

Kripalu

Winter 2014
NOVEMBER | FEBRUARY

Center for Yoga & Health

INSPIRATION
INSIDE!

Yoga
Healthy Living
Mindfulness
Connection
Celebration

Stockbridge, Massachusetts | 800.741.7353 | kripalu.org

MISSION DRIVEN, DONOR SUPPORTED

Welcome to winter at Kripalu

OUR MISSION

Kripalu's mission is to empower people and communities to realize their full potential through the transformative wisdom and practice of yoga.

WHO WE ARE

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.

DON'T MISS...



HARVILLE HENDRIX AND HELEN LAKELLY HUNT DECEMBER 5-7

Getting the Love You Want: A
Workshop for Couples p. 26

DAVID KESSLER AND SPECIAL GUESTS DECEMBER 12-14

From Grieving to Believing: The Soul
in Transformation p. 30

STEPHEN COPE DECEMBER 26-28

The Wisdom of Yoga and the
Art of Extraordinary Living p. 39



BHAKTI BLISS: NEW YEAR'S CELEBRATION DECEMBER 28-JANUARY 2

with David Newman (Durga Das) and Mira, and
Sean Johnson and the Wild Lotus Band p. 42

COBY KOZLOWSKI JANUARY 4-9

Quarter-Life Calling: Creating an Extraordinary
Life in Your 20s p. 50



TARA BENNETT-GOLEMAN AND DANIEL GOLEMAN JANUARY 9-11

Mind Whispering: A New Path
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Qigong to Increase Your Healing Power p. 56

RENÉE PETERSON TRUDEAU JANUARY 23-25

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MEGGAN WATTERSON FEBRUARY 6-8

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DANI SHAPIRO FEBRUARY 27-MARCH 1

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Meditation and Writing p. 89



WINTER 2014 NOVEMBER-FEBRUARY

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SEARCHING FOR A PRESENTER?

To browse by presenter, reference the index at the back of this catalog
or visit our website at kripalu.org/presenter

SEARCHING FOR A PROGRAM?

Our programs are listed by month in this catalog. If you would like to
plan a visit by program themes, such as Yoga; Health and Wellness;
Creative Expression; Spiritual Practice and Inquiry; or Professional
Development, visit our website at kripalu.org/program

A LETTER FROM OUR CEO

As the trees and hills surrounding Lake Mahkeenac prepare for winter, a stillness and peace is settling on the Berkshires, as if all things are readying for a season of introspection and transformation. Winter is a natural time to retreat; to explore deeply, reconnect to our core being, and return to that sense of joy and love that connects us all.

Kripalu is also in a state of renewal and transformation. If you have visited lately, you know that we have been working to improve all aspects of our retreat center, from facility upgrades to curriculum enhancements, in an effort to revitalize every facet of the retreat experience.

Part of this renewal process is evident in this catalog, where you can now see a new look that expresses our fresh energy, excitement, and recommitment to Kripalu's core values. Symbols have always played an important role in transformative work, and our new logo and colors reflect a balance of old and new, celebrating our modern mission while honoring the ancient traditions that inspire and influence our work.

In the color saffron, we honor the robes of the humble monks, nuns, and yogis who developed, practiced, and taught the art and science of yoga for thousands of years. While Kripalu serves today's practitioners seeking to live a more joyous and fulfilling life, saffron reminds us of the deep longing for spiritual freedom in everyone that is at the root of yoga and all transformative paths.

The plum color represents our higher energy centers and the seat of inner wisdom that works together with the heart to deliver true enlightenment. Kripalu continues to offer our expert teachers and guides, but we also believe that the healing answers are already inside each of us. Our mission is to help you uncover and discover what is already true and within you.

Finally, the earth hues remind all seekers to stay grounded and stable, balanced, and connected to the rhythms of nature. At Kripalu, our aim is to ensure that each guest is provided the tools needed to live a happy and skillful life in the real world, even after leaving the embrace of the retreat center.

For every guest and student, we have recommitted to providing an exceptional and empowering experience full of healing, nurturing, and transformation. Whether you are exploring a workshop with one of our expert presenters, deepening your practice of yoga or Ayurveda, or simply coming for retreat, Kripalu is here in service to you with unparalleled opportunities for you to investigate the pathways of your own body, mind, heart, and spirit. We welcome you to Kripalu and to the complete wisdom and practice of yoga. We invite you to come explore the power of you.

Namaste,



David Lipsius, CEO

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

Discover the right Kripalu experience for you.

WORLD-CLASS PRESENTERS



Choose from hundreds of programs—taught by exceptional educators, authors, and luminaries—designed to inspire, educate, and revitalize.

BEGINNING ON PAGE 22

R&R RETREAT



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

LEARN MORE ON PAGE 6

HEALTHY LIVING PROGRAMS



Experience a holistic approach to health. Focusing on nutrition, stress management, mindful living, and physical activity, our programs give you the tools and support necessary to transform your health and create lasting positive change.

LEARN MORE ON PAGE 10

KRIPALU SCHOOLS OF YOGA AND AYURVEDA



Immerse yourself in yoga or 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.

LEARN MORE ON PAGE 12

HEALING ARTS



Find balance with a Kripalu Healing Arts treatment, relaxing massage and bodywork, transformative energy work, Ayurvedic treatments and consultations, and more—all focused on enhancing your well-being.

LEARN MORE ON PAGE 18

ALL VISITS INCLUDE

- nurturing retreat environment
- Kripalu Yoga classes—gentle, moderate, and vigorous
- renowned natural-foods cuisine
- comfortable accommodations
- hiking trails and walking paths for all fitness levels
- noon dance classes
- evening workshops and events
- sauna
- meditation room
- fitness room
- cafe (with wireless)
- shop



R&R Retreat

come home to yourself

Our signature program provides the ideal opportunity to experience the best of what Kripalu has to offer, at your own pace.

Kripalu | R&R RETREAT

An R&R Retreat offers you the flexibility to create a uniquely individual immersion. You determine your arrival and departure dates, and optimize your stay by choosing your schedule from a variety of classes with our skilled faculty. Whether you're looking to connect with like-minded people or enjoy the quiet of our peaceful surroundings, we have something for everyone.

R&R SAMPLE DAY



MORNING

- Prepare for the day with a nourishing breakfast.
- Gain insight on nutrition, Ayurveda, mind-body health, or conscious living in an R&R Retreat workshop.
- Bundle up and stroll the grounds.

AFTERNOON

- Get energized at noon dance, or experience our exceptional Kripalu Yoga faculty in a gentle, moderate, or vigorous yoga class.
- Enjoy a snowshoe excursion with our knowledgeable guides.
- Express your creativity in a journaling or drawing workshop.

EVENING

- Discover ways to add more flavor to your life at a whole-foods cooking demonstration.
- Sing, chant, and dance at a drum circle, kirtan, or concert.
- Integrate your day with a grounding evening meditation or treat yourself to a soothing Healing Arts session (additional cost) before heading off to sleep.

*All-inclusive winter prices start at \$166 per night.
(2-night minimum required; no Saturday arrivals or departures.)*

For more information: Go online to view our monthly R&R Retreat schedules, featuring descriptions of the workshops and who's teaching them. ➔ kripalu.org/rr

R&R Group Retreats

Kripalu | R&R GROUP RETREAT

Bring a group of friends, family, colleagues, or yoga students for a customized R&R Retreat. Work with a skilled retreat specialist to craft the perfect visit, from powerful team-building events to joyous celebrations. We make it easy to plan and register so that you can focus on bonding with your group in an unforgettable experience.

WHAT MAKES A KRIPALU R&R GROUP RETREAT UNIQUE?



- Program themes tailored to your group: yoga and meditation, stress management, holistic nutrition, outdoor adventure, and more.



- A rich selection of private classes, workshops, and in-depth study sessions geared toward your group's interests and learning objectives.



- Enjoy all Kripalu activities, including yoga and noon dance classes, evening events, and optional Healing Arts treatments (additional cost).
- All-inclusive pricing and personal attention, whether your group size is 10 or 60.

Two-night minimum stay, Sunday–Friday only.

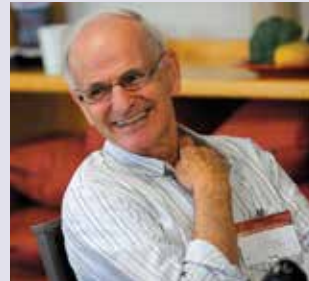
For more information visit kripalu.org/groups

Kripalu Healthy Living Programs

*transform your health,
transform your life*

Kripalu | HEALTHY LIVING PROGRAMS

Kripalu Healthy Living programs offer you a holistic health approach you won't find anywhere else.



The Kripalu Approach to healthy living combines current research on integrative medicine and nutrition with the ancient wisdom of yoga and Ayurveda. Our Healthy Living programs focus on the connection between the mind, body, heart, and spirit to create healing and true wellness.

Learn from a caring team of experts in health, yoga, fitness, life coaching, and nutritional science. Our immersions in the beautiful Berkshires also include nutritious meals; daily yoga, meditation, and movement classes; walking and hiking trails; and quiet spaces to reflect and relax.

Learn more about Kripalu Healthy Living programs
➔ kripalu.org/healthyliving

Kripalu Schools of Yoga and Ayurveda

Kripalu offers a variety of inspiring yoga and Ayurveda trainings that 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 practices and studies of yoga and Ayurveda. While you're here, develop tools to cultivate health, create community, and transform—body, mind, and spirit.

EXCEPTIONAL FACULTY

Our faculty are extraordinary guides. They offer in-depth experience, an authentic commitment to teaching, 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 lineage with psychology and science, as well as ancient Ayurvedic and contemporary Western approaches to healing and self-development. Ours is a living tradition and a continually evolving practice—an invitation to align with your true nature.



Kripalu | SCHOOLS OF YOGA AND AYURVEDA

KRIPALU YOGA TEACHER TRAINING



Incorporate the wisdom of yoga into your life with our Yoga Alliance–approved 200- and 500-hour certification programs. Effective and empowering, our trainings help you find new depths in your practice, while offering valuable skills to enrich your students.

THREE TRAINING OPTIONS

200-HOUR KRIPALU YOGA TEACHER TRAINING

Emerge inspired and ready to teach. Offered as a monthlong program or as two 12-day sessions.

500-HOUR KRIPALU YOGA TEACHER TRAINING

Advance your training with four 9-day modules.

KRIPALU YOGA IN THE SCHOOLS TEACHER TRAINING

Enhance your abilities as a yoga teacher and gain tools to enrich the lives of adolescents in this scientifically validated 7-day certification program.

KRIPALU AYURVEDA CERTIFICATION



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 Kripalu Foundations of Ayurveda.

THREE TRAINING OPTIONS

200-HOUR KRIPALU FOUNDATIONS OF AYURVEDA

A great beginning for anyone interested in pursuing Ayurveda professionally or personally. Learn Ayurvedic self-care techniques for thriving health and wellness.

500-HOUR AYURVEDIC YOGA TEACHER CERTIFICATION

Up-level your teaching skills to offer seasonal dosha-balancing classes. This training consists of Kripalu Foundations of Ayurveda followed by two 9-day modules, taken in any order.

650-HOUR AYURVEDIC HEALTH COUNSELOR CERTIFICATION (formerly Ayurvedic Lifestyle Consultant)

Combined with Kripalu Foundations of Ayurveda, these four 9-day modules qualify you to provide Ayurvedic diet and lifestyle recommendations that support overall health and wellness.

For more information: Call 800.848.8702, e-mail ksya@kriplau.org, or visit kripalu.org/yogaandayurveda. See upcoming training dates on the next page.

Kripalu School of Yoga

Apply today → kripalu.org/applynow



200-HOUR KRIPALU YOGA TEACHER TRAINING

MONTHLONG DATES

- October 19–November 14, 2014
Coby Kozlowski and Jennifer Reis
- February 22–March 20, 2015
Michelle Dalbec and Rudy Peirce

TUITION \$2,675, plus room and meals.

TWO 12-DAY DATES

- Part 1: December 7–19, 2014
- Part 2: January 25–February 6, 2015
Michelle Dalbec, Janna Delgado, Jurian Hughes, and Rudy Peirce
- Part 1: March 22–April 3, 2015
- Part 2: June 7–19, 2015
Jashoda Edmunds and Brahmani Liebman

TUITION \$2,675, plus room and meals.

