

YOGA | AYURVEDA | MINDFULNESS | HEALTH | HAPPINESS | NUTRITION

Kripalu®

Center for Yoga & Health

Spring 2016
MARCH-MAY

Explore the
Power of You

150+ Programs with
world-renowned presenters

Step into Spring

Kripalu Outdoors

Yoga Journal **LIVE!** Weekend
for Teachers

Professional Conferences

Spring Contemplative Week



Stockbridge, MA | 800.741.7353 | kripalu.org

MISSION DRIVEN, DONOR SUPPORTED



Welcome

to Spring at Kripalu

OUR MISSION

IS TO EMPOWER PEOPLE AND COMMUNITIES
TO REALIZE THEIR FULL POTENTIAL
THROUGH THE TRANSFORMATIVE WISDOM
AND PRACTICE OF YOGA.

Established in 1974, Kripalu Center for Yoga & Health is the premier destination for individuals and organizations seeking a joyful, inclusive, and compassionate environment for wellness, learning, and retreat. Located on a breathtaking campus in the Berkshires of western Massachusetts, Kripalu offers more than 700 programs a year that deliver life-changing, immersive experiences to nearly 40,000 guests. The campus is also home to the renowned Kripalu Schools of Yoga and Ayurveda, offering certification programs to yoga teachers and Ayurvedic practitioners. The largest yoga-based retreat center in North America, Kripalu is a tax-exempt 501(c)(3) nonprofit educational organization.



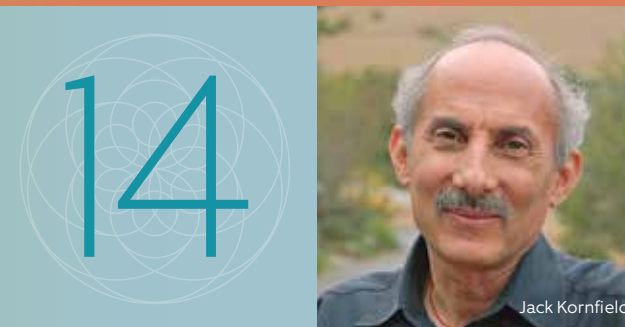
R&R Retreat

Create your own Kripalu Experience from a variety of workshops on health and wellness, daily yoga and dance classes for all levels, concerts, outdoor activities, and more.



Kripalu Schools of Yoga and Ayurveda

From skill-building to self-development, our extraordinary faculty, nourishing learning environment, and community of like-minded peers help you move into the world as an inspired teacher and healer.



Presenters and Programs

Choose from hundreds of transformative programs—led by exceptional teachers, authors, and luminaries—designed to inspire, educate, and empower.

Discover

the right Kripalu Experience for **you.**

As a yoga-based retreat center, Kripalu provides experiential education for the whole person: mind, body, heart, and spirit. Our dynamic programs are designed to empower people to transform, heal, and grow. During your stay, we invite you to explore and enjoy everything Kripalu has to offer.

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A program so perfect for you, it's as though you designed it yourself.

Craft a unique experience from a variety of workshops and activities.

- **YOGA** Take a morning, noontime, or afternoon yoga class at any level—beginner, gentle, intermediate, or vigorous vinyasa.
- **AYURVEDA** Learn about the mind-body connection, building resilience, yoga off the mat, and much more, in workshops with our skilled faculty.
- **MOVE** Take a hike with our knowledgeable guides, try a Kripalu YogaDance® class, or feel the beat in an uplifting drum circle or evening concert.
- **NOURISH** Enjoy nutritious, delicious meals made with love in the Kripalu Kitchen, and get inspired at a cooking demonstration with our chef.
- **RELAX** Integrate your day with a grounding evening meditation, treat yourself to a soothing Healing Arts session (additional cost), or simply relax, savoring the time that's unplanned and unplugged.

All-inclusive prices start at \$169 per night. Two-night minimum required; sorry, no Saturday arrivals or departures.

R&R Retreat

AN R&R RETREAT offers something for everyone, whether you're looking to connect with like-minded people or enjoy the quiet of our peaceful surroundings.

FIND OUT MORE online and view our monthly R&R Retreat schedules, featuring descriptions of the workshops → kripalu.org/rr

Group Retreats

A KRIPALU GROUP RETREAT is a fresh and creative take on family reunions, team-building retreats, alumni gatherings, or getaways with friends.

FIND OUT MORE online, view a sampling of workshops by theme, and complete a group retreat request form → kripalu.org/groups

Customized experiences, endless possibilities.

Create an unforgettable group retreat they'll talk about for years to come.

- **EDUCATION** Private workshops and in-depth study sessions designed for your group's interests and objectives, with themes ranging from yoga and stress management to holistic nutrition and outdoor adventure.
- **LEARNING ENVIRONMENT** Space for your group to breathe, decompress, and integrate the content you're receiving.
- **RECREATION AND RELAXATION** Hikes at your level, yoga and Kripalu YogaDance® classes, delicious meals, and optional Healing Arts treatments.
- **BONDING** Spend quality time together on our beautiful grounds, at our evening events, and in group sessions that take your connection—with yourself and each other—to the next level.
- **ALL-INCLUSIVE PRICING** and personal attention, no matter what your group size.

Sorry, no Saturday arrivals or departures.

Kripalu Schools of Yoga and Ayurveda

Kripalu's
inspiring yoga and
Ayurveda trainings
allow you to
deepen your practice
and share your
passion with
the world.



Why Kripalu?

IMMERSION LEARNING

Benefit from a unique experience that allows you to fully immerse in the practice and study of yoga and Ayurveda. While you're here, develop tools to cultivate health, create community, and transform—body, mind, heart, and spirit.

EXCEPTIONAL FACULTY

Our faculty are extraordinary guides. They provide an in-depth experience, an authentic commitment to teaching excellence, and a profound connection to the wisdom and practices that Kripalu Yoga offers.

THRIVING LINEAGE

Over the last four decades, we've developed a potent teaching methodology that fuses the richness of the Kripalu tradition with ancient Ayurvedic and contemporary Western approaches to healing and self-development. Ours is a living tradition—an invitation to align with your true nature.

FOR MORE INFORMATION

800.848.8702

ksya@kripalu.org

kripalu.org/ksya

See upcoming training dates on pages 12–13.

Kripalu
Schools of
Yoga and
Ayurveda

Kripalu School of Yoga

Yoga teacher training is a life-changing, empowering experience. Whether you're seeking to establish your foundation or deepen your existing skills, our comprehensive certification programs are designed to nurture, support, and enrich you in every step of your journey.

200-Hour Yoga Teacher Training

Gain the confidence you need to become an exceptional yoga teacher and emerge from our training inspired and ready to teach. Our residential training is offered as a monthlong program or as two 12-day sessions.

This training offers you rich skills that empower your students and enhance your personal growth. Guided by our expert faculty and guest teachers, and supported by a community of peers, you experience the potency of the Kripalu Yoga methodology, both on and off the mat.

You learn

- The principles and practices of Kripalu's 21 foundational asanas
- Basic anatomy and physiology applied to yoga philosophy
- Safe hands-on assists
- Introduction to yoga philosophy
- Skills for designing well-rounded classes, including warm-ups, asana, pranayama, relaxation, meditation techniques, themes, and creative sequencing.

Find out more, including upcoming training dates and faculty

➔ kripalu.org/ytt200



300-Hour Yoga Teacher Training

Immerse yourself in a supportive environment that allows you to expand your range, advance your teaching, and strengthen your practice. Open to 200-hour-certified teachers of any Yoga Alliance-registered school, this training consists of four 9-day modules, and each module includes 75 classroom hours. Upon completion of this training, you are eligible to become an RYT 500.



Required Modules

- Teaching Pranayama and Advanced Asana: Essential Practices for Yoga Teachers
- Guiding Meditation for Transformational Yoga Teaching: Exploring the World Within

Elective Modules (choose two)

- Leading Vinyasa: Breathe, Feel, Flow
- Integrating Ayurveda into Yoga Teaching: Balancing the Doshas
- Instructing Yoga for Special Populations: Yoga for Every Body

Find out more, including upcoming training dates and faculty ➔ kripalu.org/ytt300

Yoga Teacher Specialist Training

Take your practice and teaching to a higher level with specialized trainings focused on specific topics or populations. Open to graduates of any 200-, 300-, and 500-hour Yoga Alliance-registered school.

Chakras, Granthis, and Nadis: The Inner Structures of Hatha Yoga

Enhance your teaching and explore your inner world by studying the chakras, granthis, and nadis—energetic pathways established by ancient yogis. This training offers time-honored kriya, asana, pranayama, bandha, and mudra practices made powerful and relevant to contemporary practitioners.

Kripalu Yoga in the Schools Teacher Training

Yoga can be a profound vehicle for cultivating adolescents' self-knowledge, self-acceptance, and self-expression. Bolster your skills and gain tools that can enhance the lives of teens in this scientifically validated 9-day certification program.

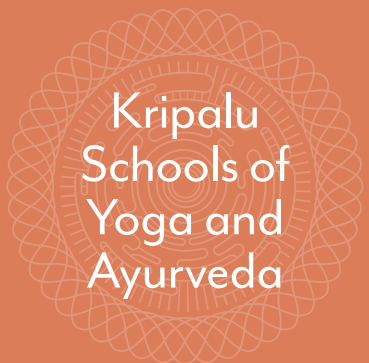
Restorative Yoga Teacher Training

This comprehensive training offers the knowledge, skills, and experience you need to lead your students through the healing journey of restorative yoga—a powerful antidote to the daily toll that stress and anxiety can take on the body, mind, and heart.

Find out more, including upcoming training dates and faculty ➔ kripalu.org/yttspec

The Kripalu Schools of Yoga and Ayurveda are registered with the Yoga Alliance.





Kripalu School of Ayurveda

Ayurveda, yoga's sister science, is the oldest continuously practiced health-care system in the world. Kripalu makes this time-honored system accessible and relevant to contemporary life with two Ayurveda certificate programs; both begin with Foundations of Ayurveda.



200-Hour Foundations of Ayurveda

A great beginning for anyone interested in pursuing Ayurveda professionally or personally.

Discover the power of this ancient science and how it relates to creating health and well-being in contemporary life. This in-depth program consists of two 9-day modules, and is the foundation and prerequisite for the other Kripalu School of Ayurveda trainings.

You learn

- The core concepts of Ayurveda, including its philosophical approach and its practical applications
- The fundamentals of Ayurvedic anatomy and physiology: the doshas, vayus, dhatus, and gunas
- The basic Ayurvedic approach to digestion, nutrition, and seasonal eating
- Dinacharya—daily routines for health and well-being
- Introductory Sanskrit
- Mantras for improving health and longevity
- How yoga practice complements and supports Ayurveda
- Ayurvedic psychology—the power of the mind in creating balance and health.



300-Hour Ayurvedic Yoga Teacher Training

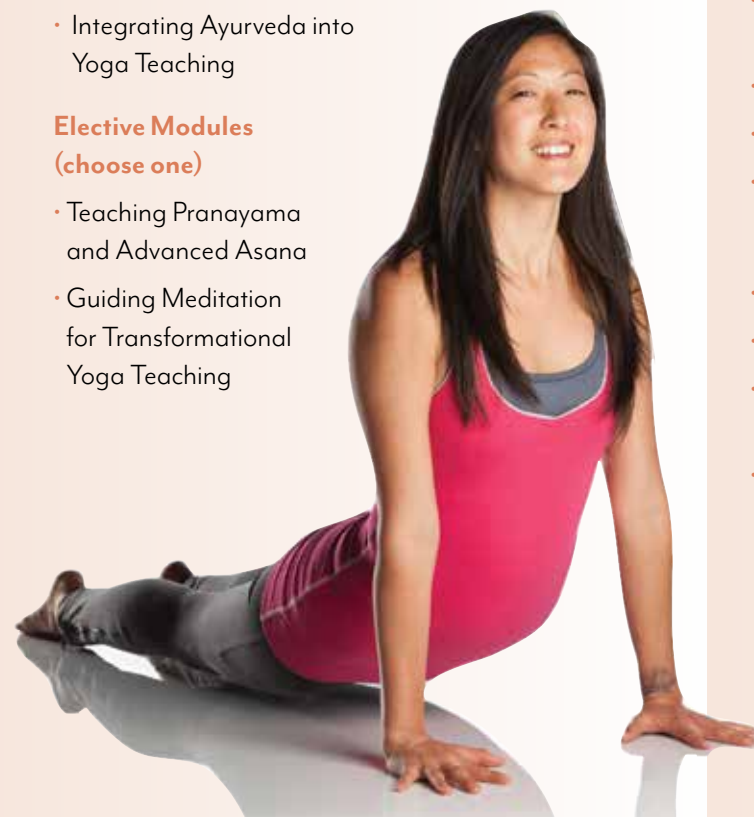
Build on the foundation of your 200-hour yoga teacher training with the specialized skills offered in our 300-Hour Ayurvedic Yoga Teacher Training. As yoga's sister science, Ayurveda provides valuable techniques that can help you guide your students to tune into their intuitive wisdom. This training consists of Foundations of Ayurveda, Integrating Ayurveda into Yoga Teaching, and one elective 9-day module, taken in any order.

Required Modules

- Foundations of Ayurveda
- Integrating Ayurveda into Yoga Teaching

Elective Modules (choose one)

- Teaching Pranayama and Advanced Asana
- Guiding Meditation for Transformational Yoga Teaching



650-Hour Ayurvedic Health Counselor Certification

After completion of Kripalu's Foundations of Ayurveda, four 9-day modules qualify you to provide Ayurvedic diet and lifestyle recommendations that support overall health and wellness.



You learn

- Strategies for performing effective and safe consultations, with a minimum of 50 client encounters
- Valuable techniques for health promotion and disease prevention
- Pulse assessment techniques
- Ayurvedic therapies
- Tools for building a thriving holistic-health practice.

Required Modules

- Anatomy, Physiology, and Herbology
- Etiology, Pathology, Clinical Assessment, and Pulse Analysis
- Clinical Assessment, Vata Management, and Women's Health
- Clinical Training, Ethics, and Working with Clients

Find out more, including upcoming training dates and faculty kripalu.org/ksa

Spring 2016 Trainings

200-Hour Yoga Teacher Training

Two 12-day modules

PART 1 APRIL 17–29
PART 2 JUNE 5–17

Rudy Peirce and Sudha Carolyn Lundeen

Monthlong Intensive

MAY 29–JUNE 24

Brahmani Liebman and
Jashoda Edmunds

Experience the fundamentals of Kripalu Yoga. Our Yoga Alliance–approved 200-hour Kripalu Yoga certification program trains you to teach safe, enlivening, and empowering yoga classes, and shows you how to incorporate the wisdom of yoga into your life.

TUITION \$2,675, plus room & meals. Parts 1 and 2 must be taken together. For more information, contact ksya@kripalu.org or 800.848.8702.

300-Hour Yoga Teacher Training Module

MARCH 4–13

Instructing Yoga for Special Populations

YOGA FOR EVERY BODY

Sudha Carolyn Lundeen

How we take yoga out into the world and into our classes plays an important part in determining how successful we are as teachers. Instructing Yoga for Special Populations trains you to offer posture modifications that create a safe environment for all types of students. It also helps you develop valuable skills for working one-on-one and for meeting individual students' needs in a group setting.

TUITION \$1,049, plus room & meals. For more information, contact ksya@kripalu.org or 800.848.8702.

NEW! 200-Hour Yoga Teacher Training en Español with Rina Jakubowicz at Kripalu Center



Two 12-day modules

PART 1 JULY 31–AUGUST 12
PART 2 OCTOBER 30–NOVEMBER 11

TUITION \$2,675 plus room & meals. For more information, contact ksya@kripalu.org or 800.848.8702.



SUDHA CAROLYN LUNDEEN, RN, E-RYT 500, is a teacher at Kripalu, where she leads trainings in the Kripalu Schools of Yoga and Ayurveda. sudhalundeen.com



RUDY PEIRCE, MA, E-RYT 500, has been leading Kripalu Yoga teacher trainings for more than 30 years. He is the creator of a four-CD set, The Gentle Series. gentlyogi.com



BRAHMANI LIEBMAN, E-RYT 500, is cocreator of Journey into Yoga School of Yoga & Meditation teacher trainings. She serves on the Kripalu School of Yoga Faculty. journeyintoyoga.com



JASHODA EDMUNDS, E-RYT 500, a Kripalu School of Yoga teacher trainer, draws on her study of Buddhism and her training as a Phoenix Rising yoga therapist. journeyintoyoga.com



COBY KOZLOWSKI, MA, E-RYT, is a faculty member for the Kripalu School of Yoga and founder of Karma Yoga Leadership Intensive™. cobyk.com



MICHELLE DALBEC, E-RYT 500, is a passionate Kripalu Yoga and Yoga Tune Up® teacher who directs yoga teacher training programs. myoga.com

NEW! KYTT 2.0

APRIL 17–22 SUNDAY-FRIDAY

The Kripalu Yoga Teacher Training Refresher Course

Coby Kozlowski and Michelle Dalbec

Reboot your teaching career and reignite your passion in a program designed for 200-hour Kripalu Yoga teachers or 200-hour yoga teachers from other traditions interested in learning the fundamentals of Kripalu Yoga.

TUITION \$325, plus room & meals.

650-Hour Ayurvedic Health Counselor Certification Modules

The Kripalu Ayurvedic Health Counselor certification is for those who want to practice Ayurveda professionally. Through in-depth study, this training prepares you to provide Ayurvedic lifestyle consultations and holistic therapies.

APRIL 1–10

Clinical Assessment, Vata Management, and Women's Health

Larissa Hall Carlson, Rosy Mann, Claudia Welch, Kimberly Larson, and Gerard C. Buffo

In this third module, build your skills using Ayurvedic tools for managing vata, the king of the doshas. Through clinical assessments, lecture, discussion, and group work, we explore effective practices for supporting women's health.

TUITION \$1,049, plus room & meals. For more information, contact ksya@kripalu.org or 800.848.8702.



MAY 13–22

Clinical Training, Ethics, and Working with Clients

Gerard C. Buffo, Larissa Hall Carlson, Vasant Lad, Rosy Mann, Margrit Mikulis, Satya Narayana Dasa, and William Siff

This fourth module is a clinical-heavy, hands-on module where you build your confidence in providing Ayurvedic diet and lifestyle consultations. We also discuss the practicalities of opening a practice and the ethics of offering consultations.

TUITION \$1,049, plus room & meals. For more information, contact ksya@kripalu.org or 800.848.8702.



LARISSA HALL CARLSON, E-RYT 500, Dean of the Kripalu School of Ayurveda, guides retreats, directs trainings, and provides Ayurvedic consultations throughout the country. larissacarlson.com



ROSY MANN brings more than 15 years of experience as an Ayurvedic doctor. She offers educational courses, lectures, workshops, and personal Ayurvedic consultations.



CLAUDIA WELCH, DOM, is an Ayurvedic practitioner and educator, and the author of *Balance Your Hormones, Balance Your Life*.



KIMBERLY LARSON is a certified massage therapist, yoga teacher, and Ayurvedic lifestyle consultant. lakshmisgarden.com



GERARD C. BUFFO, MD, FACR, blends his 31 years of experience in Western medicine with Eastern practice. He trained in Ayurveda and complementary medicine at Kripalu and the Ayurvedic Institute.



VASANT LAD, BAMS, Masc, an Ayurvedic physician, is founder of the Ayurvedic Institute in Albuquerque, New Mexico, and is its principal instructor and director. ayurveda.com



MARGRIT MIKULIS, ND, is a naturopathic doctor, clinician, and clinical faculty member for the Kripalu School of Ayurveda. livingnaturalinc.com



SATYA NARAYANA DASA, PhD, founder of the Jiva Institute of Vaishnava Studies, serves as a visiting professor at the State University of New Jersey, Rutgers, and American Hindu University. jiva.com

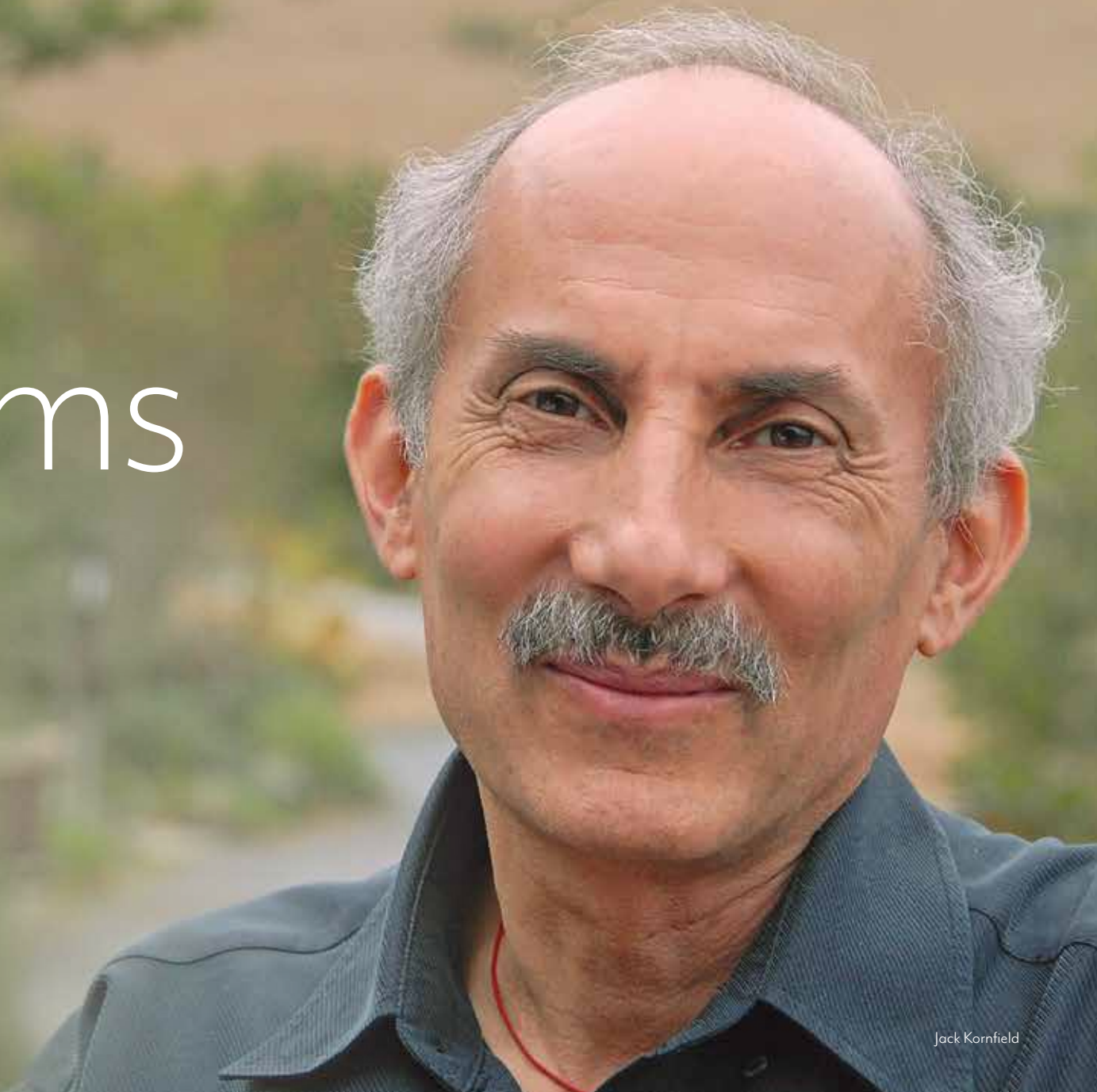


WILLIAM SIFF owns and operates Goldthread, a medicinal herb farm, apothecary, distillery, and education center in western Massachusetts. goldthreadapothecary.com

Presenters and Programs

Study with the best.

Kripalu presenters are international thought leaders—beloved yoga and meditation teachers, respected scientists, best-selling authors, and renowned healers. In powerful, insightful programs and trainings, they offer heart-opening experiences that support Kripalu’s vision of an awakened, compassionate, and connected world.



Jack Kornfield

“The goal is not to perfect yourself, the goal is to perfect your kindness.”

—Jack Kornfield

Our programs are categorized by theme so that you can easily find programs that interest you.

February Highlights | p. 16

Ayurveda | p. 20

Bodywork/Energy Healing | p. 22

Creative Expression | p. 28

Fitness and the Outdoors | p. 36

Health and Wellness | p. 40

Neuroscience and Psychology | p. 48

Relationships | p. 52

Self-Discovery | p. 58

Yoga and Meditation | p. 70

Prefer to choose your programs by date? See the calendar of programs on page 100.

Find programs by your favorite presenter on page 108.

Left to right Joe Dispenza, Caroline Myss, Tara Brach, Snatam Kaur, Bryan Kest, James Van Praagh





Register today for these remarkable programs and presenters—this February at Kripalu.



FEBRUARY 26–28
FRIDAY–SUNDAY

Heart of Devotion
KRISHNA DAS

Experience chanting as a spiritual practice in this weekend of kirtan and Q&A. Layering traditional Hindu kirtan with instantly accessible melodies and modern instrumentation, Krishna Das has been called yoga’s “rock star,” with a soulful voice that touches the deepest chord in even the most casual listener.



FEBRUARY 5–7 FRIDAY–SUNDAY

Getting Your Groove Back
JOAN BORYSENKO

Rediscover your essential self with Joan Borysenko, one of the country’s leading pioneers in mind-body science, Positive Psychology, and spiritual exploration. This retreat is designed to help you remember who you are when all the stress and grouchiness falls away.

FEBRUARY 12–14 FRIDAY–SUNDAY

Dharma Yoga Intensive
UNLEASHING PSYCHIC FORCES
DHARMA MITTRA

Dharma Yoga recharges you at every level as you practice the most efficient postures and breathing exercises, deep, healing psychic sleep, mantra chanting and meditation, and how to lock energy in and use it for renewal when you need it. Learn to apply esoteric yoga knowledge directly to your life in this intensive with renowned master Dharma Mittra.



FEBRUARY 5–7 FRIDAY–SUNDAY

The Stories We Carry
MEDITATION AND WRITING
DANI SHAPIRO

Join best-selling author Dani Shapiro for an inspiring experience that combines a powerful blend of meditation and movement, generative writing exercises, group sharing, and discussion. Explore the courage, persistence, and patience that it takes to dive into memory and generate new work.



FEBRUARY 19–21 FRIDAY–SUNDAY

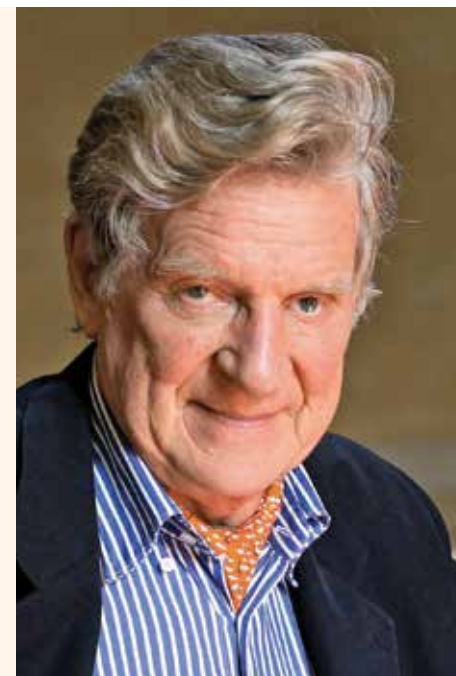
Make Me One with Everything
BUDDHIST MEDITATIONS TO AWAKEN FROM THE ILLUSION OF SEPARATION
LAMA SURYA DAS

Experience practical inter-meditations and tantric exercises that offer what’s known as the “one taste” of tantric mahamudra and Dzogchen. Open portals to oneness with nature, others, and your deepest power, and go beyond concepts such as distraction, concentration, or the separation between the sacred and mundane.

FEBRUARY 26–28 FRIDAY–SUNDAY

Living the Evolutionary Life
ROBERT THURMAN

This powerful immersion with Robert Thurman, renowned professor of Tibetan studies at Columbia University, offers a greater understanding of the fascinating spirituality of Tibetan Buddhism and explores the Buddha’s pioneering discoveries and the path of “super-education.” Follow in the footsteps of the Buddha, and shape a life focused on evolution and understanding.



FEBRUARY 1–MAY 18
ON-SITE | ONLINE

Crafting the Resilient Life
Maria Siros, PsyD

Every day, you can choose to grow, and to focus on the practices and attitudes that enable you to cultivate and sustain healthy transformation. Learn to move through challenging times into a more serene life—one in which you flourish no matter what. This in-depth program combines two on-campus immersions (on-site dates: February 7–10 and May 15–18) with online learning modules.



FEBRUARY 28–MARCH 4
SUNDAY–FRIDAY

The Science of Yoga for Health Professionals

Lisa B. Nelson, MD, Angela Wilson, MA, and special guest Sat Bir S. Khalsa, MD

CE/CME credits

Curious about the science behind yoga postures, meditation, and breathing techniques? Learn how these practices can enhance your physical and mental health, as well as that of your clients and patients.

Contemplative Week at Kripalu

APRIL 3-8

Leave the busy world behind and experience **Contemplative Week** in an R&R Retreat or select one of our introspective program offerings. This week of silent meals and quieter spaces is a perfect opportunity to soothe the mind and body, and renew your connection to yourself.

APRIL 3-8

R&R QUIET RETREAT

During Contemplative Week, a Kripalu R&R Retreat inspires you to nurture your deepest self. Our selection of workshops gives you opportunities to explore the power of meditation, learn new daily Ayurvedic routines, or tune into your energy during a pranayama or yoga class.

NOTE Minimum stay of two nights is required; no Saturday arrivals or departures.

FIND OUT MORE → kripalu.org/rr

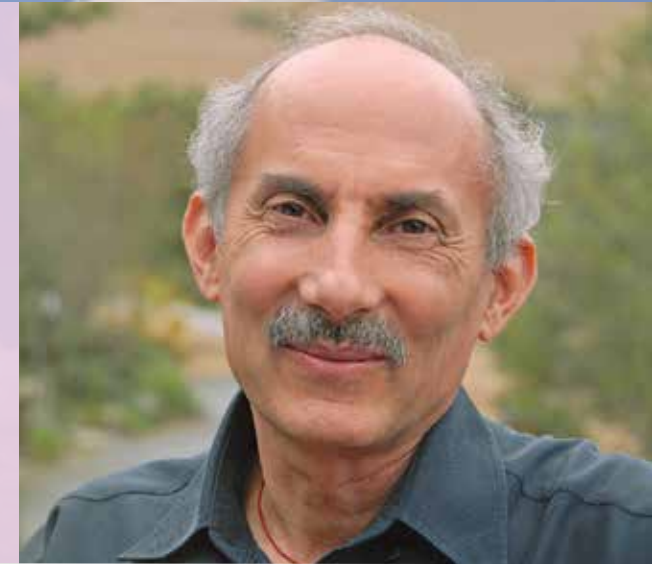
APRIL 3-8 SUNDAY-FRIDAY

THE WISE AND LOVING HEART

MEDITATION FOR FREEDOM AND COMPASSION

JACK KORNFIELD

with Winnie Nazarko and Alex Haley | p. 79



APRIL 3-5 SUNDAY-WEDNESDAY

Creating Yantras

HEALING WITH SACRED GEOMETRY AND COLOR

Sarah Tomlinson | p. 30



APRIL 3-8 SUNDAY-FRIDAY

Divine Sleep Yoga Nidra Teacher Training

Jennifer Reis | p. 78



APRIL 3-8 SUNDAY-FRIDAY

Ayurvedic Bodywork Training

SHIRODHARA AND MARMA-BALANCING TREATMENT

Hilary Garivaltis | p. 20



APRIL 5-7 TUESDAY-THURSDAY

Creating Miracles with Malas

Satya Scainetti | p. 31

Ayurveda

MARCH 11-13 FRIDAY-SUNDAY

**Ayurvedic
Cooking Immersion**

Kate O'Donnell

FOR everyone. CE credits.



It's easier than you think to incorporate Ayurvedic health principles into your cooking. Learn how to reap the benefits of Ayurveda's approach to daily food preparation, seasonal choices,

and optimizing digestive power. Kate O'Donnell shares simple tools, techniques, and recipes, and teaches you to

- Set up an Ayurvedic pantry
- Eat for your body type and the season
- Prepare everyday dishes that make you feel your best
- Use daily Ayurvedic self-care routines.

Get a taste of Ayurveda and leave with the confidence to integrate this ancient healing system into your kitchen.

RECOMMENDED READING Kate O'Donnell, *The Everyday Ayurveda Cookbook*.

NOTE This program is eligible for 9 NAMA CE credits.

TUITION \$245, plus room & meals; see page 104. (web code ACI-161)



KATE O'DONNELL, author of *The Everyday Ayurveda Cookbook*, is a nationally certified Ayurvedic practitioner, Ashtanga Yoga teacher and Ayurvedic Yoga Specialist. ayurvedaboston.com

CONTEMPLATIVE WEEK

APRIL 3-8 SUNDAY-FRIDAY

**Ayurvedic
Bodywork Training**SHIRODHARA AND
MARMA-BALANCING TREATMENT

Hilary Garivaltis

FOR bodyworkers (see note below). CE credits.

Learn Ayurvedic theory as applied to bodywork, including the five elements and three doshas, or constitutions. Under the guidance of Hilary Garivaltis, founder and former Dean of the Kripalu School of Ayurveda, this training includes

- Shirodhara, a treatment using warm oil poured rhythmically on the forehead
- Marma balancing, a full-body treatment that focuses on vital energy points and pathways to create balance and rejuvenation
- Ceremony and mantra, or sacred sound, to establish a calm and healing environment.

NOTE Oils are used in hands-on practice, so casual clothing is recommended. Old bathing suits or undergarments may be useful. We highly recommend receiving a Shirodhara treatment from our Healing Arts Department while you are here. Please book in advance of your arrival, and tell your reservationist that you are part of this training.

This course is designed for bodyworkers and is eligible for CE credits through NAMA; others should direct inquiries to Hilary at hgarivaltis@hotmail.com.

TUITION \$358, plus room & meals; see page 104. (web code ABTSM-161)



HILARY GARIVALTIS trained at the New England Institute of Ayurvedic Medicine and Rishikesh College of Ayurveda in India. hilarygarivaltis.com

Self-Care for the Five Senses

AYURVEDA OFFERS SIMPLE DAILY PRACTICES FOR KEEPING
THE SENSE ORGANS HEALTHY AND NOURISHED IN ALL SEASONS.

Ears Take your ear-care routine beyond Q-tips® with this practice for energetically cleansing the ears: Upon waking, avoid bombarding the ears with loud, disturbing, irritating, or violent noises (such as the morning news or a heated conversation with a family member). Instead, bathe the ears in pleasant sounds, like loving words, sweet music, birdsong, or the wind in the trees.

Eyes Rosewater (an organic distillation of roses) is a fragrant pick-me-up for the eyes. A few sprays will relieve excess heat and refresh tired eyes. Keep a bottle at your desk for anytime you need a quick revitalizer. If you don't have rosewater on hand, splashing the eyes with cool water works, too.

Skin Abhyanga, the Ayurvedic practice of oiled self-massage, nourishes the skin, soothes the nervous system, and stimulates the lymphatic system. Sesame oil is best for the cooler seasons, and coconut or sunflower oil for the warmer. Use long strokes on the long bones and circular strokes on the joints. Do abhyanga in the shower; the heat will help the oil soak into the skin.

Mouth Tongue scraping removes toxins deposited by gastrointestinal activity during sleep. Use a copper or stainless steel scraper, and pull from back to front of the tongue five or six times (rinsing between scrapes), first thing in the morning. Gargling with warm water mixed with a pinch of salt helps prevent sickness; add a pinch of turmeric if you feel a cold coming on.

Nose Try a neti pot to cleanse the nasal passages, using warm water and a pinch of salt (follow the directions that come with your pot and be sure to use purified water). For the Ayurvedic routine known as nasya (lubricating the nasal passages), use sesame or coconut oil or an herbalized nasya oil made especially for this practice. Dip a finger into the oil and sniff it into one nostril at a time while closing the other nostril.



APRIL 22-24 FRIDAY-SUNDAY

**Introduction to
Yoga and Ayurveda**

RADIANT HEALTH ON AND OFF THE MAT

MICAH MORTALI AND
LARISSA HALL CARLSON

FOR all levels. CE credits.

Enhance your overall health and well-being with the sister sciences of yoga and Ayurveda. Micah Mortali, Director of the Kripalu Schools of Yoga and Ayurveda, and Larissa Hall Carlson, Dean of the Kripalu School of Ayurveda, invite you to make yoga and Ayurveda part of your routine for thriving and wellness, in a weekend that includes

- Fun yoga warm-ups, fundamental postures, purifying breathing practices, and tranquil meditations
- The eight limbs of yoga philosophy: the basic yogic framework for exploring body, breath, and mind
- Foundational concepts of Ayurveda, including the three doshas (vata, pitta, and kapha)
- Ayurvedic tools for self-care, including seasonal diet recommendations, lifestyle techniques, and self-massage.

Gather simple, enjoyable, and effective tools for enriching your life and health on the yoga mat and beyond.

NOTE See this program on the Kripalu website for recommended reading and listening.

TUITION \$230, plus room & meals; see page 104. (web code ITAV-161)

MICAH MORTALI, Director of the Kripalu Schools of Yoga and Ayurveda and longtime Kripalu Yoga teacher, has been leading groups in wilderness and corporate settings for more than 15 years.

LARISSA HALL CARLSON, E-RYT 500, Dean of the Kripalu School of Ayurveda, guides retreats, directs trainings, and provides Ayurvedic consultations throughout the country. larissacarlson.com

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→ kripalu.org/ksa



Bodywork/ Energy Healing



MARCH 4–7 FRIDAY–MONDAY

Positional Therapy Level 1

AN EXPERIENTIAL APPROACH TO STRAIN-COUNTERSTRAIN AND MUSCLE ENERGY TECHNIQUE

Lee Albert

FOR bodyworkers, yoga teachers, nurses, chiropractors, doctors, and interested individuals. **CE** credits.

