

R&R Retreat Daily Schedule for Thursday, September 1

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

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

7:00–8:30 Breakfast

9:00–10:30 **Yoga and Shamanism Ray Crist** (L/M)

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

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

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

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

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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

12:00–1:00 Vinyasa Yoga Class

12:45–1:30 **Gratitude Mandala Izzy Lenihan** (E)

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

1:00–2:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

2:00–3:30 **Fall into Ayurveda Cat Pacini** (L)

The heat of the summer is leaving the atmosphere and your body. 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 fall season.

3:00–4:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

4:00–6:00 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

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

5:30–7:00 Dinner

7:30–8:30 Rest and Unwind Yoga

7:30–8:30 **Body Scan Bhavani Lorraine Nelson** (E)

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

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R&R Retreat Daily Schedule for Friday, September 2

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

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

7:00–8:30 Breakfast

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

Embrace the transition from summer to fall with purpose and intention. Through guided meditation and prompted journaling exercises, you learn to harvest abundance, pause to reflect, and harness gratitude on the first half of the year.

9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

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

11:00–11:45 **Meditation Walk Aruni Nan Futuronsky (M/E)**

Practice mindfulness in motion. We'll do some talking, some walking, some looking inside. Please dress for the weather!

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

2:00–3:30 **A Dynamic Yoga Practice Steven Leonard (M)**

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.

4:15–6:30 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:00–7:30 Dinner

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

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

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

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

8:00–9:00 **Yoga Nidra Heather Bilotta (E)**

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

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R&R Retreat Daily Schedule for Saturday, September 3

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

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

7:00–9:00 Breakfast

7:30–8:30 **Guided Walk** (Advanced registration suggested, please call for details.)

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

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

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

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.

9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

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

11:00–11:45 **The Sacred Call of Life Jess Frey** (E)

We each have a unique gift, or sacred calling, in this lifetime. What is your truth in action? Through group discussion, sharing, meditation, and journaling, connect to your unique dharma, or sacred calling, and begin to organize your life around this discovery.

11:00–12:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

11:30–2:00 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

12:45–1:30 **Meditation Jess Frey** (E)

2:00–3:30 **Nutrition News to Use Kathie Madonna Swift** (L)

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

4:00–6:00 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

4:15–6:30 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:00–7:30 Dinner

7:30–8:30 Rest and Unwind Yoga

7:30–9:00 **Evening Event** (E)

Each night, we offer a workshop, kirtan, or concert to round out your day at Kripalu. Check back for more information on this evening's event.

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R&R Retreat Daily Schedule for Sunday, September 4

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

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

7:00–9:00 Breakfast

7:30–8:30 **Guided Walk** (Advanced registration suggested, please call for details.)

9:00–10:30 **Qigong Ken Nelson** (M)

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

9:00–10:30 **Soothing Pranayama Sherrie Howard** (E)

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

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

11:00–11:45 **Labyrinth Walk Lara Tupper** (M/E)

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

11:00–12:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

11:30–2:00 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

12:45–1:30 **Meditation Cristie Newhart** (E)

1:30–3:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

2:00–3:30 **Introduction to Ayurveda: Life in Balance Larissa Hall Carlson** (L)

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

4:00–6:00 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

4:15–6:30 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)

5:00–7:30 Dinner

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

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

7:30–8:30 **Meditation** (E)

Meditation is a process, an inner journey of noticing. In this workshop, you learn different techniques for the art of meditation and explore ways to deepen the practice.

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R&R Retreat Daily Schedule for Monday, September 5

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

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

7:00–8:30 Breakfast

9:00–10:30 **10-Minute Workouts Sarajeon Rudman (M)**

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

9:00–10:30 **Yoga, Addiction, and Recovery Aruni Nan Futuronsky (L)**

Understand addiction from a body-centered perspective and investigate the parallels between the philosophies of Kripalu Yoga and 12-Step recovery principles as we strategize techniques to jumpstart and sustain behavior change. This workshop is open to all—especially those impacted by compulsive patterns, negative thinking, and the behavior of others.

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

11:00–11:45 **Gentle Pranayama: Breathing for Stress Relief Larissa Hall Carlson (E)**

Ancient yogic breathing practices, known as pranayama, boost immunity and deeply soothe the mind, increasing health, vitality, and light-heartedness. Come enjoy this introduction to gentle, stress-reducing practices (dirgha, ujjayi, and nadi shodhana) as you learn techniques, benefits, contraindications, and variations of each practice.