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



KRIPALU FACULTY



Jyothi Bhatt



Scott Blossom



Larissa Hall Carlson



Yoganand Michael Carroll



Michelle Dalbec



Satya Narayana Dasa



Janna Delgado



John Douillard



Jashoda Edmunds



Jonathan Foust (Sudhir)



500-HOUR KRIPALU YOGA TEACHER TRAINING

PREREQUISITES

Any Yoga Alliance–approved 200-hour yoga teacher certification and 100 hours of teaching experience.

REQUIRED COURSES

- *Tools for Transformational Teaching* November 14–23, 2014 **Final offering!**
Sudha Carolyn Lundeen and Rudy Peirce
- *Guiding Kripalu Meditation and Advanced Asana* January 9–18, 2015
Yoganand Michael Carroll and Jonathan Foust (Sudhir)
- *Teaching Pranayama and Advanced Asana* February 20–March 1, 2015
Larissa Hall Carlson and Yoganand Michael Carroll

ELECTIVE COURSES (CHOOSE AT LEAST ONE)

- *Leading Kripalu Vinyasa* March 20–29, 2015 *Coby Kozlowski*
- *Integrating Ayurveda into Yoga Teaching** June 19–28, 2015 *Larissa Hall Carlson*

TUITION \$1,049 per course, plus room and meals.

*Precourse homework is assigned upon registration and is due at start of program.



KRIPALU YOGA IN THE SCHOOLS TEACHER TRAINING

PREREQUISITE

Any Yoga Alliance–approved 200-hour yoga teacher certification.

DATES

- June 26–July 3, 2015
Janna Delgado and Iona M. Smith

TUITION \$879, plus room and meals.

Kripalu School of Ayurveda

Apply today → kripalu.org/applynow



200-HOUR FOUNDATIONS OF AYURVEDA

DATES

- Part 1: September 26–October 5, 2014
Larissa Hall Carlson, Satya Narayana Dasa, and Rosy Mann
- Part 2: December 5–14, 2014
Jyothi Bhatt, Scott Blossom, and Rosy Mann

TUITION \$2,675 for both parts, plus room and meals.

KRIPALU SCHOLARSHIPS

The Kripalu Schools of Yoga and Ayurveda award more than \$330,000 in scholarships annually.

To learn more, visit
→ kripalu.org/applynow



Jurian Hughes



Sunil Joshi



Coby Kozlowski



Brahmani Liebman



Sudha Carolyn Lundeen



Rosy Mann



Margrit Mikulus



Rudy Peirce



Jennifer Reis



Claudia Welch



500-HOUR AYURVEDIC YOGA TEACHER TRAINING

PREREQUISITES

Any Yoga Alliance–approved 200-hour yoga teacher certification and 100 hours of teaching experience.

REQUIRED COURSES

- *Kripalu Foundations of Ayurveda*
TUITION \$2,675, plus room and meals.
- *Integrating Ayurveda into Yoga Teaching** June 19–28, 2015 *Larissa Hall Carlson*
TUITION \$1,049, plus room and meals.

*Precourse homework is assigned upon registration and is due at start of program.

ELECTIVE COURSES (CHOOSE AT LEAST ONE)

- *Guiding Kripalu Meditation and Advanced Asana* January 9–18, 2015
Yoganand Michael Carroll and Jonathan Foust (Sudhir)
- *Teaching Pranayama and Advanced Asana* February 20–March 1, 2015
Larissa Hall Carlson and Yoganand Michael Carroll

TUITION \$1,049 per course, plus room and meals.



650-HOUR AYURVEDIC HEALTH COUNSELOR CERTIFICATION

(formerly Ayurvedic Lifestyle Consultant)

REQUIRED COURSES

- *Kripalu Foundations of Ayurveda*
TUITION \$2,675, plus room and meals.

DATES AND COURSES COURSES MUST BE TAKEN IN ORDER.

- *Module 1: Anatomy, Physiology, Etiology, and Pathology* January 16–25, 2015 *Jyothi Bhatt, Larissa Hall Carlson, and Rosy Mann*
- *Module 2: Clinical Assessment, Pulse Diagnosis, and Herbology* February 13–22, 2015
Jyothi Bhatt, Larissa Hall Carlson, John Douillard, and Rosy Mann
- *Module 3: Clinical Assessment, Vata Management, and Women's Health* March 13–22, 2015
Sunil Joshi and Claudia Welch
- *Module 4: Clinical Training and Working with Clients* May 29–June 7, 2015
Rosy Mann, Vasant Lad, and Margrit Mikulus

TUITION \$1,049 per course, plus room and meals.

Inspired Evolution

Kripalu's 500-Hour Yoga Teacher Training



Micah Mortali, Director of the Kripalu Schools of Yoga and Ayurveda, discusses exciting new enhancements to the 500-Hour Kripalu Yoga Teacher Training.

What distinguishes Kripalu's 500-hour training?

Kripalu Yoga is as spiritually profound as it is deeply physical. We offer powerful in-depth practices that emerge from our hatha yoga roots. What students discover is that Kripalu Yoga not only strengthens our bodies and minds but also offers rich tools to develop concentration, compassion, and the ability to sit with strong emotions using witness consciousness and Self-Observation Without Judgment.

What's the intention behind enhancing the 500-Hour Kripalu Yoga Teacher Training curriculum?

Since its inception, our 500-hour program has provided our students with outstanding tools to enhance their teaching and practice. The addition of fresh, inspired content reflects a new energy and authenticity. We've aligned our curriculum with the teachings of Swami Kripalu and Patanjali's eight-limbed path, and incorporated more Ayurveda.

What are the modules?

We're thrilled to launch the Kripalu Vinyasa module. This training offers an emphasis on compassion and sensitivity to enhance the rigors of the physical practice, which cultivates a sense of softness, surrender, and inquiry. Another great addition is Integrating Ayurveda into Yoga Teaching. This module empowers Kripalu Yoga teachers to skillfully weave Ayurveda into their classes. Pranayama and meditation, previously taught together, are now split into two different in-depth modules, each with a specific set of advanced asanas that complement and support these practices. We also continue to offer Kripalu Yoga for Special Populations, making the healing benefits of yoga accessible to a wider range of people.

How can 200-hour yoga teachers trained in different traditions benefit from doing their 500-hour training at Kripalu?

Kripalu offers a way to study yoga that can't be found anywhere else—immersion learning in an environment that fosters deep practice and a yogic lifestyle. Students live in community with like-minded people, enjoying nourishing, healing food and beautiful surroundings.

We have a team of passionate, dedicated faculty with decades of teaching experience who, along with the Kripalu Yoga Teachers Association, provide support and empowerment to our students from the moment they arrive to long after they graduate.

What direction is Kripalu Yoga Teacher Training headed?

The Kripalu Schools are re-energized. We're looking ahead to extending our training beyond the 500-hour level. One example is our Kripalu Yoga in the Schools Teacher Training, which guides yoga teachers to deliver Kripalu Yoga to teenagers using a curriculum developed by the Kripalu Institute for Extraordinary Living. We're helping our students enhance their skill set in order to take Kripalu Yoga out into the world so that they can empower and inspire everyone they teach.

This is an exciting time in the evolution of Kripalu Yoga and we can't wait to share it with our students!



Kripalu School of Yoga 500-hour faculty (from left to right): Michelle Dalbec, Larissa Hall Carlson (Dean of the Kripalu School of Ayurveda), Coby Kozlowski, Sudha Carolyn Lundeen, Yoganand Michael Carroll (Dean of the Kripalu School of Yoga), and Jonathan Foust (Sudhir).

THE NEW 500-HOUR MODULES

TEACHING PRANAYAMA AND ADVANCED ASANA

*Larissa Hall Carlson
and Yoganand Michael Carroll*

Kripalu's unique teaching methodology is designed to awaken the life force and open the door to profound meditation. This hands-on training will renew your relationship with the practices that lie at the heart of yoga.

GUIDING KRIPALU MEDITATION AND ADVANCED ASANA

*Jonathan Foust (Sudhir),
Yoganand Michael Carroll,
and Michelle Dalbec*

Immerse yourself in an integrated practice of postures and meditation techniques that cultivates deep inner stillness, and learn how to take this transformative experience back to your students.

INSTRUCTING KRIPALU YOGA FOR SPECIAL POPULATIONS

Sudha Carolyn Lundeen

Yoga has so much to offer for those with unique needs, including the elderly, pregnant women, and those with chronic health conditions. Learn how to make yoga accessible and inspiring for everyone.

LEADING KRIPALU VINYASA

Coby Kozlowski

Infuse your teaching with power and passion as you explore vinyasa through the lens of Kripalu Yoga methodology. Kripalu Vinyasa is a heart-lifting practice of meditation in motion.

INTEGRATING AYURVEDA INTO YOGA TEACHING

Larissa Hall Carlson

Ayurveda offers a whole new set of time-tested tools to take your teaching to the next level. Learn how to create healing, revitalizing classes that align beautifully with the rhythms of nature.

find out more ➞ kripalu.org/ytt500

Kripalu Healing Arts



experience a deeper kind of wellness

Bring your body, mind, and spirit into wholeness with one-on-one healing sessions.

Go deeper with a Healing Arts session.

CHOOSE FROM

- Relaxing massage and bodywork
- Transformative energy work
- Ayurvedic treatments and consultations
- Insightful wellness consultations
- Nourishing facials

For a full menu of services and fees, visit kripalu.org/healingarts

KRIPALU MEDITATIVE MASSAGE

Kripalu Meditative Massage promotes healing and rejuvenation through a fusion of revitalizing touch and soothing energy work. Along with renewing your physical body, Kripalu Meditative Massage brings the mind to a place of inner stillness, helping you connect to your intuitive wisdom.

Find balance with a Kripalu Healing Arts treatment. We recommend making your reservation two weeks in advance. Call **888.738.1822**.

SAVE 10%

The Kripalu Healing Arts Sampler includes two specially selected Healing Arts treatments: Kripalu Meditative Massage and an Energy Balancing session.

Get the details
[➔kripalu.org/packages](https://kripalu.org/packages)

On-site | Online Programs

A dynamic blend of two modes of study—immerse yourself in the Kripalu Experience, and then keep learning at home.



- 7 WEEKS OF
BLENDED LEARNING:
- 5-DAY ON-SITE IMMERSION
 - 6 WEEKS OF ONLINE
SUPPORT AT HOME

Find out more on
page 43 and 81 or visit
kripalu.org/weightloss

DECEMBER 29, 2014–FEBRUARY 13, 2015
ON-SITE IMMERSION DATES JANUARY 4–9, 2015

FEBRUARY 16–APRIL 3, 2015
ON-SITE IMMERSION DATES FEBRUARY 22–27, 2015

INTEGRATIVE WEIGHT LOSS: LIVING A TRANSFORMED LIFE

Aruni Nan Futuronsky, Annie B. Kay, and Kripalu Healthy Living Faculty

FOR everyone. CE credits.

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

Achieve your health goals in our groundbreaking weight-loss program. On-site, led by exceptional faculty in a supportive environment, you discover how to shift into a balanced relationship with your body. At home, you're encouraged by faculty and peers online and in inspiring live group-share calls.



- 11 MONTHS OF
BLENDED LEARNING:
- TWO 5-DAY ON-SITE
IMMERSION DATES
MARCH 22–27, 2015
JANUARY 10–15, 2016
 - 8 ONLINE MODULES
OF STUDY AT HOME

Find out more on
page 77 or visit
kripalu.org/cipp

FEBRUARY 9, 2015–JANUARY 15, 2016

CERTIFICATE IN POSITIVE PSYCHOLOGY

Dr. Tal Ben-Shahar, Dr. Maria Sirois, and Megan McDonough

FOR anyone seeking a comprehensive understanding of Positive Psychology, including professionals in the fields of mental health, life coaching, and yoga therapy. CE credits.

Explore what it truly means to be happy.

Cultivate your happiness, strengths, self-esteem, and optimism in this uplifting program grounded in research. Exclusively at Kripalu, Certificate in Positive Psychology focuses on what works for individual and societal flourishing. You learn the latest mind-body science in an environment that nourishes a “whole-being” approach.



