notice.

Kripalu R&R Daily Schedule for Saturday, 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.

6:30–8:30 **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 ***Yamas and Niyamas* Megha Nancy Buttenheim**

Using the yamas and niyamas, traditional yogic codes of living, gain realistic tools to deepen the quality of your life. Let this workshop be a bridge to take your Kripalu lessons home with you.

9:00–10:30 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***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.

11:00–12:30 ***Guided Kayaking***

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

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

1:30–3:00 ***Guided Hiking***

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 **Rest and Unwind Yoga**

7:30–8:30 ***Yoga and the Alexander Technique* Lisa Lutton**

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

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.

The Kripalu logo is displayed in a large, orange, sans-serif font in the bottom right corner of the page.

This schedule subject to change without notice.

Kripalu R&R Daily Schedule for Sunday, 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.

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 ***Sun, Moon, Yoga Fire* Michelle Dalbec**

“Ha” means sun, “tha” means moon, “yoga” means union. Hatha yoga is the merging of the sun and moon. The yogis say we have a sun in our belly that represents our passion and drive, and a moon in our head that represents the rational self. Hatha yoga recognizes that we need both the passionate and the rational self to become fully alive. Come dive deep and play with uniting the sun and moon, dissolving them into yoga fire.

9:00–10:30 ***Yamas and Niyamas* Megha Nancy Buppenhiem**

Using the yamas and niyamas, traditional yogic codes of living, gain realistic tools to deepen the quality of your life. Let this workshop be a bridge to take your Kripalu lessons home with you.

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***Om Tones* Lara Tupper**

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

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

More information on this workshop coming soon.

2:00–3:30 ***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.

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 ***Meditation Part II* Bhavani Lorraine Nelson**

More information on this workshop coming soon.

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

This schedule subject to change without notice.

Kripalu R&R Daily Schedule for Monday, 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.

6:30–8:30 **Morning Yoga Classes**

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

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

9:00–10:30 ***The Five Tibetan Rites of Rejuvenation* Micah Mortali**

In this workshop, explore five simple movements to create a powerful practice of mind-body integration that has been cherished by Tibetan monks for centuries. Said to reverse the aging process, the “Five Tibetans” are an energizing and fun daily practice that can truly change your life.

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***Delve into Urdhva Navasana Up Boat* Steven Leonard**

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***

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

2:00–3:30 ***Ayurvedic Tips for Your Kripalu Stay* 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.

3:00–4:30 ***Guided Kayaking***

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.

8:00–9:00 ***Coloring as Relaxation* Izzy Lenihan**

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

This schedule subject to change without notice.

Kripalu

Kripalu R&R Daily Schedule for Tuesday, 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.

6:30–8:30 **Morning Yoga Classes**

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.

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

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

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***Delve into Savasana Corpse Cristie Newhart***

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

11:00–12:30 ***Guided Kayaking***

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

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

1:00–2:30 ***Guided Kayaking***

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

2:00–3:30 ***Body in Balance: Hip Harmony Michelle Dalbec***

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.

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 ***Healing Arts Sampler***

More information on this workshop coming soon.

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.

This schedule subject to change without notice.

Kripalu

Kripalu R&R Daily Schedule for Wednesday, 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.

6:30–8:30 **Morning Yoga Classes**

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

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

9:00–10:30 **Grounded Presence Evelyn Gonzalez**

Practice the key elements that give length and vitality to yoga poses. Like a tree, drop your roots to get grounded and from that stable place, rise and radiate through all your yoga poses.

9:30–11:00 **Guided Hiking**

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

11:00–11:45 **Short and Sweet Lara Tupper**

Less is more, as they say. It's helpful to be clear and to the point, to trim the excess and zero in on what we mean to say. Ernest Hemingway once wrote a story in just six words and called it his best work. In this light-hearted writing class, you read six-word tales, discuss what makes them appealing, and compose your own.

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, YogaDance® will surprise you with joy.

12:00–1:00 **Vinyasa Yoga Class**

1:00–2:30 **Guided Kayaking**

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 is provided to complete this process.

4:15–6:30 **Afternoon Yoga Classes**

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

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

7:30–8:30 **Yoga Nidra Sherrie Howard**

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.

This schedule subject to change without notice.

Kripalu

Kripalu R&R Daily Schedule for Thursday, 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.

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 ***Yoga On and Off the Mat* Aruni Nan Futuronsky**

Yoga is the art of living with compassionate presence. In this workshop, practice yoga on and off the mat, exploring postures and movements as metaphors in your life.

9:00–10:30 ***Nature is Nurture* Lisa B. Nelson**

Nature can fulfill and nourish the soul. Join Kripalu's Director of Medical Education to explore how being in nature is beneficial to your whole being. Review scientific data that supports time spent in nature, and leave inspired to bring nature's nurture into your life.

9:30–11:00 ***Guided Hiking***

11:00–11:45 ***Posture Clinic* Janna Delgado**

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, YogaDance® will surprise you with joy.

12:00–1:00 **Vinyasa Yoga Class**

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

1:00–2:30 ***Guided Kayaking***

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

2:00–3:30 ***Life in Balance: Tips for Your Kripalu Stay* Cat Pacini**

Enhance your time at Kripalu using the healing science of Ayurveda. Explore simple techniques for travel and stress management including a nourishing foot massage using herbal oil, a standing meditation, and food choice tips. Please come with clean feet and bring socks.

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.

This schedule subject to change without notice.

Kripalu

Kripalu R&R Daily Schedule for Friday, 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.

6:30–8:30 **Morning Yoga Classes**

9:00–10:30 ***Garden of Intentions* Izzy Lenihan**

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

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 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

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

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

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

12:00–1:00 **Kripalu YogaDance®**

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

12:00–1:00 **Vinyasa Yoga Class**

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

2:00–3:30 ***Reflections on Your Inner World* Michelle Dalbec**

Below the surface of everyday life is a vast reservoir of wisdom and knowledge, an accumulation of life experiences. Meditation and journaling can help you listen deeply, giving a voice to that inner landscape, integrating what was witnessed in the subconscious and connecting you to your higher Self.

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.

Kripalu

Kripalu R&R Daily Schedule for Saturday, 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.

6:30–8:30 **Morning Yoga Classes**

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

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

9:00–10:30 ***A Dynamic Yoga Practice* Steven Leonard**

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 ***Guided Kayaking***

9:30–11:00 ***Guided Hiking***

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

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

11:00–12:30 ***Guided Kayaking***

12:00–1:00 **Kripalu YogaDance®**

12:00–1:00 **Vinyasa Yoga Class**

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

1:30–3:00 ***Guided Hiking***

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

2:00–3:30 ***Soothing Pranayama* Sherrie Howard**

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

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.

This schedule subject to change without notice.

Kripalu