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

2:00 pm **Kripalu Closes for Facilities Maintenance and Upgrades (September 6–15)**

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R&R Retreat Daily Schedule for Friday, September 16

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

4:00 pm **Kripalu Reopens**

4:15–6:30 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:00–7:30 Dinner

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

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

8:00–9:00 **Yoga Nidra Heather Bilotta (E)**

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

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Kripalu

R&R Retreat Daily Schedule for Saturday, September 17

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

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

7:00–9:00 Breakfast

7:30–8:30 **Guided Walk** (Advanced registration suggested, please call for details.)

9:00–10:30 **Opening Sacred Space Ray Crist** (L)

In this workshop, learn how to open sacred space. The shamans of Peru open the four directions of the wind and invite the serpent, the jaguar, the humming bird, and the condor to be present and to clear the space of heavy energies as they share their gifts of healing, no fear, the nectar of life, and soaring in life.

9:00–10:30 **Yoga of Yes Jurian Hughes** (M)

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.

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

11:00–11:45 **Gratitude Mandala Izzy Lenihan** (E)

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

11:30–2:00 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

12:45–1:30 **Meditation Walk Izzy Lenihan** (M/E)

1:00–2:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

1:30–3:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

3:00–4:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

4:15–6:30 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:00–7:30 Dinner

7:30–8:30 Rest and Unwind Yoga

7:30–9:00 **Evening Event** (E)

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R&R Retreat Daily Schedule for Sunday, September 18

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

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

7:00–9:00 Breakfast

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

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

9:00–10:30 **Muscle, Fascia, and Yoga Christopher Holmes (L)**

Muscles have the separate but related functions of providing energy and strength. The role of fascia is a key factor in determining how aggressively we test our strength, and how much we can stretch. In this workshop, learn the properties of muscle and fascia, and how their dual roles inform the strength and stretch relationship. Through yoga practice, discover how to safely explore your posture edge.

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

11:00–11:45 **Labyrinth Walk Lara Tupper (M/E)**

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

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

1:00–2:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

2:00–3:30 **Taking It Home Cristie Newhart (E)**

In this workshop, explore how to take the tools you learn at Kripalu back into your everyday life and be inspired to live your Kripalu experience at home.

4:15–6:30 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)

5:30–7:00 Dinner

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

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

7:30–8:30 **Meditation Bhavani Lorraine Nelson (E)**

Join in an engaging experience of meditation to gain perspective and find a greater sense of freedom through compassionate self inquiry. Integrate practical suggestions to help deepen your meditation practice.

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R&R Retreat Daily Schedule for Monday, September 19

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

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

7:00–8:30 Breakfast

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

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.

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

11:00–11:45 ***Posture Clinic: Salabhasana (Locust) Susannah Gale*** (M)

In this workshop, spend time breaking down the difficulties of classic postures. As you examine the architecture of the body within a pose, you can sequence similar asanas to build strength and engage where you tend to collapse, and release what tends to bind. By the time you get to the actual peak pose, the body is ripe and ready for it. The result is finding a true equanimity in the physical body and an easy breath.

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

1:00–2:30 ***Guided Kayaking*** (Advanced registration suggested, please call for details.)

1:30–3:30 ***Guided Stand Up Paddleboarding*** (Advanced registration suggested, please call for details.)

2:00–3:30 ***Introduction to Ayurveda: Life in Balance Erin Casperson*** (L)

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

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

5:30–7:00 Dinner

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

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

R&R Retreat Daily Schedule for Tuesday, September 20

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

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

7:00–8:30 Breakfast

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

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

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

11:00–11:45 **Conscious Conversation Izzy Lenihan and Aruni Nan Futuronsky** (L)

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

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

1:00–2:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

1:30–3:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

2:00–3:30 **Historical Tour of the Grounds Vandita Kate Marchesiello** (M/E)

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

3:00–4:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

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

5:30–7:00 Dinner

7:30–8:30 Rest and Unwind Yoga

7:30–9:00 **Yoga Nidra Vandita Kate Marchesiello** (E)

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

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R&R Retreat Daily Schedule for Wednesday, September 21

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

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

7:00–8:30 Breakfast

9:00–10:30 **Chakra Anatomy Ray Crist** (L)

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.

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

11:00–11:45 **Where the Wild Things Grow Vandita Kate Marchesiello** (M/E)

Travel into the woods fearlessly and bathe your senses in the forest. See, smell, touch, hear, and maybe even taste the world around you.

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

1:00–2:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

1:30–3:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

2:00–3:30 **Mindful Eating, Mindful Life Annie B. Kay and Aruni Nan Futuronsky** (L)

Practice the principles of mindfulness in eating and in other areas of your life and learn to bring the light of Self-Observation Without Judgment to yourself with depth and practice.

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

5:30–7:00 Dinner

7:30–9:00 **Kirtan** (E)

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

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Kripalu

R&R Retreat Daily Schedule for Thursday, September 22

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

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

7:00–8:30 Breakfast

9:00–10:30 **Mandala: Your Inner Compass Jennifer Reis (L/E)**

Movement, yoga, and breathing open up inner doorways to discover your personal mandalas. Connect with yourself and others as you explore the ancient sacred circle.