- 15 WEEKS OF
BLENDED LEARNING:
- TWO 3-DAY ON-SITE
IMMERSION DATES
MARCH 1–4, 2015
MAY 31–JUNE 3, 2015
 - 4 ONLINE MODULES
OF STUDY AT HOME

Find out more on
page 88 or visit
kripalu.org/resilientlife

FEBRUARY 23–JUNE 3, 2015

CRAFTING THE RESILIENT LIFE

Dr. Maria Sirois

FOR those interested in building skills to deal with everyday setbacks or major life upheavals, whether personally or in a professional practice. CE credits.

Create a life of strength and positivity.

Build a foundation for optimal living through the science of resilience and the study of happiness. Learn to move through challenging times into a more serene life, cultivating practices and attitudes that enable you to sustain healthy transformation, so you can flourish no matter what.



NOVEMBER						
S	M	T	W	T	F	S
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Don't miss these remarkable programs and presenters—this November at Kripalu.

Call today to reserve your place!

NOVEMBER 7–9 FRIDAY–SUNDAY

TRUE REFUGE TARA BRACH

Discover for yourself the value of meditation in relieving emotional suffering and helping you find happiness and inner freedom, even in the face of life's greatest challenges. Through meditation, guided exercises, and discussion—in periods of silence as well as the safety and support of interpersonal sharing—you learn to cultivate mindfulness, loving presence, and open awareness. **CE** credits.



NOVEMBER 7–9 FRIDAY–SUNDAY

EVIDENCE-BASED QIGONG CERTIFICATION NURTURING MIND, BODY, AND SPIRIT

YANG YANG

Whether you're a teacher looking for new material or just want to experience "Chinese Yoga," this dynamic workshop with Master Yang Yang gives you the essential foundation of all qigong practice and a deeper understanding of the spiritual root common to all Eastern energy practices. This course provides hours toward Level I qigong instructor certification. **CE** credits.

NOVEMBER 14–16 FRIDAY–SUNDAY

DISCOVER YOUR SOUL SIGNATURE

A PATH TO PURPOSE,
PASSION, AND JOY

PANACHE DESAI

Don't miss this unique opportunity with contemporary thought leader Panache Desai. Discover your soul signature and connect with your innate potential as you learn to live a life of authenticity, rediscover your purpose and passion, and believe from your soul in the possibility of all things.



NOVEMBER 21–23 FRIDAY–SUNDAY

YOGA BODY, BUDDHA MIND

CYNDI LEE

In this weekend with OM Yoga founder Cyndi Lee—one of the most influential teachers in the United States—you explore active and restorative asana practices, dharma talks, and meditations to cultivate awareness and compassion. This powerful union of yoga and Buddhism transforms the body and mind, so you can infuse your daily adventures, encounters, and relationships with the energy of practice. **CE** credits.



NOVEMBER 28–30 FRIDAY–MONDAY

UNRAVELING THE BASICS OF ASHTANGA YOGA

THE CLASSICAL EIGHT-LIMBED PATH

BERYL BENDER BIRCH

Longtime yoga teacher and best-selling author Beryl Bender Birch guides you in a classic Ashtanga Yoga practice to rehabilitate and/or prevent injury, heal from illness and imbalance, and strengthen your body and mind through mindful movement and meditation. **CE** credits.



Kripalu | HEALTHY LIVING
PROGRAMS

NOVEMBER 2–7 SUNDAY–FRIDAY

HOW SWEET IT IS

BEATING THE BLOOD-SUGAR BLUES

Lisa B. Nelson and Annie B. Kay

Just in time for the holidays, this program offers rich tools to help you face temptations and uncover the true roots of your cravings. By experiencing your own nourishing combination of movement, meditation, and a satisfying whole-foods diet, you cultivate health, connection, and vitality—life's natural sweeteners—without the rush of sugar. **CE** credits.



NOVEMBER 9–14 SUNDAY–FRIDAY

REJUVENATE AND RECLAIM LIFE AFTER 40



Maria Sirois

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

DECEMBER

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28	29	30	31			



I just love Kripalu. I can't wait to come back!"

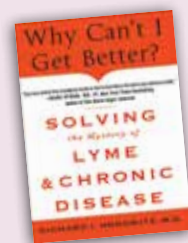
—Karen C., Rumson, New Jersey

DECEMBER 5–7 FRIDAY–SUNDAY

BEYOND LYME AND OTHER CHRONIC ILLNESSES

RECLAIMING OUR HEALTH AND WELL-BEING

Richard Horowitz



FOR everyone. CE credits.

Lyme disease is the number-one vector-borne epidemic, mimicking chronic fatigue syndrome, fibromyalgia, multiple sclerosis, and autoimmune diseases. Learn how to effectively treat your aches and pains, memory and concentration problems, depression and anxiety, and other resistant symptoms. Find out how to finally get better!

This workshop offers

- Medical doctor Richard Horowitz's 16-point map to address the underlying causes of most chronic illnesses
- Effective remedies for common health complaints
- Herbal and nutritional therapies
- Techniques that detoxify the body and mind and elevate the spirit.

Richard is joined by Lee Horowitz, an experienced group facilitator and healer who leads movement, meditation, and discussions on transforming difficult emotions into powerful growth opportunities.

RECOMMENDED READING See this program on the Kripalu website.

TUITION \$250. Add 2 weekend nights room & meals; see page 92. (web code BLOI-141)



Richard Horowitz, MD, is a board-certified internist who specializes in the diagnosis and treatment of Lyme disease and associated tick-borne disorders using integrative medicine. www.cangetbetter.com



DECEMBER 5–7 FRIDAY–SUNDAY

GENTLY FREE

A SPIRITUAL PATH WITHOUT SELF-BLAME OR GUILT

Adam Lobel

FOR everyone. CE credits.

Do you experience ongoing self-judgment and internal criticism? Do you beat yourself up in your effort to find peace? Is the way you practice out of sync with what you seek? You're not alone. Contemporary society suffers from tremendous self-aggression. In this workshop, Adam Lobel explores how you can approach your spiritual path and everyday life with more gentleness, curiosity, and confidence—and less guilt and self-judgment.

This program offers

- Reflections on the historical background of our sense of guilt
- Techniques to rediscover the longing and confidence that lie beneath inner criticism
- Guided meditation instruction and practice.

Offering kindness toward your body, mind, and emotions can unlock your human potential and benefit society and the planet.

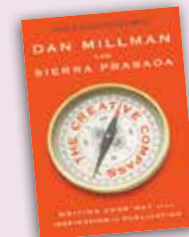
TUITION \$225. Add 2 weekend nights room & meals; see page 92. (web code WSG-142)

Adam Lobel is a senior teacher (acharya) in the Shambhala Buddhist tradition, a scholar of religion and philosophy, and a successor to Pema Chödrön. He holds a master's degree from Harvard Divinity School. www.adamlobel.org

DECEMBER 5–7 FRIDAY–SUNDAY

FOLLOW YOUR CREATIVE COMPASS

Sierra Prasada with special guest Dan Millman



FOR everyone. CE credits.

Whether you're a writer, artist, or innovator, connect with your creative compass and map your route through five universal stages: Dream, Draft, Develop, Refine, and Share.

With Sierra Prasada's guidance, you can work through self-doubt and inertia to generate, cultivate, and manifest ideas that matter to you. Find inspiration in exercises drawn from the fields of writing, journalism, performance, and mind-body work, and acquire the patience to develop your dreams, transforming your work so that it

may transform you. Through solitude, lecture, and discussion, you learn to

- Dream in dialogue—and on deadline
- Take fearless risks by drafting in layers
- Reinvent—not just revise—your work
- Receive feedback and share your work with an ideal audience.

Best-selling author Dan Millman joins his coauthor (and daughter) Sierra Prasada for a special session focused on overcoming creative blocks.

TUITION \$240. Add 2 weekend nights room & meals; see page 92. (web code CCWW-141)



Sierra Prasada, author, journalist, editor, and teacher, is adapting Dan Millman's best-selling novel *The Journeys of Socrates* into a screenplay. www.sierraprasada.com



Dan Millman is the author of *Way of the Peaceful Warrior* and 16 other books read by millions of people in 29 languages. www.peacefulwarrior.com



DECEMBER 5–7 FRIDAY–SUNDAY

BODY SENSE AND SOUL

THE BASICS OF HATHA YOGA

Lena Madsen

FOR all levels.

Here is the workshop you've been waiting for—a weekend that brings you the basics of hatha yoga in a practical, comprehensive, and enjoyable way. Lena Madsen has an intuitive ability to clarify and explain all aspects of yoga practice, using both words and demonstra-

tions. This workshop is appropriate for students of all levels who want to deepen their understanding of alignment, breath observation, and meditation.

This program offers

- Basic therapeutic yoga postures
- Powerful yet accessible breathing practices
- Yoga philosophy explained in a practical way
- Moving meditation
- Guided relaxation.

Lena invites you into a richer, fuller journey on your yoga mat as you nurture body and soul.



TUITION \$210. Add 2 weekend nights room & meals; see page 92. (web code BSSH-141)

Lena Madsen, LMT, a yoga teacher and licensed massage therapist, teaches at her studio, Body Sense and Soul, in Nyack, New York, and throughout the East Coast. www.lenamadsenyoga.com

DECEMBER 5–7 FRIDAY–SUNDAY

PRANA FOR PERFECT HEALTH

TRANSFORMATION THROUGH YOGA

Claire Este-McDonald

FOR yoga teachers and students of all levels. CE credits.

Take your understanding of yoga beyond exercise to the life-changing possibilities that prana (life force) can bring. Simple yet powerful shifts in your diet, asana practice, and thoughts can help you establish health and vitality in your life.

In this workshop, you learn

- The five pranas and their physical, mental, emotional, and spiritual impact
- How to work with your individual nature, making adaptations within guided practices for balance, weight loss, and well-being
- How prana serves as an underpinning for ultimate health and vitality
- How to work with prana on a daily basis.

Return home refreshed and renewed, with a buoyant sense of youthfulness and a profound understanding of how your body, mind, and emotions are affected by the power of prana.

TUITION \$220. Add 2 weekend nights room & meals; see page 92. (web code PFPH-141)

Claire Este-McDonald, RN, BSN, E-RYT 500, cocreator of Divine Play Yoga, is a master Baptiste Yoga teacher and trauma nurse who makes yoga accessible to everyone.



Claire Este-McDonald

DECEMBER 5–7 FRIDAY–SUNDAY

THE HEALING POWER OF THE LIFE YOU PLANNED BEFORE YOU WERE BORN

Robert Schwartz



FOR everyone.

When difficult or traumatic experiences occur, we wonder, “Why?” The answer, according to Robert Schwartz, is because you planned it that

way. In this inspirational and healing workshop, Robert helps you understand the deeper spiritual meaning of the challenges you scripted into your life plan.

Learn to

- Use your challenges to grow and heal
- Forgive
- Replace anger, guilt, and blame with acceptance and joy.

Robert leads a Between Lives Soul Regression, a potentially life-changing experience in which you can speak directly with your spirit guide and Council of Elders about your life purpose and how to heal from challenges. He also offers the Divine Virtues Exercise, revealing the qualities you chose before birth to cultivate and express in this lifetime.

RECOMMENDED READING Robert Schwartz, *Your Soul's Plan* (Frog Books) and *Your Soul's Gift* (Whispering Winds Press).

TUITION \$235. Add 2 weekend nights room & meals; see page 92. (web code LPBB-141)



Robert Schwartz is a hypnotist and the author of *Your Soul's Plan* and *Your Soul's Gift*. www.yoursoulsplan.com

INSPIRATION IN YOUR NEWSFEED

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DECEMBER 5–7 FRIDAY–SUNDAY

GETTING THE LOVE YOU WANT A WORKSHOP FOR COUPLES

HARVILLE HENDRIX AND HELEN LAKELLY HUNT



FOR couples of all orientations, length of commitment, and stages of life.

Take your relationship to the next level in a workshop based on the best-selling book *Getting the Love You Want: A Guide for Couples*. This book has helped hundreds of thousands of people experience the profound connection that

- Heals childhood and relational wounds
- Activates undeveloped potential
- Spurs spiritual growth.

Harville Hendrix and his wife, Helen LaKelly Hunt, guide you and your partner to deeper levels of connection and wholeness using

Imago Relationship Therapy, a transformational approach that allows you to experience new levels of safety and appreciation. Restoring passion and hope to your relationship, Imago brings you healing, wholeness, and spiritual growth.

NOTE Tuition includes a manual. This program has an intensive schedule with extended hours. It may be difficult to participate in other Kripalu events or receive Healing Arts services.