Learn a therapy for recovery from chronic pain that often works where other approaches fail. Positional Therapy can be used for self-healing and with family, friends, and clients. Lee Albert is a gifted therapist whose expertise and unique approach equip you with the tools to bring effective relief to issues caused by injury, stress, repetitive motion, postural distortion, and chronic neuromuscular conditions.

Through simple hands-on techniques, the body's habitual holding pattern in a particular area is released. Results are immediate and often permanent, and the techniques are gentle and easy to learn. Clients have described the outcome as "magical." You learn to

- Find and disable chronic pain mechanisms
- Search for and recognize trigger points
- Address specific conditions and injuries.

Expect to be surprised, have fun, and bring home an invaluable new toolbox for pain relief.

NOTE Tuition includes a manual.

TUITION \$310, plus room & meals; see page 104. (web code POT-161)

MARCH 7–11 MONDAY–FRIDAY

Positional Therapy Level 2

STRAIN-COUNTERSTRAIN AND MUSCLE ENERGY TECHNIQUE

Lee Albert

FOR people who have completed Positional Therapy Level 1. **CE** credits.

Build on Level 1 training, including body positions and movements that effectively treat pain caused by injury, stress, repetitive motion, postural distortion, and chronic neuromuscular conditions. By using a combination of strain-counterstrain, muscle energy techniques, stretches, and home-care elements, you learn to

- Recognize neuromuscular pain patterns
- Work more effectively with joints
- Release tendons
- Take your practice to a whole new level.

In addition, you receive a training manual with photos of each position, an intake form, and a suggested homework sheet that you can photocopy for use in your practice.

PREREQUISITE Positional Therapy Level 1.

NOTE Tuition includes a manual.

TUITION \$380, plus room & meals; see page 104. (web code POTT-161)



LEE ALBERT, NMT, a neuromuscular therapist and yoga instructor trained in orthopedic massage, positional therapy, and yoga therapy, is author of *Live Pain-Free without Drugs or Surgery*. leealbert.com

+ COMBINE THESE PROGRAMS for a 10 percent tuition discount for each program.

MARCH 1–4 TUESDAY–FRIDAY

The Art of Reiki

REIKI MASTER TRAINING LEVELS 1 AND 2

Libby Barnett

CE credits.

Reiki Master Training gives you a deeper experience of the extraordinary power of Reiki to heal and transform. The Reiki Master attunement and symbol strengthen your skill and effectiveness as a

Reiki practitioner and enhance your ability to heal and promote balance on all levels.

Through talks, exercises, small-group work, anecdotal studies, and discussion, you cross the threshold into Reiki mastery, as you

- Learn to perform the Reiki 1 and 2 attunement ceremonies
- Receive the Reiki Master attunement, symbol, and certificate
- Review Reiki 2 symbols and practice protocols
- Expand your awareness of Reiki as a spiritual practice
- Learn to teach others to do Reiki
- Create a more loving connection with yourself, Source, and others.



MARCH 18–20 FRIDAY–SUNDAY

Tai Chi Alchemy

GET OUT OF YOUR HEAD AND INTO THE GAME

Rick Barrett

FOR all levels.

The mysterious and paradoxical world of tai chi ch'uan seems to defy the laws of physics. A finger stops a fist. A tiny woman lifts a man three times her size. That world becomes instantly accessible, however, when approached as an exercise of authentic engagement. Tai chi practice brings us into heightened states of body-mind-spirit integration and the remarkable abilities that come with that, including

- Presence
- Effortless power
- Rooting (energetic connection with the earth)
- Instant meditation (accessing the "space between thoughts")
- The transformation of fear into love
- Authentic soul-to-soul connections.

When we meet with our whole beings, we become full participants in an alchemy that unearths treasures buried in plain sight.



MARCH 20–25 SUNDAY–FRIDAY

Professional Level Foot Reflexology, Level 1

Eileen Donovan

FOR healing arts practitioners and interested individuals. **CE** credits.

Spend some time loving your feet! Learn the ancient healing art of foot reflexology from master reflexologist Eileen Donovan. In this training, you learn complete 60- and 90-minute reflexology flows that stimulate points on the feet to support health and healing. This training also includes

- A brief history of reflexology
- Observing and evaluating the condition of the feet and working with individual needs
- Relaxing massage techniques for the legs and feet
- Reflexology techniques, including a point map of the organs and systems, and zone theory
- Proper body mechanics and stretches for practitioners
- Contraindications and general health awareness
- How to support clients with intake-session protocol and closure.

Join Eileen to experience the power of reflexology, whether for professional or personal use.

NOTE Tuition includes a manual and products to use in the training. Due to the intensive nature of this program, it may be difficult to participate in other Kripalu events or receive Healing Arts services.

TUITION \$445, plus room & meals; see page 104. (web code FRFT-161)



EILEEN DONOVAN, CMT, is a reflexology practitioner and instructor with more than two decades of experience. She teaches a three-part certification training in reflexology at massage schools and institutions of higher education. eileensreflexologyheals.com



TUITION \$235, plus room & meals; see page 104. (web code TCA-161)



RICK BARRETT, author and national champion in tai chi push hands, has practiced Chinese internal martial arts and energy healing for 35 years. rickbarrett.net



MARCH 27–APRIL 10 TWO-WEEK PROGRAM

Qigong Healer Professional Training

ROBERT PENG

FOR everyone; no qigong experience required.

In this 14-day professional training, become a qigong healer and learn the techniques and meditations that Robert Peng learned from his teacher, Xiao Yao, a legendary monk with remarkable healing gifts.

Enhance and empower your energy by learning

- Qigong theory and practice
- Hands-on and remote qigong healing techniques
- Yang techniques such as dian xue and tai chi press
- Yin techniques including sword finger, qigong hypnosis, and S pattern to reorganize the energy field
- Esoteric self-empowerment exercises to continue improving your skills.

Return home with the ability to offer a full and effective qigong healing session.

NOTE This program is appropriate for both nonprofessionals and healing professionals. Participants receive a certificate of completion at the conclusion of the course.

TUITION \$2,780 plus room & meals; see page 104. (web code BQH-161)

ROBERT PENG, internationally renowned qigong master, studied and practiced with Master Xiao Yao, who guided him in a 100-day water fast to purify his healing energy. robertpeng.com

MARCH 27–APRIL 1 SUNDAY–FRIDAY

Traditional Japanese Reiki Levels I and II

GENDAI REIKI HO SHODEN AND OKUDEN

James and Audrey Pearson Shihans

FOR all levels. CE credits.

In creating the Usui Reiki system, Mikao Usui's intention was to offer a path to enlightenment or satori: a state of perfect harmony and calm. Learn to open your energy channel to that harmony through attunements, breath awareness, meditation, visualization, self-purification, and self-empowerment techniques.

Level I includes Usui Sensei's healing techniques for attaining physical, mental, emotional, and spiritual equilibrium. In Level II, you deepen your contact with Reiki energy and learn techniques to accelerate healing. The training includes

- Attunements for Japanese Reiki Levels I and II
- Techniques for self-healing and healing others
- The first three symbols Mikao Usui transmitted to his students.

As you increase your contact with Reiki energy, you move forward on the path to spiritual fulfillment.

TUITION \$395, plus room & meals; see page 104. (web code PTR-161)

JAMES and AUDREY PEARSON hold the title of Gendai Reiki Ho Shihan in the lineage of Hiroshi Doi Sensei. They studied the original Reiki teachings with Usui Reiki Ryoho Gakkai, who empowered them to carry the Gendai Reiki lineage. yogapathways.com



APRIL 10–14 SUNDAY–THURSDAY

Stillness in Motion

ZEN PRACTICE AND WILD GOOSE QIGONG

Robert Meikyo Rosenbaum

FOR all levels. CE credits.

Combining the practices of Zen and Dayan (Wild Goose) Qigong, learn how to meet each moment with effortless effort, and to find ease and joy in everyday life.

In Zen, you return to stillness, finding the movement at its heart. In qigong, you remove blockages in the acupuncture meridians so energy can flow. Come experience

- Warm-up exercises, acupressure self-massage, and the 64 movements of Dayan Qigong
- The shikantaza (just sitting) meditation of Soto Zen, as well as basic Taoist meditation
- Dharma talks and optional individual practice discussion with a senior teacher of Zen and qigong
- Simple, practical ways to incorporate Zen and qigong into daily activities.

RECOMMENDING READING See this program on the Kripalu website.

NOTE Wear loose, comfortable clothing. Shoes with thin, flat soles are best for qigong.

TUITION \$375, plus room & meals; see page 104. (web code SIM-161)



ROBERT MEIKYO ROSENBAUM, PHD, is a clinical neuropsychologist, psychotherapist, Zen and qigong teacher, and author of *Walking the Way: 81 Zen Encounters with the Tao Te Ching*. zenqigong.com



APRIL 15–17 FRIDAY–SUNDAY

Tap into the Power of Clarity Using Emotional Freedom Techniques

Carol Look

FOR everyone. CE credits.

Learn to rely on your intuition and energy to leverage the power of clarity in all areas of your life. In this intensive Emotional Freedom Techniques (EFT) training, Carol Look leads you through exercises designed to release emotional blocks, erase fear, and eliminate resistance.

Using demonstrations, coupled with her extensive clinical experience, Carol teaches you to make decisions easily—say “no” when you need to and learn what a true “yes” feels like. She combines her training as a psychotherapist with extensive experience as an EFT master for unprecedented results in the application of EFT.

TUITION \$225, plus room & meals; see page 104. (web code EFTIG-161)

CAROL LOOK is a coach, speaker, intuitive healer, author of *Attracting Abundance with EFT*, and director of the Abundance Coaching Program. carollook.com



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APRIL 29–MAY 1 FRIDAY–SUNDAY

Stillness Touch

THE ART OF TRANSMITTING LOVE

Charles Ridley

FOR everyone. CE credits.

Stillness Touch uses hands-on contact to restore the body's natural state of wisdom and harmony. Based on Biodynamic Cranial Touch, as outlined in Charles Ridley's book *Stillness*, this practice allows you to realize the trust, safety, and freedom needed to be your illuminated self.

In this program, you learn

- Inner-body stillness meditations
- How to connect to your core midline
- Whole-body breathing
- How to feel nuances of inner flow as states of consciousness unfold
- Ways to inhabit your inner centers: head, heart, and belly.

The body is meant to be a sacred vessel of love, and Stillness Touch connects you to conscious, radiant love.

NOTE See this program on the Kripalu website for additional information.

REQUIRED READING Charles Ridley, *Stillness Touch* (e-book), available at dynamicstillness.com.

TUITION \$250, plus room & meals; see page 104. (web code STTL-161)



CHARLES RIDLEY is the author of *Stillness: Biodynamic Cranial Practice and the Evolution of Consciousness*. He is a practitioner, teacher, and founder of the Dynamic Stillness school. dynamicstillness.com



MAY 8–13 SUNDAY–FRIDAY

Cherokee Bodywork

Lewis Mehl-Madrona

FOR massage therapists and bodyworkers as well as those without prior bodywork experience. CE credits.

Almost all indigenous cultures had direct, hands-on methods of healing. Learn the rare Cherokee art of healing touch in a workshop that includes

- Supervised practice of Cherokee bodywork
- Cherokee breathwork techniques designed to restore spirit to the entire body
- The incorporation of imagery and dialogue into bodywork
- The importance of ceremony, ritual, and intent in bodywork
- Osteopathic or “manipulative” medicine as a means of dialogue with the body
- Cherokee use of acupressure, energy meridians, crystals, and energy medicine
- A fire ceremony (weather permitting).

We'll complete our time together with a prayer ritual, and ask for a blessing on the healing work we have done and the continuing journey that lies before us. This program is for those who want to practice giving bodywork and for those who wish to receive it.

RECOMMENDED READING Lewis Mehl-Madrona, *Coyote Medicine*, *Coyote Healing*, *Coyote Wisdom*, and *Narrative Medicine*.

TUITION \$325, plus room & meals; see page 104 (web page CKBW-161)

LEWIS MEHL-MADRONA, MD, a graduate of Stanford University School of Medicine, trained in family medicine, psychiatry, and clinical psychology. He is of Cherokee and Lakota heritage.

MAY 8–13 SUNDAY–FRIDAY

Elements of Polarity

SECRETS OF THE HUMAN ENERGY SYSTEM

Gary Strauss and Tracy Griffiths

FOR everyone, including bodyworkers. CE credits.

Take an empowering journey into the essence of the polarity method and how it works with the body's subtle energy systems. In this intensive hands-on training, you gain a deep understanding of the chakras and elements, including

- How to process energy
- Specific bodywork techniques for balancing the five elements (ether, air, fire, water, and earth)
- Protocols for each chakra's element and when and how to apply them
- Exercises for working with key energetic points
- How to integrate craniosacral techniques with energy medicine principles.

Enhance your healing skills as you immerse yourself in this powerfully effective modality.

The emphasis of this training is on understanding the activity of elemental energies in your own life so that you can work with these energies in others.

TUITION \$545, plus room & meals; see page 104. (web code EOP-161)



GARY STRAUSS, MS, RPP, PWE, a master practitioner and world-renowned polarity therapy and CranioSacral Unwinding instructor, is founder and director of Life Energy Institute. lifeenergyinstitute.net



TRACY GRIFFITHS, BCPP, is a healing arts professional specializing in polarity therapy and aromatherapy, and a Certified Trauma Release Exercise facilitator. lifeenergyinstitute.net



MAY 15–18 SUNDAY–WEDNESDAY

Emotional Freedom Techniques

LEVEL 1

Jan L. Watkins

FOR everyone. CE credits.

Emotional Freedom Techniques (EFT) is a powerful, clinically proven self-help method for reducing the emotional impact of memories and incidents that trigger emotional distress. This workshop builds your skills step by step, so you can apply EFT effectively, whether you wish to integrate it into your professional practice, bring it to the classroom, or simply unlock its full power for yourself and your friends.

This training offers

- Essential EFT principles
- Stress-reduction techniques that can be easily incorporated with other modalities
- Tools for dealing with negative emotions, limiting beliefs, and the emotional roots of pain
- Hands-on instruction and demonstrations
- Supervised exercises
- Indispensable tools for professional, personal, and family life.

NOTE See this program on the Kripalu website for recommended reading and information about certification.

TUITION \$325, plus room & meals; see page 104. (web code EFTT-1161)

✦ **COMBINE THESE PROGRAMS** for a 10 percent tuition discount for each program.

MAY 18–20 WEDNESDAY–FRIDAY

Emotional Freedom Techniques

LEVEL 2

Jan L. Watkins

FOR everyone who has completed Level 1. CE credits.

Level 2 EFT training moves you through supervised practice to deeply explore the possibilities of EFT and sharpen your practitioner skills. This training is comprised of eight learning modules that build on the EFT skills you learned in Level 1, going further into key methods of clinical EFT. Using hands-on demonstrations, supervised exercises, and guidance and feedback from a certified expert trainer, you learn how to utilize the full potential of EFT.

Topics to be covered include

- Essential EFT principles
- Gentle methods to facilitate easy, natural processing of emotions
- Identifying and clearing core life events that cause patterns to repeat
- The “writing on your walls” (the attitudes, opinions, and beliefs you've accumulated over the years) and how it affects your life
- The scope of EFT practice and advanced techniques.

NOTE See this program on the Kripalu website for recommended reading and information about certification.

TUITION \$325, plus room & meals; see page 104. (web code EFTT-2161)



JAN L. WATKINS, JD, MSW, is a coach and psychotherapist who has used EFT and other energy modalities in her practice for more than 15 years. janwatkins.com

MAY 27–30 FRIDAY–MONDAY

The Awakened Energy Field

HEALING TECHNIQUES FOR HEALTH, GROWTH, AND AWAKENING

Ann Marie Chiasson

Explore the energy field, the basics of energy medicine, and the fundamentals of vitality and energy flow with medical doctor Ann Marie Chiasson. This program addresses specific health issues, chronic illness, and chronic pain states, according to the individual needs of program participants. Ann Marie has studied with healers, teachers, and shamans from multiple modalities and traditions, and blends conventional health care with energy medicine and other traditional healing modalities.

Using movement and self-healing exercises, you

- Examine the health of the body's energy field, remove blocks, and increase energy flow
- Develop a deeper relationship with states of awareness housed within the body to augment vitality and healing
- Explore awakening through the body, a radically different approach from techniques that emphasize mind and consciousness
- Create a plan for working with the energy body when you return home.

TUITION \$276, plus room & meals; see page 104. (web code DIB-161)

ANN MARIE CHIASSON, MD, clinical assistant professor of medicine at the University of Arizona, is coauthor with Dr. Andrew Weil of *Self-Healing with Energy Medicine*. annmariechiassonmd.com





Creative Expression

MARCH 6–11 SUNDAY–FRIDAY

Jump-Start Your Memoir

WRITE IT FROM THE HEART

Nancy Slonim Aronie with Frannie Faith

FOR everyone.

Tell your story, honoring your voice and writing in your own rhythm. Nancy Slonim Aronie says, "I don't think anyone can teach writing. What I can do is make it safe. When you feel safe, you can do anything."

This program focuses on personal narrative, but if you want to write the beginning of your screenplay, the poetry collection that has been marinating in you for years, song lyrics, a monologue, or stories for your grandkids, this is the place to begin. Make the leap from yearning to writing!

Within the warm, inspiring, and empowering environment that Nancy creates, it's easier to silence the inner critic and explore a realm of authenticity. Reassuring for the beginning writer and refreshing for the burned-out professional, this program is a chance to take yourself and your writing seriously.

TUITION \$325, plus room & meals; see page 104. (web code WFH-161)



NANCY SLONIM ARONIE, a commentator for National Public Radio, is author of *Writing from the Heart* and founder of the Chilmark Writing Workshop.

chilmarkwritingworkshop.com



FRANNIE FAITH, singer-songwriter and certified yoga nidra teacher, brings meditation, mindfulness, and music together to heal others and open hearts.

franniefaith.com

MARCH 11–13 FRIDAY–SUNDAY

Drumming and Yoga

A RHYTHMIC REJUVENATION RETREAT

Shaun LaFramboise and Allison Gemmel LaFramboise

FOR everyone; no experience needed.

Revitalize your body and spirit in a dynamic, fun weekend of Kripalu Yoga and African-influenced hand drumming led by Shaun LaFramboise and Allison Gemmel LaFramboise, members of KDZ: The Kripalu Drummers. Come expand awareness, access energy, cultivate transformation, and have a really good time.

Your day begins with a rhythm-filled yoga practice to reconnect with the inner pulse of your body, breath, and energy. Then make the shift to creative expression by exploring

- African-influenced rhythms (djembe- and Ashiko-style drumming)
- Proper body mechanics and drumming technique
- Drum circles
- Basic and intermediate solo technique
- Take-home practice rhythms
- Intentions and the power to manifest the life you want.

You also have the option to move to live drumming by KDZ during a Kripalu YogaDance® session. Come unearth your inner beat!

NOTE Bring a drum if you have one. If not, let us know when you register that you need a drum so we can reserve one for you. Bring an audio recorder if you'd like.

TUITION \$215, plus room & meals; see page 104. (web code RRYD-161)

SHAUN LAFRAMBOISE AND ALLISON GEMMEL LAFRAMBOISE are cofounders of KDZ: The Kripalu Drummers and Handsdown Productions. They lead retreats, drum circles, and workshops throughout the Northeast.

drummingandyoga.com



MARCH 13–18 SUNDAY–FRIDAY

Harmonica-Based Mindfulness

REDUCE STRESS AND PLAY BLUES, ROCK, AND FOLK INSTANTLY!

David Harp

FOR everyone; no experience needed.

Could you benefit from a unique and joyful way to begin or deepen a mindfulness or yoga practice? What better way to focus on breathing—a basic element of yoga, mindfulness, and many stress-reduction methods—than with the inhalations and exhalations of a catchy rhythm on a harmonica?

In this program, you learn to

- Play in duets and small groups to build musical, interpersonal, and communication skills
- Integrate harmonica-based breath focus with asana to enhance vinyasa and create a personalized mindfulness practice
- Use a HarMantra to short-circuit stress.

Within minutes, you'll be improvising simple blues and rock. By Friday, you'll be playing everything from *Amazing Grace* to amplified jam sessions as you gain accessible and effective mindfulness skills that can be applied anywhere, anytime—with or without a harmonica.



NOTE Tuition includes two harmonicas, David Harp's workbook, and a CD.

TUITION \$330, plus room & meals; see page 104. (web code AHM-161)



DAVID HARP, MA, has taught more than 100,000 people to meditate and a million more to play harmonica through his workshops and his many books.

harmonica.yoga.com

MARCH 13–18 SUNDAY–FRIDAY

Vibrant Visionary Collage

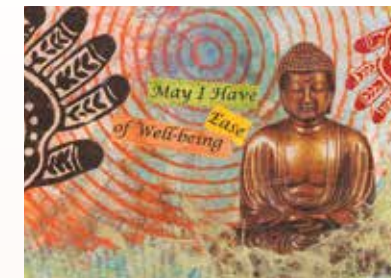
AWAKEN SHAKTI FOR CREATIVITY

Karen Arp-Sandel

FOR all women.

Tap into your imagination and your highest creative and spiritual potential. Welcome Shakti, the divine feminine power at the center of visionary creativity, in this retreat packed with playful mixed-media art, ritual, poetry, and dharma talks. Commune with other women seeking the heartbeat of creativity as you

- Experience yoga as a path to your deepest purpose
- Discover the power in the sacred symbols of collage
- Open the portal to yoga and Shakti using daily practices
- Encircle your inner artist with permission
- Connect with nature through earth mandala meditations
- Cultivate your Collage-A-Day practice to empower your soul's journey
- Awaken the dreams and visions already within you.



NOTE Tuition includes materials. You are encouraged to bring personal collage inspirations and favorite poetry to share.

TUITION \$400, plus room & meals; see page 104. (web code VVC-161)



KAREN ARP-SANDEL, BA, KYT, KYIS, artist, educator, and spiritual activist, awakens the transformational power of creativity by teaching art as a spiritual practice.

karenarpsandel.com

MARCH 20–25 SUNDAY–FRIDAY

Deep Writing Workshop

Eric Maisel

Give yourself the gift of a week in the embrace of your writing. Eric Maisel's Deep Writing program is simple in structure and powerful in effect. Eric creates a genuinely safe environment in which your writing is neither shared nor critiqued. Instead, you receive permission to spend time connecting with, and falling back in love with, your own writing as you

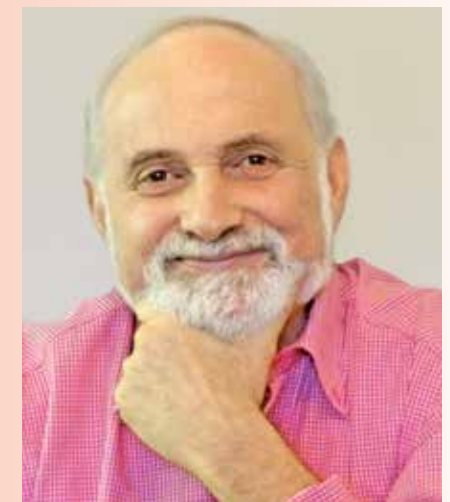
- Make real progress on your chosen project
- Explore the unique challenges that writers face
- Resolve long-standing issues around commitment, generating mental energy, achieving a centered presence, mastering anxiety, upholding your dream, and maintaining the writing life.

This program is ideal for writers at every level of experience, whether you're hoping to get back to a beloved project, immersed in a current project, or looking to discover your subject.

TUITION \$325, plus room & meals; see page 104. (web code DWW-161)

ERIC MAISEL, PHD, is the author of 40 books, founder of the profession of creativity coaching, and developer of natural psychology, the new psychology of meaning. ericmaisel.com

➔ **COMBINE THIS PROGRAM** with Life Purpose Boot Camp, March 25–27, for a 10 percent tuition discount for each program; see page 16.



MARCH 27–APRIL 1
SUNDAY–FRIDAY
Unlock Your Potential

Coby Kozlowski

FOR everyone.

Reignite your inner spark and come home to the self you've been waiting for. Spring is the time to shed the heaviness of winter, release what no longer serves you, and plant the seeds of intention for the season ahead.

What do you want to cultivate in your life? What can you unlock to find the genius of imagination, freedom, and ease within? Connect to your innate creative power through

- Expressive movement (yoga, dance, and Hula-Hooping)
- Reflection (joy-filled meditations, writing, and storytelling)
- The cultivation of intention, ritual, and curiosity.

Find the inspiration you need to live life to its fullest while relishing this fun and rejuvenating retreat.

TUITION \$399, plus room & meals; see page 104. (web code RRYP-161)

COBY KOZLOWSKI, MA, E-RYT, is a faculty member for the Kripalu School of Yoga and founder of Karma Yoga Leadership Intensive™. cobyk.com



MARCH 18–20 FRIDAY–SUNDAY
The Natural Singer

FIND YOUR TRUE VOICE

Claude Stein

FOR everyone.

Come celebrate the magnificent healing power of your voice. Whether you already sing, or have always wished you could, this program provides a remarkably safe environment to finally find your true voice and sing your heart open.

Learn exercises to relax the throat, increase breathing and range, sing in key, and project fearlessly. Then, using our favorite songs and authentic intention, we share stunning breakthroughs in self-expression.

The results will amaze you as you triumph over the physical, emotional, and psychological issues that silence or limit you. Whether you're a total beginner, or your goal is to take a public performance to the next level, you'll find yourself singing like you've always wanted to and sharing your heart more easily. Therapists, coaches, and workshop leaders also find the techniques valuable.



TUITION \$315, plus room & meals; see page 104. (web code NS-162)



CLAUDE STEIN has coached artists on every major record label; at Juilliard, the Actors Institute, and NYU Music Therapy; and for Fortune 200 clients. naturalsinger.com

CONTEMPLATIVE WEEK

APRIL 3–5 SUNDAY–TUESDAY

Creating Yantras

HEALING WITH SACRED GEOMETRY AND COLOR

Sarah Tomlinson

FOR everyone.

Immerse yourself in sacred geometry and color using the ancient healing practice of creating yantras, or precise geometrical patterns. Choosing from specific yantras for emotional, mental, and spiritual healing, you color pre-drawn outlines of yantra forms or create your own outline using a compass, ruler, and pencil, following Sarah Tomlinson's step-by-step method.

Explore coloring with mantras as meditation, employing an array of brushes, gouache paint, colored pencils, or pens. In this fun program, you learn to

- Connect with your calm center as you become absorbed in coloring
- Feel the healing quality of your chosen yantra make palpable shifts in your body, mind, and creative life
- Tap into wholeness, peace, and creativity.

Depart with a beautiful yantra to uplift the energy of your home, office, or altar space.

+ **COMBINE THIS PROGRAM** with Creating Miracles with Malas for a 10 percent tuition discount for each program; see page 31.



TUITION \$305, plus room & meals; see page 104. (web code CYSG-161)



SARAH TOMLINSON is a certified Jivamukti Yoga teacher and author of *Nine Designs for Inner Peace: The Ultimate Guide to Meditating with Color, Shape, and Sound*. yantrabliss.com

CONTEMPLATIVE WEEK

APRIL 5–7 TUESDAY–THURSDAY

Creating Miracles with Malas

Satya Scainetti

FOR everyone.

Create a piece of jewelry that showcases your unique sense of style, helps to center you, and acts as an amulet for all that you want to manifest in your life. The mala is a traditional garland of 108 prayer beads. Each bead represents a truth, and meditating on the beads with an affirmation, or mantra, fosters greater peace of mind.

In this fun and creative program, the cofounder of Satya Jewelry leads you in

- The sacred art of mala making
- Using the mala to manifest miracles in your life
- Viewing your mala as a metaphor and a talisman for individual empowerment.

Take this magical journey with Satya Scainetti and return home with a one-of-a-kind mala bead necklace.

TUITION \$305, plus room & meals; see page 104. (web code POI-161)



SATYA SCAINETTI, founder and designer of Satya Jewelry, is a philanthropist, yoga teacher, and Reiki healer dedicated to giving back to the world community. satyajewelry.com

+ **COMBINE THIS PROGRAM** with Creating Yantras: Healing with Sacred Geometry and Color for a 10 percent tuition discount for each program; see page 30.



APRIL 24–29 SUNDAY–FRIDAY

The Writer's Journey

CRAFTING COMPELLING PERSONAL STORIES

Laura Davis

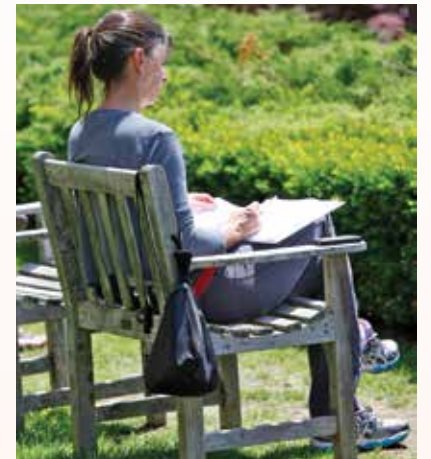
FOR all levels; both new and seasoned writers welcome.

If you dream of writing but haven't been able to find the right time, space, or circumstances to do so, here's your opportunity. Come write in a vibrant, supportive community. Write so you can understand yourself more deeply, so you can be seen more clearly, and because you sense there are stories living inside you that need to be told.

The Writer's Journey alternates periods of writing with listening to each other—not from a place of judgment or analysis, but with focused attention and deep acceptance. Learn to transform scraps of memory into a rich, written legacy through

- Creative exercises
- Guided meditations
- Evocative writing prompts.

Return home with a myriad of strategies for writing about the past with immediacy and insight.



RECOMMENDED READING Natalie Goldberg, *Writing Down the Bones*.

TUITION \$325, plus room & meals; see page 104. (web code WJC-161)



LAURA DAVIS is the best-selling author of *The Courage to Heal* and six other life-changing books. She leads transformational writing retreats in the United States and abroad. lauradavis.net

APRIL 17–22 SUNDAY–FRIDAY

Sharing Your Life Story

FROM THE PAGE TO THE STAGE

Ann Randolph

FOR everyone; no writing experience required.

Everything in your life, from the mundane to the extraordinary, is a story waiting to be told. This program is an invitation for you to discover your unique and powerful story. Michel de Montaigne, the great personal essayist, said, "Every man has within himself the entire human condition."

Writing from your deepest source, you gain insight and self-understanding that can bring peace and healing. You then make the leap from page to stage, sharing your words orally and uncovering the power of story to transform your life and your listeners.

Through improvisation, writing exercises, and group discussion, you find your authentic voice and deeply explore your personal narrative, within a supportive, fun, and dynamic creative environment. Experiment with personal essay, memoir, solo performance, and/or the practice of journaling. All levels are welcome.

RECOMMENDED READING Deena Metzger, *Writing for Your Life* and Steven Pressfield, *The War of Art*.

TUITION \$350, plus room & meals; see page 104. (web code SYLS-161)



ANN RANDOLPH is a gifted and innovative writer-performer who has been hailed by critics as "revolutionary, Whitmanesque, and a tour de force." annrandolph.com



MAY 6–8 FRIDAY–SUNDAY

Crafting Handmade Books

Valerie Carrigan

FOR everyone; children 10 and older are welcome with an adult.

Make time for a meditative experience of creativity, and take a collection of beautiful handmade objects home with you. In the first part of this inspired weekend, you make experimental watercolors with pigment, salt, and stencils to use on the covers of your books. Once your covers are done, you sew a variety of handmade books that can function as journals, sketchbooks, or gifts for friends. By the end of the program, you have a set of colorful and uniquely bound books—and the know-how to make more. No experience necessary, just an open mind and the willingness to explore your own creativity.



TUITION \$245, plus room & meals; see page 104. (web code CHB-161)



VALERIE CARRIGAN is an artist and educator whose work explores the intersection of the natural world and the human spirit. valeriecarrigan.com

MAY 20–22 FRIDAY–SUNDAY

Creative Myths and Monsters

A WORKSHOP ON THE ARTIST'S WAY

JULIA CAMERON

FOR everyone.



Discover and recover your creative self with Julia Cameron, author of the groundbreaking book *The Artist's Way*. Now is the time to release your dreams and launch a more

creative life, simply by doing something you love.

Experience a lively mix of lecture, Q&A, and creative clusters (success occurs in clusters and is born in generosity). Come into an intensive, guided encounter with your own creativity, including your private villains, champions, wishes, fears, dreams, hopes, and triumphs.

First published in 1992, *The Artist's Way* is credited with helping millions of people find and express authentic creativity in their lives and work. Find out how in this unique weekend with Julia, designed to set you free.

RECOMMENDED READING Julia Cameron, *The Artist's Way*.

NOTE Bring a notebook and pen.

TUITION \$295, plus room & meals; see page 104. (web code WAW-161)

JULIA CAMERON, author of 31 books, is a songwriter, memoirist, novelist, award-winning playwright, and poet with extensive credits in film, television, and theater. juliacameronlive.com

MAY 1–6 SUNDAY–FRIDAY

Soul Motion

Vinn Arjuna Marti

FOR everyone.

Come join the dance! Soul Motion is a conscious dance practice that embodies the joyful knowledge that we are all part of a dynamic, moving, and changing world. No dance expertise or proficiency is required.

In this program, you learn interior dance and movement inquiry as you immerse yourself in the somatic fields of body, energy, force, and time, showing up in your own unique way. These somatic inquiries present a canvas for creative expression, a place where you can run, walk, shape-shift, and dance the sounds of music, breath, heartbeat, and the space inside the room.

This is dance that resounds with the vibrations of a living world to awaken you to your nature and connect you to the whole.

TUITION \$345, plus room & meals; see page 104. (web code GIBJ-161)

VINN ARJUNA MARTI has been teaching dance and movement for more than 40 years, delighting in opening bodies and minds to dance and the divine.



MAY 27–30 FRIDAY–MONDAY

Watercolor

A NEW BEGINNING

Ann K. Lindsay

FOR everyone; no prior experience required.

Explore the lively, transparent medium of watercolor, even if you've never picked up a paintbrush before. In a safe, nonjudgmental atmosphere, learn about your materials and then let yourself go, enjoying how colors move on wet paper. By focusing on the creative process as a playful adventure rather than aiming for a perfect final product, you transform trepidation into excitement, tap into and strengthen your artistic self, and engage more deeply in the creative process.

Artist Ann K. Lindsay gives you a thorough understanding of how to mix colors for your painting endeavors, and we'll use our newfound tools to create a small painting of the Kripalu landscape. When you enjoy painting without the judgments of your inner critic, it becomes a meditation, a prayer of gratitude, and an expression of your soul.

NOTE See this program on the Kripalu website for a list of required materials and other important information.

TUITION \$375, plus room & meals; see page 104. (web code WA-161)

MAY 30–JUNE 3 MONDAY–FRIDAY

Painting Flowers in Watercolor

Ann K. Lindsay

FOR everyone; no prior experience required.

As spiritual beings in physical form, we have the natural yearning to create and connect with the world, both inner and outer. Painting with watercolor is one way to know the soul in a sacred world and the perfect medium for depicting the beautiful transparency of flowers. Designed for beginning and intermediate painting students who love and enjoy flowers, this intensive offers a number of ways to draw flowers.

Through a unique combination of blind contour, contour, and gesture drawing, you experience increased perception and facility in flower drawing. After transferring the drawings to watercolor paper, you go on to invent and explore different painting possibilities. Come see what happens when you unleash your creative spirit and let the paint flow in an atmosphere of fun and exploration.

NOTE See this program on the Kripalu website for a list of required materials.

TUITION \$460, plus room & meals; see page 104. (web code BFW-161)



ANN K. LINDSAY is an award-winning artist who has been teaching watercolor since 1989. She is the author of *Watercolor: A New Beginning*. annlindsay.org

➕ **COMBINE THESE PROGRAMS** for a 10 percent tuition discount for each program.



MAY 20–22 FRIDAY–SUNDAY

Tangle to Tangle

DEEPEN YOUR ZENTANGLE PRACTICE

MARIA THOMAS AND RICK ROBERTS

FOR people with previous Zentangle experience or general knowledge of the Zentangle method.

Allow each pen stroke to guide you toward the next on this Zentangle journey beyond the basics.

Using the fundamental steps of the Zentangle method, explore tangles you may already be familiar with, discover new ones, and take your creations to a new level of fluidity.

This class unveils simple tricks and tools that play with linking tangles to one another and includes

- Ways to start one tangle from the end of another
- Techniques to enjoy the process of Zentangle and its in-the-moment creativity
- The making of beautiful, free-flowing, Zentangle art.

Designed for everyone already enjoying this meditative form of artistic expression, this program lets your Zentangle practice flourish and go even deeper, one tangle at a time.

TUITION \$295, plus room & meals; see page 104. (web code AZWF-161)



MARIA THOMAS worked as a lettering artist and operated a stationery design and production company before cofounding Zentangle. zentangle.com

RICK ROBERTS was a musician, photographer, and printer before cofounding Zentangle with Maria Thomas. He lived as a monk for 17 years. zentangle.com



MAY 20–22 FRIDAY–SUNDAY

WAVES

A 5RHYTHMS MOVING MEDITATION

Jonathan Horan

FOR all levels; no prior dance experience required.

Explore the intuitive world within an exquisite, wild kingdom hidden in the hands and hips, roots and limbs, bones and breath, spirit and flesh. This is movement as spiritual practice, a dancing, kinetic prayer of connection to the unpredictable mystery of it all.

Discover the 5Rhythms® practice of flowing, staccato, chaos, lyrical, and stillness. This moving meditation opens you to the dynamic flow of energy that continuously creates your inner and outer worlds. Learning to be centered in this flow of energy is your greatest freedom and catalyzes your most authentic and powerful self.

Practice the 5Rhythm wave to help you ground when you are in chaos, flow when you feel frozen, and surrender to your natural state of being.

RECOMMENDED READING Gabrielle Roth, *Sweat Your Prayers* (Tarcher).

NOTE Wear clothes you feel good moving in and bring a water bottle.