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

11:00–11:45 **Riding the Wave: Staying Centered n Intensity Living Janna Delgado (L)**

Delve into the challenges of staying centered in the midst of intense experiences and learn a powerful mind-body tool to return to center.

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

12:45–1:30 **Meditation Walk Izzy Lenihan (M/E)**

1:00–2:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

1:30–3:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

2:00–3:30 **Vinyasa for the Core Sarajejan Rudman (M)**

Your energy center (also known as your hara, your dantian, or your belly) is where all of your power and confidence comes from. During this powerful vinyasa yoga flow workshop directed at strengthening the core, learn to access your power from within while you build strength and warmth at the center of your belly.

3:00–4:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

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

5:30–7:00 Dinner

7:30–8:30 Rest and Unwind Yoga

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

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

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R&R Retreat Daily Schedule for Friday, September 23

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

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

7:00–8:30 Breakfast

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

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

9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

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

11:00–11:45 **Sharpening Your Sixth Sense Aruni Nan Futuronsky (L)**

We are born with an unbreakable connection to source knowledge, yet we often forget to listen, becoming distracted by our external lives. How do we savor and fully participate in the external while listening to the authentic self inside? In this workshop, discuss strategies to maintain balance and follow your innate wisdom within.

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

4:15–6:30 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:00–7:30 Dinner

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

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

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

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

7:30–8:30 **Open Your Heart Through Movement Dan Leven (M/E)**

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.

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This schedule subject to change without notice.

R&R Retreat Daily Schedule for Saturday, September 24

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

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

7:00–9:00 Breakfast

9:00–10:30 ***Faith, Hope, Awe, a Dog, and a Gorilla Maria Sirois*** (L)

This is yoga for the soul! Explore the best of the wisdom traditions to uncover irrepressible sources of faith, hope, awe, and companionship that enable you to step fully into the life you most long to live. Open to anyone who wants a laugh, sustaining love, and a peaceful being. No previous experience necessary—only a beating heart.

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

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*** (Advanced registration suggested, please call for details.)

11:00–11:45 ***Yoga for Athletes Susannah Gale*** (M)

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

11:30–2:00 Lunch

12:00–1:00 Kripalu YogaDance®

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

12:00–1:00 Vinyasa Yoga Class

1:00–2:30 ***Guided Kayaking*** (Advanced registration suggested, please call for details.)

4:15–6:30 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:00–7:30 Dinner

7:30–8:30 Rest and Unwind Yoga

7:30–9:00 ***Evening Event*** (E)

Each night, we offer a workshop, kirtan, or concert to round out your day at Kripalu. Check back for more information on this evening's event.

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R&R Retreat Daily Schedule for Sunday, September 25

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

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

7:00–9:00 Breakfast

9:00–10:30 **Outdoor Yin Yoga Ken Nelson (M)**

Feel relaxed, light, and free. Yin postures target deep tissue to enhance range of motion and flexibility while relieving pain in the low back, hips, and spine. Rooted in yoga therapy and meridian energy medicine, these supported floor postures allow gravity to rehabilitate connective tissue.

9:00–10:30 **Soundplay Bhavani Lorraine Nelson (E)**

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

11:00–11:45 **Plateful of Grateful Sarajeon Rudman (L)**

Embracing gratitude in everything you do shines the light of love into your life. Every day, you sit down to eat, so why not surround that experience with gratitude? Come explore a new approach to eating, and leave the table with a full heart as well as a full belly.

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

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

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

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

4:15–6:30 Kripalu Yoga Classes (Gentle, Beginner, Intermediate, Vinyasa)

5:30–7:00 Dinner

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

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

7:30–8:30 **Restorative Yoga Susannah Gale (M)**

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

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R&R Retreat Daily Schedule for Monday, September 26

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

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

7:00–8:30 Breakfast

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

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

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

11:00–11:45 ***Tools for Athletes Cara Gilman*** (M)

Learn the perfect complement to athletic training to prevent injury and enhance performance. Learn how to use valuable tools, like yoga and foam rolling, to warm up and cool down the body, and leave with a practical approach to incorporate into your favorite sport or activity.

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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

12:00–1:00 Vinyasa Yoga Class

1:00–2:30 ***Guided Kayaking*** (Advanced registration suggested, please call for details.)

1:30–3:30 ***Guided Stand Up Paddleboarding*** (Advanced registration suggested, please call for details.)

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

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

3:00–4:30 ***Guided Kayaking*** (Advanced registration suggested, please call for details.)

4:00–6:00 ***Guided Trail Run*** (Advanced registration suggested, please call for details.)