TUITION \$350. Add 2 weekend nights room & meals; see page 92. (web code GLYW-142)

Harville Hendrix, PhD, is a couple's therapist, educator, clinical trainer, author, and lecturer. www.harvilleandhelen.com

Helen LaKelly Hunt, PhD, author of *Faith and Feminism*, cofounded Women Moving Millions and is an inductee in the National Women's Hall of Fame. www.harvilleandhelen.com

DECEMBER 5–7 FRIDAY–SUNDAY

MARY OLIVER AND THOMAS MERTON CONTEMPLATIVE POETS ON CHOOSING TO LOVE THE WORLD

Jonathan Montaldo

FOR everyone.

The poetry of Mary Oliver and Thomas Merton offers lessons on how to more fully savor your life and embodies a path of courage and joy that leads toward what Merton called “the hidden ground of love” available to everyone who chooses to be awake. Using ancient contemplative practices such as silence and deep listening to “the speech each day makes,” you learn to embrace life's challenges and choose to love the world.

This program includes

- Facilitated group reflection on poetry to explore the inner self
- Meditation as a tool to enter the “school of everyday life”
- Simple yoga stretches to prepare the body to flow with poetry and meditation.

REQUIRED AND RECOMMENDED READING See this program on the Kripalu website.



TUITION \$225. Add 2 weekend nights room & meals; see page 92. (web code MOAT-141)

Jonathan Montaldo, MA, is a writer, editor, and conference presenter whose work promotes the legacy of Thomas Merton and inter-spiritual contemplative dialogue. www.monksworks.com

DECEMBER 7–10 SUNDAY–WEDNESDAY

RESTORATIVE YOGA FOR TEACHERS

THE NEXT LEVEL

Sudha Carolyn Lundeen



FOR yoga teachers with min. 6 months of experience leading restorative yoga. **CE** credits.

This training is designed for yoga teachers who already know the basics of leading restorative postures and want to develop the ability to notice structural misalignments and offer adjustments that encourage students to release more fully into the poses.

In a program that includes lecture and hands-on practice, you learn to

- Modify poses and props to fit individual needs
- Deepen your understanding of the therapeutic aspects of restorative yoga
- Use and teach mudras (hand gestures) that augment the healing energetics of poses
- Find creative ways of maximizing the restorative experience when minimal props are available.

TUITION \$295. Add 3 midweek nights room & meals; see page 92. (web code RYT-142)



Sudha Carolyn Lundeen, RN, E-RYT 500, is a teacher trainer at Kripalu, where she leads a variety of yoga, Ayurveda, and wellness workshops.

www.sudhalundeen.com



DECEMBER 7–10 SUNDAY–WEDNESDAY

TRADITIONAL JAPANESE REIKI SHODEN GENDAI (LEVEL I) AND OKUDEN GENDAI (LEVEL II)

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: a state of perfect harmony and spiritual fulfillment. In this workshop, you begin to open your energy channel to that harmony

through attunements, breath awareness, meditation, visualization, self-purification, and self-empowerment techniques.

Level I training 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.

During this training, you

- Receive Reiju (attunement) for Japanese Reiki levels I and II
- Learn the Japanese Giho (technique) for self-healing and healing others
- Receive the first three Reiki symbols that Mikao Usui transmitted to his students
- Learn to send Reiki beyond time and space.

Upon completion, you receive a Professional Reiki Practitioner certificate and membership in Gendai Reiki America.

TUITION \$305. Add 3 midweek nights room & meals; see page 92. (web code PTR-141)

DECEMBER 10–12 WEDNESDAY–FRIDAY

TRADITIONAL JAPANESE REIKI GENDAI SHINPIDEN (MASTER LEVEL III)

James and Audrey Pearson Shihans

FOR those who have completed Okuden Reiki, Level II. **CE** credits.

Continue the path of traditional Japanese Reiki with Master Level training that transmits an empowering transcendence to your process of self-realization. Deepen your connection with your spiritual self through Master Attunement (Reiju) Reiki enhanced by meditation, visualization, and breathing techniques.

In this Level III training, you

- Receive the Master Reiju (attunement) and the fourth and final symbol
- Deepen your self-purification
- Receive Giho (techniques) to enhance your spiritual connection through Reiki resonance
- Further your journey toward Anshin Ritsumei (satori), what we in the West call enlightenment.

You complete the training certified as Gendai Reiki Shinpiden, with membership in Gendai Reiki America.

TUITION \$205. Add 2 midweek nights room & meals; see page 92. (web code PTRM-141)



James and Audrey Pearson Shihans studied the original Reiki teachings with Usui Reiki Ryoho Gakkai member Hiroshi Doi Sensei, who empowered them to carry the Gendai Reiki lineage. www.yogapathways.com

✚ Combine these two programs for a 10 percent tuition discount for each program.

DECEMBER 7–19 SUNDAY–FRIDAY, PART 1
JANUARY 25–FEBRUARY 6 SUNDAY–FRIDAY, PART 2

200-HOUR KRIPALU YOGA TEACHER TRAINING

TWO 12-DAY MODULES

Michelle Dalbec, Janna Delgado, Jurian Hughes, and Rudy Peirce

Experience the fundamentals of Kripalu Yoga and gain the knowledge, skills, and confidence to become an exceptional yoga teacher. You emerge from our residential training inspired and ready to teach. Our Yoga Alliance–approved 200-hour Kripalu Yoga certification program trains you to teach safe, effective yoga classes, and shows you how to incorporate the wisdom of yoga into your life.

You learn

- The principles and practices of Kripalu Yoga’s 25 foundational asanas
- Introductory anatomy, physiology, and kinesiology applied to asana
- Approaches for assisting students
- Ways to guide students in developing witness consciousness and self-compassion
- Skills for designing well-rounded classes, including warm-ups, asana, pranayama, relaxation, and meditation techniques.

TUITION \$2,675, plus room and meals. Contact us at ksya@kripalu.org or 800.848.8702 for more information. (web code YT-1142)

See the Kripalu website for Kripalu School of Yoga faculty bios.

DECEMBER 7–12 SUNDAY–FRIDAY

QIGONG AND YOUR BODY OF LIGHT

Lee Holden

FOR beginning and intermediate qigong students. **CE** credits.

Tap into the unlimited energy of the universe. Get to know your light body—the timeless, energetic essence that connects you to everything. The Taoist sages passed on techniques that allow you to step into the flow of nature, align with the consciousness of the cosmos, and cultivate the seeds of your highest potential.

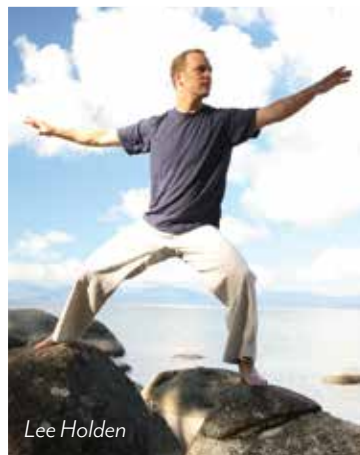
Qigong can help with real-world challenges such as stress, worry, and sleeplessness. The time-tested skills taught in this workshop include

- Essential qigong exercises for increased energy
- How energy, mindfulness, spirit, and consciousness synergize
- Ways to transform stress into vitality.

Discover universal truth by working with life-force energy in a full range of qigong exercises and meditations—many rarely taught in the West. Lee Holden also offers informative lectures, Taoist and mindfulness meditation, and partner exercises.

TUITION \$375. Add 5 midweek nights room & meals; see page 92. (web code QGBL-141)

Lee Holden is a doctor of Chinese medicine, an internationally celebrated qigong master whose programs aired regularly on PBS, and author of *Seven Minutes of Magic*. www.leeholden.com



Lee Holden

DECEMBER 10–12 WEDNESDAY–FRIDAY

MAKING SPIRITS BRIGHT

YOGA FOR REFLECTION AND EXPANSION

Kim Valeri

CE credits.

Experience how your asana practice can guide you from physical action, perception, and awareness of breath toward deeper spiritual reflection. In this preholiday workshop with Kim Valeri, you learn yoga philosophy and Ayurvedic principles to support your understanding of personal transformation, healing, and expansion.

Make your spirit bright as Kim guides you to

- Quiet your mind and find deep relaxation through pranayama and meditation
- Restore your body with asana sequences taught with grounding alignment
- Transform the way in which you respond to stressful situations
- Bring your nervous system into equilibrium, enhance your health, improve your sleep, and calm anxieties
- Cultivate patience, clarity, and well-being.

Kim invites students at all levels, including yoga teachers seeking Yoga Alliance CEUs or credit toward yogaspirit® certification.

TUITION \$225. Add 2 midweek nights room & meals; see page 92. (web code MSB-141)



Kim Valeri, RYT, founder of yogaspirit® studios, is a gifted healer and master teacher who works to raise conscious awareness. www.yogaspiritstudios.com

PAUSE. BREATHE. BE.

Every Sunday on the Kripalu blog.

➔ kripalu.org/quiet

DECEMBER 12–14 FRIDAY–SUNDAY

THE OPENING THE HEART WORKSHOP

Linda Aranda, Jon Berenson, Donna Macomber, and Peter Watson

CE credits.

The Opening the Heart™ (OTH) philosophy recognizes that true health is based on a holistic model that includes mind, body, and spirit. Drawing on a unique blend of contemporary Positive Psychology and ancient wisdom traditions, this workshop engages the body’s natural energies in exercises designed to heal past trauma, work through blocked emotions, and disentangle from the past with the goal of reconnecting with core truths and learning to live more fully from the heart.

Exploring deep areas of the self requires the security of a safe environment where participants receive respectful, loving, individual attention. The leaders of the OTH workshop have many years of experience in providing these essentials.

TUITION \$230. Add 2 weekend nights room & meals; see page 92. (web code OHW-142)

Linda Aranda has been leading the Opening the Heart Workshop for 20 years.

Jon Berenson, PhD, is a clinical psychologist with 30 years of experience in private practice.

Donna Macomber has a private counseling practice in western Massachusetts.

Peter Watson directed the Core Studies Program at Interface in Cambridge, Massachusetts.

www.openingtheheartworkshop.com

DECEMBER 12–14 FRIDAY–SUNDAY

AGING GRACEFULLY

YOGIC WISDOM THROUGH THE AGES

Tao Porchon-Lynch

FOR all levels. **CE** credits.

Tao Porchon-Lynch, an inspiring 96-years-young yoga grand master, invites you to explore the eternal energy of yoga in a delicious week-end of breathing, stretching, vinyasa sequences, twists, and meditation.

Design a personal practice that’s informed, well-grounded, and fun, as you

- Tap into your energy to create unity of breath, body, mind, and spirit
- Focus on the chakras, integrating bandhas, breath, and movement
- Experience vinyasa sequences drawn from the teachings of B. K. S. Iyengar, Indra Devi, and Swami Vivekananda
- Find inspiration in stories about Tao’s childhood and her studies with many of India’s yoga masters.

Witness how a dedicated yoga practice can improve and increase your vitality. Tao teaches by example how to reach your ultimate potential, tuning in to the subtle flow of life-force energy.

TUITION \$220. Add 2 weekend nights room & meals; see page 92. (web code AGYW-141)

Tao Porchon-Lynch, E-RYT 500, is a master yoga teacher who synthesizes the most positive aspects of Indian, European, and American thought. www.taoporchon-lynch.com



Tao Porchon-Lynch

DECEMBER 7–12 SUNDAY–FRIDAY

NUTRITION INTENSIVE FOR HEALTH PROFESSIONALS

Annie B. Kay, Kathie Madonna Swift, and Lisa B. Nelson

Experience Kripalu’s approach to nutritional wellness.

FOR physicians, nurses, nutritionists, registered dietitians, and other health-care professionals seeking personal and professional development. **CE/CME** credits.

Expand your skills by exploring the Kripalu approach to whole-foods healing and clinical nutrition, with Kripalu’s world-class team of leaders in integrative nutrition and whole-person health. Deepen your understanding of nutritional healing as you learn

- Past and present food theories, nutritional discoveries, and controversies
- Core nutritional systems and how they relate to common chronic syndromes and diseases
- The psycho-physiological mechanisms through which yoga and other mind-body practices support lifestyle change
- The foundations of Ayurveda
- The dynamic relationship between digestion and health, and the critical role nutrition plays for the brain and heart
- How to use whole foods, dietary supplements, and mind-body nutrition therapeutically
- Culinary approaches for common health conditions.