TUITION \$225, plus room & meals; see page 104. (web code REFR-161)

JONATHAN HORAN has been teaching 5Rhythms® movement practice for 16 years at Gabrielle Roth's The Moving Center. He is Gabrielle's son and was her closest collaborator. 5rhythms.com

MAY 16–20 MONDAY–FRIDAY

Unmasking Your Soul

RENEW YOURSELF THROUGH PAINTING AND COLLAGE

Linda Novick

FOR everyone.

Come back to the delight you knew as a child when you expressed yourself with abandon using color, paint, scissors, paste, and paper. In the sacred, safe space of Linda Novick's classroom, you learn to

- Let go of self-judgment and allow your energy to flow
- Release expectations of how things "should" be
- Use yogic breathing to calm the nervous system
- Practice simple yoga stretches
- Discover and embrace your innate creativity
- Answer your soul's calling and unleash your inner artist.

Shed self-imposed limitations using the tools of gentle yoga, conscious breathing, watercolor painting, and collage. No previous experience with yoga or art is required to find your deepest wisdom, see the beauty and perfection of your life, and take home wonderful works of art that you created.

NOTE See this program on the Kripalu website for recommended reading and a list of what to bring.

TUITION \$355, plus room & meals; see page 104. (web code UYS-161)



LINDA NOVICK, MFA, is an artist, author, art educator, and Kripalu Yoga teacher who has taught hundreds of people to paint. yogapaint.com

MAY 30–JUNE 2 MONDAY–THURSDAY

Story Alchemy

TRANSFORM YOUR LIFE THROUGH LOVING QUESTIONS

Rachel Schaeffer

FOR everyone.

Reclaim your role as the hero or heroine of your life story using Story Alchemy and the process of asking loving questions. In Rachel Schaeffer's experience, stories are powerful, especially the ones we tell ourselves. Our true story is one of self-love, but too often we become the villain or antagonist of our own stories, grinding out tales of self-doubt, judgment, or self-hatred.

Through creative writing, group and partner exercises, visualization, and movement, you learn to

- Cultivate healthy self-love
- Access the knowledge, creativity, and confidence you need to write a new life story
- Disconnect from stress, pressure, and information overload
- Reconnect with your values and true nature.

TUITION \$305, plus room & meals; see page 104. (web code SATL-161)



RACHEL SCHAEFFER is host of the talk show *The Red Couch* and author of the award-winning book *Yoga for Your Spiritual Muscles* and the forthcoming *Story Alchemy*. ontheredcouch.com



Creativity as a Path to Self-Discovery

by Janet Arnold-Grych

TAPPING INTO OUR CREATIVITY YIELDS FAR MORE THAN IS DISPLAYED ON A CANVAS.

Years ago, I took a class in the fundamentals of artistic design at a local art school. Each week, a new student exhibition was installed in the second-floor hallway. One week, it might be photography; the next, charcoal sketching or studies in typography. There was a wonderful freedom to that hallway, an unencumbered exploration of a new language. I felt vicariously creative while there, and it made me want to integrate more creativity into my everyday experiences.

Studies show that creativity increases happiness levels and decreases anger, fear, and anxiety. There's something about creativity that feeds a larger definition of ourselves.

While the pull to create is indigenous to human experience, we sometimes thwart our own creative pursuits by confusing intent with outcome. "Often people want to make something like someone else made, or paint a duck that looks like a duck," say Rick Roberts and Maria Thomas, cocreators of Zentangle, a technique for drawing flowing images using structured patterns. "When their early attempts don't match their expectations, they stop trying. But when that creative energy flows unimpeded by judgment or expectation, it can provide life-changing benefits."

Odds are, I will never be able to emulate what I saw on the art school's walls—but can I define my attempts as creative? Like yoga, creativity is first about intention, and, like yoga, it can bring us into the present moment and into greater states of self-understanding and what psychologist

Mihály Csíkszentmihályi called "flow": being completely involved in an activity for its own sake.

Sarah Tomlinson, author and artist, uses yantras, or geometric designs, to find that flow. "Rather than purely 'coloring for calm,'" says Sarah, "the yantra is designed to positively influence your mental and emotional state, and [to help] you remember your creative and mystical self."

Sarah says that once students open that doorway, it leads to more. "From this rediscovered place within themselves, I often hear about their next creative venture—the next poem they will write, the next story, the new series of paintings or sketches. Creating yantras removes obstacles to the creative flow."

Harnessing the power of creativity has parallels to pratyahara, dharana, and dhyana as described in the Yoga Sutras—increasing states of concentration whose purpose is to help still the mind in order to open to a greater wisdom.

"Creativity serves as a doorway to personal discovery because it gives voice to the inner world," says Karen Arp-Sandel, founder of Vibrant Visionary Collage. "Collage and all creative processes are really a metaphor for life. Art is not separate. Every daily experience opens the portal to our creative channel."

Dive into your own creativity, and you might find that a new picture emerges, one that can no longer be contained on the current canvas.

Janet Arnold-Grych is a writer and yoga teacher.

Fitness and the Outdoors



MARCH 25–27 FRIDAY–SUNDAY
Randal Williams and Mark Roule

APRIL 22–24 FRIDAY–SUNDAY
Randal Williams and Jess Frey

MAY 13–15 FRIDAY–SUNDAY
Randal Williams and Michelle Dalbec

Hiking and Yoga

Get connected with the earth. Get connected with yourself.

CE credits.

Nature has the ability to inspire us and help us gain clarity in our lives. Satisfy your inner longing for connection to nature as you explore hiking trails of the Berkshires, right outside Kripalu's back door. Join our knowledgeable guides for multi-level hiking and Kripalu Yoga.

This weekend, you explore

- The winding trails of Yokun Ridge, with different levels of hiking offered each day to suit your needs
- Tranquil walking meditations in the forest
- Yoga classes to balance body and mind.

Whether you are an experienced hiker or an eager beginner, this program will delight and rejuvenate you.

TUITION \$249, plus room & meals; see page 104. (web codes: March RRHY-161, April RRHY-162, May RRHY-163)



RANDAL WILLIAMS, E-RYT, Curriculum Manager for the Kripalu Schools of Yoga and Ayurveda, is known for his inspiring teaching and reverence for the natural world.



MARK ROULE is a certified Kripalu Yoga teacher and R&R Retreat outdoor guide who leads mindful and enriching nature-centered adventure experiences.



JESS FREY, E-RYT 500, is a Kripalu Yoga teacher and a former Intern for the Kripalu School of Yoga and the Kripalu Institute for Extraordinary Living. jessfrey.com



MICHELLE DALBEC, E-RYT 500, is a passionate Kripalu Yoga and Yoga Tune Up® teacher who offers workshops and directs Kripalu Yoga Teacher Training programs. myoga.com

APRIL 10–15 SUNDAY–FRIDAY

Fit Body, Focused Mind

Sarajeen Rudman

FOR all levels.

Want to build lean muscle while boosting your brain power? This program is a fresh approach to fitness that incorporates yoga, interval training, hiking, and other activities that together create a practice that is challenging, satisfying, and—most importantly—fun! Immerse yourself in daily sweat sessions that balance invigorating workouts and fitness-infused yoga, and build the skills you need to establish lasting habits that increase your strength and energy levels.

Come explore

- Daily fitness and sculpting classes
- Yoga sessions geared toward strength and recovery
- Practical ways to integrate these new activities into your life.

Get ready to become more fit, more focused, and more vibrant!



TUITION \$399, plus room & meals; see page 104. (web code RRFB-161)



SARAJEEN RUDMAN holds a bachelor's in health and wellness and sports management, and a master's in integrative clinical nutrition. She has more than 10 years of experience in personal training and group fitness.

MAY 1–5 SUNDAY–THURSDAY

Swingolf

DYNAMIC YOGA MOTION ON THE GOLF COURSE

Les Bolland

FOR golfers of all ages and experience.

Welcome to a holistic golf approach that incorporates yoga, muscle-opening shiatsu massage, breathing, and an emphasis on mental and physical harmony. Coached by Swingolf creator and tournament-playing professional Les Bolland, you discover your own natural, dynamic, and flowing swing. From the very first moment, you're having fun and learning how to play a better game with less effort.

Swingolf is healthy for body and mind, and can lower blood pressure, increase stamina, and improve flexibility. With Swingolf training, you'll also experience

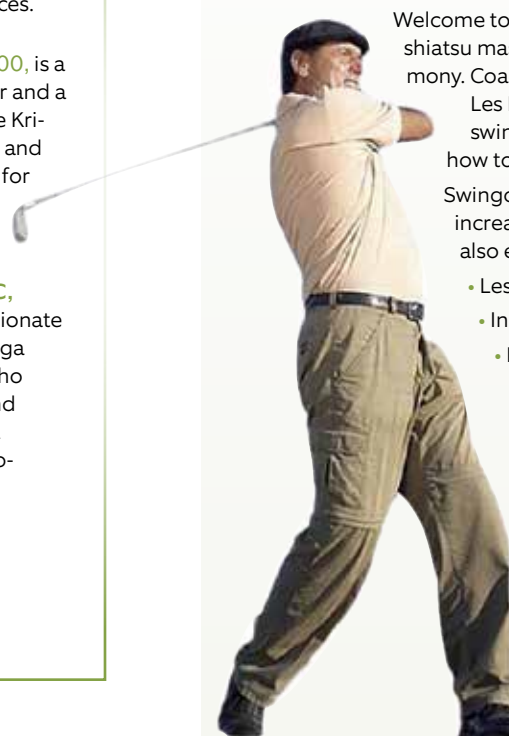
- Less practice with better results
- Increased consistency
- Mental, physical, and spiritual harmony.

This program covers putting, chipping, pitching, bunker shots, iron and wood play, and golf-course strategy.

NOTE Greens fees (approximately \$25) are payable at the golf course each day. See this program on the Kripalu website for other important information.

TUITION \$450, plus room & meals; see page 104. (web code GMM-161)

LES BOLLAND, a member of the British Professional Golfers Association and veteran of the European tournament player's circuit, has studied yoga and shiatsu for more than 20 years. swingolf.net



APRIL 24–29 SUNDAY–FRIDAY

A Walk in the Forest

AN INTRODUCTION TO FOREST BATHING

Lisa B. Nelson and Mark Roule

FOR everyone.

Connect with the healing presence of the forest and witness your body, mind, and spirit blossom with serenity. Join Lisa B. Nelson, Kripalu's Director of Medical Education, and Mark Roule, seasoned nature guide, to

- Discuss the latest research that reveals the health benefits of forest immersions
- Experience Earthing and Shinrin Yoku Forest Bathing techniques that rebalance the body and senses
- Enjoy moving meditations in nature to quiet the mind, soothe the nervous system, and foster gratitude for the beauty of the natural world.

With Kripalu's gorgeous grounds as your backyard, experience the nourishment of nature's stimulus, designed to root you in the present moment and help you branch out of the ordinary into the truly magnificent.

TUITION \$399, plus room & meals; see page 104. (web code RRIF-161)



LISA B. NELSON, MD, is Kripalu's Director of Medical Education. She also serves as medical director of the non-profit Nutrition Center.



MARK ROULE is a certified Kripalu Yoga teacher and R&R Retreat outdoor guide who leads mindful and enriching nature-centered adventure experiences.





MAY 22-27 SUNDAY-FRIDAY

ChiRunning

A MINDFUL APPROACH TO AN ANCIENT SPORT

Danny Dreyer

FOR all levels. CE credits.



Experience the sport of running as a mindful practice. In this immersion, you learn to listen to your body, breathe well, and make a moving meditation out of every stride. ChiRunning® integrates the inner

focus of tai chi, putting the emphasis on body alignment and relaxation rather than strength and power.

Runners of all levels, from beginners to marathoners, are welcome. With the support of Danny Dreyer's humorous and gentle teaching style, you discover how to

- Run with less effort than you ever imagined
- Take the struggle out of learning to run with grace and ease
- Prevent injuries
- Build a sustainable running and walking practice that will be with you for the rest of your life.

RECOMMENDED READING Danny Dreyer and Katherine Dreyer, *ChiRunning*.

TUITION \$425, plus room & meals; see page 104. (web code CHAS-161)

DANNY DREYER, the creator of ChiRunning® and ChiWalking®, has 33 years of experience running, racing ultramarathons, and coaching thousands of people in intelligent movement. chirunning.com

MAY 20-22 FRIDAY-SUNDAY

Yoga and Walking

A SOUL TO EARTH WEEKEND

Patricia (Niti) Seip Martin

FOR all levels, including beginners. CE credits.

Discover how yoga and walking can be a lifetime path to empowerment, peace, and companionship. Yoga practice can complement a variety of walking experiences to create the perfect balance of challenge and ease. Rekindle your connection to nature in the pristine Berkshire hills, during this weekend that includes

- Meditative movement, vigorous flowing yoga, and conscious breathing to energize and relax
- Contemplative walking in the labyrinth and gardens, by the lake, ponds, and a brook with ancient trees
- Full-on trail walking in Gould Meadows, Bullard Woods, or along Yokun Ridge, with its breathtaking views
- Keys to maintaining healthy weight, stress reduction, cardiovascular fitness, grounding, strength, stamina, balance, flexibility, and mental clarity.

Gentle and vigorous options are offered for both yoga and walking.

NOTE See this program on the Kripalu website for a list of what to bring.

TUITION \$225, plus room & meals; see page 104. (web code YAW-161)



PATRICIA (NITI) SEIP MARTIN, proprietor of Doing Well: Yoga and Wellness, is a certified integrative yoga therapist and Kripalu Yoga teacher with 30 years' experience leading workshops. doingwellyoga.com

MAY 27-30 FRIDAY-MONDAY

Kripalu Outdoors

A YOGA, HIKING, AND KAYAKING RETREAT

Mark Roule and Michelle Dalbec

Get outside and go with the flow—on the water, on the earth, and on the mat! Satisfy your longing for connection to nature as you explore hiking, kayaking, and yoga in the beauty of the Berkshires in spring. Tap into nature's profound ability to inspire us and help us gain clarity in our lives, as you

- Follow the winding trails of Yokun Ridge, with different levels of hiking to suit your needs
- Paddle on Lake Mahkeenac
- Relax into tranquil walking and floating meditations
- Practice Kripalu Yoga to balance body and mind.

Whether you're an experienced hiker or kayaker, or an eager beginner, this nature immersion will delight and rejuvenate you.

TUITION \$299, plus room & meals; see page 104. (web code RRHK-161)



MARK ROULE is a certified Kripalu Yoga teacher and R&R Retreat outdoor guide who leads mindful and enriching nature-centered adventure experiences.



MICHELLE DALBEC, E-RYT 500, is a passionate Kripalu Yoga and Yoga Tune Up® teacher who offers workshops and directs Kripalu Yoga Teacher Training programs. myoga.com

KRIPALU

GETTING CLOSER TO NATURE IS AS EASY AS GOING OUT OUR FRONT DOOR.

Spring is the perfect time to explore our 150-acre campus, discovering peaceful places to enjoy the beauty around you and the serenity within.

Bright colors, seductive scents, and all manner of butterflies, await you.

6 ACRES OF WILDFLOWER MEADOWS

ORCHARD

with 5 varieties of apples

300 FEET OF LAKEFRONT BEACH

Walk all 1,000 feet of our labyrinth to get a 360-degree perspective of nature's beauty.

more spots to

MEDITATE & REJUVENATE

than we can count

1 CAMPERDOWN ELM

Our Camperdown Elm, located below the lawn of the former mansion, is a favorite place for meditation.



5 MILES OF TRAILS

on or adjacent to the property



Health and
Wellness



MARCH 6–11 SUNDAY–FRIDAY

Rejuvenate and Reclaim Life After 40

Maria Sirois and Kripalu faculty

Craft a meaningful, passionate, healthy life.

Midlife can be a challenging yet powerfully creative time to let go of old identities and move into new territory. It's a time of adventure and reinvention, when you have the benefit of the experience, confidence, and wisdom acquired over the years. This program is designed for everyone over 40 who wants to reinvigorate their lives with joy and health.

Learn how to

- Enhance physical energy, mental clarity, and emotional balance
- Reduce the risk of the chronic diseases of aging, including heart disease, diabetes, cancer, and dementia
- Decrease stress and increase harmony
- Make lifestyle changes to live more fully.

Led by an exceptional group of teachers—including a psychologist, physician, nutritionist, and life coach—discover how to cultivate health and well-being, enliven your mind and spirit, and rediscover the keys to happiness.

MARCH 3–6 THURSDAY–SUNDAY

Revitalizing Cleanse

NOURISHING BODY, MIND, AND SPIRIT

Alison Shore Gaines

FOR everyone. CE credits.

Revitalize with a nurturing cleanse that offers a balance of nutrition information, lifestyle practices, and mindfulness as a foundation for your whole life. You experience nourishment, not deprivation, in this whole-person approach to detox, diet, and healthy living.

Key aspects of the retreat include

- Organic juices, grains, and puréed vegetable soup
- Green juice option (made from green vegetables)
- Healing breathing practices and personal inquiry
- Yoga, movement, and walking
- Mindful eating and healing your relationship with food
- Tapping into body wisdom as a guide for what and when to eat
- Easing food and sugar cravings
- Jump-starting healthy weight loss
- Tools for creating a vibrant, healthy lifestyle, even in a busy life.

Participants report a post-cleanse experience of deep and lasting change.

TUITION \$409, plus room & meals; see page 104. (web code RRMH-161)



MARIA SIROIS, PSYD, is an inspirational speaker and clinical psychologist who lectures internationally on the study and application of Positive Psychology, mind-body medicine, and resilience. mariasirois.com



NOTE A health intake form must be completed and returned in advance of your arrival. The form will be included with your confirmation materials and can be found on the Kripalu website.

TUITION \$370, plus room & meals; see page 104. (web code RJF-162)



ALISON SHORE GAINES, a pioneer in the field of holistic cleansing, is trained in yoga, holistic nutrition, and body-centered counseling. sacrednourishment.com

MARCH 10–13 THURSDAY–SUNDAY

FOOD AS MEDICINE FOR MIND AND MOOD

James S. Gordon, Kathie Madonna Swift, Jay Lombard, Mark Pettus, Drew Ramsey, Jeremy Rock Smith, and Maya Shetreat-Klein

FOR health-care professionals and interested nonprofessionals. CE credits.

Medical doctor James S. Gordon teams up with four leading clinicians in medical and culinary nutrition to share the latest science-based practices to improve brain health. Designed for health professionals and nonprofessionals alike, this practical seminar includes

- Using self-care to reduce stress and improve quality of life
- Mind-body techniques that are refreshing to the brain and spirit
- The landscape of the brain and up-to-date nutritional science for emotional, cognitive, and behavioral disorders
- Food, spices, and herbs that nourish the brain
- A glossary of supplements for optimal brain health
- Repairing the traumatized, injured, and aging brain.

This unique combination of science and nutritional wisdom allows you to custom-design Mind, Mood, and Food healing programs for yourself and for your patients, clients, and families. This seminar is created by the Center for Mind-Body Medicine, sponsor of Food As Medicine, the leading professional nutrition training program in the United States.

TUITION \$595, plus room & meals; see page 104. (web code FAM-161)



JAMES S. GORDON, MD, a psychiatrist, is founder and director of the Center for Mind-Body Medicine and former chair of the White House Commission on Complementary and Alternative Medicine. cmbm.org



KATHIE MADONNA SWIFT, MS, RDN, LDN, FAND, is an integrative clinical nutritionist, Food As Medicine educator, author of *The Swift Diet*, and nutrition blogger. kathieswift.com



JAY LOMBARD, DO, chief scientific officer and medical director of Genomind LLC, is a nationally recognized leader in neuropsychiatry practice, research, and thought. genomind.com



MARK PETTUS, MD, a board-certified internist and nephrologist, is director of medical education, wellness, and population health at Berkshire Health Systems. savvypatient.com



DREW RAMSEY, MD, a psychiatrist, author, and farmer, is cofounder of National Kale Day and author of *50 Shades of Kale* and *The Happiness Diet*. drewramseymd.com



JEREMY ROCK SMITH, Kripalu's Executive Chef, graduated from the Culinary Institute of America and began his career in classical French cuisine. He joined the Kripalu Kitchen in 2010.



MAYA SHETREAT-KLEIN, MD, a pediatric neurologist, herbalist, urban farmer, and author of *The Dirt Cure*, is a health pioneer working to transform chronic illness. brainmending.com

COME HOME TO YOURSELF.

Our signature R&R Retreat program provides the ideal opportunity to experience the best of Kripalu. With the flexibility and freedom to create a uniquely individual experience, it offers something for everyone.

→ kripalu.org/rr

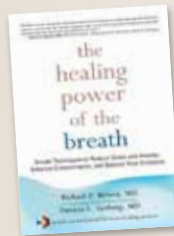


MARCH 11-13 FRIDAY-SUNDAY

Breath~Body~Mind for Transformation and Well-Being

Richard P. Brown and Patricia Gerbarg

CE credits.



Learn breathing techniques proven to relieve stress and improve mood, mental focus, and heart and lung function. These benefits have been enjoyed by health-care practitioners, yoga teachers, military veterans, and individuals with PTSD, anxiety, depression, ADD, cancer, Lyme disease, and more. Many people who have practiced these techniques say they have been transformed, and that they never would have imagined something so simple could be so powerful and helpful.

Through movement, breathing, and relaxation techniques, you learn to

- Bolster your stress resilience and renew your energy
- Increase lung capacity, oxygenation, and cardiorespiratory health
- Connect to your inner self and others
- Improve relationships and empathic abilities.

Learn more about this groundbreaking work at breath-body-mind.com.

NOTE Tuition includes a manual and the *Breath~Body~Mind Level-1 Practice* CD. Prior to this workshop, we recommend daily practice of Coherent Breathing using Steve Elliot's CD *Respire-1 Coherence*, available at coherence.com.

RECOMMENDED READING AND LISTENING

Richard P. Brown and Patricia Gerbarg, *The Healing Power of the Breath* book and CD.

TUITION \$247, plus room & meals; see page 104. (web code BBMTT-161)

MARCH 13-18 SUNDAY-FRIDAY

Breath~Body~Mind Teacher Training, Level 2

Richard P. Brown, Patricia Gerbarg, and Dehanna Rice-Inkles

FOR students who have completed Breath~Body~Mind Teacher Training, Level 1. CE credits.

In this second part of a three-level teacher training, you build on skills gained in Level 1 and learn to teach additional techniques for stress, anxiety disorders, PTSD, military trauma, post-disaster, depression, ADHD, physical limitations, and stress-related medical conditions.

Specific methods to be mastered in this training include

- Resistance breathing
- Ha breath
- Advanced breath moving
- Qigong movements
- The Four Golden Wheels
- The great harmonizer of the breath
- 4-4-6-2 breathing
- Guided meditation.

Increase your understanding of the neurophysiological effects of voluntarily regulated breathing practices on emotion regulation, bonding, and cognitive function. Practice teaching while faculty observe and offer suggestions for improvement. Attention is given to tone of voice, pacing, accuracy of instruction, and trauma sensitivity. Participants report on their teaching experiences since Level 1 training.

RECOMMENDED READING See this program on the Kripalu website.

TUITION \$668, plus room & meals; see page 104. (web code BBMTT-2161)

RICHARD P. BROWN, MD, is an associate clinical professor of psychiatry at Columbia University and a teacher of aikido, qigong, yoga, and meditation. breath-body-mind.com

PATRICIA GERBARG, MD, assistant clinical professor of psychiatry at New York Medical College, researches the efficacy of mind-body practices for post-traumatic stress disorder and depression.



DEHANNA RICE-INKLES, RPP, CH, a registered polarity practitioner and certified hypnotherapist, has 20 years of experience teaching energy-based modalities in the United States and Europe.



MARCH 11-13 FRIDAY-SUNDAY

Calm Warrior

A STRESS MANAGEMENT AND RESILIENCE RETREAT

Diane Kovanda

FOR everyone.

Discover powerful, practical tools that help you effectively decompress, process, and reengage with your life in a new way.

In this informative and fun weekend, you learn how to

- Deal effectively with on-the-job stress and the stress you bring home
- Slow down emotionally, physically, and mentally
- Recharge body and mind using mindfulness, breath, and yoga
- Weave practical relaxation techniques into your workday

Take home mindful tools to revitalize and serve you throughout your life.

TUITION \$245, plus room & meals; see page 104. (web code CWSM-161)



DIANE KOVANDA, MED, E-RYT 500, holds a master's degree in education with a specialty in stress management. She is a Kripalu Yoga teacher and trained mediator. kindyoga.com

MARCH 23-25 WEDNESDAY-FRIDAY

Skillfully Aware

MEDITATION AND MINDFULNESS FOR STRESS RELIEF

Mark Pirtle

FOR everyone. CE credits.

Explore how meditation and mindfulness can be used to reduce stress and cultivate health and happiness. Understanding the nature of your mind and how to influence it through meditation practice may provide as much, or more, therapeutic benefits as conventional medicine.

Mark Pirtle is the developer of Skillfully Aware®, an evidence-based program for stress relief that teaches

- How the mind's narrative affects emotions, health, and habits
- Insight meditation to monitor thoughts and sensations
- The Five Mindful Awareness Functions in everyday life
- Ways to use insight meditation and mindfulness therapeutically to relieve stress and heal stress-related illnesses, including insomnia, depression, anxiety, addictions, and eating disorders.

Return home with a daily practice of mindfulness and meditation that nurtures full, clear, and embodied awareness.

TUITION \$225, plus room & meals; see page 104. (web code SAMM-161)



MARK PIRTLE is at the forefront of integral thinking in the mindfulness arena. He is a filmmaker, author, public speaker, and "innerpreneur." skillfullyaware.com

MARCH 31-APRIL 3 THURSDAY-SUNDAY

Radiant Health

A WEEKEND RETREAT FOR WOMEN

Sudha Carolyn Lundeen

FOR women of all ages.

If you need to de-stress, rebalance, and reclaim your vitality, this retreat is the perfect getaway to nurture your body, mind, and soul in a relaxing, fun, and informative environment. Through a blend of lecture and experience with Kripalu Yoga teacher trainer Sudha Carolyn Lundeen, you learn

- Tips for strengthening your immune system
- Techniques for stress reduction and relaxation
- Yoga practices for women
- Ayurvedic principles to help you support your individual constitution and needs
- Mindfulness techniques, yogic breathing, and healing meditations
- Mindful eating practices
- Tools for letting go of the small stuff and enhancing your life and well-being.

We also take an indoor labyrinth walk for wisdom and insight. Return home with a renewed sense of wellness and vitality, with practices to keep health and balance alive in your life.

TUITION \$240, plus room & meals; see page 104. (web code RHW-161)

SUDHA CAROLYN LUNDEEN, RN, E-RYT 500, is a teacher at Kripalu, where she leads trainings in the Kripalu Schools of Yoga and Ayurveda. sudhalundeen.com





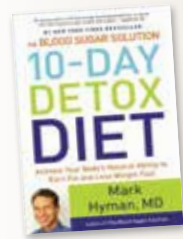
APRIL 8-10 FRIDAY-SUNDAY

The Blood Sugar Solution 10-Day Detox Diet

LOSE WEIGHT, REVERSE DIABETES, AND FEEL GREAT

MARK HYMAN

FOR everyone. CE credits.



Take a fun, inspiring, and enlightening journey into vibrant well-being and happiness. If you are overweight, struggle with your diet, have extra belly fat, are tired, or have diabetes, pre-diabetes, or chronic health problems, medical doctor Mark Hyman

invites you to explore how your body works, why it breaks down, and how to fix it using the 21st-century science of functional medicine.

Come learn

- The seven myths that keep you overweight and sick
- How to overcome food addiction and change your relationship to food
- The latest information on the power of nutrition, exercise, mind-body medicine, nutritional supplements, and detoxification to treat the underlying causes of weight gain, diabetes, and chronic disease
- Ways to create groups, so you can get healthy with the support of others.

RECOMMENDED READING Mark Hyman, *The Blood Sugar Solution and The Blood Sugar Solution 10 Day Detox Diet*.

TUITION \$250, plus room & meals; see page 104. (web code BSS-161)

MARK HYMAN, MD, has dedicated his career to identifying and addressing the root causes of chronic illness through a groundbreaking, whole-systems approach known as functional medicine. drhyman.com

APRIL 10-13 SUNDAY-WEDNESDAY

Get Juicy Now

YOGA AND AYURVEDA FOR NOURISHING VITALITY

Maria Mendola

FOR women of all ages and abilities. CE credits.

Apply the wisdom of nature to find and maintain your inherent juiciness. Sensuous, practical, and revealing, this retreat guides you on a journey to uncover and fulfill your needs and regain life's vital essence using

- Ayurvedic techniques for deeper internal nourishment
- Therapeutic yoga practices to live more easily in your body
- Mind-body methods that speak to new levels of self-concept and soul radiance.

No yoga or movement experience is necessary to benefit from these timeless practices, just a willingness to be present and open.

RECOMMENDED READING Lorin Roche, *Radiance Sutras* and Claudia Welch, *Balance Your Hormones, Balance Your Life*.

NOTE Tuition includes a workbook. See this program on the Kripalu website for details.

TUITION \$310, plus room & meals; see page 104. (web code GJN-161)



MARIA MENDOLA, RN, MS, E-RYT 500, is both a structural yoga therapist and an integrative yoga therapist. She has practiced yoga for more than 30 years.

APRIL 15-22 FRIDAY-FRIDAY

The Yoga of Detox

A WHOLE-PERSON APPROACH

Alison Shore Gaines and Evelyn Gonzalez

FOR everyone. CE credits.

A detox offers the opportunity not only to lose weight and rejuvenate, but to make profound inner changes as well. See your life with new perspective in this whole-person approach, combining the transformational aspects of mindfulness and yogic principles with a cleanse that leaves you vibrant and nourished, never hungry or deprived.

Along with cleansing practices and an exploration of yogic principles, this retreat includes

- Organic soups, juices, mung dahl, and gluten-free grains (optional)
- Green juice option
- Mindful eating and body attunement as to when and what to eat
- Detoxifying yoga postures and breathing techniques
- Outdoor walks in Kripalu's gorgeous Berkshire setting
- Mindfulness tools for easing stress and emotion
- Resolving food and sugar cravings
- Jump-starting healthy weight loss
- Tips for creating a vital, health-giving lifestyle.

Past participants report deep and lasting changes after this retreat.



NOTE A health intake form, included with your confirmation materials, must be completed and returned in advance of your arrival.

TUITION \$770, plus room & meals; see page 104. (web code TYOD-161)



ALISON SHORE GAINES, a pioneer in the field of holistic cleansing, is trained in yoga, holistic nutrition, and body-centered counseling. sacrednourishment.com



EVELYN GONZALEZ has been on the yogic path for more than 20 years. She brings playfulness and ease to her teaching style.

APRIL 15-17 FRIDAY-SUNDAY

Five Steps to a Healthier Diet and Life

Sara Snow and Amie Valpone

FOR everyone. CE credits.



Celebrate the healing power of food and detox by learning how to keep safe from the harmful influences of toxins—in the foods we eat and the environments in which we live, work, and play.

This program teaches five steps you can take to live a healthier life through diet. You learn

- How to shop for toxic-free foods
- Healthy meal and snack preparation
- Food pairing to relieve indigestion and bloating
- Nutritional information for fighting inflammation
- How to remove hidden toxins from your body and get to the root cause of aches and pains
- What's zapping your energy and how to avoid it.

Give yourself and your family the gift of health in this interactive program that will have you cooking, learning, and understanding health like never before.

RECOMMENDED READING Sara Snow, *Sara Snow's Fresh Living*.

TUITION \$275, plus room & meals; see page 104. (web code SHDL-161)



SARA SNOW, CHS, is a TV host, author, green expert, and health specialist sharing a message of simple, attainable, natural living. sarasnow.com



AMIE VALPONE, HHC, AADP, is a culinary nutritionist, chef, and blogger who healed herself from a decade of Lyme disease through clean eating and detox.



MAY 6-8 FRIDAY-SUNDAY

Vegetarian Express

LUSCIOUS MEALS IN MINUTES

Leslie Cerier

FOR everyone. CE credits.



In this hands-on vegetarian cooking class, you prepare dishes by mixing and matching fresh, seasonal vegetables with fruits, herbs, and proteins such as legumes, whole grains, nuts, seeds, eggs, and cheese.

Discover time-saving strategies to manage every part of your cooking process effectively and efficiently, including how to set up your kitchen, shop seasonally, and chop vegetables. You also learn

- Leftover management, substituting ingredients, and using garnishes to dress up the dining experience
- Cooking with healthy fats, such as hemp, coconut, and olive oils
- Boosting omega-3 fatty acids
- Adding superfoods like goji berries, maca, and cacao.

Come experience the bounty of delicious, nutritious, whole-foods meals that are quick and easy to prepare.

TUITION \$255, plus room & meals; see page 104. (web code VE-161)



LESLIE CERIER, "the organic gourmet," is an internationally recognized farm-to-table chef, recipe developer, and author of six cookbooks. She specializes in vegetarian, vegan, and gluten-free cooking. lesliecerier.com

APRIL 17-22 SUNDAY-FRIDAY

The Mindful Table

A KRIPALU NUTRITION AND COOKING IMMERSION

Annie B. Kay and Jeremy Rock Smith

CE credits.

Create health right in your kitchen.

Do you want to eat healthier and cook more of your own meals? Would you like to feel more comfortable in the kitchen? Kripalu Lead Nutritionist Annie B. Kay and Kripalu Executive Chef Jeremy Rock Smith share the latest nutritional research and the best ways to prepare food to ensure that you get the most out of your meals. Come learn

- How to prepare healthy, whole-food meals
- The art of shopping with economics and the planet in mind
- Which foods promote health and well-being
- Why the way you cook your food is so important
- Time-saving cooking tips and techniques.

Return home with delicious new recipes and the confidence you need to get in the kitchen and start cooking.

TUITION \$399, plus room & meals; see page 104. (web code RRMN-162)



ANNIE B. KAY, MS, RDN, LDN, RYT, is Lead Nutritionist at Kripalu, author of *Every Bite Is Divine*, and an important voice in whole-foods nutrition and yoga. everybiteisdivine.com



JEREMY ROCK SMITH, Kripalu's Executive Chef, graduated from the Culinary Institute of America and began his career in classical French cuisine. He joined the Kripalu Kitchen in 2010.

On-site | Online Program



MAY 2–JUNE 17 ON-SITE | ONLINE PROGRAM

THE KRIPALU APPROACH TO DIET

AN INTEGRATIVE WEIGHT-LOSS PROGRAM

Aruni Nan Futuronsky, Annie B. Kay, and Lisa B. Nelson

CE credits

Kripalu's groundbreaking weight-loss program—only better.

Our proven 5-day retreat is now enhanced with six weeks of online learning—continued support and motivation to keep you on the path to achieving your health and weight-loss goals. On-site, you discover how to shift into a balanced relationship with your body, led by our exceptional faculty—including a life coach, holistic physician, and nutritionist—who have years of experience guiding people into transformation. At home, you're supported by faculty and peers online and in live group-share calls as you

- Learn how to naturally lose weight and keep it off
- Develop empowering life skills and a more positive body image
- Enhance your nutrition and metabolism for weight management
- Plan strategies for your goals and lifestyle.

TUITION \$799, plus \$75 technology fee, plus room & meals; see page 104. (web code IWLB-162)



ARUNI NAN FUTURONSKY is a Kripalu Yoga teacher, life coach, and faculty member for Kripalu R&R Retreat Kripalu faculty programs. coacharuni.com



ANNIE B. KAY, MS, RDN, LDN, RYT, is Lead Nutritionist at Kripalu, author of *Every Bite Is Divine*, and an important voice in whole-foods nutrition and yoga. everybiteisdivine.com



LISA B. NELSON, MD, is Director of Medical Education for Kripalu faculty programs. She also serves as medical director of the Nutrition Center and is a practicing physician.

SEVEN WEEKS OF BLENDED LEARNING

ONE 5-DAY ON-SITE IMMERSION
MAY 8–13

SIX WEEKS OF ONLINE
SUPPORT AT HOME

Find out more @ kripalu.org/weightloss

Changing lives for more than 10 years!

MAY 22–27 SUNDAY–FRIDAY

Transformative Self-Care

CONTINUUM MOVEMENT,
MINDFULNESS, AND OSTEOPATHY

Bonnie Gintis

FOR all levels, including health-care professionals. CE credits.



Discover the radical possibilities for health and well-being available when you combine the principles of osteopathic treatment with the breath, sound, meditation, and movement practices of Continuum Movement.

Osteopathic physician Bonnie Gintis has survived and thrived for six years with advanced-stage breast cancer and rheumatoid arthritis—by being curious, listening to her body, and opening to life's mysteries.

In this program, Bonnie shares

- Inner resources for resilience, adaptability, and change
- How to become comfortable with uncertainty
- Resolving the past by attending to the present moment
- Our interconnectedness with each other and the natural world
- The difference between discipline and devotion to self-care
- How to balance the beneficial aspects of inflammation and minimize its harm.

Reimagine how you care for yourself, and learn how to integrate these practices into daily life.

RECOMMENDED READING Bonnie Gintis, *Engaging the Movement of Life*.

TUITION \$495, plus room & meals; see page 104. (web page TOSC-161)



BONNIE GINTIS, DO, is an osteopathic physician who teaches Continuum Movement and Mindfulness-Based Stress Reduction worldwide. She is the author of *Engaging the Movement of Life*. bonniegintis.com

MAY 22–27 SUNDAY–FRIDAY

Detox for Health and Healing

Kathie Madonna Swift and Annie B. Kay

FOR everyone. CE credits.

Your jump-start for renewal.

Explore detox and experience a yoga-inspired approach to renewing your body, mind, and spirit. Detoxification is a natural process supported by making choices to enhance your body's resilience, while minimizing toxicity from stress, poor diet, and the environment. Learn a multidimensional approach to cleansing through

- A simple, nutritionally balanced detox diet
- Recognizing and addressing common causes of toxic overload that can impact digestion and vitality
- Clearing unhelpful mental patterns, realigning with the rhythms of nature, and conscious communication
- Creating a sustainable detox kitchen with culinary nutrition tips
- Yoga on and off the mat to assist the detox process
- Strategies and practices for emotional detox
- Clarity on fasting, juicing, and more.