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

5:30–7:00 Dinner

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

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

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R&R Retreat Daily Schedule for Tuesday, September 27

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

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

7:00–8:30 Breakfast

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

Swami Kripalu's teacher gave him only two practices: Full-Lotus pose and Aniloma Viloma, a yogic breathing technique. Twenty years later, Swami Kripalu discovered a world of poses and pranayamas that naturally arose from these two simple practices. Come explore the intelligence of prana and experience meditation in motion, a centerpiece of Kripalu Yoga.

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

11:00–11:45 **Gratitude Mandala Izzy Lenihan** (M/E)

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

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

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

1:00–2:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

1:30–3:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

2:00–3:30 **Reconstruct Your Downward Dog Michelle Dalbec** (M)

Unpack and break down Downward Facing Dog into manageable parts. Learn about body mechanics and basic alignment principles; practice movements; postures that strengthen, stabilize, and stretch the body in preparation; and finally, play with modifications for this complex and often overused posture.

3:00–4:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

4:00–6:00 **Guided Trail Run** (Advanced registration suggested, please call for details.)

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

5:30–7:00 Dinner

7:30–8:30 Rest and Unwind Yoga

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

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

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R&R Retreat Daily Schedule for Wednesday, September 28

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

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

7:00–8:30 Breakfast

9:00–10:30 **Learn to Love Exercise Vandita Kate Marchesiello (M)**

Our bodies are built to move! Tap into enthusiasm and transform monotony to enjoyment with simple yet powerful techniques that help you learn to love exercise. Through meditation, visualization, and movement, come find the fun factor that can lead you from 'need to exercise' to 'want to exercise.' Learn conscious living techniques that can change your life and set the stage for healthy aging.

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

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

In this workshop, spend time breaking down the difficulties of classic postures. As you examine the architecture of the body within a pose, you can sequence similar asanas to build strength and engage where you tend to collapse, and release what tends to bind. By the time you get to the actual peak pose, the body is ripe and ready for it. The result is finding a true equanimity in the physical body and an easy breath.

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

1:00–2:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

1:30–3:30 **Guided Stand Up Paddleboarding** (Advanced registration suggested, please call for details.)

2:00–3:30 **Integrative Weight Loss Aruni Nan Futuronsky and Annie B. Kay (M/E)**

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.

3:00–4:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

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

5:30–7:00 Dinner

7:30–9:00 **Kirtan (E)**

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

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Kripalu

R&R Retreat Daily Schedule for Thursday, September 29

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

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

7:00–8:30 Breakfast

9:00–10:30 ***The Discipline of Freedom Ray Crist*** (M/E)

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

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

11:00–11:45 ***Warming Up for Fall Evelyn Gonzalez*** (E)

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

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

12:45–1:30 ***Kripalu: A Person, a Place, a Tradition Vandita Kate Marchesiello*** (L)

Enjoy a brief overview of Swami Kripalu's interesting life, the places Kripalu Center has called home over the last four decades, and a tradition that has grown from a set of social ethics and personal practices known as the yamas and niyamas.

1:00–2:30 ***Guided Kayaking*** (Advanced registration suggested, please call for details.)

1:30–3:30 ***Guided Stand Up Paddleboarding*** (Advanced registration suggested, please call for details.)

2:00–3:30 ***Ayurveda with the Dean: Practical Tips for Health Gerard C. Buffo, MD*** (L)

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

3:00–4:30 ***Guided Kayaking*** (Advanced registration suggested, please call for details.)

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

5:30–7:00 Dinner

7:30–8:30 Rest and Unwind Yoga

7:30–8:30 ***Meditation Bhavani Lorraine Nelson*** Main Hall (E)

Meditation is a process, an inner journey of noticing. In this workshop, you learn different techniques for the art of meditation and explore ways to deepen the practice.

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R&R Retreat Daily Schedule for Friday, September 30

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

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

7:00–8:30 Breakfast

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

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

9:00–10:30 **Guided Kayaking** (Advanced registration suggested, please call for details.)

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

11:00–11:45 **Yoga for Your Dosha Jurian Hughes (M/E)**

Ayurveda, the ancient Indian science of health, teaches that on the road to wellness there is no "one size fits all" prescription. In this workshop—a combination of lecture, discussion, and practice—learn how different yoga styles, postures, and pranayama techniques can help to increase or diminish your uniquely balanced health and wholeness.

11:30–1:30 Lunch

12:00–1:00 Kripalu YogaDance®

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12:00–1:00 Vinyasa Yoga Class

4:15–6:30 Kripalu Yoga Classes (Gentle, Intermediate, Vinyasa)

5:00–7:30 Dinner

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

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

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

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

7:30–8:30 **Yoga Nidra Heather Bilotta (E)**

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

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