TUITION \$520. Add 5 midweek nights room & meals; see page 92. (web code RRNI-143)



Annie B. Kay, MS, RDN, LDN, RYT, is Lead Nutritionist at Kripalu and author of *Every Bite Is Divine*. www.everybiteisdivine.com



Kathie Madonna Swift, MS, RDN, LDN, is an integrative nutritionist and the author of *The Swift Diet*. www.kathieswift.com



Lisa B. Nelson, MD, is Director of Medical Education for Kripalu Healthy Living programs and a practicing physician.

DECEMBER 12–14 FRIDAY–SUNDAY

UNFINISHED
BUSINESS
THE GREATEST STORY
STILL UNTOLD

Nancy Slonim Aronie

FOR everyone.

Your greatest story remains untold until you get it out of your body and onto the page. This workshop is about using your unique voice to write the story you’ve been carrying around inside you. Designed for people who want to write a memoir yet can’t seem to begin, this workshop offers the opportunity to craft short pieces, straight from the heart, as we

- Play with words
- Work with the power of writing truth
- Find discipline by becoming the disciple of your own soul
- Take what you thought would be the hardest thing and turn it into the gold thread of your life’s tapestry.

Remember—you can’t do it wrong, because it’s your story and you get to create your own ending!

TUITION \$225. Add 2 weekend nights room & meals; see page 92. (web code UBG5-141)



Nancy Slonim Aronie, a commentator for National Public Radio’s *All Things Considered*, is author of *Writing from the Heart* and founder of the Chilmark Writing Workshop.

www.chilmarkwritingworkshop.com

EXPLORE YOUR
POTENTIAL

Learn how to live more consciously.

➔ kripalu.org/consciousliving



DECEMBER 12–14 FRIDAY–SUNDAY

FROM GRIEVING
TO BELIEVING
THE SOUL IN TRANSFORMATION

David Kessler, Maureen Hancock,
and Paul Denniston

FOR everyone.

Are you yearning for a loved one who has died? Do you feel regret, guilt, or the longing

to experience that soul connection again? Imagine a life beyond the pain of grief, where deep soul work takes place on three planes at once—mind, body, and spirit.

Join three world-renowned experts for a life-changing weekend to help you face the loss of a loved one. David Kessler, grief expert, author, and protégé of Elisabeth Kübler-Ross; Maureen Hancock, acclaimed spiritual medium and author; and Paul Denniston, a yoga teacher specializing in grief, invite you to begin your soul’s healing process.

Through lectures, workshops, group discussions, practical exercises, mediumship demonstrations, and yoga-for-grief classes, you release pain and come away knowing that love never dies—it only transforms.

TUITION \$275. Add 2 weekend nights room & meals; see page 92. (web code GBST-141)

David Kessler, an expert on healing and loss, coauthored two books with Elisabeth Kübler-Ross and was with her during her passing. www.grief.com



Door. www.maureenhancock.com

Maureen Hancock, an internationally renowned spirit medium, is author of the best-selling book *The Medium Next*



people to greater peace and happiness. www.grieyoga.com

Paul Denniston, RYT 500, uses grief as fuel for healing, combining many forms of yoga to release sadness and bring

DECEMBER 12–14 FRIDAY–SUNDAY

VIBRANT VISIONARY
COLLAGE
MANDALA MEETS METTA
MEDITATION

Karen Arp-Sandel

FOR all levels.

Enter the Vibrant Visionary Collage circle with artist and spiritual activist Karen Arp-Sandel. The mandala, Sanskrit for circle, is a symbol of wholeness and absorption into a sacred center. By merging mandala art with metta meditation (the Buddhist practice of loving-kindness), you facilitate healing the fragmented self, coming back to the balance and wholeness of your compassionate heart.

Experience yoga on and off the mat as you

- Honor the sacred in your life
- Connect and create in a supportive community
- Discover the power of the mandala as a healing symbol.

In this workshop, we’re all beginners as we dive into the creative process and learn to weave yoga and art into daily life.

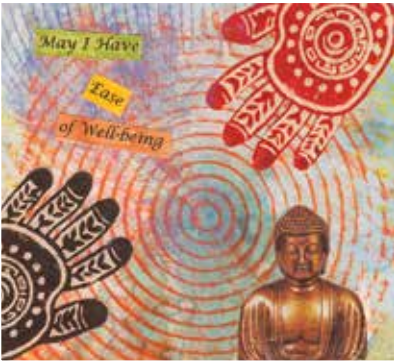
NOTE Tuition includes collage and mixed-media project materials and Collage-A-Day journals.

TUITION \$230. Add 2 weekend nights room & meals; see page 92. (web code VVC-142)



Karen Arp-Sandel is an inspirational artist, educator, Kripalu Yoga teacher, spiritual activist, and founder of the international Vibrant Visionary Collage Community. www.karenarpsandel.com

Karen Arp-Sandel is an inspirational artist, educator, Kripalu Yoga teacher, spiritual activist, and founder of the international Vibrant Visionary Collage Community.



DECEMBER 12–14 FRIDAY–SUNDAY

LOTUS PALM
THAI HEAD MASSAGE

Sukha Wong

FOR everyone. CE credits.

Thai Head Massage is an uplifting treatment that relieves tightness in the face, scalp, neck, shoulders, and upper back—areas of the body where many people store tension. It begins with an invigorating scalp massage focusing on acupressure points that boost circulation, followed by gentler and slower techniques, incorporating oils to break down any remaining tension and release toxins.

You also learn a variety of other massage techniques, including champissage, which combines head massage with a subtle form of energy balancing to create deep peace and calm. Come learn

- The history of head massage
- Basic anatomy of the face, head, and shoulders
- How to give a 45- to 60-minute face, head, and shoulder massage
- How to incorporate oils into scalp massage
- Compassionate and loving touch.

NOTE Tuition includes a manual.



TUITION \$240. Add 2 weekend nights room & meals; see page 92. (web code LPTH-141)

Sukha Wong, a certified massage therapist and instructor, is the owner of the Thai Yoga Massage School Lotus Palm, based in Montreal, Canada. www.lotuspalm.com



Kripalu | HEALTHY LIVING PROGRAM

DECEMBER 14–19 SUNDAY–FRIDAY

BUILD YOUR YOGA PRACTICE

Cristie Newhart and Kripalu Healthy Living Faculty

FOR everyone. CE credits.

An integrative approach to yoga on and off the mat.



Whether you’re new to yoga or looking to revitalize your practice, this immersion provides you with tools and inspiration to make yoga a regular part of your life. Based on the principles of being present and honoring your individual strengths and limitations, Kripalu Yoga offers increased balance, health, well-being, and transformation.

Cristie Newhart uses an integrated approach designed to expand your understanding of yoga on and off the mat. You learn how to create a yoga flow appropriate to your needs, and how a yogic lifestyle that incorporates meditation, breath awareness, and mindfulness can foster health and vitality. We also practice techniques for stress relief and explore the benefits of meditation and yogic breathing techniques.

TUITION \$389. Add 5 midweek nights room & meals; see page 92. (web code RRMV-143)

Cristie Newhart is a Kripalu Yoga teacher and faculty member at Kripalu, where she has taught for more than 10 years.

DECEMBER 14–19 SUNDAY–FRIDAY

AYURVEDIC SEASONAL RETREAT

Hilary Garivaltis and Jennifer Reis

FOR everyone. **CE** credits.

Prepare for the shift into winter by building your strength and immunity and nourishing yourself for the season ahead. Ayurveda teaches that this time of year is about personal reflection and slowing down. As in many indigenous cultures, winter is a time for inner work and vision questing to prepare you for planting your intentions in the spring and bringing them to fruition in summer.

Follow nature's lead and go with the flow as guided by Ayurvedic principles.

This restorative retreat with master teachers Hilary Garivaltis and Jennifer Reis includes a day of silence, meditation, yoga nidra, pranayama, journaling, and Ayurvedic protocols and practices.

TUITION \$355. Add 5 midweek nights room & meals; see page 92. (web code ASRP-141)



Hilary Garivaltis, founder and former Dean of the Kripalu School of Ayurveda, trained at the New England Institute of Ayurvedic Medicine and Rishikesh College of Ayurveda in India. www.hilarygarivaltis.com



Jennifer Reis, E-RYT 500, is a Kripalu faculty member, an Integrative Yoga Therapist and teacher, and creator of Divine Sleep Yoga Nidra®. www.jenniferreisyyoga.com

THE KRIPALU KITCHEN

Enjoy Kripalu recipes and culinary adventures.

➔ kripalu.org/foodiefridays



DECEMBER 15–19 MONDAY–FRIDAY

AN EXQUISITE TASTE OF AWAKENING AND FEARLESS COMPASSION

INTEGRAL-MONDO ZEN™

Doshin Michael Nelson, Roshi

FOR all levels. **CE** credits.

Let your heart break so open that it fills the endless sky. Far beyond our desires—for success, health, meaning—lies something even more profound. Our deepest longing as human beings is for unity. We yearn for the unity of selfless clarity and fearless compassion.

Zen meditation empties the mind and lets the heart be at peace. With Integral-Mondo Zen, we brush away all the noise of thoughts, feelings, and sensations; we transcend the relentless stories and self-referencing. What's left is eloquent silence—the deepest truth of who and what we really are. From this silence, we see that we can choose to release the contraction of self. The extraordinarily ordinary process of Integral-Mondo Zen opens the fearless heart to true clarity and selfless caring.

Join Doshin Michael Nelson for an exquisite taste of awakening.

NOTE This program has early-morning start times (5:00 am).

TUITION \$295. Add 4 midweek nights room & meals; see page 92. (web code ETOA-141)



Doshin Michael Nelson, Roshi, is a poet, teacher, Zen master, and founder of Integral Zen. He is a lineage holder in Hollow Bones Rinzai Zen. www.integralzen.org

DECEMBER 18–21 THURSDAY–SUNDAY

NURTURE YOUR LOVE

THAI MASSAGE AND AYURVEDA FOR COUPLES

Kimberly Larson and Terrel Broussard



FOR couples of any sexual orientation.

Are you looking for a more intimate connection with your partner?

Do you long to be nurtured in your relationship? Healing touch has the power to energize your love. Explore a more fulfilling relationship through the exchange of Thai massage—a playful mix of compassionate touch, yoga stretches, and loving-kindness meditation, done fully clothed on a cushioned mat—and the wisdom of Ayurveda. Release tension, relax the mind, and have fun while building a deeper connection.

In this couples' workshop, you learn how to

- Offer a full Thai massage flow to each other at home
- Listen deeply with hands and heart
- Understand individual needs through conscious communication and Ayurveda
- Care for each other with hands-on bodywork
- Kindle kindness and love with skillful touch.

NOTE Tuition includes an instructional DVD. We will practice kneeling postures during this program. Please wear loose, comfortable clothing.

TUITION \$250. Add 1 midweek night and 2 weekend nights room & meals; see page 92. (web code TMC-143)



Kimberly Larson and Terrel Broussard have more than 30 years of combined experience and training in Thai massage and yoga. www.lakshmisgarden.com



DECEMBER 19–21 FRIDAY–SUNDAY

KRIPALU YOGA WINTER RETREAT FOR THE SOUL

Micah Mortali

FOR all levels. **CE** credits.

The practice of yoga connects us with the forces of nature and the universe. The depths of winter—when bears hibernate, trees put their energy deep into their roots, and indigenous cultures dive into the dream world—is a natural time to retreat.

This weekend, we align with the beauty and tranquility of winter, as we

- Explore breathing practices that move awareness inside (pratyahara)
- Practice holding our attention on a single point (dharana)
- Allow the mind to become absorbed in internal sensations (dhyana)
- Embrace the opportunity for rest and integration that winter provides.

We also explore and discuss the power of manifestation through intentional visioning, and begin the process of aligning with our natural rhythms in order to create a new year in step with our highest calling.



TUITION \$215. Add 2 weekend nights room & meals; see page 92. (web code KYR-141)

Micah Mortali, Director of the Kripalu Schools of Yoga and Ayurveda, has been a yoga educator in public schools, college programs, and alternative outdoor settings.

DECEMBER 19–21 FRIDAY–SUNDAY

CONNECT TO YOUR SPIRIT

A REVITALIZING FORREST YOGA RETREAT

Erica Mather

FOR all levels. **CE** credits.