Headaches, fatigue, cravings, digestive or skin problems, and aches and pains are often improved by an integrated detox program.

TUITION \$399, plus room & meals; see page 104. (web code RRDT-162)



KATHIE MADONNA SWIFT, MS, RDN, LDN, FAND, is an integrative clinical nutritionist, Food As Medicine educator, author of *The Swift Diet*, and a nutrition blogger. kathieswift.com



ANNIE B. KAY, MS, RDN, LDN, RYT, is Lead Nutritionist at Kripalu, author of *Every Bite Is Divine*, and an important voice in whole-foods nutrition and yoga. everybiteisdivine.com

MAY 25–27 WEDNESDAY–FRIDAY

The Gokhale Method

THE POSTURE-DANCE CONNECTION

Esther Gokhale

FOR people of all ages and abilities; no dance experience required.



Get moving and get healthy with the unique Gokhale Method approach. Dance is an unusually rich avenue for improving strength, flexibility, circulation, posture, mood, and connection. In this

transformative and empowering program, you learn the Gokhale Method posture principles as you practice Brazilian, Latin, and African dance moves.

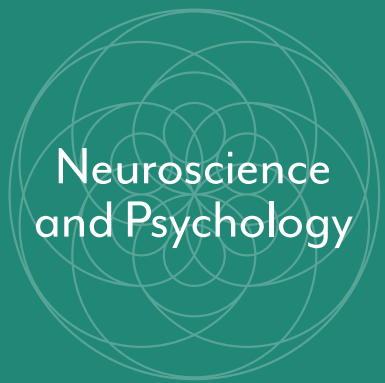
The Gokhale Method is based on historical, anthropological, and medical research on populations who have virtually no musculoskeletal pain. Interweaving visual, kinesthetic, intellectual, and aesthetic cues, the Gokhale Method offers a remarkably efficient and effective way to reach a new level of wellness.

TUITION \$225, plus room & meals; see page 104. (web code GMPD-161)



ESTHER GOKHALE, creator of the Gokhale Method, sees her mission as providing posture and movement re-education to help people eradicate unnecessary pain. gokhalemethod.com





Neuroscience and Psychology

MARCH 20–25 SUNDAY–FRIDAY

Integrating Psychology and Shamanism

A PROFOUND MODEL FOR HEALING

Monique Lang and Itzhak Beery

FOR professionals, students of shamanism and psychology, as well as all interested seekers. CE credits.



Face and release your deepest fears and unleash your inner wisdom in a program that brings together two powerful disciplines: Internal Family Systems and ancient shamanic tradition. Explore the conscious and uncon-

scious beliefs you took on and the decisions you made in childhood as a result of cultural frameworks or trauma.

In addition to removing old beliefs that hold you back, this program helps you to

- Learn the basics of Internal Family Systems
- Discover the core shamanic worldview and journeying techniques
- Identify and work with whatever prevents you from being the person you want to be
- Find a new, more positive, and fuller sense of yourself.

Bring renewed focus, inspiration, clarity, and purpose to your life, through a combination of didactic material, group discussion, experiential activities, meditations, guided shamanic journeys, movement, ritual, and artwork.

TUITION \$395, plus room & meals; see page 104. (web code IPS-161)



MONIQUE LANG, LCSW, a psychotherapist in private practice since 1980, has extensive training in psychotherapy and mindfulness and is coauthor of *Journey to Wholeness*. moniquelanglscsw.com



ITZHAK BEERY, an internationally recognized shamanic healer and teacher, is author of *The Gift of Shamanism and Shamanic Transformations* and the founder of shamanportal.org. itzhakbeery.com

MARCH 6–11 SUNDAY–FRIDAY

Retrain Your Brain for Positivity and Success

Randy Kamen

FOR everyone. CE credits.

Find greater meaning and joy in a retreat that weaves together Positive Psychology, mind-body practices, and practical self-care strategies for navigating life's challenges.

Through talks, group discussion, and simple, effective exercises, you learn how to

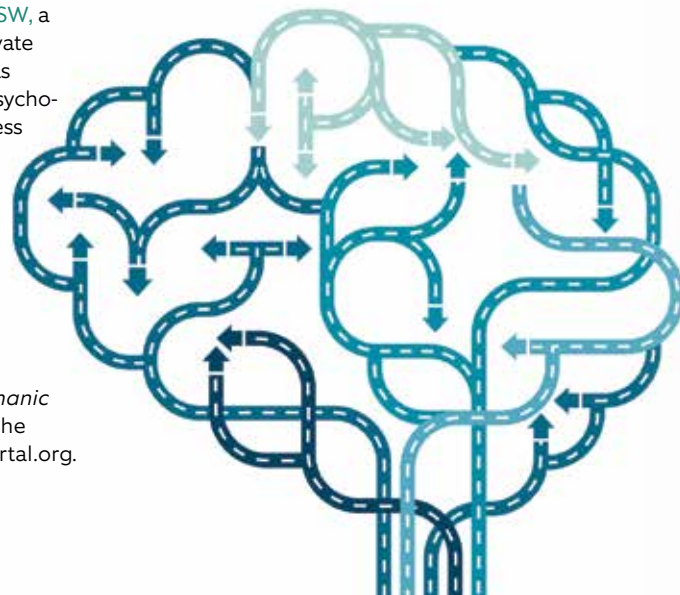
- Retrain your brain for greater positivity and diminished negativity
- Internalize positive experiences and effectively manage difficult emotions
- Build self-compassion, gratitude, and forgiveness as a way to liberate the mind and move forward
- Develop greater resilience and energy through mindfulness practices
- Learn better communication skills for more fulfilling relationships
- Explore breathwork, meditation, and self-hypnosis to remain present and focused
- Track behaviors to create lasting change.

This retreat offers valuable practices that can be immediately integrated into your life, along with deeper insights about the connection between mind and body.

TUITION \$395, plus room & meals; see page 104. (web code RBP-161)



RANDY KAMEN, EDD, is a psychologist, educator, pioneer in mind-body medicine, and author of *Behind the Therapy Door: Simple Strategies to Transform Your Life*. drrandykamen.com



APRIL 29–MAY 1 FRIDAY–SUNDAY

Yoga and the Global Dream Initiative

DREAMING THE EARTH, TENDING THE DREAM

Stephen Aizenstat with Stephen Cope and Annie B. Kay

FOR everyone. CE credits.



Find your place in the web of life and join a global network of dream-healers. The Global Dream Initiative is a path of creative participation in the earth's—and humanity's—collective healing.

Combining insights from yoga and Jungian psychology, this program teaches you to

- Remember dreams and examine recurring themes
- Interpret your living dream imagery
- Take dream awareness into waking life
- Use the tools of yoga to explore how nature and consciousness reside in the physical body
- Dream a better world into being.

Enjoy master teachers from Eastern and Western perspectives, including the creator of Dream Tending, Stephen Aizenstat; Kripalu Scholar-in-Residence Stephen Cope; and Kripalu's Lead Nutritionist, Annie B. Kay.

TUITION \$295, plus room & meals; see page 104. (web code DTE-161)

STEPHEN AIZENSTAT, PHD, is the author of *Dream Tending*, chancellor and founding president of Pacifica Graduate Institute, and a professor of depth psychology. dreamtending.com



STEPHEN COPE, MSW, Scholar-in-Residence and Kripalu Ambassador, is the best-selling author of *The Great Work of Your Life: A Guide for the Journey to Your True Calling*.



ANNIE B. KAY, MS, RDN, LDN, RYT, is Lead Nutritionist at Kripalu, author of *Every Bite Is Divine*, and an important voice in whole-foods nutrition and yoga. everybiteisdivine.com

MAY 15–20 SUNDAY–FRIDAY

The Neuroscience of Buddhism and Yoga

HARNESSING THE BRAIN FOR HEALING AND HAPPINESS

Jim Hopper and David Schouela

FOR everyone, including therapists, yoga instructors, and researchers. CE credits.



Cultivate mindful embodiment and learn to transform habitual thoughts, emotions, and behaviors into openings for freedom, love, and happiness. This program explores Buddhist and yogic practices that harness and transform brain circuitries and the relationships between them, including

- Concentration
- Mindfulness
- Loving-kindness
- Transformative yoga practices.

Drawing on contemporary neuroscience and traditional Buddhist psychology, this program focuses on seven key dimensions of human experience and their corresponding brain circuitries: aversion, seeking, satisfaction, bodily awareness, executive functioning, relationships, and “default mode” processes. Jim Hopper and David Schouela interweave theory with practice to promote an experiential understanding of these concepts, and provide handouts and step-by-step instructions for meditation and yoga practice.

NOTE This program has an intensive format with more learning hours than a typical 5-day program.

TUITION \$395, plus room & meals; see page 104. (web code BYN-161)



JIM HOPPER, PHD, an independent consultant and part-time Harvard Medical School instructor, has intensively studied the psychological and biological aspects of trauma and its treatment. jimhopper.com



DAVID SCHOUELA, RYT 500, Kripalu Yoga teacher and Trauma Sensitive Yoga teacher and trainer, teaches yoga and meditation as scientifically supported healing modalities for stress-related conditions. rightmindyoga.com

MAY 20–22 FRIDAY–SUNDAY

Brain Care Is Self-Care

THE NEUROSCIENCE OF WELL-BEING

Linda Graham

FOR everyone, including mental-health professionals. CE credits.



Learn how to rewire your brain to reduce stress, regain equilibrium, and restore resilience and perspective. Psychotherapist Linda Graham applies neuroscience to the process of personal healing and growth, and

teaches you techniques to avoid burnout; come to clarity in decision making; heal toxic shame and retire your inner critic; recover creativity and flow in your life; and revive a sense of competency and connection with others. Through discussion and practice, you learn how to

- Create the shift that counterbalances the brain's negativity bias and installs wholesome habits into implicit memory
- Strengthen the executive functioning of the prefrontal cortex to build resilience and coherence
- Use self-directed neuroplasticity to rewire old response patterns and restore your psychological equilibrium
- Harness mental play space to allow insights and aha moments to break through.

TUITION \$225, plus room & meals; see page 104. (web code BCSC-161).



LINDA GRAHAM, MFT, is a psychotherapist, meditation teacher, and author of *Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-Being*. lindagraham-mft.net

APRIL 26–29 TUESDAY–FRIDAY

EMBODIED POSITIVE PSYCHOLOGY SUMMIT

KEYNOTE SPEAKERS: Barbara Fredrickson, Tal Ben-Shahar, Sharon Salzberg, Megan McDonough, Neal Mayerson, Maria Sirois, James Pawelski, and Edi Pasalis

WORKSHOP PRESENTERS: Caroline Miller, Louisa Jewell, Sam Chase, Margarita Tarragona, Elaine O'Brien, Dan Tomasulo, Janna Delgado, Megha Nancy Buttenheim, Karissa Thacker, and Deborah Cohen

FOR everyone. CE credits.

In this first-of-its-kind summit, learn research-based tools for cultivating happiness, and practice those tools through movement, play, meditation, yoga, and more. With keynotes by leading pioneers in the field and hands-on sessions that dive into action, this program is for everyone looking to live life more fully—including coaches, consultants, therapists, yoga teachers, and others who might want to use these tools professionally.

Engage brain, body, and heart with a powerful combination of intellectual rigor, authentic connection, and physical expression—and find out what it's like to have an embodied experience of whole-person well-being.

To explore specific topics more deeply, register for a pre-summit workshop.

TUITION \$495, plus room and meals; see page 104.

APRIL 24–26 SUNDAY–TUESDAY

Pre-Summit Workshop

Choose one of these three inspiring events:

- Get inSPIREd: Let Your Yoga Dance with Positive Psychology, with Megha Nancy Buttenheim
- Mindfulness-Based Strengths Practice, with Ryan Neimiec
- Group Contagion and Team Embodiment, with Phoebe Atkinson and Nancy Kirsner

PRE-SUMMIT WORKSHOP \$225, plus room and meals; see page 104.

KEYNOTE SPEAKERS



Barbara Fredrickson



Tal Ben-Shahar



Sharon Salzberg



Megan McDonough



Neal Mayerson



Maria Sirois



James Pawelski



Edi Pasalis

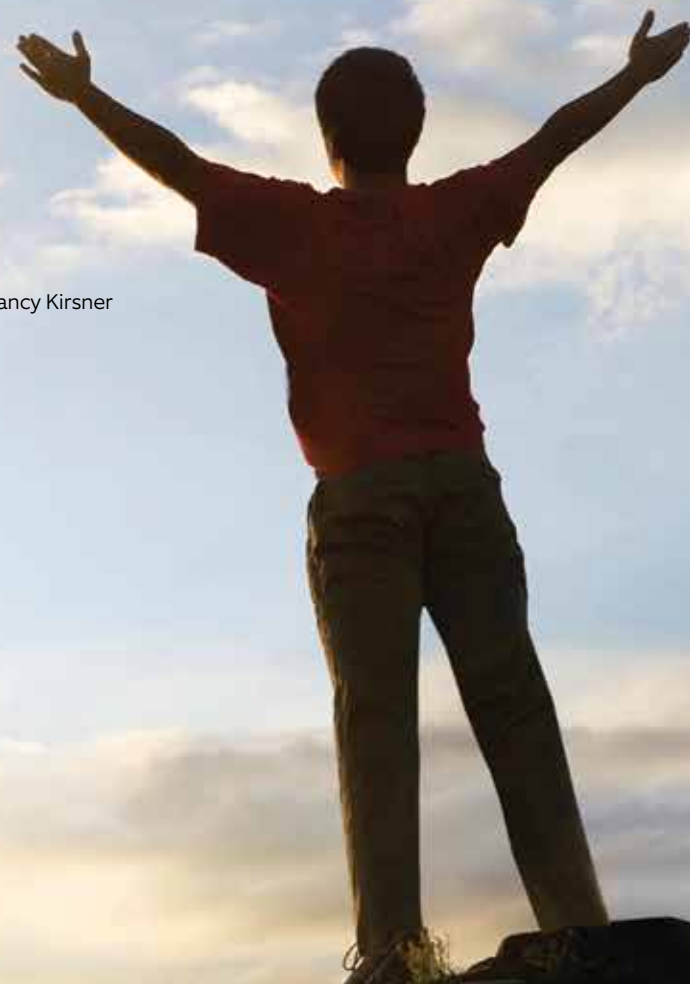
Presented in partnership with  wholebeing institute

Find out more about the event schedule, workshops, and presenters at kripalu.org/epps.

by Megan McDonough

Defining Embodied Positive Psychology

Positive Psychology is the science of human flourishing—and it's a full-body experience.



Positive Psychology is the science of happiness—of cultivating strengths, self-esteem, and optimism. Embodied Positive Psychology engages the body in the kinesthetic experience of living the science of flourishing. There's an intellectual understanding of gratitude, for example. Then there's the full-body richness of what openhearted appreciation feels like. Combine both an intellectual understanding with a mindful attention to the body, and you have the recipe for embodied Positive Psychology.

Engaging the whole—body and mind—integrates the rigorous science of well-being with the lived experience. Embodied Positive Psychology recognizes that well-being requires more than an intellectual understanding; it requires a multidimensional view of wholeness (which we call wholebeing).

Cognitive understanding and knowing is not the same as realizing, living, and experiencing. Embodiment physicalizes an idea, making it concrete in the here and now. As the definition explains, embodiment gives visible form to an idea. By embodying Positive Psychology, you become a walking expression of the idea.

Embodied Positive Psychology is the experience of

- Cultivating mindfulness through the body, by focusing on the breath and anchoring our attention in the present
- Engaging the body as part of the learning process—physically moving in order to understand an intellectual concept
- Exploring and inquiring as much about our inner world as our outer world
- Sharing, connecting, and networking, because the “we” helps provide context for the “me”
- Leveraging the body's capacity to change the mind (instead of enforcing the mind's will upon the body).

In her book *Love 2.0*, researcher Barbara Fredrickson elaborates on the embodiment of Positive Psychology, writing, “For just as neuroscientific studies show that positive emotions open your perceptual awareness, kinematic studies ... show that they also open your torso, literally expanding the (rib) cage in which your heart sits. When your mind and body are infused with good feelings, those feelings lift and expand your chest, a subtle nonverbal gesture that makes you more inviting to others, more open for connection.”

There's an intimate link between the movement of the body and the thoughts of the mind. You could say we can cultivate a thinking body and a feeling mind.

Yoga practitioners live embodiment on the mat through the awareness brought to each posture—giving intimate, detailed attention to the length of the arms all the way to fingertips, the grounding of our feet on the earth, the lift of the top of the head to the sky. Postures inform us about what it feels like to inhabit every part of our physical being. We fill the container of our own skin with our mind's eye. The more we include the whole of our body in the yoga experience, the richer the practice.

Philosophers, psychologists, and even artificial-intelligence researchers who study the embodied mind contend that the body shapes cognition. Or, to put it more simply, the body shapes what we think and how we feel—and, by extension, how we act.

Megan McDonough is cofounder and CEO of Wholebeing Institute, an educational organization committed to spreading ideas and practices that help individuals and groups live life to its fullest.

THERE'S AN INTIMATE LINK BETWEEN THE MOVEMENT OF THE BODY AND THE THOUGHTS OF THE MIND.

em·bod·y

be an expression of or give a tangible or visible form to (an idea, quality, or feeling)

Relationships



MARCH 18–20 FRIDAY–SUNDAY

Secrets to Lasting Intimacy

Freddy Zental Weaver and Elsbeth Meuth



FOR committed couples.

Learn how to create and sustain connection and bliss—within yourself and in your relationship—through a process that includes meditation, conscious breathing, energy awareness, bodywork, and communication exercises.

Take this opportunity to

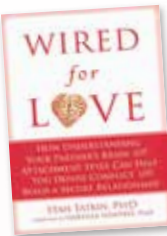
- Rediscover the source of creative energy
- Let go of blocks and past conditioning
- Create fulfillment and pleasure within yourself and with your partner.

Feel more passionate and fulfilled in life and love as you explore ways to expand joy, intimacy, and creativity.

TUITION \$255 per person, plus room & meals; see page 104. (web code SLI-161)



FREDDY ZENTAL WEAVER, CBW, and **ELSBETH MEUTH, EDD,** are the coauthors of *Sexual Enlightenment* and founders of the TantraNova Institute in Chicago. tantranova.com



MARCH 20–24 SUNDAY–THURSDAY

Wired for Relationship

Stan Tatkin and Tracey Boldemann-Tatkin

FOR everyone interested in relationship success. **CE** credits.

Why not use all the tools at your disposal to ensure the long-term happiness and success of your relationship? This program draws from neuroscience theories and research models that can help you and your partner (present or future) operate as a two-person psychological system that is truly mutual and collaborative.

Gain hands-on experience with techniques scientifically proven to create secure and high-functioning relationships, so you can

- See through the fog of infatuation
- Understand the biological underpinnings of relationship connection
- Screen partners for a good match
- Recognize your own and your partner's relationship styles
- Move toward secure functioning with your partner
- Play well and fight well together
- Form mutually satisfying and lasting commitments.

RECOMMENDED READING Stan Tatkin, *Wired for Love: How Understanding Your Partner's Brain and Attachment Style Can Help You Defuse Conflict and Build a Secure Relationship*.

TUITION \$375, plus room & meals; see page 104. (web code WFR-161)



STAN TATKIN, PSYD, MFT, author of *Wired for Love, Your Brain on Love, and Love and War in Intimate Relationships*, developed the Psychobiological Approach to Couple Therapy® (PACT). stantatkin.com



TRACEY BOLDEMANN-TATKIN has served as the director of various philanthropic family foundations. Sensitivity to family systems guides her work as co-executive of the PACT Institute.

APRIL 29–MAY 1 FRIDAY–SUNDAY

Creating Great Relationships Through Family Constellations

Mark Wolynn

FOR everyone, including therapists.

Whether you're single or in a relationship, this program can help you get to the heart of what separates you from the closeness you desire. Come experience Family Constellations, a three-dimensional learning process designed to reveal the hidden dynamics and unconscious family loyalties that limit your ability to have successful relationships. Guided by the director of the Family Constellation Institute, you learn

- What influences relationship choices on a subconscious level
- 20 invisible dynamics that can erode intimacy
- Three ways that relationships can be significantly damaged or strengthened
- How to balance hurt and maintain relationship equilibrium
- Ways to preserve aliveness and establish your full weight with a partner.

Family Constellations allows you to break destructive patterns so that you can live a more fulfilled life.

TUITION \$235, plus room & meals; see page 104. (web code HRIW-161)



MARK WOLYNN, director of the Family Constellation Institute, conducts workshops and trainings in family therapy throughout the world. markwolynn.com



MAY 6–8 FRIDAY–SUNDAY

Mother-Daughter Yoga Weekend

Sarahjoy Marsh

FOR women and their daughters (ages 13 and up) at all yoga levels, including beginners.

Join Sarahjoy Marsh for a nourishing getaway that celebrates your innate capacities for connection, empathy, and camaraderie. Spend quality time together while doing something special for yourselves.

Through yoga, meditation, and group experiences, we

- Renew our capacity for playfulness and camaraderie
- Experience insight, laughter, and nurturing
- Realize simple ways to bring greater vibrancy into our lives
- Rediscover our innate capacity for self-renewing love and wisdom.

TUITION \$210, plus room & meals; see page 104. (web code MDYW-161)

SARAHJOY MARSH, MA, RYT 500, is a pioneer of East/West integrated approaches for yoga therapy and founder of the DAYA Foundation. sarahjoyyoga.com

✦ **COMBINE THIS PROGRAM** with *Hunger, Hope, and Healing: Reunion*, May 8–11, for a 10 percent tuition discount for each program. Visit the Kripalu website for more information.



Kripalu Making an Impact

An endodontist brings her yoga teacher training to Tufts Dental School.

Five years ago, I came to Kripalu for an R&R Retreat to deepen my personal yoga practice. Little did I know that this one weekend would also deepen my life and open me up to a true understanding of yoga, both on and off the mat. I learned that yoga has the power not only to make a difference in an individual's life, but also to make an impact on a bigger scale, influencing society in many different ways.

I am an endodontist in private practice and also teach clinical endodontics at Tufts University School of Dental Medicine in Boston. I saw a need to help our students with the stresses they incur during their four-year training, and that inspired me to bring my passions of dentistry and yoga together. I attended Kripalu's 200-hour yoga teacher training with the goal of teaching yoga and meditation to dental students.

I am now the director of mind-body wellness at Tufts Dental School, where I've initiated a yoga and meditation curriculum that is now part of all our students' dental training. This curriculum provides our students with healthy ways to handle the stress they experience during their training, and also grounds and centers them, so they can deliver the best possible dental care to their patients.

I have always felt a need to give back, and I am a proud Kripalu donor because my experience at Kripalu, the people I met there, and my yoga teacher training have contributed to my ability to make a difference in my profession, in the lives of dental students, and in the future of dental health-care.

—**Christina P.**, Boston, Massachusetts, Kripalu Yoga teacher and Kripalu donor



We're investing
in positive change.
You can help.

OUR MISSION IN ACTION

The true measure of our mission is the impact we have on people's lives, at our retreat center and in the world.

- We welcome more than 50,000 guests annually for uplifting, empowering experiences.
- The Kripalu Scholarship Program awards approximately \$500,000 each year.
- The Kripalu Yoga in the Schools (KYIS) program offers tools for resilience and well-being to thousands of students, and the KYIS Teacher Training certifies yoga instructors to teach in schools.
- Our Teaching for Diversity fund supports yoga teachers working with underserved populations.
- The Kripalu Institute for Extraordinary Living researches and develops yoga programs to transform schools and health care.

Support our mission-driven initiatives

→ kripalu.org/makeagift

MARCH 25–27 FRIDAY–SUNDAY

CircusYoga Retreat

THE HUMAN ART OF PLAY

Erin Maile O’Keefe and Kevin O’Keefe

FOR everyone ages 7 and up.

CircusYoga, a blend of interactive yoga, circus arts, and transformational play, returns to Kripalu for its 15th year. This alchemy of connection and joyful fun results in a state of deep rejuvenation. Bring your friends and family to experience this multigenerational retreat, which includes

- Mandala Yoga and collaborative group play
- Flying Partner Yoga and partner acrobatics
- Basic circus skills: juggling, diabolo, devil sticks, spinning plates, and more
- Clowning and physical comedy
- Balancing in asanas and on a tightwire
- Thai Yoga massage
- Creative movement and dance.

The CircusYoga community welcomes people of all ages and abilities who embrace the principles of inclusion, connection, coauthorship, and empathy. Learn how to live from a more playful, resilient, expressive place, and surprise yourself by what you can do!

NOTE Children in this program must be accompanied by a parent or guardian who is also registered for this program.

TUITION Adults \$220, plus room & meals; see page 104. (web code CIRC-161) Kids \$135, plus room & meals; call for rates. (web code CIRC-162)



ERIN MAILE O’KEEFE and **KEVIN O’KEEFE** developed CircusYoga and Flying Partner Yoga out of their love for yoga, the circus, connection, and play. circusyoga.org



MAY 5–8 THURSDAY–SUNDAY

Art-Making Retreat for Kids

FREE YOUR CREATIVITY

Jennifer Burke

FOR ages 6–13.

Making art is not only fun, it also enhances your understanding of yourself and the world. This long weekend for kids is devoted to the exploration, evolution, and enjoyment of art-making. Through playing with line, form, value, and color, kids develop new ways of seeing and channeling their creative impulses.

With an emphasis on experimentation and curiosity, kids learn how to work with and combine an intriguing collection of media, techniques, and materials. They get to develop their ideas into a series of related pieces, and have the opportunity to exhibit their work at a group show on Sunday. Art-making is a wonderful way to slow down the eyes, mind, and hands, and find freedom in self-expression.

TUITION \$215, plus room & meals; call for rates. (web code CLFK-161)



JENNIFER BURKE is a teaching artist from Berkeley, California, where she offers a full range of visual art instruction to children, teens, and adults. westsidestudio.squarespace.com

DON'T MISS

Wisdom Rising: Mandala of the Sacred Feminine, May 5–8, with Lama Tsultrim Allione and Shiva Rea, p. 89

MAY 27–30 FRIDAY–MONDAY

Kundalini Playground

FUN WITH PEACE AND PRAYER

Jai Fuller

FOR ages 5–12.

Kundalini Playground is a place for kids to laugh, reflect, and discover the common threads that connect them to others. In this program with Jai Fuller, children

- Practice fun Kundalini Yoga and meditation
- Learn self-awareness, sharing skills, and teamwork
- Connect to nature by spending as much time as possible outside as a group
- Create a string of prayer flags using the personal prayers of each child
- Perform together to share what they’ve learned and created together.

With Jai’s joyful teaching style, this retreat is a fun way for children to build inner peace, as well as explore and play outdoors.

NOTE Children in this program must be accompanied at Kripalu by a parent or adult who is registered for a program or an R&R Retreat. Kids meet for morning and afternoon sessions while parents are in their programs. Families are together at mealtimes, in the evenings, and overnight.

TUITION \$225, plus room & meals; call for rates. (web code KPFP-161)



JAI FULLER founded Khalsa Camp in 1999, a popular summer camp in New England for children ages 5–13. Her teaching style is bright, enthusiastic, and heart-centered.

DON'T MISS

Original Light: Empowerment Through Daily Spiritual Practice, May 27–30, with Snamat Kaur and Sopurkh Singh, p. 96

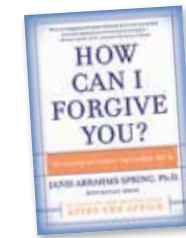
MAY 6–8 FRIDAY–SUNDAY

Healing Interpersonal Wounds

A RADICAL APPROACH

Janis Abrahms Spring

FOR everyone, including mental and spiritual-health professionals.



We’re all struggling to forgive someone—an unfaithful partner, an addicted parent, a thankless child or sibling. Relationship wounds often leave us feeling emotionally raw. Using instruction and role-playing exercises, this program teaches you how to

- De-shame the injury
- Release bitter preoccupation with its injustice
- Forge an appropriate relationship with your offender (from cutting off to fully engaging with that person)
- Restore a sense of dignity—with or without forgiving.

Those who have hurt others learn concrete acts of repair to earn forgiveness from those they’ve violated, and from themselves. This includes offering non-defensive apologies and taking a fair share of responsibility for what went wrong.

Come alone, with the person who hurt you, or with a friend. You’re invited to participate as much or as little as feels comfortable.

TUITION \$250, plus room & meals; see page 104. (web code HCFY-161)



JANIS ABRAHMS SPRING, PHD, a nationally acclaimed expert on issues of trust, intimacy, and forgiveness, is author of the award-winning *How Can I Forgive You?* janisaspring.com

MAY 27–29 FRIDAY–SUNDAY

Mothers, Daughters, and the Heroic Journey

Meg Agnew, Cindy L. Parrish, and SuEllen Hamkins

FOR mothers and their daughters ages 9–12.

Mothers, you can be a vital part of your daughter’s coming-of-age journey. The creators of this weekend invite you and your daughter to come deepen your connection with each other and gain resources to foster closeness in the years ahead.

Using theater games, visual arts, writing, and sharing, we

- Explore what it means to thrive as an adolescent girl, by looking back at who you were at that time
- Get to know ourselves better through the question: Who am I right now, and what is nurturing this vision of myself?
- Experience the power of invoking ancestral support
- Join in a mothers-only discussion group while your daughters explore who they might become in playful and meaningful ways.

NOTE Children in this program must be accompanied by a parent or adult who is registered for the program.

TUITION Adults \$225, plus room & meals; see page 104. (web code MDH-161) Kids \$195, plus children’s housing; call for rates. (web code MDHK-161).



MEG AGNEW, movement theater artist and educator, leads transformative programs for actors and movers of all ages. She has one step-daughter and two grand-daughters. heroicgirlz.com



CINDY L. PARRISH, PHD, is a renowned educator, novelist, playwright, and award-winning filmmaker. She has two daughters. heroicgirlz.com



SUELLEN HAMKINS, MD, is mother to two daughters and coauthor of *The Mother-Daughter Project: How Mothers and Daughters Can Band Together, Beat the Odds and Thrive Through Adolescence*. sueltenhamkins.com

MAY 27–30 FRIDAY–MONDAY

Being Intimate

A RETREAT FOR COUPLES

KATE AND JOEL FELDMAN

FOR couples of any length of commitment and any sexual orientation.

Your intimate partnership has the potential to make you stronger, happier, and healthier. Imagine being able to talk about what you really need, feeling free to be yourself—to dance easily together and experience the satisfaction of knowing your partner is really there with you. This retreat is about relational intimacy: what it is, how it works, and how you can have more.

Learn and experience

- A dialogue process to forever transform your communication
- The interpersonal neurobiology of human loving
- New ways to incorporate pleasurable touch.
- How talking about sex can be safe and fun
- Massage and gentle partner yoga
- Dance, music, and laughter
- The art of attunement: How daily loving can transform your relationship.

Kate and Joel Feldman create a safe learning environment for couples to open their hearts and connect.

TUITION \$325 per person, plus room & meals; see page 104. (web code BIRC-161)

KATE FELDMAN, MSW, LCSW, is a psychotherapist with a background in Gestalt, Imago, and Family Systems therapies, as well as EMDR, yoga, and meditation. consciousrelationships.com

JOEL FELDMAN, CPCC, certified coach, mediator, and consultant, has been working with couples, individuals, and work teams for nearly 30 years. consciousrelationships.com



Self-Discovery



MARCH 4-6 FRIDAY-SUNDAY

PROGRESSIVE WORKSHOP

ASCENDING YOUR ENERGY, TUNE INTO YOUR NEW DESTINY

JOE DISPENZA

FOR everyone. CE credits.

Spend a weekend in retreat, away from external reminders of who you think you are, and learn about the new science of possibility. Joe Dispenza blends quantum physics, neuroscience, neuroplasticity, neuroendocrinology, psychoneuroimmunology, and epigenetics to produce significant positive change in people's lives.

Using interactive exercises and intensive meditations, you learn to

- Find the sweet spot of the present moment where possibility exists
- Change your beliefs and perceptions
- Liberate emotional energy and use it to create a new destiny
- Reprogram your genes, energize your brain, and open your heart
- Recondition your body to a new mind
- Use consciousness to command matter
- Develop attention as a skill
- Experience profound and ongoing shifts inside and out.

Many people report that they left this program a different person from when they came.

NOTE This program starts at 7:00 pm on Friday evening, has intensive hours, and ends at 6:00 pm on Sunday. This may limit your availability for other Kripalu events and Healing Arts services. See the Kripalu website for more information.

PREREQUISITE See this program on the Kripalu website for required pre-program reading and viewing.

TUITION \$325, plus room & meals; see page 104. (web code BLOC-161)

JOE DISPENZA, DC, is the best-selling author of *Evolve Your Brain*, *Breaking the Habit of Being Yourself*, and his latest, *You Are the Placebo: Making Your Mind Matter*. drjoedispenza.com



MARCH 10-13 THURSDAY-SUNDAY

Live Boldly and Liberate Your Authentic Self

Lauren Mackler

FOR everyone. CE credits.

Imagine your life if you could step out from behind your "mask" and fully become the person you were born to be. What if you could reclaim your magnificence, liberate your potential, and ignite that potential in every aspect of your life?

We're all born with unique personalities, passions, gifts, and strengths that, as we grow up, are often diminished by fear, shame, anger, perfectionism, and other self-defeating patterns. Using exercises, visualizations, journaling, and short lectures, world-renowned coach and best-selling author Lauren Mackler guides you in

- Unearthing and transforming self-sabotaging patterns
- Using your intuition as a practical life barometer
- Reconnecting to your passions, strengths, and purpose
- Living boldly to achieve your dreams and goals.

RECOMMENDED READING Lauren Mackler, *Solemate: Master the Art of Aloneness and Transform Your Life*.

TUITION \$265, plus room & meals; see page 104. (web code LYAS-161)

LAUREN MACKLER is a renowned coach and teacher whose first book, *Solemate: Master the Art of Aloneness and Transform Your Life*, became an instant international best-seller. laurenmackler.com



MARCH 13-18 SUNDAY-FRIDAY

A Family Constellations Approach to Well-Being

Suzi Tucker, Dan Booth Cohen, Jamy Faust, Peter Faust, J. Edward Lynch, Bill Mannle, and Emily Blefeld Volden

FOR everyone.

Family Constellations is a groundbreaking approach to becoming whole and reclaiming joy. Each teacher in this week of deep wellness exploration has forged a unique path in Family Constellations through years of study and experience. Together, they offer

- A dynamic understanding of your personal and professional relationships and ways to enrich or complete them
- Techniques for witnessing old wounds, releasing burdens from the past, and letting go of resentment, pain, and sorrow
- Ways of shifting ingrained, seemingly intractable patterns
- Permission to thrive
- New insights from collaborative mind-body intelligence
- Creative ways to incorporate this approach into personal or professional practice.

Through small-group experiential work and large-group exchanges, learn to foster connection and inclusion in your family and community.

TUITION \$595, plus room & meals; see page 104. (web code WPA-161)



SUZI TUCKER is a leading facilitator and teacher of Family Constellations and author of *Gather Enough Fireflies*. suzitucker.com



DAN BOOTH COHEN, PHD, is an internationally known psychologist, author, trainer, and Systemic Family Constellations facilitator.



JAMY FAUST, MA, a healer and psychotherapist in private practice, completed her training in Family Constellations under Bert Hellinger in 2002.



PETER FAUST, MAC, leads trainings in the Constellation Approach nationally, and has practiced the healing arts for more than 25 years.



J. EDWARD LYNCH, PHD, a facilitator and trainer in the Systemic Constellation method, has been training psychotherapists for 35 years.



BILL MANNLE, LMFT, a psychotherapist and a Family Constellations facilitator and trainer, has introduced Constellations work in schools for both adolescents and teachers.



EMILY BLEFELD VOLDEN, LICSW, a psychotherapist, trainer, and Systemic Family Constellations facilitator, is the cofounder of the Seeing with Your Heart Immersion Program.



MARCH 18–20 FRIDAY–SUNDAY

HUMAN NATURE, DIVINE NATURE

THE SPIRITUAL PATH OF SACRED ECO-BIOLOGY

CAROLINE MYSS

FOR everyone.

An organic spiritual path interweaves inquiry into the nature of the Divine with deep exploration of our own human nature and the nature of life itself. In this program, Caroline Myss leads you in examining the powerful questions that naturally arise as you progress along this path, such as, What is the nature of God? What do I believe? What is belief all about, anyway?

Caroline describes the soul as an expression of the sacred eco-biological system that makes up all life and all of the cosmos. When we look at our spiritual path through this lens, we gain an illuminating perspective that supports us in

- Releasing dysfunctional religious myths
- Healing old wounds
- Finding spiritual answers
- Opening to a mystical understanding of the Divine
- Sustaining a personal spiritual practice.

TUITION \$335, plus room & meals; see page 104. (web code ESD-161)

CAROLINE MYSS is an internationally renowned pioneer in the field of medical intuition and a *New York Times* best-selling author. myss.com



MARCH 20–25 SUNDAY–FRIDAY

Kripalu Life Coaching

TOOLS FOR MINDFUL LIVING

Aruni Nan Futuronsky and Izzy Lenihan

FOR everyone, including yoga teachers, Ayurvedic consultants, nurses, coaches, and therapists.

Fuel authentic, sustainable change with a true understanding of who you are and how you want to show up in the world. Based upon Kripalu's core values of presence, integrity, inquiry, service, compassion, and practice, Kripalu Life Coaching guides you to act from your deepest wisdom in a way that joyfully serves your soul's purpose. When you bring your actions and intentions into alignment, the way forward becomes clear.

Find inspiration and clarity in a program that includes

- Group coaching sessions with two expert Kripalu life coaches and plenty of community support from your peers
- Ways to identify and prioritize your goals and remove obstacles
- Self-care and mindfulness techniques to integrate relaxation and stillness into your days
- Practical, usable, and sustainable tools to enrich your life and/or help your clients.

NOTE Bring a journal, or plan to purchase one at the Kripalu Shop.