The winter solstice is a powerful time for contemplation. Come recharge and reconnect with what matters most to you in this revitalizing retreat that will leave you grounded, clear, and with fresh energy to move ahead into the new year.

Forrest Yoga works intimately with the breath to link you to Spirit and keep you in touch with your life path. In this program, Forrest Yoga Guardian Erica Mather offers tools to keep you connected, even when the demands of everyday life tug at your attention. She leads you in exploring chant, meditation, written process work, and asana, with a special emphasis on pranayama, to take you further inward.

TUITION \$215. Add 2 weekend nights room & meals; see page 92. (web code CYS-141)

Erica Mather, MA, E-RYT, founder of the Yoga Clinic NYC, apprentices with Ana Forrest and has been teaching yoga in New York City since 2006. www.ericamather.com



Erica Mather



DECEMBER 19–21 FRIDAY–SUNDAY

SKYDANCING

A SOLSTICE CELEBRATION

Alberto Villoldo

FOR everyone.

Prepare for the new year by visiting your personal history and destiny as you learn the art of shamanic tracking—journeying along your own and another person's timeline.

Take part in solstice ceremonies that let you spread your spiritual wings and venture into the realm of the ancient skydancers described in Tibetan and shamanic lore. Experience fire meditations that clear the imprints of misfortune and disease—the karma and psychological stories you carry inside.

In this workshop, you

- Release ancient stories of blood and victory that guide our common destiny
- Learn the inner silence and peace that comes from shamanic ceremony.

Come experience a living experiment in ancient shamanic practices, and dream a healthier life into being.

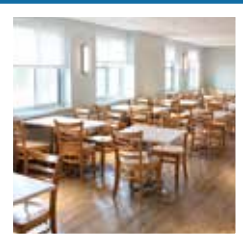
TUITION \$240. Add 2 weekend nights room & meals; see page 92. (web code SASC-141)

Alberto Villoldo, PhD, is a medical anthropologist and psychologist who has studied the spiritual practices of the Amazon and Andes for more than 25 years. www.thefourwinds.com

Kripalu has recently undergone some renovations to create an even more welcoming space for your transformation.

Some of these upgrades include:

- Air conditioning and new windows in the Dining Hall.
- A new elevator to create easier access between the Annex, Dining Hall, and program rooms.
- A beautiful arbor.
- Increased lighting in our parking areas.



DECEMBER 19–21 FRIDAY–SUNDAY

AWAKENING DEEP INTEGRATION

A YOGA NIDRA WINTER SOLSTICE RETREAT

Randal Williams

FOR everyone. **CE** credits.

Life can be stressful. Left unchecked, the effects of chronic stress may damage mind-body tissues and negatively impact your quality of life. This retreat into the mysteries of the winter solstice provides an opportunity to reconnect with the vital pulses of your authentic rhythm, the key to living a more fulfilled and fulfilling life.

Our gathering includes an introduction to and exploration of a mindfulness-based approach to yoga nidra (also known as yogic sleep), a traditional practice that is scientifically recognized for its deeply integrative effects. Discover a depth of being to guide you gracefully into the new year.



TUITION \$225. Add 2 weekend nights room & meals; see page 92. (web code ADI-141)

Randal Williams, E-RYT, teacher trainer and Curriculum Manager for the Kripalu Schools of Yoga and Ayurveda, is known for his inspiring teaching and reverence for the natural world. www.yoga-educator.org



DECEMBER 19–21 FRIDAY–SUNDAY

HEALING THROUGH THE DARK EMOTIONS

TRANSFORMING GRIEF, FEAR, AND DESPAIR TO GRATITUDE, JOY, AND FAITH

Miriam Greenspan

FOR everyone who has some familiarity with emotional work. **CE** credits.

There is redemptive and transformative power in the emotions we most dread—gifts that come to us when we know how to listen to the wisdom of the broken heart. Grief, fear, and despair are messengers of our vulnerability and humanity that can become sources of profound spiritual empowerment.

In this workshop, you

- Learn a unique process called the alchemy of the dark emotions, which transforms grief, fear, despair, and other distressing emotions
- Practice three basic skills—attending, befriending, and surrendering to emotional flow in the body
- Explore the seven fundamental steps in the process.

Through didactic presentation, mindfulness meditation, stories, discussion, breathwork, visualization, cognitive reframing, energy work, and heart-centered prayer, this workshop offers skills for mastering the alchemy by which grief becomes gratitude, fear opens into joy, and despair ushers in a more resilient faith in life.



TUITION \$225. Add 2 weekend nights room & meals; see page 92. (web code HTDE-141)

Miriam Greenspan, MEd, LMHC, is a pioneer in the field of women's psychology and has been a psychotherapist, author, and workshop facilitator for more than 30 years. www.miriamgreenspan.com

The heart of Kripalu

In this series, we introduce you to some of the people who make up the Kripalu community—staff members, teachers, volunteers, and interns—who are passionate about our mission and serving you.

Taking Flight, In the Wings

Kripalu's Director of Program Operations finds inspiration behind the scenes

My first career was in stage management for professional theater. I loved it, but eventually I got burned out. That kicked off a huge shift for me as far as diet, lifestyle, finding yoga—and, ultimately, finding Kripalu.

Working at Kripalu has not only furthered my career goals—it's allowed me to continue making healthy changes in my life. The Kripalu philosophy fits with my personal outlook on health and wellness: It's about finding your own path. We offer all different types of yoga and approaches to diet so that people can discover what's right for them. Working here encourages me to maintain a healthy lifestyle; I'm reminded every day, and re-inspired by our guests. Yoga and nutrition have become ingrained in me, and I've continued my life education here: I'm currently enrolled in Kripalu's Certificate in Positive Psychology program.

I work with our Program Development team to choose transformational programs for our guests, and with the Production team to create the nurturing space in which those programs take place. On a Friday afternoon, when our weekend guests are arriving, I walk around the building to make sure everything's ready to go and my staff has everything they need to serve our guests. This is what it's all about—getting to this point where 10 or 50 or 200 people will be walking into a room, and their experience is going to change their lives. I feel incredibly blessed to be part of an organization that has something so meaningful to offer.

—Patti M., Director of Program Operations,
Richmond, Massachusetts



Celebrate the holidays

Kripalu | R&R RETREAT

DECEMBER 19, 2014–JANUARY 2, 2015 FRIDAY–FRIDAY

HOLIDAY R&R RETREAT



THIS SEASON OF LIGHT, ILLUMINATE FROM WITHIN DURING OUR SPECIAL HOLIDAY R&R RETREAT.

What do you need to end the year on a high note? Whatever it is you're looking for—quiet reflection, joyous celebration, or personal exploration—you'll find it here, in our warm, inviting setting.

This year, Kripalu Holiday R&R Retreat offers you more inspired workshops and invigorating outdoor activities—and you choose how much you want to do. Discover new ways to experience yoga, Ayurveda, personal growth, and creativity. Participate in daily Kripalu noon dance classes and evening programs that bring bliss to every aspect of your being.

There's also plenty of time to treat yourself to a nourishing Healing Arts session (additional fee), or set the stage for the new year with an empowering personal nutrition or life-coaching consultation.

Here's your chance to let go of life's hectic pace and carve space to care for yourself. Whether you're coming for two nights or for a week, we look forward to making your holiday stay a unique and memorable experience, an opportunity to connect to what's most meaningful to you. Join us.

Register early to ensure your choice of housing.

NOTE Minimum stay of two nights is required; no Saturday arrivals or departures. See page 92 for rates.

FIND OUT MORE about R&R Retreats on page 6 or visit the Kripalu website.



DECEMBER 24–26 WEDNESDAY–FRIDAY

KABBALAH RETREAT MINDFUL MYSTICISM FOR SOUL-CENTERED LIVING

Rabbi Sigal Brier

FOR people of all spiritual, religious, and nonreligious orientations.

Have you lived another year feeling the gap between where you are and where you want to be? Ready to create a new beginning?

Kabbalah is mindful mysticism for soul-centered living. It aims at the discovery and cultivation of our authentic nature, and supports you to live in deep joyful connection to self and the world with expanded consciousness. Rabbi Sigal Brier guides you in healing and restorative methods to help you tune into the mystery of your heart's desire.

- Explore the landscape of the soul and practice mindfulness, with meditation, deep relaxation, self-inquiry, breath, sharing, and chanting.
- Learn to listen deeply and practice methods of self-attunement as you release stress, discontent, and dissatisfaction.
- Overcome patterns of self-sabotage to welcome ease and peace into your life.

TUITION \$225. Add 2 midweek nights room & meals; see page 92. (web code KHJM-141)



DECEMBER 26–28 FRIDAY–SUNDAY

FOCUS AND EMPOWER YOUR HEART'S PURPOSE

THE NEW YEAR'S SANKALPA* RETREAT

Rabbi Sigal Brier

FOR everyone. **CE** credits.

In Sanskrit, the word sankalpa means “deepest heart's desire and purpose.” How long has it been since you spent time at the wellspring of your heart? Are you longing to know, remember, and live your life's purpose? Your heart is the center of your power. Learn to welcome the mystery of your heart's wisdom in a weekend that includes meditation, deep relaxation, life-changing insights, and skillful self-inquiry.

In this retreat, Rabbi Sigal Brier gently guides you to

- Relax and trust your intuition
- Open to your heartfelt desire and purpose, and clarify your intention
- Cultivate a witnessing presence to your truth
- Nurture a plan, from the depth of your being, to guide your life.

You emerge from this retreat focused and empowered to live more fully.

TUITION \$225. Add 2 weekend nights room & meals; see page 92. (web code LYHP-141)



Rabbi Sigal Brier is a scholar, mystic, life coach, artist, musician, and yogini with 30 years of experience inspiring people to live their heart's purpose. www.rabbisigal.org

“The simplicity Rabbi Sigal brought to deep and complex material is a gift. She opened a beautiful space for my heart to relax and learn.”

—Jennifer K., program participant

DECEMBER 26–28 FRIDAY–SUNDAY

HIKING, YOGA, AND QIGONG AWAKEN TO THE NATURAL WORLD

Greg DiLisio

FOR all levels. **CE** credits.

Join outdoor guide Greg DiLisio for a retreat filled with adventure, rejuvenation, and relaxation. Each day begins with the practice of qigong to cultivate energy, so you can move with poise, confidence, power, and grace. You then either hike or, if nature bestows snow upon the Berkshires, snowshoe and cross-country ski (Greg teaches you how if you're a beginner).

Immersed in nature, you find quiet moments by grand old trees or under a panoramic sky. Afternoons include gentle yoga and relaxation back at Kripalu.

This program is for all levels, so beginners and intermediate outdoor adventurers can enjoy the same trip. Greg's expert combination of adventure sport and restorative practices allows you to return home invigorated and renewed.

NOTE See this program on the Kripalu website for information about equipment rentals and what to bring.



TUITION \$240. Add 2 weekend nights room & meals; see page 92. (web code QN-142)

Greg DiLisio, MAc, is a yoga teacher, outdoor adventure sports guide, and acupuncturist who holds high-level qigong and tai chi certifications. www.mycenteredheart.com



DECEMBER 26–28 FRIDAY–SUNDAY

INTRODUCTION TO MEDITATION

Bhavani Lorraine Nelson

FOR everyone. **CE** credits.

The narrow bridge between the old year and the new offers a profound opportunity for quiet contemplation. It's a time to honor everything you've accomplished in the past year, and ground yourself in the present to support the year to come. Whether

you're new to meditation or already have a practice you love, you'll benefit from Bhavani Lorraine Nelson's clear instruction and user-friendly approach.

Experience meditation techniques from the yogic and Buddhist traditions, including

- Loving-kindness (metta) meditation
- Walking meditation
- Sanskrit mantra meditation and chanting.

Take home inspiration and guidance to continue meditating on your own, bringing greater peace, equanimity, and contentment to your life.