TUITION \$399, plus room & meals; see page 104. (web code RRLL-161)



ARUNI NAN FUTURONSKY is a Kripalu Yoga teacher, life coach, and faculty member for Kripalu R&R Retreat and Kripalu programs. coacharuni.com



IZZY LENIHAN is a certified life, career, and wellness coach who has helped thousands of people make changes in all stages of their lives for more than 20 years.

APRIL 1–3 FRIDAY–SUNDAY

Talking with Loved Ones on the Other Side

EIGHT ESSENTIAL
STEPS TO HEAL
YOUR GRIEF

Sue Frederick

FOR everyone.

Experience a variety of unique approaches to healing grief in this interactive program that includes

- Sue Frederick's Eight Essential Steps for Shifting Grief
- The Break Your Heart Wide Open meditation
- A reconnection ritual
- How pain and loss fuel your greatest work and most fulfilling life
- Sharing your stories
- Having a direct conversation with the departed to help you move forward with your life.

Sue believes that everyone is capable of lifting the veil, seeing, and talking to departed loved ones. Return home with a fresh perspective on pain and loss, a meaningful plan for a brighter, happier future, and direct knowledge of the presence of your departed loved ones. Several participants will receive a brief personal reading from Sue.

TUITION \$245, plus room & meals; see page 104. (web code TTLO-161)

SUE FREDERICK has worked with thousands of clients and is author of *Bridges to Heaven: True Stories of Loved Ones on the Other Side*.



APRIL 1–3 FRIDAY–SUNDAY

Creating Transformational Workshops

LEADING MIND-BODY EXPERIENCES

Ken Nelson, Lesli Lang, and David Ronka

FOR everyone. CE credits.

When you're clear about your calling and you have the right tools, you're in a powerful position to help others. Are you ready to bring your passion into group settings in ways that create synergy, original thinking, and breakthrough solutions?

Learn how to create a culture of cooperation based on insight, empathy, and intentional practices. Set the stage for creative leaps, deep learning, and fun, drawing on both wisdom traditions and evidence-based science.

Take home

- Self-discovery tools that link the heart and mind
- Keys to collective wisdom and ways to spark group creativity
- Interactive techniques to energize, connect, and empower people
- Marketing tips to champion your workshops
- Accountability partners and a peer-support network.

Group input and feedback help you discover your strengths, sharpen your vision, unfold your ideas, and develop an action plan.

NOTE Tuition includes a manual. See this program on the Kripalu website for important information, including a participant survey to be completed and returned prior to the program.

TUITION \$235, plus room & meals; see page 104. (web code CPE-161)



KEN NELSON, PHD, a leader in mind-body practices and longtime Kripalu faculty member, is dedicated to transforming the ways we serve and lead through yoga-inspired learning. powerfulworkshops.com



LESLI LANG has a background in theater and performing arts, and two decades of experience assisting Fortune 500 executives to communicate their message more effectively.

See this program on the Kripalu website for additional faculty bios.



MARCH 25–27 FRIDAY–SUNDAY

Life Purpose Boot Camp

Eric Maisel

FOR everyone.

Get ready to live a more passionate, powerful, and purposeful life! Based on the groundbreaking techniques in Eric Maisel's best-selling book, *Life Purpose Boot Camp*, this program guides you to a deep understanding of your life's purpose and meaning.

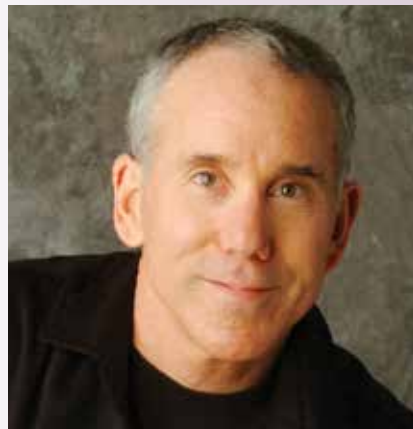
Experience profound growth and change as you

- Discover your unique life purposes and how to live them every day
- Overcome the natural obstacles to living a purposeful life
- Learn how focusing on your purpose creates more meaning in everything you do
- Take all aspects of your personality into account as you identify your life purposes
- Practice simple techniques to keep your life purposes vibrant and clearly in view.

TUITION \$225, plus room & meals; see page 104. (web code LPBC-161)

ERIC MAISEL is a world-renowned teacher of creativity, meaning, and life purpose. His many books include *Life Purpose Boot Camp* and *Rethinking Depression*. ericmaisel.com

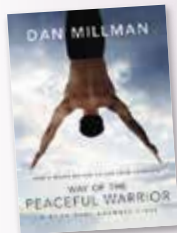
✦ **COMBINE THIS PROGRAM** with Deep Writing Workshop, March 20–25, for a 10 percent tuition discount for each program; see page 29.



APRIL 1-3 FRIDAY-SUNDAY

Seven Pillars of the Peaceful Warrior

Dan Millman



FOR everyone.

Transform your daily life into a meaningful path of personal evolution, founded upon universal laws that are as consistent as the law of gravity. The better you understand

these seven pillars, the wiser your decisions and the more peaceful your life—in every arena, including health, work, relationships, and finances.

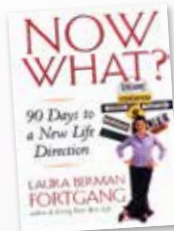
The Seven Pillars of the Peaceful Warrior are

- Balance: Learn new skills while staying balanced
- Choices: Make better decisions and empower your life
- Process: Approach your goals step by step, and enjoy the journey
- Presence: Transcend worry, anxiety, and regret, and simplify your life
- Action: Turn knowing into doing
- Surrender: Make a basic shift of perspective that eliminates stress
- Unity: Move from a competitive to a collaborative mindset.

Return home to a new world, filled with possibility.

TUITION \$245, plus room & meals; see page 104. (web code SPPW-161)

DAN MILLMAN, a former world-champion athlete, coach, and college professor, has written 16 books published in 29 languages, including *Way of the Peaceful Warrior*. peacefulwarrior.com



APRIL 15-17 FRIDAY-SUNDAY

Now What?

FINDING CAREER CLARITY AND LIFE DIRECTION FROM THE INSIDE OUT

Laura Berman Fortgang

CE credits.

Are you reevaluating your career or looking to do something radically different with your life? Join Laura Berman Fortgang, author of *Now What? 90 Days to a New Life Direction*, and discover who you really are and what you're meant to do.

This practical program leads you out of confusion or indecision to a clear direction for the future. Discover what's next for you, and design a plan to get there as you

- Break down the barriers to clarity
- Release limiting beliefs
- Learn how your past holds clues to your future
- Find a sense of purpose
- Determine your criteria for happiness in work
- Face money obstacles head on
- Honor and make sense of your intuition.

Answers to your questions about meaning, fulfillment, and satisfaction are available in this fun and interactive program.

TUITION \$240, plus room & meals; see page 104. (web code CCLD-161)



LAURA BERMAN FORTGANG is author of *Take Yourself to the Top*, *Living Your Best Life*, and *Now What? 90 Days to a New Life Direction*. laurabermanfortgang.com

APRIL 15-17 FRIDAY-SUNDAY

Thriving!

REALIGN WITH YOUR TRUE NATURE

Linda and Charlie Bloom

FOR everyone.

Each one of us is born pre-programmed to thrive and flourish throughout life. But this natural process can be interrupted by experiences and beliefs that impair your ability to prosper and grow. Realign with your predisposition toward growth and awakening as you learn to

- Come to terms with your “shadow”
- Deepen your experience of self-trust
- Discover the essential principles of mutually fulfilling relationships
- Identify and strengthen the qualities that foster wholeness in your life
- Explore the art of responsible self-care.

Linda and Charlie Bloom create a “perfection-free zone” that enables you to embody these practices, ground yourself on a path of ever-deepening well-being, and have fun in the process.



TUITION \$250, plus room & meals; see page 104. (web code THRV-161)

LINDA BLOOM, LCSW, and CHARLIE BLOOM, MSW, are seminar leaders, authors, psychotherapists, and consultants. Married since 1972, they codirect Bloomwork in Santa Cruz, California, and are the authors of *Secrets of Great Marriages*. bloomwork.com

APRIL 22-24 FRIDAY-SUNDAY

Animal Wisdom

CONNECTING WITH THE INTELLIGENCE OF ANIMALS

Linda Bender

FOR everyone.

Deepen your relationship with animals and discover how they can connect you more profoundly to all of life. Learn what your dog or cat is really trying to communicate to you, and whether they remain near you after death. Based on Linda Bender's years of experience and personal practice, this program offers

- Practical tools and insights to effortlessly connect with animals and nature
- Techniques for allowing animals to awaken the wisdom inside you, giving you access to love, courage, peace, and better health
- Simple steps to integrate intuition into everyday life
- Chanting techniques, meditations, and practices to transform your relationship with animals.

Come learn ways to heal from the loss of a beloved animal companion, explore the unexplained powers of animals, and expand your consciousness.



RECOMMENDED READING Linda Bender, *Animal Wisdom: Learning from the Spiritual Lives of Animals*.

TUITION \$225, plus room & meals; see page 104. (web code AWLS-161)

LINDA BENDER, DVM, has devoted her life to the rescue, rehabilitation, and protection of wildlife. She is author of *Animal Wisdom: Learning from the Spiritual Lives of Animals*. lindabender.org



APRIL 22-24 FRIDAY-SUNDAY

Awaken Your Divinity Within

A WORKSHOP IN SELF-MASTERY

Paul Selig

FOR everyone.

Work directly with Paul Selig and his Guides to make transformative breakthroughs on your spiritual journey. In his widely read works of channeled material, Paul describes a program for personal and planetary evolution to awaken humankind to its divine nature. This weekend, he introduces techniques to heal yourself and others, develop and sustain higher levels of consciousness, and release emotional blocks that keep you from manifesting your higher nature.

In this program that includes channeled lectures, attunements, and energy activations, you

- Receive individual instruction from Paul's Guides
- Attune to higher frequencies in a way that you can trust and feel
- Learn how to send and receive healing energies
- Develop your abilities as an empath
- Free yourself from limitation and fear
- Gain tools to transform your life and awaken to your divine nature.

TUITION \$265, plus room & meals; see page 104. (web code AYDS-161)



PAUL SELIG is an award-winning author, psychic, and channel. paulselig.com

APRIL 8-10 FRIDAY-SUNDAY

Second Journey

IT'S NEVER TOO LATE TO RECLAIM YOUR LIFE

JOAN ANDERSON

FOR all women.



Strength gained from adversity and conflict can move you forward into a new dimension of being. In this program based on her new book, *Stretch Marks*, Joan Anderson guides you in stilling your mind and focusing on the quest for solutions and resolutions, no matter what decade of life you're in.

The Latin definition of the word “intention” is “to stretch toward something.” This weekend, stretch toward accepting change, being real, letting go, making time, forgiveness, reciprocity, ripening, breaking rules, and affirmation. Joan believes every woman possesses what she needs to navigate her future, and provides the structure to accomplish that goal.

Each day of this retreat includes mind, body, and soul work, with a schedule that allows you to take advantage of Kripalu's yoga classes and R&R Retreat workshops, as well as enjoy Healing Arts treatments.

TUITION \$280, plus room & meals; see page 104. (web code STSR-161)

JOAN ANDERSON is a motivational speaker, workshop leader, retreat facilitator, and author. She has appeared on *Oprah*, the *Today* show, and *Good Morning America*. joananderson.com





APRIL 29–MAY 1 FRIDAY–SUNDAY

MASTER THE POWER WITHIN!

JAMES VAN PRAAGH

FOR everyone.

Take control of your life by learning to use your inner guidance and intuitive abilities. You can change your reality by altering your energetic imprint—the spiritually charged energy field responsible for attracting your present circumstances.

James Van Praagh leads you through illuminating meditations and practical exercises that open you to the spiritual core of your being, teaching you to

- See and feel the energy within and around you
- Utilize thoughts to manifest the life you want
- Contact your spirit guides
- Initiate forgiveness and healing in all aspects of your life
- Unhook from the energies that keep you bound in the past
- Clear the emotions standing between you and love, happiness, and new opportunities.

Expect to receive life-changing messages from the spirit realm to assist you on your journey.

TUITION \$350, plus room & meals; see page 104. (web code MPW-161)

JAMES VAN PRAAGH is a *New York Times* best-selling author, former host of the nationally syndicated show *Beyond*, and creator of *The Ghost Whisperer*. vanpraagh.com

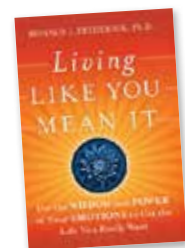
APRIL 29–MAY 1 FRIDAY–SUNDAY

Emotional Mindfulness, Connection, and Healing

BEFRIENDING THE WISDOM AND POWER OF YOUR EMOTIONS

Ronald J. Frederick and Tim Beyer

FOR everyone. CE credits.



Emotions help you feel alive, meet life's challenges, enrich your relationships, and heal from emotional wounds. Learn how to tap into and get the most out of your emotions and be fully present with

yourself and others in this experiential workshop grounded in contemporary neuroscience and drawn from a variety of psychotherapeutic approaches.

Ronald J. Frederick and Tim Beyer teach a proven four-step approach to cultivating emotional mindfulness that helps you:

- Recognize the ways you unknowingly avoid or cut yourself off from your emotional power
- Tame anxiety and fear and feel more in control
- Connect with your true emotions and make use of their inherent resources
- Authentically express yourself and feel more connected and receptive to others.

Return home with tools to break old patterns, open your heart, and transform your life.

NOTE Clinicians are welcome and will learn an approach to emotional mindfulness that can be integrated into work with clients.

TUITION \$227, plus room & meals; see page 104. (web code EMCH-161)



RONALD J. FREDERICK, PHD, is a psychologist, author of *Living Like You Mean It*, and cofounder of the Center for Courageous Living.



TIM BEYER, PHD, is cofounder of the Center for Courageous Living in Beverly Hills, California. His passion lies in helping others achieve their goals and realize their best life. cfliving.com

MAY 1–6 SUNDAY–FRIDAY

Clearing the Clutter

MAKING SPACE FOR POSITIVE CHANGE

Maria Sirois and Izzy Lenihan

FOR everyone.

Learn how to create a lighter, rejuvenated life in a program based on the principles of Positive Psychology and personal coaching. Gain tools for clarity and change, and identify the clutter you're ready to let go of—not just in your home but also in your relationships, at work, and in your mind and heart.

Clutter is more than what crowds your physical environment. It can be found in stress-based thoughts, confusing feelings, and unclear visions that weigh us down. What you choose to remove from your life is as important—if not more important—than what you choose to bring into it.

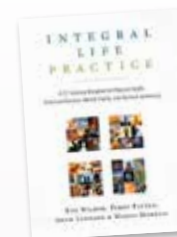
TUITION \$399, plus room & meals; see page 104. (web code RRCC-161)



MARIA SIROIS, PSYD, is an inspirational speaker and clinical psychologist who lectures internationally on the study and application of Positive Psychology, mind-body medicine, and resilience. mariasirois.com



IZZY LENIHAN is a certified life, career, and wellness coach who has helped thousands of people make changes in all stages of their lives for more than 20 years.



MAY 1–6 SUNDAY–FRIDAY

Embodying the Intelligence of Your Heart and Soul

Terry Patten

FOR everyone.

Reconnect with your source of embodied wisdom, power, and passion. This program is a transformational journey that helps you join the ear of the heart to the voice of the soul, fostering intimacy with yourself, others, and the unknowable source of it all.

In a safe and nurturing space, begin to release the armoring around your heart as you engage in

- Embodied transformative work anchored in breath and somatic psychology
- Playful, fun, and interpersonal relating processes in twos, threes, and small groups
- Silent and guided meditation and prayer
- Dance, conscious movement, and vocalizing

A clear inclusive context for understanding and anchoring your learning.

Come enjoy an intelligent, integrated, heart-and-soul-centered initiation into a life of practice that is both sustainable and transformative.

NOTE See this program on the Kripalu website for online recommended reading.

TUITION \$395, plus room & meals; see page 104. (web code EIYH-161)



TERRY PATTEN, coauthor of *Integral Life Practice*, is a key voice in evolutionary spirituality, leadership, and activism. terrypatten.com

MAY 8–13 SUNDAY–FRIDAY

Seeing the Light

EXPLORING THE INTIMATE CONNECTION BETWEEN VISION AND CONSCIOUSNESS

Marc Grossman and Jacob Liberman

FOR everyone.

Stop looking and start seeing with two pioneers in the fields of light, vision, and consciousness. Learn how to “see the light”—the guidance that leads you toward inner peace and fulfillment. Explore life's most important questions as you learn

- How light, vision, and consciousness are related
- What it means to see and learn without effort
- The physiological truth of the expression “It caught my eye”
- The reality underlying choice and free will
- Biochemical facts behind the true “law of attraction.”

Where is your vision guiding you? Come and see.

TUITION \$425, plus room & meals; see page 104. (web code STL-161)



MARC GROSSMAN, OC, LAC, has spent the past 35 years as an optometrist and acupuncturist, helping thousands of people connect their “insight” to their “eyesight.” drgrossman2020.com



JACOB LIBERMAN, OD, PHD, is a pioneer in the fields of light, vision, and consciousness, and author of *Light: Medicine of the Future*. jacoblberman.org



MAY 1-6 SUNDAY-FRIDAY

SomaSoul Facilitation

Dan Leven with special guests Heather Bilotta and Sage Peeler

FOR people who have attended at least one other SomaSoul training module. CE credits.

SomaSoul® Soul-Centered Somatic Therapy is a training program that aligns your personal growth with your professional development. Experience somatic, soul-centered practices and open to the power of your heart and guts, compassion and intuition. These programs can be taken individually for personal development or as part of a larger training to become a Registered Somatic Movement Therapist.

This program deepens your explorations in contemplative practices and the expressive arts from previous modules. You learn the tools you need to guide others in SomaSoul processes that bring healing to body, mind, and soul.

In this program, you

- Strengthen your facilitation skills and relax into being with another person using the power of your presence, your heart's compassion, and your gut feelings
- Learn how to talk to and listen to your client's body, not just their mind
- Discover how the body communicates what needs healing through physical tensions and uncomfortable sensations.

The skills, principles, and core intentions presented here can be applied to bring body-centered and creative-based processing into a wide range of healing work.

TUITION \$450, plus room & meals; see page 104. (web code SCCC-4161)

DAN LEVEN, RSMT, MPC, a Kripalu faculty member for more than 35 years, trains Registered Somatic Movement Therapists through his Shake Your Soul® and SomaSoul® programs. leveninstitute.com

See this program on the Kripalu website for additional faculty bios.



MAY 13-15 FRIDAY-SUNDAY

Live the Life Your Soul Intended

FINDING HAPPINESS, FULFILLMENT, AND MEANING

Ainslie MacLeod

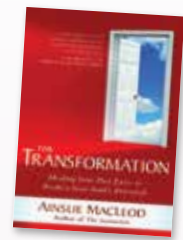
FOR everyone.

Discover the life plan your soul created before you were even born. Ainslie MacLeod, psychic, award-winning author, and *Oprah's Soul Series* guest, invites you to a weekend of profound spiritual insight.

Every life has a purpose, and yours is no exception. Your life purpose is not a secret. Understanding why you are here begins with simply knowing who you are. In this experiential program, you learn to

- Identify the soul types that make up your true personality
- Apply what you learn to create a happier and more fulfilling life
- Live your destiny.

Self-mastery is not some distant and elusive goal, but something you can begin living here and now.



TUITION \$240, plus room & meals; see page 104. (web code LLYS-161)



AINSLIE MACLEOD is an internationally acclaimed psychic and award-winning author of *The Instruction* and *The Transformation*. ainsliemacleod.com

MAY 13-15 FRIDAY-SUNDAY

The Presence of Breath

Judith Kravitz

CE credits.

Breathe your way to a more healthy and joyful you in a weekend that opens the door to profound life changes and self-empowerment. Utilizing the tools of Transformational Breathing and the Presence Process (the work of Michael Brown), this program takes you on a journey from the transfixated physical state to the vibrational state of Presence.

This weekend includes

- Four full Transformational Breath® (TB) sessions led by Judith Kravitz, founder of TB
- A deep exploration of Michael Brown's insightful book and program, *The Presence Process*
- Techniques to integrate emotions at the causal level
- Tips for correcting restrictive breath patterns.

Continue the journey back to your authentic self with awareness and breath. Learn how to work with your breath for more effective respiration, full emotional integration, and a deeper spiritual connection.



NOTE Please wear comfortable, layered clothing suitable for movement and bring a water bottle. See this program on the Kripalu website for recommended reading and listening and information about CE credits.

TUITION \$250, plus room & meals; see page 104. (web code RCYB-161).



JUDITH KRAVITZ, DM, a breathwork master, has been facilitating breathing programs since the 1970s and has taught in more than 20 countries. transformationalbreath.com

MAY 13-15 FRIDAY-SUNDAY

Shine Your Life

LOVE, MASTERY, AND THE TRUE SELF

Christine Warren

FOR everyone.

Within you is a potent spiritual presence of infinite guidance, wisdom, and love. This presence is your own Higher Self who grounds you in your inner mastery and knowing, guiding all you are and create.

Living from your Higher Self, relationships are illuminated, problems are more easily resolved and divine inspiration enlightens your life. You discover a deep trust in the living presence of Spirit within you, directing all you do.

In this program, you learn to

- Live in a high vibrational state
- Identify as your Divine Self, the "I Am" presence
- Heal across time to uplevel the present
- Use consciousness and thought to reshape your outpictured life
- Attract vibrant relationships that resonate with who you truly are.

Dynamic spiritual teaching, inspired poetry, rich group experiences, and deep community create an uplifting program experience.

TUITION \$245, plus room & meals; see page 104. (web code LWVQ-161)



CHRISTINE WARREN, a consciousness teacher, spiritual life coach, author and counselor, has been presenting transformational workshops nationally for 38 years. christinewarrenworkshops.com



MAY 22-27 SUNDAY-FRIDAY

Finding Your Playful Path

Bernie DeKoven

FOR everyone.

Become a guru of glee and a deacon of delight with the guidance of Bernie DeKoven, author of *A Playful Path*. Bernie invites you to join in running-around games, lying-down games, story-telling games, theater games, and laughing games. Each day, Bernie introduces new ways to play and to get more creative, sensitive, spontaneous, and open. He teaches you how to

- Adapt games to different players and invite others in
- Enjoy art, dance, and making music—all for fun
- Create informal communities to help you play better
- Build an inner playground and facilitate play between heart and soul, mind and body, thought and stillness.

Discover what it means to be truly playful, how you play best, and what you might do to make life even more fun.



NOTE Tuition includes *A Playful Path* (book) and *Recess for the Soul* (CD).

TUITION \$396, plus room & meals; see page 104. (web code FYP-161)



BERNIE DEKOVEN, MA, is a leading fun theorist and the author of *The Well-Played Game*, *A Playful Path*, and the CD *Recess for the Soul*. aplayfulpath.com



MAY 22-27 SUNDAY-FRIDAY

Manifest Your Soul's Purpose Through the Akashic Records

Linda Howe

FOR everyone.

Envision your destiny, recognize your soul's intentions, and bring your purpose to life. The Akashic Records can serve as a doorway for awakening the magnificent possibilities and inspiration for your remarkable life.

Linda Howe expertly facilitates personal empowerment and transformation. As you learn to access your Akashic Records, you also

- Activate unconditional love
- Understand Akashic manifestation
- Gain clarity about your soul's specific purposes in this life
- Identify and release patterns that interfere with your inner knowing and your ability to express those purposes
- Make conscious choices that allow you to experience deep personal satisfaction and contribute your best to humanity.

REQUIRED READING Linda Howe, *Discover Your Soul's Path Through the Akashic Records: Take Your Life from Ordinary to ExtraOrdinary*.

TUITION \$350, plus room & meals; see page 104. (web code DYSP-161)



LINDA HOWE, a leading expert in accessing the Akashic Records for empowerment and transformation, is an award-winning author of *How to Read the Akashic Records*. akashicstudies.com

We're investing in positive change.

You can help.



Our Scholarship Program awards \$500,000 each year to yoga teachers and practitioners who take the tools of yoga and skillfull living to others.

kripalu.org/makeagift

MAY 20-22 FRIDAY-SUNDAY

Backbone

A MEN'S WEEKEND OF PURPOSE, PASSION, AND EMPOWERED LIVING

DAVID HARSHADA WAGNER

FOR all men.

Explore what it means to be a powerful, happy man in today's world. What does it take to know yourself better, find your mission in life, and live with strength, honor, and wisdom? Join David Harshada Wagner for a straight-talking, down-to-earth, fun weekend of profound self-examination. We'll look at questions around male identity, spirituality, self-limitation, sexuality, relationships, fatherhood, and more.

This program combines no-nonsense wisdom with honest exercises to help you

- Connect with your purpose in life
- Hone your emotional intelligence
- Escape unhelpful beliefs, patterns, and habits
- Live an amazing, passion-filled life.

Take a weekend to get to know yourself, enhance your strengths, root out weaknesses, and upgrade your entire experience of life.

TUITION \$265, plus room & meals; see page 104. (web code BBMW-161)

DAVID HARSHADA WAGNER is a meditation teacher, spiritual leader, and author of *Backbone: The Modern Man's Ultimate Guide to Purpose, Passion, and Power*. davidhwagner.com



APRIL 14-17 THURSDAY-SUNDAY

Mindful Recovery

AWAKENING TO LOVE

Kevin Griffin and Bill Alexander

FOR everyone.

Nurture and enrich the opening of the heart, what the Twelve Steps call "spiritual awakening," through mindfulness, loving-kindness, and a range of contemplative practices. Blossom into your full capacity for love and service in a program that includes periods of meditation, lecture, discussion, and engaged interactive exercises.

Over the past decade, mindfulness teachings and practices have transformed the landscape of the recovery world. Guided by two of the seminal figures in the mindful recovery movement, come experience

- Skillful meditation instruction
- Storytelling
- Twelve Step teachings
- A diverse array of insights from the Buddhist tradition.

Don't miss this opportunity to spend a few days with Bill Alexander and Kevin Griffin in a unique mindful recovery program.

TUITION \$295, plus room & meals; see page 104. (web code MRBA-161).



KEVIN GRIFFIN trained as a Community Dharma Leader at Spirit Rock Meditation Center. He is author of *One Breath at a Time: Buddhism and the Twelve Steps*. kevingriffin.net



BILL ALEXANDER, storyteller and writer, is ordained in the lineage of Thich Nhat Hanh. His book, *Ordinary Recovery*, has been called a "recovery classic."

What I Learned at Kripalu on My Summer Vacation

A HIGH SCHOOL SOPHOMORE SHARES HER KRIPALU EXPERIENCE AND HOW IT'S CHANGED HER LIFE.



What can I say about Kripalu? Before I attended the Kripalu Approach for Teens program last summer, I had no idea that Kripalu even existed, or that there was a place where people taught others how to practice yoga and what it brings to an individual's life. I first heard about Kripalu from a close friend who was offered a scholarship to participate in the program, but couldn't attend, so she asked if I wanted to do it. I had always wanted to try yoga, but didn't know where to go or what to do. So I agreed, not knowing what I was getting myself into.

During my week at Kripalu, I met new friends and learned multiple tools that have been beneficial to my life. One of my favorite tools for dealing with an intense situation is Riding the Wave. It consists of breathing, relaxing, feeling, watching, and allowing yourself to accept the situation. Before learning this

tool, when I was in a challenging situation, I would normally fight back or sometimes even block it out by taking a nap. Riding the Wave has helped me improve my relationship with my mother because sometimes reasoning with your mother requires a great deal of energy and patience (which I don't always have).

Instead of fighting back, I breathe and allow myself to relax.

Riding the Wave also helped my relationship with friends. A few weeks ago, one of my close friends told me something that made me extremely uncomfortable and furious. I was so full of rage, I wanted to fight back, but just as I was about to, I stopped myself and realized what I was doing. I took a deep breath and talked it out instead. Riding the Wave has had a huge impact on my life.



Honestly, if it wasn't for this tool, my relationships with family and friends wouldn't be as healthy as they are now.

What I didn't know about yoga was that it revolves around breathing. I had no idea that breathing was the key to everything, and it's helped me relax and handle certain situations. After Kripalu, breathing has had a major impact in my life. It helps me relax when I'm stressing over homework and exams, or when I catch myself having an anxiety attack. A few days ago, I took the PSAT and before I left school, I had five minutes to myself. In those five minutes, I did the Three-Part Breath and relaxed. I was stressing because the PSAT ain't no joke.

by Arianna Brito

Saying yes to being at Kripalu was the best thing I've ever done. Before Kripalu, I was a complete mess; my mind was all over the place and my relationships weren't healthy. After Kripalu, my life is improving and progressing. My mind is still indeed all over the place but, little by little, it's getting there. Breathing and Riding the Wave have helped me in the process of becoming a better person. Kripalu has completely changed my life and I honestly can't wait to go back.

Arianna Brito (pictured above and in center at left) is a sophomore at the Bronx Studio School for Writers and Artists in New York City.

To support our Scholarship Program, which enables teens like Arianna to come to Kripalu, visit give.kripalu.org

To find out more about how the Kripalu Institute for Extraordinary Living is sharing yoga-based tools for health and well-being with individuals and organizations, visit kripalu.org/iel





Yoga and Meditation

MARCH 4–6 FRIDAY–SUNDAY

Creating Ease

YOGA AND PHYSICAL THERAPY FOR BACK AND NECK PAIN

Vandita Kate Marchesiello and Dominick Marchesiello

FOR people who are in pain, medical professionals who treat pain, and yoga teachers. CE credits.

Experience a holistic approach to creating ease in mind, body, and spirit with Vandita Kate Marchesiello, yoga educator and relaxation specialist, and Dominick Marchesiello, a doctor of physical therapy. The therapeutic benefits of physical therapy, combined with stress-relieving yoga practices, help you

- Understand basic elements of arthritis, degenerative and herniated disc disease, and other ailments that may cause chronic back and neck pain
- Work with yoga poses, gentle stretching, and core-strengthening exercises specific to the spine
- Practice therapy techniques and experience treatments to ease pain, such as electrical stimulation, traction, physioball exercises, mobilization techniques, and more
- Incorporate breathing exercises, relaxation, and meditation techniques to cope with pain.

TUITION \$225, plus room & meals; see page 104. (web code CE-161)



VANDITA KATE MARCHESIELLO, E-RYT 500, is a Kripalu faculty member and creator of the best-selling CDs *Transform, Relax, and Rejuvenate; Yoga with Vandita;* and *Vandita Chants*.
yoganowandthen.com



DOMINICK MARCHESIELLO, PT, DPT, is a clinical rehabilitation specialist, senior physical therapist, and clinic leader for Saratoga Hospital's Regional Therapy Center.

MARCH 4–6 FRIDAY–SUNDAY

Yoga, Life, and Happiness

Rina Jakubowicz

FOR all levels. CE credits.

According to Rina Jakubowicz, we each hold the formula to a successful, joy-filled life—we just need to learn how to access it. The ancient teachings of yoga can help you tap into that lasting happiness. This dynamic program presents

- Practical tools you can use on a daily basis to combat difficult moments
- Ways to increase your energy and sense of purpose
- Yoga poses practiced in a whole new light, with an awareness to keeps you inspired and practicing even after you return home
- Easy yoga terminology to make life clearer and simpler
- The power of community and friendship.

Return home with a personal plan for living the life you've always imagined.

TUITION \$240, plus room & meals; see page 104. (web code YLH-161)

RINA JAKUBOWICZ, founder of Rina Yoga, is a bilingual yoga teacher, Reiki practitioner, motivational speaker, author, and television host. rinajakubowicz.com



MARCH 6–8 SUNDAY–TUESDAY

Strong Core, Open Heart

FINDING BALANCE WITH EMBODYOGA

Patty Townsend

FOR all levels. CE credits.

Embodiyoga is a radical and inclusive approach to developing personal strength and resilience. It supports entering the bodymind fully, with clarity, self-acceptance, compassion, and awe. It teaches us how to increase our individual and universal connection to core, the essence of our true nature—deepening our relationships to loved ones, our community, and the world.

With clarity, wisdom, and humor, master yoga instructor Patty Townsend teaches

- Core strength development
- Techniques for deepening core awareness and stabilizing body and mind
- How to embody softness and receptivity to support strength without hardening
- A soothing slow-flow practice that enlivens the whole being.

Gain more vitality and satisfaction in your yoga practice and in all that you do.

TUITION \$210, plus room & meals; see page 104. (web code EAHP-161)



PATTY TOWNSEND, director of Yoga Center Amherst and developer of Embodiyoga® in-depth study and teacher training programs, has more than 35 years of yoga teaching experience. embodyoga.com



MARCH 9–11 WEDNESDAY–FRIDAY

YOGA IN THE SCHOOLS SYMPOSIUM

Linda Dusenbury, Catherine Cook-Cottone, Sat Bir S. Khalsa, Anne Buckley-Reen, Mayuri Gonzalez, Louise Goldberg, Andres Gonzalez, Iona M. Smith, Joanne Spence, Michelle Kelsey Mitchell, Carla Tantillo, and more

Together, we're building

a strong foundation

from which to grow this

powerful work, with

the ultimate goals of

empowering young

people and creating

thriving schools and

communities. The

Kripalu Institute for

Extraordinary Living

has been pioneering

yoga-in-the-schools

research and curriculum

development for eight

years, partnering with

Sat Bir S. Khalsa, PhD, of

Harvard Medical School.

CE credits.

Join us at the Yoga in the Schools Symposium to build inspiration, understanding, and collaboration as we work toward the shared goal of bringing the life-enhancing practice of yoga to as many young people as possible.

Yoga empowers children and adolescents with tools for self-regulation, self-awareness, and self-care. The most reliable way to ensure that kids have access to these transformative tools is to integrate it into their school day.

Keynote speaker Linda Dusenbury, PhD, of the Collaborative on Academic, Social, and Emotional Learning links yoga to the broader movement and deepens the relevance of yoga in schools.

Engaging and interactive sessions from leaders in the field introduce educators to the immediately usable what, why, and how of yoga in schools, including

- Tools to use in the school and classroom
- Implementation success stories
- Positive yoga-in-the-schools research outcomes.

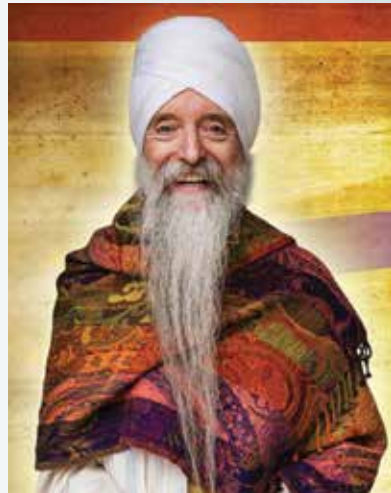
MARCH 8–9 Preconference Summit

Yoga in the Schools: Research Summit

Observe a discussion between leading researchers in the field of yoga in the schools. Get a behind-the-scenes look as they share their challenges, opportunities, and experiences.

TUITION Preconference and symposium: \$425, plus room & meals; see page 104. (web code YISSPC-161) Symposium only: \$325, plus room and meals; see page 104. (web code YISS-161)

See this program on the Kripalu website for presenter bios.



MARCH 18–20 FRIDAY–SUNDAY

Kundalini Yoga for Mastering Your Life

Guru Singh

FOR all levels. CE credits.

Awaken to your highest potential using the practical technologies of Kundalini Yoga in this joy-filled, inspiring weekend with master teacher Guru Singh.

Practice Kundalini Yoga asanas, kriyas, breathwork, meditation, and chanting, designed to foster

- Physical, emotional, and mental flexibility
- Tolerance, compassion, and forgiveness to release the past
- Techniques to overcome disruptive habits and replace them with positive alternatives.

Discover the real meaning of yoga—creating union between the physical world and the spiritual realms to produce change and growth.

TUITION \$240, plus room & meals; see page 104. (web code RYDI-161)

GURU SINGH is a master spiritual teacher, author, and musician. He teaches conscious living through the tools of Kundalini Yoga. gurusingh.com

EVENING EVENT

Concert with Guru Singh

SATURDAY, MARCH 19 7:30 PM

Free for in-house guests; no general public tickets available.

MARCH 11–13 FRIDAY–SUNDAY

The Elemental Flow of Shakti

A WEEKEND OF ANUSARA YOGA

Peter Goodman and Jane Norton

FOR students with min. 1 year of yoga experience (any style) or six months of regular Anusara classes. CE credits.

Prepare for spring's return in this delightful Anusara Yoga weekend. Peter Goodman and Jane Norton weave the elements of nature with Anusara's Universal Principles of Alignment™ for an uplifting and transformative experience.

Learn to access the energy of shakti, the divine power of creative expansion, as you

- Move and feel the beauty of being fully open to the vastness of akasha (space)
- Build earthy stability, add in water's flowing dance, and combine fire's potency with the expansive freedom of air
- Practice standing and seated poses, backbends, hip openers, twists, inversions, arm balances, and pranayama.

Modifications, props, and adjustments are offered to make poses more accessible. Expect to learn about your body, go deep, and have fun.

TUITION \$225, plus room & meals; see page 104. (web code EFS-161)



PETER GOODMAN, E-RYT 500, is a certified Anusara Yoga teacher whose passion is offering students a journey filled with stability, freedom, and integrity of alignment. blissbrothersyoga.com



JANE NORTON, founding member of the Anusara School of Hatha Yoga and a certified Anusara Yoga teacher, lives and teaches yoga year-round on Martha's Vineyard. janenortonyoga.com



MARCH 13–18 SUNDAY–FRIDAY

Divine Play Vinyasa Immersion

Jess Frey and Sara Clark

FOR all levels. CE credits.

Explore a deeper relationship with yourself—both on and off the yoga mat—through the playful, creative, and empowering journey of vinyasa. Daily practices of mindful, breath-based sequences allow you to awaken inner wisdom, passion, and possibility as you connect to a heightened level of flow.

Through guided yoga practice, lecture, and discussion, you

- Tap into your center of pleasure, joy, and happiness
- Cultivate self-awareness and compassion through breathing and meditation
- Practice being in the present moment with slow-flow yoga to reset and restore
- Increase strength and flexibility with fluid yoga sequences that honor the unique way that your body moves.