TUITION \$225. Add 2 weekend nights room & meals; see page 92. (web code ITMR-144)

Bhavani Lorraine Nelson leads workshops in meditation and mindfulness, stress reduction, and the power of the voice. She has been affiliated with Kripalu since 1988. www.bhavanilorrainenelson.com

Celebrate the holidays

DECEMBER 26–28 FRIDAY–SUNDAY

CHURNING THE BODY, FREEING THE HEART

A TANTRIC HATHA YOGA RETREAT

Yoganand Michael Carroll

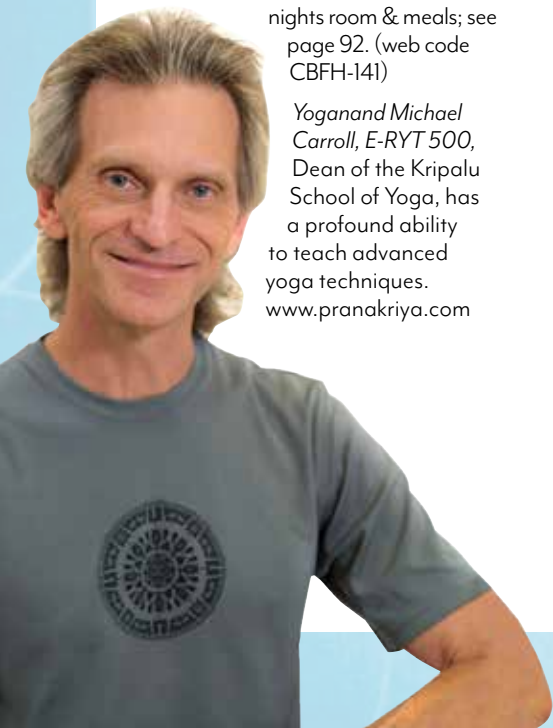
FOR students with min. 6 months of yoga experience. **CE** credits.

The tantric hatha yoga tradition assumes that we each develop a persona to fit into the world and forgot that we are anything but that persona. Tantric techniques—known as chakana, or churning—energetically disturb our persona, opening the possibility that each time it will reform a little closer to who we really are. When the difference between the persona and our true self becomes small enough, we can take refuge in the ultimate truth of our being. This retreat includes

- Intermediate and advanced asana, pranayama, and meditation
- An exploration of yogic ideals to see what's appropriate for contemporary practitioners
- Immersion in tantric hatha yoga lifestyle and transformational experiences
- A safe environment in which to connect with a community of practitioners
- Encouragement to release your old identity and move toward truth.

TUITION \$225. Add 2 weekend nights room & meals; see page 92. (web code CBFH-141)

Yoganand Michael Carroll, E-RYT 500, Dean of the Kripalu School of Yoga, has a profound ability to teach advanced yoga techniques. www.pranakriya.com



DECEMBER 26–28 FRIDAY–SUNDAY

KUNDALINI YOGA AND EXPRESSIVE ARTS FOR THE FOURTH CHAKRA

Hari Kirin Kaur Khalsa and Kristi Williamson

FOR all levels. **CE** credits.

The fourth chakra, or heart center, is the balance point between the upper energies of the heavens and the grounding energies of the lower three chakras. When this chakra is flowing, it fosters passion for life, compassion for ourselves and others, and a sense of humor. When blocked, it gives rise to grief or fear of rejection. The fourth chakra is powerful, and can even be dangerous if disconnected from our innate wisdom.

Heal and nurture the fourth chakra with Kundalini Yoga, meditation, and creative work. Specific postures, breathing exercises, sounds, and deep relaxation can balance this energetic center, creating a sense of well-being and connection.

Come learn yogic tools to stay in touch with the heart's deep wisdom, and return home with artwork and a plan for ongoing practice.

TUITION \$225. Add 2 weekend nights room & meals; see page 92. (web code KYCT-141)



Hari Kirin Kaur Khalsa

DECEMBER 28–JANUARY 2 SUNDAY–FRIDAY

KUNDALINI YOGA AND CREATIVE ARTS NEW YEAR'S RETREAT

Hari Kirin Kaur Khalsa and Kristi Williamson

FOR all levels. **CE** credits.

Spend New Year's week engaged in a dynamic blend of yoga and art. Tap into your intuition, release the past, and move

into 2015 with creativity and awareness.

Each session begins with Kundalini Yoga to awaken your natural vitality, release stress, and prepare mind and body for meditation. After meditation, we work with water-based paint on canvas in a healing progression through the elements that includes writing and movement.

Hari Kirin Kaur Khalsa expertly guides you to access inner worlds and discover your creativity. Everyone is welcome, including those new to yoga or art; in fact, if you feel blocks around creativity, this workshop is for you. Take home completed artwork and a personalized yoga and meditation routine.

NOTE Tuition includes art supplies. This program offers optional japji (chanting) at 5:30 am and optional morning yoga, meditation, and chanting from 6:00–8:00 am.

TUITION \$312. Add 5 midweek nights room & meals; see page 92. (web code AAYR-141)



Hari Kirin Kaur Khalsa, MA, MFA, author of the best-selling *Art & Yoga: Kundalini Awakening in Everyday Life*, is a popular teacher and public artist. www.artandyoga.com

See this program on the Kripalu website for Kristi Williamson's bio.

✚ Combine these two programs for a 10 percent tuition discount for each program.

DECEMBER 26–28 FRIDAY–SUNDAY

THE WISDOM OF YOGA AND THE ART OF EXTRAORDINARY LIVING

Stephen Cope

FOR everyone. **CE** credits.

Can ordinary people live extraordinary lives? Yogis believe that we can. Join author, psychotherapist, and yoga teacher Stephen Cope and delve into the heart of yoga, a millennia-old wisdom tradition organized around a systematic investigation of this question.

The most succinct exposition of the yoga tradition is found in a 2,000-year-old scripture called the Yoga Sutras, written by the sage Patanjali. In this program, we examine the principles and practices of extraordinary living expounded in this ancient work and their relevance for the contemporary yoga practitioner. We explore Patanjali's eight-limbed path of yoga through the philosophy and psychology of classical yoga, and spend at least two hours a day in posture practice. Through this blend of lecture and practice, we look at the nature of the mind, the roots of suffering, and the possibility of living at the maximum potential of your body, mind, and spirit.

TUITION \$295. Add 2 weekend nights room & meals; see page 92. (web code WYAL-141)

Stephen Cope, MSW, Scholar-in-Residence and Kripalu Ambassador, is author of several best-selling books, including *The Great Work of Your Life: A Guide for the Journey to Your True Calling*. Read an article by Stephen Cope on page 62.



DECEMBER 26–28 FRIDAY–SUNDAY

THE JOY OF DYNAMIC GENTLE YOGA

Rudy Peirce

FOR all levels, especially beginners. **CE** credits.

Enjoy the calm, peace, and self-acceptance of yoga, no matter what shape you're in. Rudy Peirce takes a gentle approach, infusing his sessions with humor, humility, and warmth as he invites you into a deeply relaxing practice. Rudy skillfully breaks postures into developmental increments that provide an accessible yoga experience and brings an understanding of specific conditions, including back problems, arthritis, and recovery from injury, surgery, and illness.

With Rudy's inspiring and encouraging guidance, you learn how to

- Breathe deeply again
- Integrate meditation with yoga
- Strengthen concentration and focus
- Discover new strength and increased flexibility
- Generate a plan for sustaining a personal practice.

TUITION \$225. Add 2 weekend nights room & meals; see page 92. (web code JOGY-141)

Rudy Peirce, MA, E-RYT 500, a Kripalu Yoga teacher since 1983, has been on the Kripalu faculty for more than 20 years. www.gentleyogi.com



bring the kids

DECEMBER 26–28 FRIDAY–SUNDAY

CREATIVE MEDITATION AND EXPRESSIVE ARTS FOR KIDS

Victoria Gulino

FOR children ages 7–11.

Kids, come explore the wise world of your imagination as you make creative art projects, move with music, meditate, and make new friends. In this workshop, children

- Connect with their personal animal guide and create an animal totem mandala
- Make a Native American talking stick
- Take part in a fun activity inspired by heart meditation.

Victoria Gulino creates a joyful and safe environment for children to use art and meditation to increase self-esteem, create a sense of community, reduce stress, find their own intuitive wisdom, and build resilience.

NOTE Children in this program must be accompanied by an adult parent or guardian who is registered for a program or an R&R Retreat.

Online registration is not available for this program. Please call Registration at 800.741.7353 to register.

TUITION \$195. Add 2 weekend nights room & meals; see page 92. (web code CMEA-141)



Victoria Gulino is a counselor and art teacher who uses art and meditation to promote self-discovery and healthy self-esteem.



In with the new

Craving celebration? Join the Bhakti Bliss presenters for a heart-centered kirtan concert. Renew your spirit, soul, or relationship in one of several programs with some of our most popular presenters, or set an intention to make 2015 your best year yet in a special Kripalu Healthy Living program. Kripalu's signature R&R Retreats offer workshops and activities to energize and motivate. There is no better place to celebrate the new year!

All New Year's Eve events are open to in-house guests only; space is limited.



DECEMBER 28–JANUARY 1 SUNDAY-THURSDAY

NEW YEAR'S SPIRITUAL RENEWAL RETREAT

Shivananda Thomas Amelio

FOR all levels.

End the old year and enter the new with reflection and spiritual nourishment. Whether you're new to spiritual practice or a seasoned practitioner, this retreat supports you in sinking deeply into your heart's knowing, fine-tuning your life's purpose and calling, and renewing your connection to the ever-present source of divinity.

Explore deep reflection, meditation, mantra practice, yogic breathing, self-inquiry, contemplation of scripture and inspired writings, ritual, and group discussion. Return home with the inspiration and guidance you need to deepen your practice.

TUITION \$235. Add 3 midweek nights and 1 holiday night room & meals; see page 92. (web code NYSR-141)

Shivananda Thomas Amelio, a founding member of Kripalu, is president of the New York Open Center and teaches meditation and chanting in New York City. www.shivananda.net

DECEMBER 28–JANUARY 1 SUNDAY-THURSDAY

REFILLING YOUR WELL JOIN THE SELF-CARE REVOLUTION!

Priti Robyn Ross

FOR everyone. **CE** credits.

Give not from an empty well, but from a well that is overflowing. —Sufi prayer

Has this year been stressful for you? Heal your soul and renew your whole being in preparation for 2015. Experience the power and art of self-care to support lifestyle changes that cultivate balance, fulfillment, and sacredness. When you make self-nurturing a priority, you counteract the symptoms of stress that can lead to chronic imbalances, burnout, and illness.

This workshop includes

- Gentle yoga, deep relaxation, yoga nidra, massage, meditation, and breathwork
- Ways to awaken your inner peacemaker using creative journaling exercises, guided imagery, and joyful movement
- Teachings on the physiology of stress and its effects on the body and mind
- The practice of maitri—the act of loving-kindness—toward the self
- Simple take-home tools to enrich your life and keep your energy well filled.

Give yourself or someone you love the precious gift of deep renewal. Come celebrate New Year's Eve feeling fully alive and vibrant!

TUITION \$295. Add 3 midweek nights and 1 holiday night room & meals; see page 92. (web code ROW-142)



Priti Robyn Ross, E-RYT 500, a Kripalu Yoga teacher trainer and international workshop leader for 20 years, has a passion for inspiring others to realize their full potential. www.lifeeasyyoga.com

"This program was relaxing, rejuvenating, and deeply inspiring."
—Miriam G., program participant

Kripalu offers an array of activities to fire up your intentions for a deeply inspiring new year.

Kripalu | HEALTHY LIVING PROGRAM

DECEMBER 28–JANUARY 2 SUNDAY-FRIDAY

LIVING OUT LOUD

CREATING JOY AND INTENTION FOR THE NEW YEAR

Jennifer Reis, Jurian Hughes, and Kripalu Healthy Living Faculty

Start 2015 by taking stock of your successes, challenges, and blessings—and then create heartfelt intentions that will allow your truest self and most authentic life to shine forth in the new year. Our inspired faculty will guide you in

- Tapping into your unique essence through dance and creative expression
- Getting in touch with your deepest goals and aspirations
- Cultivating mindfulness, compassion, and self-observation
- Revitalizing your body, mind, and spirit with yoga, meditation, deep relaxation, and yoga nidra.

Experience the best of what Kripalu has to offer as you set the stage for an amazing year filled with joy, fun, and meaning.

TUITION \$389. Add 4 midweek nights and 1 holiday night room & meals; see page 92. (web code RROL-141)

Jennifer Reis, E-RYT 500, is a Kripalu faculty member and creator of Divine Sleep Yoga Nidra®. www.jenniferreisyoga.com

Jurian Hughes, E-RYT 500, MFA, is a Kripalu Yoga teacher trainer and a faculty member at Kripalu. www.jurianhughes.com



DECEMBER 28–JANUARY 2 SUNDAY-FRIDAY

SECRETS TO LASTING INTIMACY A NEW YEAR'S TANTRA RETREAT FOR COUPLES

Elsbeth Meuth and Freddy Zental Weaver

FOR couples of any sexual orientation.