Learn to live from your fullest potential, and return home feeling refreshed, fearless, and inspired.

TUITION \$325, plus room & meals; see page 104. (web code DPVI-161)



JESS FREY, E-RYT 500, is a Kripalu Yoga teacher and a former Intern for the Kripalu School of Yoga and the Kripalu Institute for Extraordinary Living.



SARA CLARK is known for her compassionate teaching style, calming presence, and empowering vinyasa sequencing. saraclarkyoga.com

MARCH 20–23 SUNDAY–WEDNESDAY

Philosophy in Flow

YOGIC WISDOM AND VINYASA PRACTICE

Aimée Senise Bohn

FOR all levels. CE credits.

An understanding of yoga philosophy can enrich every aspect of your practice and your life. Delve into the elegant tantric teachings that underlie hatha yoga while deepening your exploration of vinyasa.

Expect to encounter

- The ancient scriptural texts that inform hatha yoga, including the Yoga Sutras, Bhagavad Gita, and Shiva Sutras
- Engaging discussions of tantric philosophy
- Practical ways to integrate the principles of yoga philosophy into your existing vinyasa practice, on and off the mat.

Aimée believes that the skillful use of yoga tools and philosophy can help everyone successfully navigate whatever life brings.

TUITION \$265, plus room & meals; see page 104. (web code PFYW-161)

AIMÉE SENISE BOHN uses inspiring teachings from life, yoga, and yoga philosophy to guide students deeper within themselves. aimeebohn.com



MARCH 18–20 FRIDAY–SUNDAY

Shadow Yoga Basics

Matt Pesendian

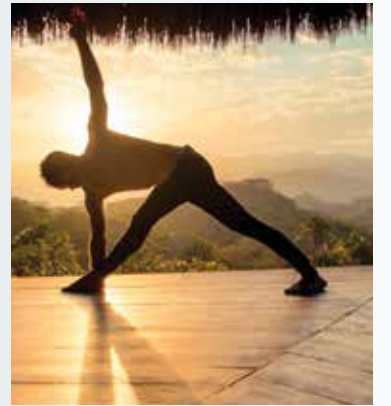
FOR all levels. CE credits.

Experience the art of harmonizing the five layers of our being: the physical, energetic, emotional, wisdom, and spirit bodies. Shadow Yoga, founded by Shandor Remete, is a unique hatha yoga system that utilizes three Standing Prelude Forms, rhythmic breathing, bandhas (energetic locks), and the system of marma (trigger points).

This weekend intensive introduces the basic practices, principles, and philosophy of Shadow Yoga, including

- Energetic anatomy
- Dasa Chalana (joint warm-ups)
- Jiva Chalana (churning of the inner self)
- Basic Shadow Yoga standing postures
- Uddiyana bandha (navel lock) to bring awareness to the core, train breath control, promote blood/lymph circulation, build inner heat, and tone the organs and brain.

Shadow Yoga is designed to tend your inner fire for meditation, healing, and living your path.



RECOMMENDED READING Shandor Remete, *Shadow Yoga*, *Chaya Yoga: The Principles of Hatha Yoga*.

TUITION \$225, plus room & meals; see page 104. (web code SYB-161)

MATT PESENDIAN is a licensed acupuncturist who has been practicing the art of hatha yoga for 25 years and qigong for 15 years. mattpesendian.com

MARCH 24–27 THURSDAY–SUNDAY

Energy Intensive

MEDITATION, YOGA, AND BREATHWORK

Jonathan Foust (Sudhir) and Richard Faulds (Shobhan)

FOR everyone; no previous yoga or meditation experience necessary. CE credits.

Experience Kripalu Yoga's unique approach to personal transformation in a program that's practical, integrative, and fun. Two of Kripalu's outstanding teachers lead this exploration of the profound relationship between energy and consciousness, which is the essence of yoga and the foundation of all mind-body approaches.

Your exploration includes

- Exercises to build energy and awareness
- Guided experiences in both sitting and moving meditation
- Integrative breathwork, a technique that provides deep insight and release
- Journal writing to access intuition
- Small-group work that enhances self-awareness
- Guided massage and bodywork
- All three stages of Kripalu Yoga
- Social silence (speaking only when necessary) outside of sessions.



NOTE This program is intensive in nature and includes early-morning and afternoon yoga practice and an evening session on Friday.

TUITION \$270, plus room & meals; see page 104. (web code TEI-161)

JONATHAN FOUST (SUDHIR), MA, cofounder of the Meditation Teacher Training Institute and former President of Kripalu, has been leading retreats and training teachers for more than 25 years. jonathanfoust.com

RICHARD FAULDS (SHOBHAN), MA, JD, author of *Kripalu Yoga: A Guide to Practice On and Off the Mat*, is a former Kripalu President, CEO, and Board Chair.

MARCH 18–20 FRIDAY–SUNDAY

Align Your Body, Awaken Your Heart

Todd Norian

FOR all levels. CE credits.

The true path of yoga leads you back home to your heart—where you discover you are already whole and complete. All you need to do is gain access to that innate perfection. Todd Norian masterfully guides you into your heart this weekend, teaching

- Precise, safe, and therapeutic alignment that promotes healing
- A wide range of postures, including standing poses, hip openers, backbends, arm balances, inversions, forward bends, and twists
- The revelatory philosophy of the tantric tradition
- How to release accumulated tensions and limiting beliefs that bind the heart.

Deepen your process and integration through partner work, chanting, meditation, and group sharing.

TUITION \$225, plus room & meals; see page 104. (web code IANY-161)

TODD NORIAN, E-RYT 500, founder of Ashaya Yoga®, teaches with the heartfelt intention to awaken others to their inherent potential for unlimited joy, vitality, and fulfillment. ashayayoga.com



MARCH 25–27 FRIDAY–SUNDAY

Finding Calm in a Chaotic World

A YOGA AND MEDITATION RETREAT

Beryl Bender Birch

FOR all levels. CE credits.

Discover how you can experience greater peace of mind and a deeper sense of joy and happiness, through the practice of yoga and meditation. Yoga practice teaches us that each moment is sacred. Using simple yoga breathing techniques, postures, meditation, and yoga nidra, you turn inward, relieving anxiety and depression in just a few minutes a day. You learn to

- Be content with what is
- Find joy in the present moment
- Bring mind and body into joyful union
- Cultivate gratitude, compassion, and connection.

Many scientists and physicians are investigating yoga and meditation to see how it can prevent the negative effects of chronic stress and help people cope with depression and anxiety disorders. Find serenity in the midst of everyday stresses, starting today.

TUITION \$225, plus room & meals; see page 104. (web code FCCW-161)



BERYL BENDER BIRCH is the founder/director of The Hard & The Soft Yoga Institute and the Give Back Yoga Foundation (GBYF), and author of the best-selling *Power Yoga*. power-yoga.com

MARCH 25–27 FRIDAY–SUNDAY

Meditation and Mysticism

KABBALAH RETREAT FOR EASE
AND CONTENTMENT

Rabbi Sigal Brier

FOR people of all spiritual, religious, and
nonreligious orientations. CE credits.

Kabbalah—mindful mysticism for soul-centered living—is a holistic and direct approach to living fully and cultivating happiness. It aims to nurture your authentic nature and supporting you in joyfully connecting to yourself and the world with expanded consciousness.

Explore the landscape of the soul with meditation, deep relaxation, self-inquiry, and breath, as you

- Learn to sustain a deep connection to your heart's desire and purpose
- Release stress, discontent, and dissatisfaction
- Practice healing and restorative techniques that lead to more ease, freedom, and contentment.

Real change is possible when you listen deeply and incorporate methods of self-attunement into daily life.

TUITION \$215, plus room & meals; see page 104. (web code MMK-161)



RABBI SIGAL BRIER is a scholar, mystic, spiritual mentor, artist, and musician with 30 years of experience inspiring people to live their heart's purpose. rabbisigal.org

MARCH 27–APRIL 1 SUNDAY–FRIDAY

Trauma-Sensitive Yoga

A WORKSHOP FOR YOGA TEACHERS

David Emerson and Jenn Turner

FOR yoga teachers. CE credits.



The yoga program run by the Trauma Center at Justice Resource Institute has helped thousands of people dealing with post-traumatic stress disorder (PTSD), from survivors of chronic abuse to war veterans. Research done by the Trauma Center showed that the Trauma Center Trauma-Sensitive Yoga (TCTSY) model significantly reduced symptoms of PTSD. The founder of the program,

David Emerson, and his senior colleague, Jenn Turner, offer a 40-hour workshop for yoga teachers who wish to bring trauma-sensitive yoga to their students or clients. You learn

- The latest trauma theories and neurophysiology
- Theoretical underpinnings and methodology of TCTSY
- The tools you need to make your yoga teaching more trauma-informed.

NOTE This program is solely for professional development and is not intended as an intervention for those who have experienced trauma. Talking about trauma, even in the context of a professional training, can be triggering

REQUIRED READING AND WRITING See this program on the Kripalu website.

TUITION \$680, plus room & meals; see page 104. (web code TSYT-161)

DAVID EMERSON is coauthor of *Overcoming Trauma through Yoga* and director of yoga services at the Trauma Center at Justice Resource Institute.



JENN TURNER, RYT, MA, is a Kripalu Yoga teacher who co-designed the protocol for a National Institutes of Health study at the Trauma Center at Justice Resource Institute.



MARCH 25–27 FRIDAY–SUNDAY

Loving Presence

INHABITING AND EXPRESSING
YOUR TRUE NATURE

TARA BRACH

FOR everyone. CE credits.

Realizing your full potential for wisdom and love is the fruit of every spiritual path. This program brings mindfulness, radical acceptance, and compassion to the fears and challenges that arise in your life, so you can heal and awaken your naturally wise heart.

Tara Brach guides meditations, reflections, and journaling, and invites you to enjoy periods of silence as well as interpersonal sharing. Come experience the power of meditation to relieve emotional suffering and help you find happiness, openheartedness, and spiritual freedom.

TUITION \$295 plus room & meals; see page 104. (web code LPTN-161)

TARA BRACH, PHD, author of *Radical Acceptance* and *True Refuge*, is a clinical psychologist who leads Buddhist meditation retreats and workshops on emotional healing and spiritual awakening. tarabrach.com



Yoga within reach.



Kripalu's impact reaches beyond our walls to bring healing and transformation to those in need across the country and around the globe. Our Teaching for Diversity program supports teachers who bring yoga to underserved populations. You can help make a difference.

➔ kripalu.org/makeagift

MARCH 27–APRIL 1 SUNDAY–FRIDAY

The Eight Movements of Yantra Yoga

TEACHER TRAINING PART I

Fabio Andrico

FOR certified yoga teachers of any tradition. **CE** credits.

Learn to purify, coordinate, and strengthen all aspects of your energy with Yantra Yoga, one of the oldest systems of yoga in the world. The eight fundamental aspects of breath in Yantra Yoga (inhaling slowly, holding open, directing the hold, fast exhalation, fast inhalation, closing the hold, holding with contraction, and exhaling slowly) are a unique set of exercises that apply movement and breath in a precise, coordinated, and conscious way.

Discover the essence of this potent and transformative practice, and receive instruction on practice and teaching as you learn to

- Harmonize and reshape the entire functioning of your breathing system, including four different ways of inhaling, exhaling, and holding the breath
- Make your body more flexible and fit
- Improve overall strength and health.

Special attention is given to assure precise execution and understanding of the material.

MARCH 27–31 SUNDAY–THURSDAY

Yoga and the Alexander Technique

Joan Arnold

FOR all levels. **CE** credits.

Expand into a joyful and powerful yoga practice with new ways to improve your posture, free your breath, and imbue your activities with grace and lightness. The Alexander Technique can help you ease chronic pain and unravel deeply held patterns of muscle and mind at the root of common back, hip, and shoulder symptoms.

In this program, you learn how to

- Recognize habits and practice balancing effort and ease
- Enliven sensory awareness
- Relieve spinal compression
- Awaken your capacity for effortless postural alignment
- Undo the tension habits you bring to the mat, and allow the body's natural integration to emerge.



NOTE A certificate of attendance will be given to all who complete the course. Final teacher authorization is dependent upon completion of both parts of the course, teacher assessment, and Fabio's approval.

TUITION \$345, plus room & meals; see page 104. (web code YYCT-161)



FABIO ANDRICO is an internationally recognized expert on the unique tradition of Tibetan yoga known as Yantra Yoga, from the lineage of Dzogchen master Vairocana. yantrayoga.org



RECOMMENDED READING Richard Brennan, *Back in Balance: Use the Alexander Technique to Combat Neck, Shoulder and Back Pain*.

NOTE Two evening sessions will focus on helping yoga teachers guide students with a light touch.

TUITION \$290, plus room & meals; see page 104. (web code EYP-161)



JOAN ARNOLD, MAMSAT, RYT, is a yoga and Alexander Technique instructor who helps people learn to walk more gracefully, sit more comfortably, and breathe more fully. joanarnold.com

APRIL 1–3 FRIDAY–SUNDAY

Calming the Mind

JOY OF LIVING MEDITATION WORKSHOP

Kell Julliard

FOR all levels. **CE** credits.

Created by Tibetan meditation expert Yongey Mingyur Rinpoche, the Joy of Living meditation practice helps you create a peaceful mind and a joyful heart. Kell Julliard blends guided meditation, discussion, and presentations with video teachings by Rinpoche to help you to explore these wonderfully fresh and accessible practices.

In this retreat, you learn how to

- Rest in open awareness, a state of spacious and alert presence
- Transform everything that you encounter daily—sights, sounds, tastes, and sensations—into a perfect support for meditation
- Work skillfully with physical pain, difficult emotions, and destructive thought patterns
- Use meditation as the basis for a lifelong path of awakening.

These techniques are a perfect accompaniment to yoga practice and training.

TUITION \$225, plus room & meals; see page 104. (web code JLM-161)



KELL JULLIARD has taught Joy of Living programs throughout the country as a facilitator for the Tergar Meditation Community and also teaches mindfulness meditation to health professionals.

APRIL 1–3 FRIDAY–SUNDAY

Deep Stretching for Tight Bodies and Active Minds

Mimi Solaire

FOR all levels. **CE** credits.



Learn how to let go of stress, release the issues in your tissues, and open your energy centers. Mimi Solaire's approach to deep stretching combines Yin Yoga principles

(holding gentle poses), Western stretching methods, breathing techniques, and meditation to reengage muscles and disengage unhelpful thoughts. You work with both physical and energetic anatomy, and explore trauma-release postures helpful in relieving tension.

In this program, you

- Learn to observe thoughts and emotions that create tension
- Gain meditative insights into your issues
- Open doorways to deeper levels of awareness.

Mimi guides you in practicing “the law of least effort,” working at 80 percent capacity so that everyone is safe. Her gentle, rhythmic practice stimulates muscular, circulatory, and nervous systems, providing a balanced approach to aligning body, mind, and breath.

TUITION \$210, plus room & meals; see page 104. (web code DS-161)



MIMI SOLAIRE, E-RYT 500, TRE, presents at national yoga conferences and is the producer of three acclaimed DVDs. mimisolaire.com



APRIL 1–3 FRIDAY–SUNDAY

Kula Flow

VINYASA FOR STRENGTH, DETOXIFICATION, AND LEVITATION

Schuyler Grant

FOR students who have practiced asana for at least 1 year and have some experience with vinyasa. **CE** credits.

This program offers a chance to detox, energize, and become centered in your yoga practice by uniting vinyasa with uddiyana bandha (the abdominal lock). Strengthening and opening the belly through active uddiyana bandha practice is also a powerful tool for back care and digestive health.

Schuyler Grant developed Kula Flow, a vinyasa style that integrates the breath-based flow of Ashtanga and the precision of Iyengar into a deep, sweaty, and transformative mind-body experience. In this program, you explore

- Uddiyana bandha and pranayama (breathing) techniques
- Inversions and arm balances initiated from the “flying up” lock
- Twisting and backbending at a new level of depth and support
- Moving from flow to flight in your vinyasa practice.

Schuyler also encourages participation in a gentle dietary cleanse through simply prepared options from the Kripalu Kitchen.

TUITION \$250, plus room & meals; see page 104. (web code KFVS-161)

SCHUYLER GRANT, developer of Kula Flow, is cocreator of the Wanderlust Festival and director of Kula Yoga Project in New York City. kulayoga.com



CONTEMPLATIVE WEEK

APRIL 3–8 SUNDAY–FRIDAY

Divine Sleep Yoga Nidra
Teacher Training

Jennifer Reis

FOR yoga teachers, therapists, counselors, health professionals, and everyone interested in guiding others to relax and heal. **CE** credits.



Divine Sleep Yoga Nidra is the antidote for modern life, a practice that heals and transforms on all levels—the physical, energetic, mental, emotional, witness, and bliss bodies. Gain the skills you need to lead others into deeper levels of freedom and health than they ever imagined possible.

Jennifer Reis, the creator of Divine Sleep Yoga Nidra and Five Element Yoga, guides you in

- Learning how to nourish yourself and others
- Exploring yoga nidra within the yoga tradition and Western science
- Discovering how to craft effective and comprehensive classes and workshops
- Cultivating your voice, and using music, postures, and props.

Return home with the confidence you need to offer others the gift of yoga nidra.



NOTE Tuition includes a training manual. This program is approved by Yoga Alliance for 40 **CE** credits. Participants will receive a certificate upon completion of the training.

TUITION \$395, plus room & meals; see page 104. (web code YNTT-161)

JENNIFER REIS, E-RYT 500, LMT, creator of Five Element Yoga® and Divine Sleep Yoga Nidra®, is a teacher trainer for Kripalu and Integrative Yoga Therapy. jenniferreisyoga.com

APRIL 8–10 FRIDAY–SUNDAY

Relieving Back and
Hip Pain with Yoga

Allen Wilkins and Terry Roth Schaff

FOR yoga, physical, and occupational therapists; yoga practitioners, and anyone experiencing pain. **CE** credits.

Learn how to use yoga to treat low-back and hip pain with medical doctor Allen Wilkins and yoga therapist Terry Roth Schaff. At Manhattan Physical Medicine and Rehabilitation, where Allen and Terry work, yoga is an integral part of the patient treatment plan. Become familiar with medical conditions that lead to back and hip pain, and explore how yoga postures can be used to address these conditions.

Using discussion and practice accessible to everyone, Allen and Terry give you the opportunity to see firsthand how a yoga treatment plan is created, by adapting specific yoga postures and sequences to each person's needs and physical abilities. They believe there is no one-size-fits-all approach to this practice, so individual responses and feedback are central to their work.

TUITION \$260, plus room & meals; see page 104. (web code RBHP-161)



ALLEN WILKINS, MD, is a physiatrist at Manhattan Physical Medicine and Rehabilitation, where he collaborates with Loren Fishman, MD, and yoga therapist Terry Schaff in using yoga to treat patients.



TERRY ROTH SCHAFF, E-RYT, has been teaching yoga for 10 years, focusing on its therapeutic benefits for people recovering from injuries and living with physical challenges. medicallyogatherapy.com



APRIL 8–10 FRIDAY–SUNDAY

Mindful Self-Compassion
CORE SKILLS TRAINING

Christopher Germer

FOR everyone. **CE** credits.

Self-compassion is an emotional skill that can be learned by everyone. It means being warm and understanding toward yourself when you suffer, fail, or feel inadequate. Recent research shows that self-compassion greatly enhances emotional well-being, reduces anxiety and depression, and promotes healthy lifestyle habits.

In this program, you learn

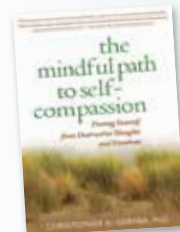
- What self-compassion is and isn't
- How to enhance mindfulness with self-compassion
- The art of loving-kindness meditation
- Ways to motivate yourself with kindness rather than criticism
- Techniques for handling difficult emotions with greater ease
- How to transform challenging relationships and fully enjoy your life.

Christopher Germer presents the theory and core practices of the empirically supported, eight-week Mindful Self-Compassion training, a program designed to help participants become more self-compassionate using meditation, exercises, and group discussion. Come join this journey of self-discovery and self-kindness.

RECOMMENDED READING See this program on the Kripalu website.

TUITION \$225, plus room & meals; see page 104. (web code MPSC-161)

CHRISTOPHER GERMER, PHD, is a clinical instructor in psychology at Harvard Medical School and author of *The Mindful Path to Self-Compassion*. mindfulselfcompassion.org



CONTEMPLATIVE WEEK

APRIL 3–8 SUNDAY–FRIDAY

THE WISE AND LOVING HEART

MEDITATION FOR FREEDOM AND COMPASSION

JACK KORNFIELD

with Winnie Nazarko and Alex Haley

FOR all levels.

In the words of the Buddha, “The capacity to live with dignity and compassion is your birthright.” Come deepen your experience of well-being, compassion, and freedom in this very special meditation retreat with Jack Kornfield, author of the national best-seller *A Path with Heart: A Guide Through the Perils and Promises of Spiritual Life*, and one of the most well-known teachers of Buddhism in the West.

Join a group of fellow seekers for a deep retreat experience in which you help create a community of practice and share meditation, nourishing teachings, and heartfelt conversation. These practices can transform your life. In Jack's words, “It is possible to be free and loving no matter what your circumstances.”

TUITION \$550, plus room & meals; see page 104. (web code AHLE-161)

JACK KORNFIELD, PHD, one of the leading Buddhist teachers in the West, is author of 12 books and a founding teacher at Insight Meditation Society and Spirit Rock Center. jackkornfield.com



WINNIE NAZARKO started dharma practice 30 years ago. She teaches to help individuals realize their full potential for clarity, balance, kindness and wisdom.



ALEX HALEY, JD, MBA, is a faculty member at the University of Minnesota, where he teaches academic, online, and corporate mindfulness courses.

In the Temple of Forgiveness

No matter what happens, we can always return to the greatness of the heart.

We have all heard stories about the mysterious power of compassion and forgiveness in the lives of others. Each time we are inspired by those accounts, we remember that we, too, can forgive.

Roberto De Vincenzo, the famous Argentine golfer, once won a tournament, and after receiving the check and smiling for the cameras, he went to the clubhouse and prepared to leave. Sometime later he walked alone to his car in the parking lot and was approached by a young woman. She congratulated him on his victory and then told him that her child was seriously ill and near death.

De Vincenzo was touched by her story and took out a pen and endorsed his winning check for payment to the woman. "Make some good days for the baby," he said as

he pressed the check into her hand.

The next week he was having lunch in a country club when a PGA official came to his table. "Some of the guys in the parking lot last week told me you met a young woman there after you won the tournament." De Vincenzo nodded. "Well," said the official, "I have news for you. She's a phony. She's not married. She has no sick baby. She fleeced you, my friend."

"You mean there is no baby who is dying?" asked De Vincenzo.

"That's right."

"That's the best news I've heard all week," said De Vincenzo.

The heart is released whenever we forgive or are forgiven, even in the most painful circumstances. In ancient Hawaii, if a person had broken a terrible taboo or was accused of a crime, there was always a

way out. No matter what he had done, if he could get himself inside the lava rock walls of Pu'uuhonua, the ocean-side Temple of Refuge, the priests would offer a ritual of purification and forgiveness. Then he was allowed to return home unharmed.

In the temple of forgiveness, we are reminded of our own goodness. If only we could help each other build temples of forgiveness instead of prisons.

We can, in our own hearts. No matter how extreme the circumstances, a transformation of the heart is possible.

Once, on the train from Washington to Philadelphia, I found myself seated next to an African-American man who had worked for the State Department in India but had quit to run a rehabilitation program for juvenile offenders in the District of Columbia. Most of the youths he worked with were gang members who

had committed homicide.

One 14-year-old boy in his program had shot and killed an innocent teenager to prove himself to his gang. At the trial, the victim's mother sat impassively silent until the end, when the youth was convicted of the killing. After the verdict was announced, she stood up slowly and stared directly at him and stated, "I'm going to kill you." Then the youth was taken away to serve several years in the juvenile facility.

After the first half year, the mother of the slain child went to visit his killer. He had been living on the streets before the killing, and she was the only visitor he'd had. For a time they talked, and when she left, she gave him some money for cigarettes. Then she started step-by-step to visit him more regularly, bringing food and small gifts. Near the end of this three-year sentence, she asked him what he would be doing when he got out. He was confused and very uncertain, so she offered to set him up with a job at a friend's company. Then she inquired about where he would live, and since he had no family to return to, she offered him temporary use of the spare room in her home.

For eight months he lived there, ate her food, and worked at the job. Then one evening she called him into the living room to talk. She sat down opposite him and waited. Then she started,

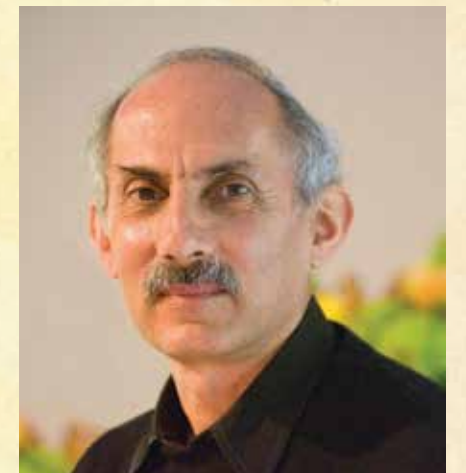
"Do you remember in the courtroom when I said I was going to kill you?"

"I sure do, ma'am," he replied.

"Well, I did," she went on. "I did not want the boy who could kill my son for no reason to remain alive on this earth. I wanted him to die. That's why I started to visit you and bring you things. That's why I got you the job and let you live here in my house. That's how I set about changing you. And that old boy, he's gone. So now I want to ask you, since my son is gone, and that killer is gone, if you'll stay here, I've got room, and I'd like to adopt you if you let me." And she became the mother of her son's killer, the mother he never had.

Our own story may not be so dramatic, yet we have all been betrayed.

We must each start where we are. In large and small ways, in our own family and community, we will be offered the dignity and freedom that learns to patiently forgive over and over.



Jack Kornfield, PhD, holds a doctorate in clinical psychology; has trained as a Buddhist monk in the monasteries of Thailand, India, and Burma; and is a founding teacher of the Insight Meditation Society in Barre, Massachusetts, and Spirit Rock Center in California. This article is excerpted with permission from his book Bringing Home the Dharma: Awakening Right Where You Are.

In the temple of forgiveness, we are reminded of our own goodness. If only we could help each other build temples of forgiveness instead of prisons.



Don't miss Jack Kornfield at Kripalu
The Wise and Loving Heart:
Meditation for Freedom
and Compassion
April 3-8; see page 79.

APRIL 8–10 FRIDAY–SUNDAY

Illuminating Yoga Practice with the Wisdom of the Bhagavad Gita

YOGANAND
MICHAEL CARROLL

FOR all levels; min. 6 months yoga experience recommended; for guests 18 and older.
CE credits.

The Bhagavad Gita offers the metaphor of the “spiritual battle,” and presents the yoga path as having three aspects that must be balanced: action, knowledge, and devotion. Swami Kripalu also believed that the Gita detailed both the willful and surrendering paths of hatha yoga. He wrote that every sincere practitioner would someday need to ask a teacher the same questions Arjuna asks Krishna on the mythological battlefield.

Each session of this retreat includes a teaching from the Gita that adds insight to asana and pranayama. The daily schedule includes

- Early-morning internal practices
- Late-morning pranayama and energy-raising practices
- An integrative afternoon practice.

Learn to use an active practice that raises the questions, allows you to apply the teaching, and helps you move beyond the obstacles of fear and doubt.

TUITION \$225, plus room & meals; see page 104. (web code BG-161)

YOGANAND MICHAEL CARROLL, E-RYT 500, Dean of the Kripalu School of Yoga, has a profound ability to distill and interpret esoteric yoga texts and techniques.
pranakriya.com



APRIL 8–10 FRIDAY–SUNDAY

TriYoga

THE PRANA-INSPIRED FLOW OF YOGASANA, PRANAYAMA, AND MUDRA

Yogini Kaliji (Kali Ray)

FOR all levels. **CE** credits.

Experience the joy of TriYoga! Create a greater flow of prana with this seamless, fluid yogaflow® of dynamic, sustained asana unified with pranayama and mudra. Awaken the spine, feel the energy flow, and create heat in the body to release deep patterns of tension. Yogini Kaliji weaves together yogaflow and prana vidya—breathing practices, concentration techniques, and meditation—with jnana, the timeless truth inherent in yoga philosophy. Kaliji will be assisted by senior teachers with music by Mercury Max.

Kaliji is an internationally renowned yogini and founder of TriYoga, which is taught in more than 40 countries by more than 1,500 certified teachers. Kaliji’s presence, her mastery of the flow, and the ageless wisdom inherent in TriYoga have inspired and transformed countless lives.

TUITION \$225, plus room & meals; see page 104. (web code STSR-161)



YOGINI KALIJ (KALI RAY) is internationally renowned as a yogini, founder of TriYoga®, and co-founder of Chant Club®. She presents at yoga conferences and other venues. triyoga.com

APRIL 10–15 SUNDAY–FRIDAY

Meditation Made Possible

Bhavani Lorraine Nelson

FOR all levels. **CE** credits.

Take the opportunity to get to know yourself in a whole new way through the ancient technique of meditation. Whether you’re new to these practices or a long-time meditator, the community and support of fellow practitioners enables you to dive deeply into the embrace of your mind and your life, exactly as they are.

This retreat includes a variety of concentration techniques, including

- Breath focus and pranayama (yogic breathing) as meditation
- Walking meditation
- Loving-kindness
- Mantra
- Tratak (gazing)
- Chanting as meditation.

Some traditions teach that it takes three days to settle into meditation during a retreat. This retreat is long enough for you to experience the transformation of your practice. You’ll leave refreshed, renewed, and established in practices that you can continue on your own for greater clarity, resourcefulness, and peace.

RECOMMENDED LISTENING Bhavani Lorraine Nelson, *Meditation Made Possible Volume 1: Meditation on the Breath; Amba Bhavani: Meditations in Chant; and Soulflight: Chanted Mantras for Healing and Illumination*, available at bhavanilorrainenelson.com.

TUITION \$325, plus room & meals; see page 104. (web code MMP-161)



BHAVANI LORRAINE NELSON is a Kripalu Yoga teacher who leads workshops in meditation and mindfulness, stress reduction, and the power of the voice.
bhavanilorrainenelson.com

APRIL 10–15 SUNDAY–FRIDAY

Self-Inquiry Through Mantra and Movement

Erica Taxin Bleznak and Brenda McMorrow

FOR all levels.

Wake up to your true nature in a program that includes mantra, kirtan, asana and vinyasa flow, pranayama, and meditation. Create space for the truth to arise as you develop

- Self-inquiry and reflection skills
- A personal mantra practice
- Awareness and insight of blockages and holding patterns in the body
- Self-awareness and connection with others to support your ongoing practice of internal reflection and self-discovery.

Erica Taxin Bleznak and Brenda McMorrow utilize journaling, as well as dyads and experiential exercises, in this potent self-inquiry retreat.

TUITION \$325, plus room & meals; see page 104. (web code SITM-161)



ERICA TAXIN BLEZNAK, CYT, MSW, has been teaching private yoga for more than eight years. In 2005 she completed the Pranakryia Yoga teacher training and in 2011, received her training in foot reflexology.



BRENDA MCMORROW, RYT, BED, is a Canadian devotional kirtan artist who travels worldwide, sharing her unique blend of original folk-inspired melodies, world beats, and sacred Indian devotional chants. brendamcmorrow.com

APRIL 10–15 SUNDAY–FRIDAY

Five-Day Spring Detox and Meditation Retreat

Emilie Perz

FOR all levels; some experience with vinyasa yoga recommended. **CE** credits.

Get set to live a vibrant life in this program designed to detoxify body, mind, and spirit. If you’re ready to shed the layers that weigh you down, join Emilie Perz to enjoy

- Two hours of daily vinyasa yoga for detoxification
- Myofascial release to unravel tension and clear out toxins in the tissues
- Nutritional information and whole-foods supplements to aid detoxification
- Pranayama and meditation to release mental toxins
- Afternoon workshops on detox, meditation, restorative yoga, and more.

Explore how body image and self-concept can be the biggest limiting factors to optimal health. Newly revitalized, you can approach the world with a healthier body and a fresh perspective.



TUITION \$425, plus room & meals; see page 104. (web code FDS-161)



EMILIE PERZ is a Senior Yoga Medicine teacher under the direction of visionary Tiffany Cruikshank. Voted one of Los Angeles’ best yoga instructors, her focus is on integrating yoga to create equanimity in the body. emilieperzyoga.com



APRIL 10–15 SUNDAY–FRIDAY

Yogic Prosperity Technologies

Guru Jagat

FOR everyone. **CE** credits.

Take a quantum leap into true human fulfillment with Kundalini Yoga and meditation in this training for entrepreneurs, visionaries, corporate leaders—anyone who wants to activate real-life change. Shift your belief system to reveal more capacity to lead, clearer vision, and new perspectives on your potential.

Using the business, prosperity, and creativity teachings of Yogi Bhajan, coupled with real-world applications, Guru Jagat teaches

- Practical tools that bring dynamic energy into daily life
- How to change your subconscious success/failure programming
- Practices for meditative clarity and vision activation
- Action steps to develop the neurology of new experience in your life, business, relationships, and art.

Mediocrity is no longer an option on this planet. Ignite the holistic experience in this whole new way to engage in fulfillment as a human.

TUITION \$425, plus room & meals; see page 104. (web code YPT-161)

GURU JAGAT, a senior teacher of Kundalini Yoga with more than a dozen years of experience, founded RA MA Institute for Applied Yogic Science and Technology. gurujagat.com

APRIL 15–17 FRIDAY–SUNDAY

Cultivating Loving-Kindness

A YOGA AND MEDITATION RETREAT

STEPHEN COPE

FOR everyone with min. 1 year of yoga practice in any tradition; no meditation experience required. **CE** credits.

Slow down. Breathe. Dive deep and rediscover the core of loving-kindness that exists within.

The emphasis of this weekend is on the development of self-compassion and the simple power of the practice of being present.

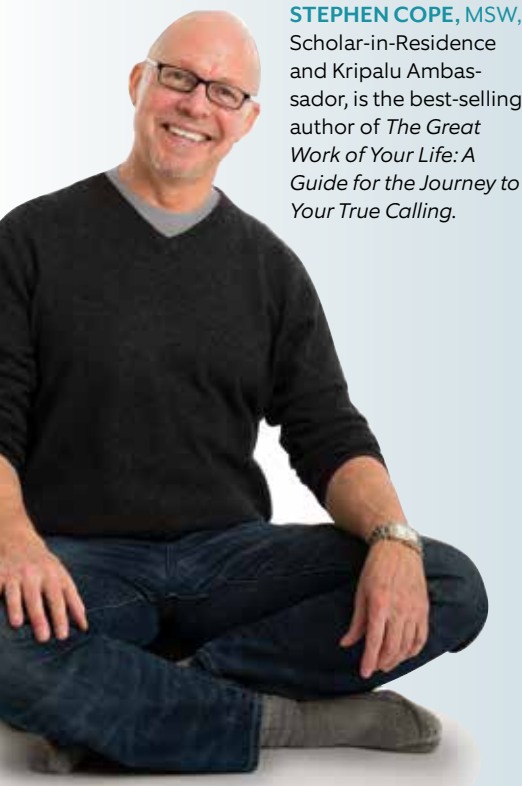
Author of *Yoga and the Quest for the True Self*, *The Wisdom of Yoga*, and *The Great Work of Your Life*, Stephen Cope offers a retreat that weaves together

- Classic Kripalu Yoga
- Sitting and walking meditation
- Loving-kindness meditation
- Chanting
- Short dharma talks based on the wisdom of the Buddhist and yoga traditions.

Join Stephen for a spring weekend of delightful contemplative practice—a time of coming home to yourself.

RECOMMENDED READING See this program on the Kripalu website.

TUITION \$295, plus room & meals; see page 104. (web code AKCL-161)



STEPHEN COPE, MSW, Scholar-in-Residence and Kripalu Ambassador, is the best-selling author of *The Great Work of Your Life: A Guide for the Journey to Your True Calling*.

APRIL 15–17 FRIDAY–SUNDAY

The Bridge

MERGING YOGA AND QIGONG

Kevin Courtney and Thomas Droge

FOR people with min. 1 year experience in yoga and/or meditation. **CE** credits.

Explore essential teachings from the Taoist and yogic traditions in this innovative program that merges the linear structure of yoga postures with the spiraling movement of qigong. In Foundations, the first stage of The Bridge practice, you learn to embody a grounded state of being. Experience firsthand how the stabilizing earth element awakens a rooted connection to your center and helps to cultivate vitality, clarity, and calm.

This powerful practice includes

- Foundational yoga postures
- Elemental qigong practices
- Meditation
- Pranayama
- Dialogue and self-reflective journaling.

With more than four decades of teaching experience between them, Kevin Courtney and Thomas Droge were inspired to create this program by their own transformative process of unifying the practices of qigong and yoga.



TUITION \$340, plus room & meals; see page 104. (web code TBYQ-161)



KEVIN COURTNEY is an acclaimed teacher-trainer for Wanderlust, Kula Yoga Project, and Boston Yoga School, and also serves as a Fortune 500 executive wellness consultant.



THOMAS DROGE is a classically trained acupuncturist, herbalist, teacher, and author who is dedicated to integrating qi practices into Western culture.

APRIL 15–17 FRIDAY–SUNDAY

Finding Your Passion

A UNIQUE YOGA-INSPIRED RETREAT

Penni Feiner and Geri Topfer

FOR all levels; no previous yoga experience required. **CE** credits.

Open the door to your passion and renew your sense of purpose and connection. This yoga-inspired retreat integrates postures, journaling, chanting, and breathwork to help you discover how to live with clear intention and make choices that really serve you.

Get ready to craft a life filled with purpose, excitement, and imagination, as you

- Cultivate witness mind through the exploration of meditation and yoga
- Practice a chakra-clearing sequence to release trapped emotions from the body
- Nurture equanimity and self-awareness
- Use journaling to explore what keeps you from living in your perfect truth
- Dive into yoga nidra (a deep relaxation practice)
- Experience Kirtan Kriya (chanting) and its power to focus the mind
- Remove the obstacles that prevent you from awakening.



TUITION \$245, plus room & meals; see page 104. (web code KFK-161)



PENNI FEINER is a certified Kundalini, restorative, and LifeForce Yoga® teacher. Her classes integrate movement and sacred sound. kulaforkarma.org



GERI TOPFER blends the teachings of Kundalini Yoga and LifeForce Yoga® with the alignment principles of Anusara Yoga®. kulaforkarma.org

APRIL 17–22 SUNDAY–FRIDAY

iRest Yoga Nidra Level 2

THE ART AND SCIENCE OF INTEGRATIVE RESTORATION

Anne Douglas

FOR graduates of iRest Level I. **CE** credits.

This iRest Level II training provides a deeper understanding of the core principles underlying the theory, practice, research, teaching issues, and delivery of iRest yoga nidra meditation to individuals and specific populations in a variety of settings.

This training covers

- The path of nondual meditation in which iRest is embedded
- Eastern and Western psychospiritual perspectives
- Core principles of Samkhya, Patanjali, Advaita, and Kashmir nondualism
- In-depth exploration of the 10 stages of iRest
- Completed, current, and proposed iRest research
- iRest personal practice
- Delivery to individuals and specific populations
- Teacher-student relationships, teaching issues, and ethical considerations.

Don't miss this opportunity to take your practice and teaching to a new level!

NOTE Tuition includes a manual and audio downloads. See this program on the Kripalu website for recommended reading and additional information on preparation and certification.

TUITION \$1,495, plus room & meals; see page 104. (web code YNIT-161)



ANNE DOUGLAS, E-RYT 500, is a certified iRest® teacher and teacher trainer for the Integrative Restoration Institute, where she has studied and cotaught with iRest founder Richard Miller. irest.us

APRIL 17–22 SUNDAY–FRIDAY

Groundation Celebration

IGNITE SELF-REALIZATION THROUGH YOGA, WRITING, AND RITUAL

Sienna Creasy and Nadine McNeil

FOR all levels. **CE** credits.

Celebrate “groundation”—a potent Jamaican way of life that involves being balanced, grounded, and centered within your dharma. Experience a practice that supports self-realization and weaves a foundation of depth and ritual throughout the fabric of this week and beyond.

Revolutionize your self-inquiry in a program that includes

- A nurturing, restorative yoga practice and an intentional writing exercise that creates space for transformation
- Daily Prana Vinyasa Flow blended with the alchemy of the elements
- Integrative and therapeutic movement that combines trance dance, kriyas, drumming, and self-expression
- A container of empowerment in which to consciously see and be seen
- Native American and Jamaican Rastafarian cultural rituals and a closing ceremony.

Surrender into community, cultivate courage, and ignite an intention to carry with you back into your everyday life.

NOTE See this program on the Kripalu website for recommended reading and information about what to bring.

TUITION \$220, plus room & meals; see page 104. (web code RTR-161)



SIENNA CREASY, certified Prana Vinyasa Flow instructor and founder of Root2Rise Conscious Retreats, works with Island Outpost Hotels in Jamaica. siennayoga.com



NADINE MCNEIL, MA, served the United Nations for more than 20 years. She currently lives in Bali, where she teaches full-time at the Yoga Barn. universalempress.com



APRIL 22–24 FRIDAY–SUNDAY

Power Yoga Immersion

BRYAN KEST

FOR all levels. **CE** credits.

Bryan Kest, a leading yoga teacher and longtime practitioner, offers programs that are a full immersion in the practice of yoga. Each of the four yoga sessions this weekend includes a practice that strengthens not just the body, but also the qualities of mind that have the greatest impact on well-being.

Bryan leads you through a strong, well-rounded, yet accessible physical practice that leaves your body vibrating with vitality, while simultaneously challenging your mind. He teaches that because the physical practice of yoga is such a fertile environment for various mind states to arise, it offers a unique opportunity to strengthen the characteristics you want, including calmness, patience, focus, gentleness, gratitude, humility, and acceptance, and weaken those that are harmful and stress-inducing, such as judgment, competitiveness, distraction, reaction, and criticism.

NOTE Bryan tends to use humor and explicit language in his programs.

TUITION \$250, plus room & meals; see page 104. (web code PYFE-161)

BRYAN KEST, developer of the Original Power Yoga, has been teaching yoga since 1985 and spent a year in India with K. Pattabhi Jois. poweryoga.com



APRIL 22–24 FRIDAY–SUNDAY

Afro Flow Yoga

FLOW INTO FREEDOM

Leslie Salmon Jones with special guests Jeff W. Jones and Morley

FOR all levels. CE credits.

Let go and flow in this unique and creative fusion of yoga, dance, movement, live drumming, and singing to soothe the soul. Afro Flow Yoga® founder Leslie Salmon Jones; her husband, cofounder and multi-instrumentalist Jeff Jones; and singer/songwriter Morley come together to create a powerful program that marks the convergence of Earth Day, the full moon, and the beginning of Passover.

Tap into the energy of collective consciousness to transform lives and communities in a week-end journey that includes

- Dances, songs, and stories of the African diaspora
- Yoga, breathwork, and meditation
- Vocal release exercises
- Story sharing, reflection, and group dialogue
- Rituals of celebration and healing.

These sessions open up and reinforce pathways to effective self-expression, and reconnect you to your innermost core.

TUITION \$220, plus room & meals; see page 104. (web code AFYW-161)

LESLIE SALMON JONES is a professional dancer, certified holistic personal trainer, wellness coach, yoga instructor, public speaker, and creator of Afro Flow Yoga™. lesliesalmonjones.com



JEFF W. JONES is a technologist and artist who began his career at IBM while moonlighting as a musician. Jeff plays bass and sings with jazz duos, gospel music ensembles, and rock/pop/R&B quartets.



MORLEY is a critically acclaimed singer-songwriter voted Emerging Artist of the Year by the *New York Times*. She has recorded five albums. morleymusic.org

APRIL 22–24 FRIDAY–SUNDAY

Yogini Workshop

MOVEMENT AND MEDITATION FOR CALMING DOWN AND TUNING IN

Ellen Barrett

FOR women at all levels of fitness; no yoga, Pilates, or meditation experience required. CE credits.



Raise your vibration, reduce your anxiety, and empower yourself with two of the greatest self-help tools—movement and meditation. Each session of this dynamic weekend

blends workout, lecture, and meditation, inviting you to

- Calm down with restorative yoga
- Ground yourself with a barefoot workout combining yoga and ballet
- Find your center with seated meditation, Breath of Fire, and core-centric work that fuses Pilates and vinyasa
- Soften your heart with guided meditation, front-body extension (heart opening), and an up-tempo dance incorporating standing Pilates and Anusara Yoga.

Come master the paradox of ease and effort by putting it all together in a moving meditation.

TUITION \$215, plus room & meals; see page 104. (web code YWMM-161)



ELLEN BARRETT, MS, has been touted as “America’s top fitness instructor” by *Self* magazine for her intelligent approach to women’s wellness. ellenbarrett.com

APRIL 22–24 FRIDAY–SUNDAY

The Art and Science of Meditation

Kelly Morris

FOR all levels. CE credits.

Learn the latest science behind meditation and how it can bring you courage, strength, and hope. Through a combination of active and restorative asanas, meditation practice, a slide show, engaging group discussion, lecture, and Q&A, Kelly Morris shares

- Evidence-based research on meditation
- Powerful methods of connection, including mindfulness meditation
- How to build a home altar
- Easy ways of immediately attuning to Source, and feeling, thinking, and acting from that powerful union.

The success of our species and our planet depends on our ability to learn new ways of being, relating, and effecting change. Come tap into Source energy—something that the newest beginner can do right along with the most advanced practitioner.

NOTE Bring a notebook and pen.

TUITION \$225, plus room & meals; see page 104. (web code TAAS-161)



KELLY MORRIS, named by the *New York Times* and *Yoga Journal* as one of New York City’s foremost teachers, is known for being direct, fearless, and empowered. kellymorris.com



JOSEPH LE PAGE, founder and director of Integrative Yoga Therapy, has trained more than 3,000 teachers and therapists throughout the world. He has a background in Kripalu Yoga and Tibetan Buddhism. iytyogatherapy.com



DEBRA JENSEN, PTA, E-RYT 500, CHC, is an integrative yoga therapist with 15 years of experience as a physical therapist assistant. She brings a love and enthusiasm for yoga to her hospital work and teaching positions.



ELLEN SCHAEFFER, director of Integrative Yoga Therapy’s 200-hour affiliate program, is founder and owner of One Yoga Center in Foster, Rhode Island.

See this program on the Kripalu website for additional faculty bios.

✦ **COMBINE THESE PROGRAMS** for a 10 percent tuition discount for each program.

APRIL 24–MAY 1 SUNDAY–SUNDAY

Yoga Therapy Applied in Medical Settings

MODULE 4

JOSEPH LE PAGE

Debra Jensen, and Karen O’Donnell Clarke with special guests Allen Wilkins, Terry Roth Schaff, Sat Bir S. Khalsa, Susi Amendola, Robert Saper, and Sudha Carolyn Lundeen

FOR medical professionals with min. 1 year of yoga experience, students of any yoga therapy tradition, and students who have completed Integrative Yoga Therapy Foundations of Yoga Therapy: Module 1. CE credits.

Module 4 of Integrative Yoga Therapy training presents yoga therapy applications for medical conditions. Each day focuses on a system of the body, the most common medical conditions affecting that system, and specific therapeutic yoga approaches to support healing. Joseph Le Page, founder and director of Integrative Yoga Therapy, introduces a detailed protocol for a condition being highlighted that day, and leads a practice based on that protocol.

Important facets of this training include

- Half- and full-day workshops offered by leaders in the field who have in-depth experience in treating specific conditions with yoga
- Contraindications for yoga therapy treatment of these conditions
- Daily morning asana classes concentrating on one of the conditions being covered that day
- Yoga nidra and meditation techniques appropriate for each condition.

NOTE See this program on the Kripalu website for required and recommended reading, teaching format, and contact hours.

TUITION \$995, plus room & meals; see page 104. (web code YTAS-4161)

MAY 1–8 SUNDAY–SUNDAY

Yoga Therapy Applications Within the Mental-Health Field

MODULE 5

JOSEPH LE PAGE

and Ellen Schaeffer with special guests Bessel van der Kolk, Tommy Rosen, Richard P. Brown, Patricia Gerbarg, Sue Tebb, and Karen Soltes

FOR mental-health professionals with min. 1 year of yoga experience, students of any yoga therapy tradition, and students who have completed Integrative Yoga Therapy Foundations of Yoga Therapy: Module 1. CE credits.

Explore yoga therapy’s applications in the mental-health field. Each day focuses on a different facet of mental health, including depression, anxiety, trauma, PTSD, addiction recovery, and yoga in social work settings. Delivered by leaders in the field, each presentation outlines

- How yoga can be used to support treatment
- Specific applications that are most helpful
- Contraindications.

Enjoy daily morning asana classes that center on one of the conditions being covered that day. Joseph Le Page, founder and director of Integrative Yoga Therapy, presents a detailed protocol for one condition highlighted that day, and leads a practice based on that protocol. Participants also learn yoga nidra and meditation techniques appropriate for each mental-health condition.

NOTE See this program on the Kripalu website for required and recommended reading, teaching format, and contact hours.

TUITION \$995, plus room & meals; see page 104. (web code YTAS-5161)





APRIL 29–MAY 1 FRIDAY–SUNDAY

Introduction to Yoga and Meditation

Megha Nancy Buttenheim

FOR all levels, including beginners. CE credits.

Do you want to try yoga and meditation but don't know where to begin? Are you looking for a safe and welcoming environment in which to explore the basics? Megha Nancy Buttenheim has created an accessible weekend immersion that offers the practical skills you need to make yoga and meditation a part of your life.

Come experience the potent range of benefits that yoga and meditation have to offer in this relaxing, renewing, and inspiring weekend, that includes

- User-friendly yoga
- Breathing techniques to calm the nervous system and steady the mind
- A sampler of four meditation techniques: seated breath awareness, walking meditation, meditation in motion, and loving-kindness meditation
- Daily immersion in deep relaxation
- A yoga-breathing-meditation practice to use at home, ranging from five minutes to an hour.

NOTE Tuition includes Megha's *Introduction to Yoga and Meditation* DVD.

TUITION \$235, plus room & meals; see page 104. (web code ITYM-161)

MEGHA NANCY BUTTENHEIM, MA, E-RYT 500, founding director of Let Your Yoga Dance® LLC, is a longtime yoga and meditation teacher. letyouryogadance.com

APRIL 28–MAY 1 THURSDAY–SUNDAY

Yoga for Wild, Wonderful, and Wise Women

Suzie Hurley and Betsey Downing

FOR women over 45 with at least six months of yoga study. CE credits.

Get uplifted, empowered, and inspired to greatness and authenticity! Explore the challenges and triumphs of getting older through the lens of yoga, meditation, pranayama, and discussion. Your yoga practice can be a doorway to accessing courage and enthusiasm and fostering new patterns of being—making this stage of your life vital and meaningful.

Suzie Hurley and Betsey Downing teach yoga with refined alignment cues, guiding you to embrace your transformation as you

- Practice a full range of poses
- Try meditation techniques to calm the mind
- Learn to trust your intuition and wisdom
- Soak in rejuvenation and inspiration from the group
- Experience therapeutic applications of yoga for physical issues.

TUITION \$245, plus room & meals; see page 104. (web code YWWW-161)



SUZIE HURLEY, E-RYT 500, draws from Anusara, Kripalu, and Iyengar Yoga to create a clear, precise teaching style that empowers her students to experience the joy within. suziehurley.com



BETSEY DOWNING, PHD, E-RYT 500, has practiced yoga and meditation for 40 years, with roots in Sivananda, Iyengar, and Anusara Yoga. She guides students to embrace their deepest essence. betseydowning.com

MAY 6–8 FRIDAY–SUNDAY

An Introduction to PranaDandaYoga

NATURAL AND POWERFUL GRACE

Demetri Velisarius

FOR all levels. CE credits.

Align with your source and connect to inner grace through PranaDandaYoga™, a unique and powerful yoga training method that invigorates the body, channels energy, and fortifies the mind. The danda is a five-foot staff designed to support and guide you through the progressive series of asanas and spiral movements in a Prana Vinyasa Flow sequence.

Learn the philosophy and fundamentals of PranaDandaYoga, which

- Cultivates mental stability, flexibility, and coordination
- Stimulates both hemispheres of the brain and balances the nervous system
- Harnesses energy (prana) through yogic breathing coordinated with rhythmic movement
- Opens the body's energy channels, or nadis
- Acts as an alignment tool supporting the body in asana and meditation.

PranaDandaYoga is a powerful antidote to lethargy, stress, discontentment, and distraction.

TUITION \$225, plus room & meals; see page 104. (web code PDY-161)



DEMETRI VELISARIUS, BSW, RYT 200, is the creator of PranaDandaYoga™ and devotes his life to teaching yoga and meditation.



MAY 5–8 THURSDAY–SUNDAY

WISDOM RISING

MANDALA OF THE SACRED FEMININE

LAMA TSULTRIM ALLIONE AND SHIVA REA

PLUS A SPECIAL EVENING WITH KRISHNA DAS

FOR women at all levels. CE credits.

Calling all women for this life-changing Great Mother's Day celebration retreat to transform through the power of the mandala—a universal map for inner and outer balance, wholeness, and practical awakening.

One of the most extraordinary female Buddhist teachers of our time, Lama Tsultrim Allione, offers a rare experiential journey into the ancient meditation practice of Dakini Mandala of the Enlightened Feminine. Pioneering global Prana Vinyasa teacher Shiva Rea shares the complementary movement meditation as Mandala Yoga. These accessible yet profound meditation and movement practices empower all women to embody the healing power of the mandala in their body and daily life in service to the world.

In this juicy weekend, you

- Receive Lama Tsultrim's transmission of the Five Wisdom Dakinis, midwives of the wild and wise feminine
- Learn to transform core emotional patterns affecting women today—anxiety, anger, inadequacy, depression, grasping, and compulsive doing—into living wisdom
- Experience a combination of healing prostrations, Prana Vinyasa, visualization, seed syllables, mudra, and inner process for both beginners and advanced practitioners with Mandala Yoga
- Regenerate through daily-guided relaxation and women's circles
- Enjoy a special Friday night Yoga Trance Dance. Celebrate in a special evening concert with Krishna Das, dedicated to The Return to the Sacred Feminine.

Come solo and make new friends, or bring your family and register for complementary programs for men and children. Return home rejuvenated with the practical guidance to activate all aspects of your being, from your body to your creative life and spiritual realization, and continue with programs at Tara Mandala and Prana Vinyasa Online.

NOTE Tuition includes tickets for the Krishna Das event.

TUITION \$335, plus room & meals; see page 104. (web code WRMS-161)

EVENING EVENT

Kirtan with Krishna Das

SATURDAY, MAY 7 8:00 pm

Free for program participants; \$35 for in-house guests; no general public tickets available.

Bring the family!

Art-Making Retreat for Kids: Free Your Creativity
May 5–8 with Jennifer Burke, p. 56

An Introduction to PranaDandaYoga:
Natural and Powerful Grace
May 6–8 with Demetri Velisarius, p. 88

LAMA TSULTRIM ALLIONE, MA, spent years as a Tibetan Buddhist monastic in the Himalayas, the first American nun in the Tibetan tradition. She is the founder of Tara Mandala and author of *Women of Wisdom* and *Feeding Your Demons*. In 2014, Lama Tsultrim founded the Wisdom Rising: Reawaken the Sacred Feminine movement to bring the voice of the Sacred Feminine to the global crisis. taramandala.org

SHIVA REA has been dedicated to the power of collective flow since the first Yogini Conference at Kripalu in 1994. She is the founder of Prana Vinyasa Yoga and Samudra Global School of Living Yoga, as well as the author of *Tending the Heart Fire*. Shiva is on Lama Tsultrim's Wisdom Rising Advisory Board. pranavinyasayoga.com



KRISHNA DAS has taken call-and-response chanting out of yoga centers and into concert halls, becoming a worldwide icon. Krishna has been called the "rock star of yoga" and is the best-selling Western chant artist of all time. krishnadass.com





MARCH 13–18 SUNDAY–FRIDAY

Sweat and Surrender

A HOT-YOGA AND RESTORATIVE RETREAT

Michelle Dalbec and Sarajeon Rudman

FOR everyone. CE credits.

Discover new ways to amp up your yoga practice and cultivate tenacity in this well-balanced program. Each morning features a fun, sweaty, hot-yoga session to get the body moving and the heart pumping. In the afternoon, indulge in a restorative practice that helps rebuild and recover the body in preparation for another day of fitness-focused yoga.

This program includes

- Athletic sessions to help sculpt and tone the body
- Insightful discussions on how to balance effort and ease
- Practices designed to access your power.

Nurture the energy you need to become stronger, more stable, and more in tune with your body and mind.

NOTE Program room will be heated to 90 degrees for hot-yoga sessions

TUITION \$399, plus room & meals; see page 104. (web code RRSS-161)



MICHELLE DALBEC, E-RYT 500, is a passionate Kripalu Yoga and Yoga Tune Up® teacher who offers workshops and directs Kripalu Yoga Teacher Training programs. myoga.com



SARAJEON RUDMAN received a bachelor's in health and wellness and sports management, and a master's in integrative clinical nutrition. She has more than 10 years of experience in personal training and group fitness.

APRIL 29–MAY 6 FRIDAY–FRIDAY

Yoga Tune Up Teacher Training, Level 1

Jill Miller and Amanda Tripp

FOR movement educators in yoga, Pilates, group fitness, personal training, manual therapy, or clinical practice. CE credits.

Yoga Tune Up® is a potent style of movement education that strikes a balance between yoga, fitness, and rehab, attracting students of all ages and body types. It breaks down the nuts and bolts of human movement by using a yogic lens of awareness, conscious relaxation, and proper breathing techniques. Yoga Tune Up helps students develop anatomical fluency and an embodied understanding of their own structure.

This 40-hour training

- Prepares you to teach memorable, accessible, and effective Yoga Tune Up classes
- Develops proficiency with the fundamentals of anatomy, physiology, and biomechanics
- Refreshes your love of teaching and provides new classroom leadership skills.

Discover a fresh approach to asana, going beyond formulaic instruction in order to think and teach more creatively. Inspire your students to define and create a “path of purpose” and unlock their greatest potential.

RECOMMENDED READING See this program on the Kripalu website.

NOTE Tuition includes a manual and Yoga Tune Up therapy balls. Participants receive certification of completion of this Level 1 training, which is part of a longer Yoga Tune Up teacher training program.

TUITION \$895, plus room & meals; see page 104. (web code YTUTT-161)



JILL MILLER, E-RYT, pain-relief and wellness expert, is author of *The Roll Model* and a contributing expert on the Oprah Winfrey Network. yogatuneup.com



AMANDA TRIPP is a Yoga Tune Up® teacher trainer and arts educator skilled at helping teachers bring more confidence, creativity, and clarity into the classroom. amandatrippyoga.com

MAY 6–8 FRIDAY–SUNDAY

Presence, Power, Pleasure

A CHAKRA YOGA, DANCE, AND MEDITATION WEEKEND

Jurian Hughes

FOR all levels. CE credits.

Nothing is better than feeling fully present, connected to your power, able to enjoy yourself and your life, with your whole being running at 100 percent. When your chakras are charged, open, and in balance, you feel like a million bucks. You have access to your creativity as well as your capacity to manifest. Energy flows freely and nothing holds you back.

In this fun and practical program, you

- Learn yoga postures to support the health of the chakras
- Dive into movement and dance to free stuck energy and cultivate balance
- Practice breathing techniques to nurture whole-system wellness
- Explore the power of chakra visualization and meditation.

This Mother's Day weekend, clean out your physical, mental, and emotional being and get ready to experience a more present, powerful, and pleasure-filled you!

TUITION \$225, plus room & meals; see page 104. (web code PPP-161)

JURIAN HUGHES, E-RYT 500, MFA, a faculty member at Kripalu, is also a yoga teacher trainer, Let Your Yoga Dance® trainer, and voice coach. jurianhughes.com



MAY 8–13 SUNDAY–FRIDAY

Movement Medicine

DYNAMIC GENTLE YOGA FOR HEALTH AND WELL-BEING

Rudy Peirce

FOR all levels. CE credits.

Unleash your body's natural healing wisdom with a practice that meets you where you are. Open the channels of your vitality, stimulate the flow of energy, and bring your whole self into a new sense of balance, strength, and resilience. Dynamic Gentle Yoga empowers you to explore flowing movement and posture sequences as you discover your unique, pain-free range of motion.

This approach can relieve low-back pain and increase overall flexibility, focus, and steadiness. You learn how to

- Breathe deeply again
- Relieve chronic stress patterns
- Calm anxiety
- Brighten your mood
- Reestablish qualities of joy, trust, pure being, and interconnectedness.

Developed by Rudy Peirce over his 30 years of teaching gentle yoga, Movement Medicine sheds new light on what's possible in your yoga practice.



TUITION \$325, plus room & meals; see page 104. (web code APNM-161)

RUDY PEIRCE, MA, E-RYT 500, a Kripalu Yoga teacher since 1983, guides accessible, gentle yoga, and is creator of a four-CD set, The Gentle Series. gentleyogi.com

MAY 16–20 MONDAY–FRIDAY

Stories and Songs of Yoga

ANCIENT MYTHS AND DYNAMIC VINAYASA

Raghnath and Brij Cappel

FOR all levels.

Dive into the yogic tradition with its storehouse of wisdom and treasures. Raghnath, a master storyteller, teams up with his wife, Brij Cappel, an expert in yoga biomechanics and alignment, for a unique program that includes

- Relevant, life-changing principles from the stories of ancient Indian gods and goddesses that established the fabric of yogic thought and lifestyle
- Study of the Indian classics: the Ramayana, Mahabharata, and Bhagavat Purana
- Sacred songs, chanting, and movement
- Daily all-levels asana classes designed to upgrade your physical practice through form, technique, balance, and transition.

This enlivening, enlightening program is ideal for both yoga novices and advanced practitioners.

TUITION \$325, plus room & meals; see page 104. (web code SSOY-161)



RAGHNATH started practicing yoga in 1987. He spent six years as a monk in India and excels at making esoteric yoga philosophy relevant to the contemporary world.



BRIJ CAPPO, E-RYT 500, CMT, is a transformational life coach, IIN certified health coach, and cofounder of Supersoul Collective in Chatham, New York.

MAY 15–20 SUNDAY–FRIDAY

Yoga for the Rest of Us and Beyond

Peggy Cappy

FOR all levels, including yoga teachers who want to lead adaptive yoga. CE credits.



Study with master yoga teacher Peggy Cappy, host of the PBS series *Yoga for the Rest of Us*. If you're new to yoga or have physical limitations, it's easy to begin right where you

are with accessible yoga postures. In this program, you learn

- Warm-ups to ease the body into motion
- Essential yoga poses and methods to gradually increase a pose's challenge and intensity
- Meditation practices and relaxation techniques
- Simple, powerful breathing exercises
- A practice you can take home.

Peggy's knowledgeable and inspired approach draws on her extensive experience teaching students and training yoga teachers.

RECOMMENDED READING AND VIEWING Peggy Cappy, *Yoga for All of Us* and any of the seven DVDs in Peggy's Yoga for the Rest of Us series.

TUITION \$325, plus room & meals; see page 104. (web code YFRU-161)

PEGGY CAPPY, author of *Yoga for All of Us*, is known for her best-selling PBS series *Yoga for the Rest of Us*. peggycappy.com



yoga JOURNAL LIVE! at Kripalu



ROD STRYKER



MATY EZRATY



EDDIE MODESTINI



NICKI DOANE



ANA FORREST



TODD NORIAN

YOGA IN DEPTH: A WEEKEND FOR TEACHERS

FIND OUT MORE about the conference schedule, workshops, and presenters at kripalu.org/yjlive

FOR 200-hour-certified yoga teachers of any tradition.

Yoga Journal Live! and Kripalu are proud to present a weekend of rich practice and empowering discoveries to infuse your teaching with renewed confidence and inspiration.

Come expand your knowledge and experience extraordinary techniques at the nation's yoga epicenter in Yoga in Depth, a first-of-its-kind event that brings together a team of top teachers for a weekend exclusively curated for professional yoga teachers.

This gathering of great innovators and bright spirits offers specialized immersions and master classes designed specifically for yoga teachers. Dive even deeper into your understanding of yoga's multifaceted nuance to enrich your life and the lives of your students.

MAY 13–15 FRIDAY–SUNDAY

Expand your teaching.

Come for a weekend of workshops that include

- Hands-on assist clinics focused on kinesthetic transmission
- Fresh perspectives on the Radiance Sutras and on purushartas, the four aims of life
- Yoga to develop and expand your life force energy and vital intelligence
- Therapeutic yoga for feet, knees, and hips
- Ayurvedic self-care for yoga teachers, and so much more.

MAY 15–16 SUNDAY–MONDAY

Master classes.

Extend your stay and go deeper in master classes that include

- Tantric hatha yoga with Rod Stryker
- Backbends and Inversions with Maty Ezraty
- Fundamentals of vinyasa flow with Eddie Modestini and Nicki Doane
- Focused practice with Ana Forrest
- Tapping into Tapas with Todd Norian

TUITION Friday–Sunday \$395, workshops only; Friday–Monday \$545, includes master classes; plus room & meals; see page 104.

Faculty

ROD STRYKER is the founder of ParaYoga® and author of *The Four Desires: Creating a Life of Purpose, Happiness, Prosperity, and Freedom*.

MATY EZRATY, one of the first women to study Ashtanga Yoga intensively with Sri K. Pattabhi Jois, was one of the original founders of YogaWorks, where she directed and shaped the YogaWorks teacher training program for more than 16 years. matyezraty.com

EDDIE MODESTINI, a yoga teacher since 1985, is trained in both Iyengar and Ashtanga Yoga. He brings to his teaching an in-depth study of anatomy. mayayogastudio.com

NICKI DOANE, a yoga teacher since 1992, codirects Maya Yoga Studio in Maui, Hawaii, and is featured in a series of Maya Yoga DVDs. mayayogastudio.com

ANA FORREST is recognized worldwide as a pioneer in yoga and emotional healing and creator of Forrest Yoga®. She is a contributing expert to *Yoga Journal* and other national wellness publications. forrestyoga.com

TODD NORIAN, E-RYT 500, founder of Ashaya Yoga®, teaches with the heartfelt intention to awaken others to their inherent potential for unlimited joy, vitality, and fulfillment. ashayayoga.com



ERICA MATHER, MA, E-RYT, is a Forrest Yoga Guardian, lifelong teacher, and creator of the Adore Your Body System for ending body-image challenges. ericamather.com



KATIE SILCOX, CAS, RYT 500, author of the book *Healthy, Happy, Sexy: Ayurveda Wisdom for Modern Women*, is a nationally recognized yoga teacher, Ayurvedic practitioner, and health writer. katiesilcoxyoga.com



COBY KOZLOWSKI, MA, E-RYT, is a faculty member for the Kripalu School of Yoga and founder of Karma Yoga Leadership Intensive™. cobyk.com



LARISSA HALL CARLSON, E-RYT 500, Dean of the Kripalu School of Ayurveda, guides retreats, directs trainings, and provides Ayurvedic consultations throughout the country. larissacarlson.com



MAY 20–22 FRIDAY–SUNDAY

Five Element Yoga

REJUVENATION AND RELAXATION

Jennifer Reis

FOR all levels. CE credits.



Are you ready to realign yourself with the rhythms of nature? Join Jennifer Reis in Five Element Yoga®, a potent practice that invites you to

celebrate your body with yoga postures, balance your energy with breathing and mudras, detoxify with self-massage, and find deep rest and inner peace with Divine Sleep Yoga Nidra®.

A vibrant and colorful flowing practice, Five Element Yoga draws from Eastern traditions of yoga, Ayurveda, and traditional Chinese medicine. The result both nourishes and balances your inner earth, water, fire, air, and ether elements to cultivate harmony and improve health.

In this program, you

- Experience joyous yoga postures and deep relaxation
- Transform tightness into flowing energy
- Find your natural rhythms as you balance your inner elements
- Learn powerful tools for ongoing rejuvenation and relaxation
- Connect with your true self.

RECOMMENDED LISTENING Jennifer Reis, *Five Element Yoga: All Levels Guided Yoga Practice and Deep Relaxation: Divine Sleep Yoga Nidra*.

TUITION \$210, plus room & meals; see page 104. (web code FEYR-161)

JENNIFER REIS, E-RYT 500, LMT, creator of Five Element Yoga® and Divine Sleep Yoga Nidra®, is a teacher trainer for Kripalu and Integrative Yoga Therapy. jenniferreisyyoga.com

MAY 20–22 FRIDAY–SUNDAY

Yoga Nursing

A NEW MOVEMENT IN HEALTH CARE

Annette Tersigni

FOR nurse practitioners, RNs, and LPNs; no yoga experience required. CE credits.

YogaNursing® is a revolutionary model of care that unites the ancient wisdom of yoga with the science of modern nursing. A nursing adjunct therapy, different than traditional yoga, this program is practiced seated or standing, where getting on the floor is uncomfortable or is not practical.

Explore a simple prescription to transform stress, anxiety, pain, and suffering into peace, health, and wisdom for nurse and patient. In this program, you learn how to

- Practice the Sacred Remedy—seven essential postures, breathing exercises, and relaxation techniques
- Teach to a massive health-care market, including cardiorespiratory, oncology, orthopedic, geriatric, women’s health, mental health, and in workplace wellness
- Assess and identify clients’ goals to create measurable results
- Plan and implement remedies and evaluate outcomes
- Market yourself with lucrative skills that health care wants now.

NOTE Tuition includes teaching materials.

TUITION \$245, plus room & meals; see page 104 (web code IYN-161).



ANNETTE TERSIGNI, RN, E-RYT, is a medical yoga expert and the founder of YogaNursing. Her mission is to expand consciousness in health care, helping thousands to relieve stress and improve patient care. yoganurse.com

MAY 22–27 SUNDAY–FRIDAY

Chakra Yoga Teacher Training

OPENING THE INNER TEMPLE

Anodea Judith

FOR yoga teachers and students with min. 1 year of yoga experience. CE credits.

Learn how to access the chakras—the seven windows to the soul—in your own body, then take that experience into your yoga teaching. Anodea Judith teaches you posture flows, core-strengthening and bioenergetic exercises, yoga philosophy, pranayama, mantras, and guided meditation. You also learn how to

- Sequence poses to focus on particular chakras
- Vary the Sun Salutation flow to reflect each chakra
- Read a student’s body to understand the functioning of the chakras within
- Incorporate breath, mantra, and mudra into chakra practice
- Use language that’s simple enough for newcomers and elegant enough for seasoned practitioners.

Anodea sets aside time for practice teaching, so you can experiment with these new skills right away.

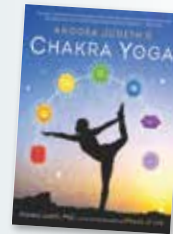
RECOMMENDED READING Anodea Judith, *Wheels of Life*.

NOTE Tuition includes a copy of *Anodea Judith’s Chakra Yoga*. Bring a notebook and stretchy clothes.

TUITION \$495, plus room & meals; see page 104. (web code CYTT-161)

ANODEA JUDITH, PHD, E-RYT 500, is director of Sacred Centers, a teaching organization for yoga, psychology, and transformational wisdom, and the best-selling author of *Wheels of Life*.

sacredcenters.com



MAY 22–27 SUNDAY–FRIDAY

Fluid Mind and Spirit

AN INTRODUCTION TO AWAKENED LIVING

Kevan Gale

FOR all levels. CE credits.

Bring clarity to your mind, openness to your heart, and contentment to your soul with Fluid™ practice. Kevan Gale’s approach combines yoga, Tibetan mind training, and meditation into one grounded, soulful experience.

Starting with an overview of the foundational Tibetan Buddhist teachings on the mind, this program explores

- Four preliminary techniques designed to elicit deep reflection
- The science of meditation
- Specific meditation practices, including shamata, maitri (loving-kindness), and tonglen
- Ways to establish a regular meditation practice at home
- Yoga nidra (the yoga of relaxation)
- Tools for applying yoga and philosophy to everyday life.

Come take a down-to-earth, contemporary look at classic topics like the Six Paramitas, the Buddha’s discoveries under the Bodhi tree, the Four Noble Truths, and other building blocks of Tibetan Buddhist philosophy.



TUITION \$325, plus room & meals; see page 104. (web code FMS-161)



KEVAN GALE, E-RYT 500, is co-owner of Stil Studio in greater Boston and creator of Fluid Yoga and EnLiving. kevangale.com

MAY 27–30 FRIDAY–MONDAY

The Spiritual Path and the Dynamics of Awakening

Mark Griffin

FOR everyone. CE credits.

Explore the answer to the eternal question, Who am I? in this discourse- and meditation-based program. Discover for yourself that you are not simply a physical body, but a composite of matter, energy, mind, and pure, infinite consciousness. The prana, or life force, that resides within the breath is the gateway to accessing these subtle connections.

Practice methods to strengthen prana as you learn

- The relationship between the physical, subtle, mental, and spiritual bodies
- The mechanics of the subtle energy body, including the seven chakras and three channels
- Meditation practices, for all experience levels, designed to sustain the life force and integrate all aspects of the self
- The meaning of the word “enlightenment,” and the dynamics of how it is achieved.

TUITION \$240, plus room & meals; see page 104. (web code SPDA-161)



MARK GRIFFIN guides students beyond their human frailties to discover the depths of their true nature. He is the author of six books. hardlight.org

MAY 22–27 SUNDAY–FRIDAY

Let Your Yoga Dance Teaching Training

CHAKRA FUSION, MODULE 1

Megha Nancy Buttenheim

FOR all levels. CE credits.

Dance your way toward teacher certification in the first chakra-yoga-dance training of its kind—or come just to experience five glorious days of dancing. This transformational, compassionate training is based on self-discovery and finding your strengths. Module 1 lays down the foundation of Let Your Yoga Dance® with a daily dance of yoga through each chakra.

Learn to

- Become an excellent instructor in this “dance of yoga”
- Embody the chakras
- Rediscover the best of who you are
- Transform your relationship with music.

To become a certified Let Your Yoga Dance instructor, take Module 1 first, followed by Module 2, which offers expert guidance in the art of teaching. You can also attend Module 1 simply to experience this vibrant program, without pursuing certification.

NOTE You do not have to be a yoga teacher to take this training. Tuition includes a manual and a yoga CD.

TUITION \$575, plus room & meals; see page 104. (web code DT-1161).

MEGHA NANCY BUTTENHEIM, MA, E-RYT 500, founding director of Let Your Yoga Dance® LLC, is a longtime yoga and meditation teacher. letyouryogadance.com





MAY 27–30 FRIDAY–MONDAY

ORIGINAL LIGHT

EMPOWERMENT THROUGH DAILY SPIRITUAL PRACTICE

SNATAM KAUR

and Sopurkh Singh

FOR all levels. CE credits

Daily spiritual practice, or sadhana, is an essential part of the Kundalini Yoga tradition. A consistent practice raises you up and provides your highest source of guidance. Join Svatam Kaur and her husband, Sopurkh Singh, for a special weekend of Kundalini Yoga, meditation, and chanting to ignite the inner fire you need for a sustainable, deep, and joyful spiritual practice.

Come explore the five stages of Aquarian Sadhana, including

- A wake-up routine with yogic self-care techniques
- Sacred recitation
- Yoga postures
- Chanting
- Worship to the Divine.

You also receive tools to enhance daily practice, including Svatam Kaur's new book and CD, *Original Light*, and an instructional manual featuring personal stories from practitioners.

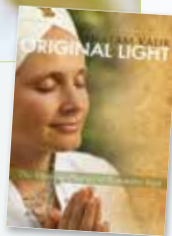
TUITION \$325, plus room & meals; see page 104. (web code AKCY-161)

EVENING EVENT

Concert with Svatam Kaur

SATURDAY, MAY 28 7:30 PM

Free for program participants;
\$25 for in-house guests;
\$35 for general public.



SNATAM KAUR, sacred chant artist and Kundalini Yoga teacher, performs live concerts and teaches workshops throughout the world. Her recordings include *Grace, Prem, Liberation's Door*, and *Light of the Naam*.
snatamkaur.com



SOPURKH SINGH studied and trained with Gurmukh and Gurushabd at Golden Bridge, the premier Kundalini Yoga center in the world.

Bring the kids!

Don't miss Kundalini Playground: Fun with Peace and Prayer
May 27–30 with Jai Fuller, p. 56

MAY 27–30 FRIDAY–MONDAY

Healing Anxiety with LifeForce Yoga and Internal Family Systems

Amy Weintraub, Laura Orth, and Liz Brenner

FOR all levels. CE credits.

Discover a gentle, evidence-based yoga protocol to help you self-soothe, clear your mind, and work with your anxiety from a place of compassionate self-awareness. Amy Weintraub, best-selling author of *Yoga for Depression*, and Internal Family Systems psychotherapists Laura Orth and Liz Brenner, guide you in practices that access your natural compassion and wisdom.

In this program, you learn

- Breathing and meditation to calm and lift the mood
- A chakra-clearing meditation for anxiety
- Yoga nidra for self-soothing and insomnia
- Accessible yoga postures
- How to bring the energy of your higher Self to all parts of your being.

Leave refreshed, revitalized, and excited about your practice, with new tools for emotional and physical balance.

RECOMMENDED READING/LISTENING/VIEWING

See this program on the Kripalu website.

NOTE This program includes optional early-morning practice and extended hours.

TUITION \$340, plus room & meals; see page 104. (web code LYIFS-161)



AMY WEINTRAUB, MFA, E-RYT 500, author of *Yoga Skills for Therapists* and *Yoga for Depression*, is the founder of the LifeForce Yoga® Healing Institute. yogafordepression.com



Laura Orth, LICSW, LFYP-2, is a psychotherapist and Kripalu Yoga teacher who integrates yoga strategies, LifeForce Yoga, and Internal Family Systems into her work.



LIZ BRENNER, LICSW, LFYP-2, director of Therapy Training Boston, is a Level 2 LifeForce Yoga, Internal Family Systems, and EMDR practitioner. therapytrainingboston.com

MAY 30–JUNE 3 MONDAY–FRIDAY

Getting Pain-Free with Chair Yoga and Integrated Positional Therapy

Lakshmi Voelker and Lee Albert

FOR all levels. CE credits.

Are you searching for an alternative to drugs or surgery to relieve your chronic pain? This program brings together the creators of two proven methods to lessen or even eliminate muscular pain, Lakshmi Voelker Chair Yoga™ and Lee Albert's Integrated Positional Therapy (IPT). Learn how Chair Yoga modified with IPT can help you manage your individual pain challenges and practice techniques that you can take home with you.

In this program for both abled and disabled bodies, you learn how to

- Recognize and correct muscular imbalances
- Apply the correct Chair Yoga postures for particular imbalances
- Design your own personal Chair IPT wellness plan.

Head home with your pain already reduced and practical, easy-to-follow steps for continued pain relief.

RECOMMENDED READING AND VIEWING

Lee Albert, *Live Pain-Free without Drugs or Surgery* and Lakshmi Voelker, *Lakshmi Voelker Chair Yoga: Single Chair Yoga Volume 1* (DVD).

TUITION \$335, plus room & meals; see page 104. (web code CIPT-161)



LAKSHMI VOELKER, E-RYT 500, YA, IAYT, is creator of Lakshmi Voelker Chair Yoga™ and has certified more than 1,300 teachers nationally and internationally. getfitwhereyousit.com



LEE ALBERT, NMT, is a neuromuscular therapist and yoga instructor trained in orthopedic massage, positional therapy, and yoga therapy. leealbert.com

✦ **COMBINE THIS PROGRAM** with either Lee Albert's June 3–5 program or Lakshmi Voelker's June 5–10 program for a 10 percent tuition discount for each program. See the Kripalu website for more information.



MAY 30–JUNE 3 MONDAY–FRIDAY

YOGA, MEDITATION, AND RECOVERY CONFERENCE

Rolf Gates, Nikki Myers, Tommy Rosen, Melody Moore, Tim Walsh, and Aruni Nan Futuronsky

FOR everyone, including healing professionals. CE credits.

Tap into the ancient practices of yoga and meditation to deepen your exploration of recovery from addiction. Led by teachers who represent a variety of backgrounds and modalities, this retreat connects your inner and outer worlds, awakens joy and peace within, and brings recovery alive in your practice. When you are in touch with your wholeness, you more easily recognize your addictive behaviors and find the inner strength to move beyond them.

Offering something for everyone in recovery, as well as family members and healing professionals, this conference includes

- Asana and meditation, embracing concepts such as surrender, letting go, acceptance, and gratitude
- Breathwork
- The chakra system
- Innovations in holistic Twelve-Step recovery.

Yoga means union, and yoga practice unifies the self, directly addressing the range of issues caused by addiction.

TUITION \$395, plus room & meals; see page 104. (web code YMRC-161)



ROLF GATES, author of the acclaimed book *Meditations from the Mat: Daily Reflections on the Path of Yoga*, is a leading voice of contemporary yoga. rolfgates.com



NIKKI MYERS, MBA, is a yoga therapist, Somatic Experiencing practitioner, certified Addictions Recovery Specialist, and founder of Y12SR, the Yoga of 12-Step Recovery.



TOMMY ROSEN, a vinyasa flow and Kundalini Yoga teacher, is a leading authority on addiction and recovery, and founder of the Recovery 2.0 online conference. tommyrosen.com



MELODY MOORE, PHD, RYT, is a clinical psychologist, yoga teacher, author, speaker, and the founder of the Embody Love Movement, combining yoga and the tools of psychotherapy. embodylovemovement.org



TIM WALSH is a certified life coach and addiction specialist who has been facilitating workshops for 20 years. timwalshconsulting.com



ARUNI NAN FUTURONSKY is a Kripalu Yoga teacher, life coach, and program leader for Kripalu R&R Retreat and Kripalu faculty programs. coacharuni.com

SPECIAL ONE-DAY EVENT

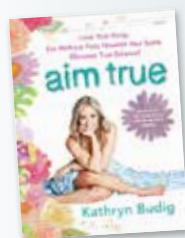


MAY 2 MONDAY

Aim True

Kathryn Budig

FOR all levels.



Infuse every breath, every practice, and every day with the power of your intention. What does it mean to aim true in your life? In this special one-day event, Kathryn Budig offers a variety of ways to

- Find your inner archer and physically manifest empowerment, awareness, and compassion through asana
- Tackle poses you dread in order to come out stronger and more courageous
- Conquer fear to reach love.

In a program based on her newly released book, *Aim True*, Kathryn uses creative posture sequencing, lecture, and flow to facilitate embodied authenticity and balance.

NOTE Bring a journal and pen. Event includes a book signing. See the Kripalu website for program schedule details.

TUITION \$145, includes breakfast and lunch; dinner can be purchased at additional cost. (web code AT-161)

KATHRYN BUDIG is an internationally celebrated yoga teacher and author known for her accessibility, humor, and ability to empower students through her message, "aim true." kathrynbudig.com

MAY 30–JUNE 3 MONDAY–FRIDAY

Relax and Restore

GENTLE YOGA AND QIGONG

Ken Nelson and Lesli Lang

FOR all levels; no yoga or qigong experience necessary. CE credits.

Nourish your vital energy, calm your mind, and practice living in the moment with a wise and loving heart. In this program, enjoy the bliss of deep relaxation using restorative yoga, guided imagery, and attention training and explore qigong as you learn to move with ease, grace, and freedom while remaining rooted and centered.

Come discover

- How Yin Yoga relieves chronic tension in the spine, hips, and low back, enhancing flexibility by rehabilitating fascia and lubricating joints
- Four beginner-friendly ways to meditate: standing, walking, sitting, and lying down
- A morning and evening qigong sequence that improves posture, balance, stamina, and longevity.

Relaxation happens naturally when you slow down and come back into balance. Get energized and in the flow, with a daily practice you can sustain at home.

TUITION \$275, plus room & meals; see page 104. (web code SYQ-161).



KEN NELSON, PHD, a leader in mind-body practices and longtime Kripalu faculty member, is dedicated to transforming the ways we serve and lead through yoga-inspired learning. powerfulworkshops.com



LESLI LANG has a background in theater and performing arts, and two decades of experience assisting Fortune 500 executives to communicate their message more effectively.

MAY 30–JUNE 3 MONDAY–FRIDAY

YogAlign

CHANGE YOUR POSTURE, CHANGE YOUR LIFE

Michaëlle Edwards

FOR all levels. CE credits.



Would you like a yoga practice that gives you great posture? How about breathing techniques that can align your spine and tone your core? This program offers Michaëlle Edwards' revolutionary YogAlign techniques

and deepens your understanding of the human body and its design.

Say goodbye to chronic pain as you learn to

- Correct postural misalignments by rewiring your nervous system
- Allow your body to heal through powerful posture that supports body functions
- Breathe your way to a pain-free life
- Activate and extend your psoas
- Free your fascia
- Avoid yoga and fitness injuries.

The YogAlign methodology can enhance your own practice or be taught to students and clients. Michaëlle invites you to take home the gift of the lift: your aligned, pain-free posture and the ability to stay that way.

NOTE See this program on the Kripalu website for important information.

RECOMMENDED READING Michaëlle Edwards, *YogAlign: Pain-Free Yoga from Your Inner Core*.

TUITION \$225, plus room & meals; see page 104. (web code YAYP-161).



MICHAËLLE EDWARDS, E-RYT 500, LMT, creator of YogAlign, is a massage therapist, musician, author, and director of the Kauai Yoga School. yogalign.com

You might also be interested in...

Introduction to Yoga and Ayurveda, p. 21

Yoga and the Global Dream Initiative, p. 49

Start planning your summer getaway now...

200-Hour Yoga Teacher Training en Español, with Rina Jakubowicz at Kripalu Center



PART 1
JULY 31–AUGUST 11
PART 2
OCTOBER 30–NOVEMBER 11



Guru Dev Singh

JUNE 10–12

Heal and Be Healed

The Contemplative Art of Sat Nam Rasayan



Bruce Lipton and Lisa Garr

JUNE 17–19

The Science and Practice of Mind Over Matter



Yoga Summer Camp
An Outdoor Adventure for Adults

JUNE 19–24, JULY 24–29, AUGUST 14–19

Kripalu Faculty



Sharon Salzberg

JUNE 24–26

Real Love

Bringing the Path to Your Real-World Relationships



Barbara De Angelis

JUNE 24–26

Soul Shifts

Transforming Your Life from the Inside Out



Meggan Watterson and Kyle Gray

JULY 10–15

REVEAL

Angels and the Goddess



Harville Hendrix and Helen LaKelly Hunt

JULY 22–24

Getting the Love You Want
A Workshop for Couples



Gabrielle Bernstein

JULY 29–31

The Universe Has Your Back



Shiva Rea

JULY 31–AUGUST 5

Rasa Vinyasa

The Art of Flow Through Prana Vinyasa
AUGUST 5–7
Evolutionary Prana Vinyasa Immersion



Yoga, Music, and Mindfulness

A Tanglewood Experience
AUGUST 19–21

Larissa Hall Carlson and Marc Mandel

Find Your Program by Date

Here, our programs are listed by month, so you can find the program that's right for you, at the time that's right for you. Whether you're looking for something vibrant or peaceful, energizing or simplifying, you'll find it this spring at Kripalu.



MARCH

1 **The Art of Reiki: Reiki Master Training Levels 1 and 2**
TUES Libby Barnett **p. 23**

3 **Revitalizing Cleanse: Nourishing Body, Mind, and Spirit**
THUR Alison Shore Gaines **p. 40**

4 **Progressive Workshop: Ascending Your Energy, Tune Into Your New Destiny**
FRI Joe Dispenza **p. 58**

Yoga, Life, and Happiness
Rina Jakubowicz **p. 70**

300-Hour Kripalu Yoga Teacher Training: Instructing Yoga for Special Populations
Sudha Carolyn Lundeen **p. 12**

Creating Ease: Yoga and Physical Therapy for Back and Neck Pain
Vandita Kate Marchesiello and Dominick Marchesiello **p. 70**

Positional Therapy Level I: An Experiential Approach to Strain-Counterstrain and Muscle Energy Technique
Lee Albert **p. 22**

6 **Retrain Your Brain for Positivity and Success**
SUN Randy Kamen **p. 48**

Jump-Start Your Memoir: Write It From the Heart
Nancy Slonim Aronie with Frannie Faith **p. 28**

Rejuvenate and Reclaim Life After 40
Maria Sirois **p. 40**

Strong Core, Open Heart: Finding Balance with Embodiyoga
Patty Townsend **p. 71**

7 **Positional Therapy Level 2: Strain-Counterstrain and Muscle Energy Technique**
MON Lee Albert **p. 22**

8 **Yoga in the Schools Symposium**
TUES Linda Dusenbury, Catherine Cook-Cottone, Sat Bir S. Khalsa, Anne Buckley-Reen, Mayuri Gonzalez, Louise Goldberg, Andres Gonzalez, Iona M. Smith, Joanne Spence, Michelle Kelsey Mitchell, Carla Tantillo, and more **p. 71**

10 **Live Boldly and Liberate Your Authentic Self**
THUR Lauren Mackler **p. 59**

Food As Medicine for Mind and Mood
James S. Gordon, Kathie Madonna Swift, Jay Lombard, Mark Pettus, Drew Ramsey, Jeremy Rock Smith, and Maya Shetreat-Klein **p. 41**

11 **Ayurveda Cooking Immersion**
FRI Kate O'Donnell **p. 20**

The Elemental Flow of Shakti: A Weekend of Anusara Yoga
Peter Goodman and Jane Norton **p. 72**

Breath-Body-Mind for Transformation and Well-Being
Richard P. Brown and Patricia Gerbarg **p. 42**

Calm Warrior: A Stress Management and Resilience Retreat
Diane Kovanda **p. 43**

Drumming and Yoga: A Rhythmic Rejuvenation Retreat
Allison Gemmel LaFramboise and Shaun LaFramboise **p. 28**

13 **Divine Play Vinyasa Immersion**
SUN Jess Frey and Sara Clark **p. 72**

Sweat and Surrender: A Hot Yoga and Restorative Retreat
Michelle Dalbec and Sarajeon Rudman **p. 90**

Vibrant Visionary Collage: Awaken Shakti for Creativity
Karen Arp-Sandel **p. 29**

Harmonica-Based Mindfulness: Reduce Stress and Play Blues, Rock, and Folk Instantly!
David Harp **p. 29**

Breath-Body-Mind Teacher Training, Level 2
Richard P. Brown, Patricia Gerbarg, and Dehanna Rice-Inkles **p. 42**

A Family Constellations Approach to Well-Being
Suzi Tucker, Dan Booth Cohen, Emily Volden, Jamy Faust, Peter Faust, J. Edward Lynch, and Bill Mandle **p. 59**

18 **Secrets to Lasting Intimacy**
FRI Freddy Zental Weaver and Elsbeth Meuth **p. 52**

Human Nature, Divine Nature: The Spiritual Path of Sacred Eco-Biology
Caroline Myss **p. 60**

Tai Chi Alchemy: Get Out of Your Head and into the Game
Rick Barrett **p. 23**

The Natural Singer: Find Your True Voice
Claude Stein **p. 30**

Shadow Yoga Basics
Matt Pesendian **p. 73**

Align Your Body, Awaken Your Heart
Todd Norian **p. 74**

Kundalini Yoga for Mastering Your Life
Guru Singh **p. 72**

20 **Philosophy in Flow: Yogic Wisdom and Vinyasa Practice**
SUN Aimée Senise Bohn **p. 73**

Deep Writing Workshop
Eric Maisel **p. 29**

Kripalu Life Coaching: Tools for Mindful Living
Aruni Nan Futuronsky and Izzy Lenihan **p. 60**

Professional Level Foot Reflexology, Level I
Eileen Donovan **p. 23**

Wired for Relationship
Stan Tatkin and Tracey Boldemann-Tatkin **p. 52**

Integrating Psychology and Shamanism: A Profound Model for Healing
Monique Lang and Itzhak Beery **p. 48**

23 **Skillfully Aware: Meditation and Mindfulness for Stress Relief**
WED Mark Pirtle **p. 43**

24 **Energy Intensive: Meditation, Yoga, and Breathwork**
THUR Jonathan Foust (Sudhir) and Richard Faulds (Shobhan) **p. 73**

25 **Life Purpose Boot Camp**
FRI Eric Maisel **p. 61**

Hiking and Yoga
Randal Williams and Mark Roule **p. 36**

Meditation and Mysticism: Kabbalah Retreat for Ease and Contentment
Rabbi Sigal Brier **p. 74**

Loving Presence: Inhabiting and Expressing Your True Nature
Tara Brach **p. 75**

CircusYoga Retreat: The Human Art of Play
Erin Maile O'Keefe and Kevin O'Keefe **p. 56**

Finding Calm in a Chaotic World
Beryl Bender Birch **p. 74**

27 **The Eight Movements of Yantra Yoga: Teacher Training Part I**
SUN Fabio Andrico **p. 76**

Traditional Japanese Reiki Level I and II: Gendai Reiki Ho Shoden and Okuden
James and Audrey Pearson Shihans **p. 24**

Unlock Your Potential
Coby Kozlowski **p. 30**

Yoga and the Alexander Technique
Joan Arnold **p. 76**

Qigong Healer Professional Training
Robert Peng **p. 24**

Trauma-Sensitive Yoga: A Workshop for Yoga Teachers
David Emerson and Jenn Turner **p. 75**

31 **Radiant Health: A Weekend Retreat for Women**
THUR Sudha Carolyn Lundeen **p. 43**

APRIL

1 **Calming the Mind: Joy of Living Meditation Workshop**
FRI Kell Julliard **p. 77**

Seven Pillars of the Peaceful Warrior
Dan Millman **p. 62**

Talking with Loved Ones on the Other Side: Eight Essential Steps to Heal Your Grief
Sue Frederick **p. 61**

Ayurvedic Health Counselor Certification: Clinical Assessment, Vata Management, and Women's Health
Larissa Hall Carlson, Rosy Mann, Claudia Welch, Kimberly Larson, and Gerard C. Buffo **p. 13**

Deep Stretching for Tight Bodies and Active Minds
Mimi Solaire **p. 77**

Creating Transformational Workshops: Leading Mind-Body Experiences
Ken Nelson and Leslie Lang **p. 61**

Kula Flow: Vinyasa for Strength, Detoxification, and Levitation
Schulyer Grant **p. 77**

CONTEMPLATIVE WEEK

3 **The Wise and Loving Heart: Meditation for Freedom and Compassion**
SUN Jack Kornfield with Winnie Nazarko and Alex Haley **p. 79**

R&R Quiet Retreat
R&R Retreat faculty **p. 18**

Divine Sleep Yoga Nidra Teacher Training
Jennifer Reis **p. 78**

Ayurvedic Bodywork Training: Shirodhara and Marma-Balancing Treatment
Hilary Garivaltis **p. 20**

Creating Yantras: Healing with Sacred Geometry and Color
Sarah Tomlinson **p. 30**

5 **Creating Miracles with Malas**
TUES Satya Scainetti **p. 31**

8 **TriYoga: The Prana-Inspired Flow of Yogasana, Pranayama, and Mudra**
FRI Yogini Kaliji (Kali Ray) **p. 82**

Relieving Back and Hip Pain with Yoga
Allen Wilkins and Terry Roth Schaff **p. 78**

Illuminating Yoga Practice with the Wisdom of the Bhagavad Gita
Yoganand Michael Carroll **p. 82**

The Blood Sugar Solution 10-Day Detox Diet: Lose Weight, Reverse Diabetes, and Feel Great
Mark Hyman **p. 44**

Mindful Self-Compassion: Core Skills Training
Christopher Germer **p. 78**

Second Journey: It's Never Too Late to Reclaim Your Life
Joan Anderson **p. 63**

10 SUN
Self-Inquiry Through Mantra and Movement
Erica Taxin Bleznak and Brenda McMorrow **p. 83**

Fit Body, Focused Mind
Sarajeon Rudman **p. 37**

Stillness in Motion: Zen Practice and Wild Goose Qigong
Robert Meikyo Rosenbaum **p. 25**

Get Juicy Now: Yoga and Ayurveda for Nourishing Vitality
Maria Mendola **p. 44**

Five-Day Spring Detox and Meditation Retreat
Emilie Perz **p. 83**

Yogic Prosperity Technologies
Guru Jagat **p. 83**

Meditation Made Possible
Bhavani Lorraine Nelson **p. 82**

14 THUR
Mindful Recovery: Awakening to Love
Kevin Griffin and Bill Alexander **p. 68**

15 FRI
Five Steps to a Healthier Diet and Life
Sara Snow and Amie Valpone **p. 45**

Now What? Finding Career Clarity and Life Direction From the Inside Out
Laura Berman Fortgang **p. 62**

Finding Your Passion: A Unique Yoga-Inspired Retreat
Penni Feiner and Geri Topfer **p. 84**

Tap into the Power of Clarity Using Emotional Freedom Techniques
Carol Look **p. 25**

Cultivating Loving-Kindness: A Yoga and Meditation Retreat
Stephen Cope **p. 84**

Thriving! Realign with Your Nature
Linda and Charlie Bloom **p. 62**

The Yoga of Detox: A Whole-Person Approach
Alison Shore Gaines and Evelyn Gonzalez **p. 44**

The Bridge: Merging Yoga and Qigong
Kevin Courtney and Thomas Droge **p. 84**

17 SUN
The Mindful Table: A Kripalu Nutrition and Cooking Immersion
Annie B. Kay and Jeremy Rock Smith **p. 45**

200-Hour Kripalu Yoga Teacher Training: Part I
Rudy Peirce and Sudha Carolyn Lundeen **p. 12**

KYTT 2.0: The Kripalu Yoga Teacher Training Refresher Course
Coby Kozlowski, Michelle Dalbec, and guest faculty **p. 12**

Groundation Celebration: Ignite Self-Realization Through Yoga, Writing, and Ritual
Sienna Creasy and Nadine McNeil **p. 85**

iRest Yoga Nidra Level 2: The Art and Science of Integrative Restoration
Anne Douglas **p. 85**

Sharing Your Life Story: From Page to the Stage
Ann Randolph **p. 31**

22 FRI
Awaken Your Divinity Within: A Workshop in Self-Mastery
Paul Selig **p. 63**

The Art and Science of Meditation
Kelly Morris **p. 86**

Power Yoga Immersion
Bryan Kest **p. 85**

Hiking and Yoga
Randal Williams and Jess Frey **p. 36**

Yogini Workshop: Movement and Meditation for Calming Down and Tuning In
Ellen Barrett **p. 86**

Animal Wisdom: Connecting with the Intelligence of Animals
Linda Bender **p. 63**

Introduction to Yoga and Ayurveda: Radiant Health On and Off the Mat
Micah Mortali and Larissa Hall Carlson **p. 21**

Afro Flow Yoga: Flow into Freedom
Leslie Salmon Jones with special guests Jeff W. Jones and Morley **p. 86**

24 SUN
The Writer's Journey: Crafting Compelling Personal Stories
Laura Davis **p. 31**

A Walk in the Forest: An Introduction to Forest Bathing
Lisa B. Nelson and Mark Roule **p. 37**

Embodied Positive Psychology Summit
Barbara Fredrickson, Tal Ben-Shahar, Sharon Salzberg, Megan McDonough, and more **p. 50**

Yoga Therapy Applied in Medical Settings: Module 4
Joseph Le Page, Debra Jensen, Karen O'Donnell Clarke, and more **p. 87**

28 THUR
Yoga for Wild, Wonderful, and Wise Women
Suzie Hurley and Betsey Downing **p. 88**

29 FRI
Yoga and the Global Dream Initiative: Dreaming the Earth, Tending the Dream
Stephen Aizenstat with Stephen Cope and Annie B. Kay **p. 49**

Master the Power Within
James Van Praagh **p. 64**

Yoga Tune Up Teacher Training, Level I
Jill Miller and Amanda Tripp **p. 90**

Emotional Mindfulness, Connection, and Healing: Befriending the Wisdom and Power of Your Emotions
Ronald J. Frederick and Tim Beyer **p. 64**

Creating Great Relationships Through Family Constellations
Mark Wolynn **p. 53**

Stillness Touch: The Art of Transmitting Love
Charles Ridley **p. 26**

Introduction to Yoga and Meditation
Megha Nancy Buttenheim **p. 88**

MAY

1 SUN
Swingolf: Dynamic Yoga Motion on the Golf Course
Les Bolland **p. 37**

Clearing the Clutter: Making Space for Positive Change
Maria Sirois and Izzy Lenihan **p. 65**

Yoga Therapy Applications Within the Mental-Health Field: Module 5
Joseph Le Page, Ellen Schaffer, and more **p. 87**

SomaSoul Facilitation
Dan Leven with special guests Heather Bilotta and Sage Peeler **p. 66**

Embodying the Intelligence of Your Heart and Soul
Terry Patten **p. 65**

Soul Motion
Vinn Arjuna Martí **p. 32**

2 MON
The Kripalu Approach to Diet: An Integrative Weight-Loss Program
Arnui Nan Futuronsky, Annie B. Kay, and Lisa B. Nelson **p. 46**

Aim True
Kathryn Budig **p. 98**

5 THUR
Wisdom Rising: Mandala of the Sacred Feminine
Lama Tsultrim Allione and Shiva Rea **p. 89**

Art-Making Retreat for Kids: Free Your Creativity
Jennifer Burke **p. 56**

6 FRI
Vegetarian Express: Luscious Meals in Minutes
Leslie Cerier **p. 45**

Mother-Daughter Yoga Weekend
Sarahjoy Marsh **p. 53**

Presence, Power, Pleasure: A Chakra Yoga, Dance, and Meditation Weekend
Jurian Hughes **p. 90**

Crafting Handmade Books
Valerie Carrigan **p. 32**

Healing Interpersonal Wounds: A Radical Approach
Janis Abrahms Spring **p. 57**

An Introduction to PranaDandaYoga: Natural and Powerful Grace
Demetri Velisarius **p. 88**

8 SUN
Cherokee Bodywork
Lewis Mehl-Madrona **p. 26**

Elements of Polarity: Secrets of the Human Energy System
Gary Strauss and Tracy Griffiths **p. 26**

Movement Medicine: Dynamic Gentle Yoga for Health and Well-Being
Rudy Peirce **p. 91**

Seeing the Light: Exploring the Intimate Connection Between Vision and Consciousness
Jason Leiberman and Marc Grossman **p. 65**

13 FRI
Live the Life Your Soul Intended: Finding Happiness, Fulfillment, and Meaning
Ainslie MacLeod **p. 66**

Hiking and Yoga
Randal Williams and Michelle Dalbec **p. 36**

Yoga Journal LIVE! at Kripalu
Rod Stryker, Maty Ezraty, Eddie Modestini, Nicki Doane, Ana Forrest, Todd Norian, and more **p. 92**

Ayurvedic Health Counselor Certification: Clinical Training, Ethics, and Working with Clients
Gerard C. Buffo, Larissa Hall Carlson, Vasant Lad, Rosy Mann, Margrit Mikulis, Satya Narayana Dasa, and William Siff **p. 13**

The Presence of Breath
Judith Kravitz **p. 66**

Shine Your Life: Love, Mastery, and the True Self
Christine Warren **p. 67**

15 SUN
Yoga for the Rest of Us and Beyond
Peggy Cappy **p. 91**

Emotional Freedom Techniques: Level I
Jan L. Watkins **p. 27**

The Neuroscience of Buddhism and Yoga: Harnessing the Brain for Healing and Happiness
Jim Hopper and David Schouela **p. 49**

16 MON
Stories and Songs of Yoga: Ancient Myths and Dynamic Vinyasa
Raghnath and Brij Cappo **p. 91**

Unmasking Your Soul: Renew Yourself Through Painting and Collage
Linda Novick **p. 34**

18 WED
Emotional Freedom Techniques: Level 2
Jan L. Watkins **p. 27**

20 FRI
Backbone: A Men's Weekend of Purpose, Passion, and Empowered Living
David Harshada Wagner **p. 68**

Yoga and Walking: A Soul to Earth Weekend
Patricia (Niti) Seip Martin **p. 38**

Creative Myths and Monsters: A Workshop on the Artist's Way
Julia Cameron **p. 32**

WAVES: A 5Rhythms Moving Meditation
Jonathan Horan **p. 34**

Tangle to Tangle: Deepen Your Zentangle Practice
Maria Thomas Rick Roberts **p. 33**

Five Element Yoga: Rejuvenation and Relaxation
Jennifer Reis **p. 94**

Brain Care Is Self-Care: The Neuroscience of Well-Being
Linda Graham **p. 49**

Yoga Nursing: A New Movement in Health Care
Annette Tersigni **p. 94**

22 SUN
Fluid Mind and Spirit: An Introduction to Awakened Living
Kevan Gale **p. 95**

ChiRunning: A Mindful Approach to an Ancient Sport
Danny Dreyer **p. 38**

Manifest Your Soul's Purpose Through the Akashic Records
Linda Howe **p. 67**

Detox for Health and Healing
Annie B. Kay and Kathie Madonna Swift **p. 47**

Chakra Yoga Teacher Training: Opening the Inner Temple
Anodea Judith **p. 94**

Finding Your Playful Path
Bernie DeKoven **p. 67**

Transformative Self-Care: Continuum Movement, Mindfulness, and Osteopathy
Bonnie Gintis **p. 47**

Let Your Yoga Dance Teacher Training: Chakra Fusion, Module 1
Megha Nancy Buttenheim **p. 95**

25 WED
The Gokhale Method: The Posture-Dance Connection
Esther Gokhale **p. 47**

MEMORIAL DAY WEEKEND

27 FRI
The Spiritual Path and the Dynamics of Awakening
Mark Griffin **p. 95**

Kripalu Outdoors: A Yoga, Hiking, and Kayaking Retreat
Mark Roule and Michelle Dalbec **p. 38**

Healing Anxiety with LifeForce Yoga and Internal Family Systems
Amy Weintraub, Laura Orth, and Liz Brenner **p. 96**

Being Intimate: A Retreat for Couples
Kate and Joel Feldman **p. 57**

The Awakened Energy Field: Healing Techniques for Health, Growth, and Awakening
Ann Marie Chiasson **p. 27**

Original Light: Empowerment Through Daily Spiritual Practice
Snatam Kaur and Soporukh Singh **p. 96**

Kundalini Playground: Fun with Peace and Prayer
Jai Fuller **p. 56**

Mothers, Daughters, and the Heroic Journey
Meg Agnew, Cindy Parrish, SuEllen Hamkins **p. 57**

Watercolor: A New Beginning
Ann K. Lindsay **p. 33**

29 SUN
200-Hour Kripalu Yoga Teacher Training: Monthlong Intensive
Brahmani Liebman and Jashoda Edmunds **p. 12**

30 MON
Yoga, Meditation, and Recovery Conference
Rolf Gates, Nikki Myers, Tommy Rosen, and Melody Moore with Tim Walsh and Aruni Nan Futuronsky **p. 97**

Story Alchemy: Transform Your Life Through Loving Questions
Rachel Schaeffer **p. 34**

YogAlign: Change Your Posture, Change Your Life
Michaelle Edwards **p. 98**

Getting Pain-Free with Chair Yoga and Integrated Positional Therapy
Lakshmi Voelker and Lee Albert **p. 97**

Painting Flowers in Watercolor
Ann K. Lindsay **p. 33**

Relax and Restore: Gentle Yoga and Qigong
Ken Nelson and Lesli Lang **p. 98**

Plan your stay

1

CHOOSE AN EXPERIENCE

Presenters and Programs PAGE 14

Take a program on a topic that interests you.

R&R Retreat PAGE 4

Your schedule is flexible—choose what and how much to do each day.

Kripalu Schools of Yoga and Ayurveda PAGE 6

Deepen your practice and share your passion with the world.

2

CHOOSE YOUR ROOM TYPE

For exact rates call Registrations at **800.741.7353** or visit kripalu.org

DORMITORY

5–22 people per room; bunk beds. Shared hall bath. Please choose another housing type if you cannot use an upper bunk.

Per-night housing cost ranges from \$87–99.*

STANDARD

Double or single occupancy; two platform twin beds or one queen bed, either mountain side or lake side. Shared hall bath.

Per-night housing cost ranges from shared, \$115–147, to private, \$202–245.*

STANDARD PLUS

Double or single occupancy; queen or twin beds. All rooms are on the lake side. Shared hall bath.

Per-night housing cost ranges from shared, \$175–199, to private, \$267–304.*

PRIVATE BATH, INCLUDES ANNEX

Double or single occupancy; queen or twin beds; either lake side or mountain side; private baths.

Per-night housing cost ranges from shared, \$197–268, to private, \$289–389.*

**Based on midweek, weekend, or holiday stays.*

COMING WITH FRIENDS OR FAMILY?

If you wish to room together, please select a shared room option.

COMING ALONE?

If you are coming alone and register for a shared room, we will assign you a roommate (of the same gender).

3

WHAT'S INCLUDED

ROOM & MEALS AND MORE

Cost per night includes

- Your choice of accommodations
- Nutritious, all-natural meals
- Daily yoga, meditation, and movement classes
- Hiking trails, walking paths, and lakefront area
- Fitness room and sauna
- Evening workshops and events
- The best views in the Berkshires

R&R Retreats include a full schedule of workshops and outdoor activities taught by Kripalu faculty.

EVENING EVENTS

Kripalu's evening programs are free to all registered guests, except in the case of special ticketed events. Limited general public tickets might be available for evening programs and events; please call Registrations at 800.741.7353 for more information.

Register early to ensure your preferred accommodations.
➔ kripalu.org/accommodations

4

REGISTER

**ONLINE 24/7 kripalu.org
BY PHONE 800.741.7353**

PAYMENT

Full payment is due at time of registration and can be made with Visa, MasterCard, American Express, Discover, or check.

CANCELLATION POLICY

Payments made will be refunded in full (less a \$50 processing fee) if you cancel 14 or more days prior to your arrival date. If you cancel between 13 days and 1 day in advance, a nonrefundable credit (less a \$50 processing fee) will be held for one year from the date of issue. No credit or refund is available if you cancel on your arrival day, the day your program starts, if you do not show up, or if you leave a program or event early.

FINANCIAL ASSISTANCE

We strive to make our programs available to everyone, within the limits of our resources. For information and applications, visit our website or call Registrations.

SENIOR DISCOUNT

We offer a 10 percent discount on tuition and room & meals pricing to seniors (age 65+). This discount does not apply to Healing Arts or Kripalu Shop purchases and may not be combined with other discounts. Some restrictions apply.

Get here by car, plane, train, bus, and more.

➔ kripalu.org/directions

5

ARRIVAL, DEPARTURE, AND WHILE YOU'RE HERE

ARRIVAL AND DEPARTURE

Programs generally begin at 7:30 pm on the first date listed with your program description and end by 11:30 am on the last day. We encourage you to arrive by 6:30 pm if you plan to join us for dinner.

CHECK-IN

Check-in begins at 2:15 pm; however, rooms are not guaranteed to be available until 4:00 pm. The first activity included in your stay is yoga at 4:15 pm. Arrival dinner is included in overnight stays. There is a Welcome Session at 6:45 pm on Friday and Sunday.

CHECKOUT

We kindly request that all departing guests be out of their rooms by noon so that we may prepare for our incoming guests. Lunch on departure day is included in your stay. If you choose to spend the afternoon, you may leave your bags in the Luggage Room.

MEDICAL CARE

Kripalu does not offer on-site medical care, supplies, emergency services, psychiatric care, or transport. Our campus is located approximately 10 miles from the nearest medical facility.

KIDS AT KRIPALU

In general, Kripalu programs and activities are open to participants ages 18 and older. Children 17 and under must be supervised at all times and must be accompanied by an adult who is on-site at Kripalu. Call for more information, or visit kripalu.org/children.

ELECTRONICS POLICY

We encourage guests to consider leaving all electronics behind in order to fully support the retreat experience. If you need to stay connected during your visit, the use of electronics is limited to private guest rooms, the Wireless Lounge, or phone booths. Silent use of electronics is permitted on the First Floor.

INTEGRATE YOUR EXPERIENCE

Kripalu's Healing Arts are a powerful addition to any program. Choose from bodywork, Ayurvedic services, health and wellness consultations, facials, and more.

Schedule your Healing Arts appointment today.

Please call 888.738.1822, seven days a week.

➔ kripalu.org/healingarts



Kripalu Affiliate Studios

Whether you're looking for ways to integrate what you've learned during a visit to Kripalu, or want to learn more about the philosophies and benefits of Kripalu Yoga, taking classes at a Kripalu Affiliate Studio in your area can help you get and stay connected.

CONNECTICUT

Fairfield
Yoga for Everybody
yoga4everybody.net
Studio owner: Evelyne Serais

Madison
Turning Point Yoga
turningpointyoga.com
Studio owner: Lisa Uihlein

FLORIDA

St. Augustine
Discovery Yoga
discoveryyoga.com
Studio owner: Deva Parnell

Tampa
The Lotus Pond Center for
Yoga and Health
lotuspondyoga.com
Studio owner: Val Spies

MAINE

Brunswick
Jai Yoga
jaiyogahome.com
Studio owner: Jennifer Nadeau

Portland
WholeHeart Yoga Center
wholeheartyyoga.com
Studio owner: Pam Jackson

MARYLAND

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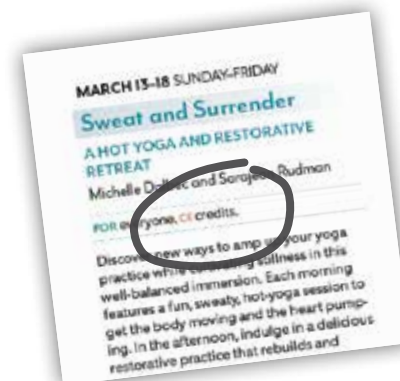
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