Feel more passionate, intimate, and fulfilled in life and love. This workshop offers ways to expand joy, pleasure, and creativity in your relationship. Through a step-by-step process that includes meditation, conscious breathing, energy awareness, tantric bodywork, communication exercises, and sexual healing practices, you learn to unleash your full capacity for intimate connection and bliss.

Take this opportunity to

- Uncover the secrets of flow and playful joy
- Find new ways to be confident, present, and openhearted
- Let go of blocks and conditioning from the past that no longer serve you
- Create fulfillment and pleasure in the bedroom and in everyday life.

NOTE Couples will be given sexual healing practices as homework in the evenings, and will enjoy a sacred ceremony on New Year's Eve. See this program on the Kripalu website for recommended reading and viewing.



TUITION \$395. Add 4 midweek nights and 1 holiday night room & meals; see page 92. (web code TYRP-141)

Elsbeth Meuth, EdD, and Freddy Zental Weaver, CBW, are the founders and directors of the TantraNova Institute in Chicago. www.tantranova.com



DECEMBER 28–JANUARY 2
SUNDAY-FRIDAY

ILLUMINE YOUR SOUL A HOLIDAY ASHAYA YOGA RETREAT

Todd Norian

FOR students with min. 6 months of yoga practice in any style. **CE** credits.

Strengthen your inner light as you prepare for the new year by applying the life-enhancing philosophy and empowering alignment techniques of Ashaya Yoga™, along with the rejuvenating power of pranayama (breathing techniques) and tantra-based meditation.

- Release accumulated tensions and self-limiting beliefs through a balanced asana practice (with modifications for challenging poses and special needs).
- Learn precise, skillful, and safe alignment for a wide range of postures.
- Nurture and rebalance through Savasana.
- Illumine your soul through the practice of kriyas, pranayamas, mantras, and tantric meditation.
- Deepen your integration through partner work, chanting, group sharing, contemplation, and journaling.

NOTE This course has extended hours, including early-morning practices.

TUITION \$395. Add 4 midweek nights and 1 holiday night room & meals; see page 92. (web code HAYR-141)



Todd Norian, E-RYT 500, founder of Ashaya Yoga™, teaches yoga with the heartfelt intention to awaken others to their inherent potential

for unlimited joy, vitality, and fulfillment. www.ashayayoga.com

In with the new

DECEMBER 28–JANUARY 2 SUNDAY–FRIDAY

BHAKTI BLISS NEW YEAR'S CELEBRATION

David Newman (Durga Das) and Mira, and Sean Johnson and the Wild Lotus Band



David Newman (Durga Das) is a kirtan artist, sacred singer-songwriter, and practitioner

and educator of bhakti yoga, the yoga of love.

www.davidnewmanmusic.com



Mira is a vocalist, musician, and poet who has become an active figure in the kirtan community over the last 10 years.



Sean Johnson, yoga teacher and kirtan artist, and the Wild Lotus Band are celebrated as a guiding voice of bhakti yoga in the West.

www.seanjohnsonkirtan.com

FOR everyone.

Ride the waves of bliss as you usher in 2015 with some of the foremost innovators of joy-filled kirtan (call-and-response chanting). David Newman (Durga Das) and Mira bring their organic and ecstatic East/West fusion, while Sean Johnson and the Wild Lotus Band offer up their soulful and funky New Orleans-style kirtan. Expand your heart and deepen your devotion as you

- Explore the healing power and therapeutic applications of mantra chanting
- Express your voice to deepen your connection with Spirit
- Delve into the stories, poetry, and myths of the Divine
- Experience bhakti-centered asana practice
- Learn to access the wisdom of your heart.

Packed with devotional mantra chanting, this celebration of the path of love grounds you in your heart for the year to come and culminates with a festive New Year's Eve kirtan.

TUITION \$395. Add 4 midweek nights and 1 holiday night room & meals; see page 92. (web code BBKC-141)

DECEMBER 28–30
SUNDAY–TUESDAY

SHAKE YOUR SOUL® AWAKENING YOUR SPIRIT

Dan Leven

FOR all levels. **CE** credits.

“Let your soul be your pilot.” —Sting

Spirit—that still, small voice within—can be experienced as a vibration, a stirring of movement impulses, or a palpable energy springing from your soul that calls you into motion. Experience the dance of your spirit with Dan Leven, one of the cofounders of Kripalu's much-loved daily dance experience—noon dance, originally Kripalu DansKinetics®.

- Connect to prana through movements that massage and mobilize the energy in your organs.
- Unleash your creativity through inspiring movement explorations.

Through creative explorations set to dynamic and inspirational world music, your natural dancer emerges, as your body and soul awaken. Move and dance your way back to your awakened spirit.

TUITION \$225. Add 2 midweek nights room & meals; see page 92. (web code SYS-141)

⊕ Combine these two programs for a 10 percent tuition discount for each program.



DECEMBER 30–JANUARY 1
TUESDAY–THURSDAY

SHAKE YOUR SOUL® CELEBRATING YOUR SPIRIT

Dan Leven

FOR all levels. **CE** credits.

This New Year's, try something truly special as you unleash your soul through dance. You're invited to join Dan Leven for a dance of union, in which body, mind, and spirit become one. Experience moments of bliss as your body is moved by your soul.

With 40 years of teaching, Dan has mastered the ability to create a safe space where you effortlessly establish a state of union within. From this unified place, Dan guides you in joining in community through Shake Your Soul dance.

Bring in the new year with a profound sense of communion, community, and celebration of spirit. You return home refueled and reconnected after this sensual, freeing, and enlivening dance experience.

TUITION \$225. Add 1 midweek and 1 holiday night room & meals; see page 92. (web code SYS-142)



Dan Leven, RSMT, a Kripalu faculty member for more than 35 years, holds a master's degree in pastoral counseling. He trains students to become Registered Somatic Movement Therapists. www.leveninstitute.com

On-Site | Online Program



WEEK 1 STARTS ONLINE
DECEMBER 29, 2014



5-DAY ON-SITE IMMERSION
JANUARY 4–9, 2015



5 MORE WEEKS OF ONLINE
SUPPORT AT HOME

Find out more

🔗 kripalu.org/weightloss

Kripalu | HEALTHY LIVING PROGRAM

DECEMBER 29–FEBRUARY 13

INTEGRATIVE WEIGHT LOSS: LIVING A TRANSFORMED LIFE

Aruni Nan Futuronsky, Annie B. Kay, and Kripalu Healthy Living Faculty

FOR everyone. **CE** credits.

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

Our proven 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 \$874; tuition includes a technology fee. Add 5 midweek nights room & meals; see page 92. (web code IWLB-146)



Aruni Nan Futuronsky is a Kripalu Yoga teacher and the Senior Life Coach and Program Advisor for Kripalu Healthy Living programs. www.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. www.everybiteisdivine.com

JANUARY

(S)	(M)	(T)	(W)	(T)	(F)	(S)
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
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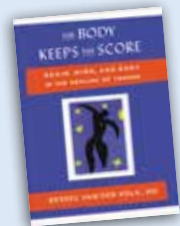


JANUARY 2–4 FRIDAY–SUNDAY

THE BODY KEEPS THE SCORE

BRAIN, MIND, AND BODY IN THE HEALING OF TRAUMA

Bessel van der Kolk, Dana Moore, and Licia Sky



FOR health professionals, therapists, yoga instructors, and others interested in the nature of trauma. **CE** credits.

Overcoming trauma means learning to fully engage in the present without being hijacked by survival-related emotions and sensations. Success means allowing yourself to know what you know and feel what you feel without reentering the misery of the past. Recovery depends on having physical experiences that contradict the sensations and feelings of helplessness and disconnection.

This workshop, based on the foundational practices of yoga and mindfulness meditation, includes

- Current research on trauma
- An exploration of the way overwhelming experiences change the capacity for self-regulation and how imprints of trauma are held in the body
- How brain function is shaped by experience
- Specific techniques that affect regulation, the integration of dissociated aspects of experience, chronic helplessness, and the reintegration of human connections.

Your increased understanding fertilizes the application of effective trauma interventions, including EMDR, yoga and sensorimotor processing, Internal Family Systems, and neurofeedback.

TUITION \$250. Add 2 weekend nights room & meals; see page 92. (web code FOTT-151)

Bessel van der Kolk, MD, is a clinical psychiatrist, professor of psychiatry at Boston University School of Medicine, and medical director of the Trauma Center in Boston. www.traumacenter.org

Please see this program on the Kripalu website for additional presenter bios.

JANUARY 2–4 FRIDAY–SUNDAY

AFRICAN HEALING DANCE

TRADITIONAL AFRICAN DANCE AND THE DANCE OF LIFE

Wyoma

FOR everyone.

This is Umoja, the dance of abundance. It is the dance and practice of enoughness, with songs that call the ancestors. It is dance that stokes fire in the belly. Central to Wyoma's approach is recognition of the body's inherent wisdom.

In this weekend, you

- Learn a traditional Afro-Caribbean dance
- Integrate dance, voice, and breathtaking truths
- Sweat, reflect, and increase your bliss
- Find your voice and nurture healthy boundaries.

What are the daily practices that sustain you? Join Wyoma to create fun, challenging, and practical answers to this question as you dance and share with others who are exploring new levels of awareness.

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

TUITION \$215. Add 2 weekend nights room & meals; see page 92. (web code AHD-151)



Wyoma is a performance artist, teacher, yogini, and healer with a playful approach to African dance that allows everyone to find their authentic voice. www.wyomadance.com



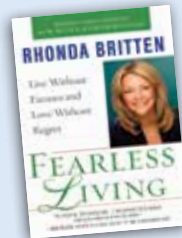
Wyoma

JANUARY 2–4 FRIDAY–SUNDAY

FEARLESS LIVING

LIVE THE LIFE YOUR SOUL INTENDED

Rhonda Britten



FOR everyone.

Imagine waking up each day grateful for being who you are. Imagine feeling loved, appreciated, and passionate. Imagine having the courage to be fully self-expressed. Imagine...

What's the only thing standing in your way? Fear. Fear of rejection. Fear of not being good enough. Fear that impacts your ability to express your purpose, give and receive love, and realize your dreams.

A world-renowned expert on fear and fearlessness, Rhonda Britten supports you in waking up to the truth of who you were meant to be and gives you the tools to make choices from freedom instead of unconscious, fear-based behaviors.

The result? You name it: personal power, increased wealth, intimate relationships, self-acceptance—the list goes on. Join Rhonda for a workshop specifically designed to show you the path home to satisfaction, success, wholeness, and a more meaningful, fearless life.

TUITION \$285. Add 2 weekend nights room & meals; see page 92. (web code LLSI-151)

Rhonda Britten is a life coach, author of *Fearless Living*, and founder of the Fearless Living Institute. www.rhondabritten.com



JANUARY 2–4 FRIDAY–SUNDAY

MOTHER TARA EMPOWERMENT

Lama Migmar Tseten

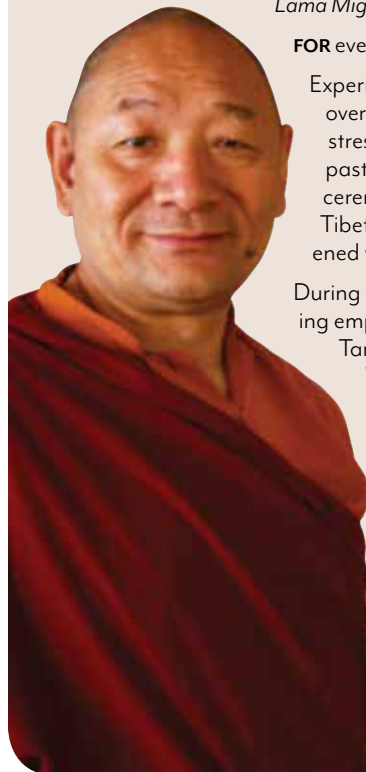
FOR everyone.

Experience bliss, abundance, and strength as you overcome the layers of destructive emotions—including stress, fear, anxiety, and/or addiction—built up over past years and lives. The Mother Tara Empowerment ceremony, given by Lama Migmar according to the Tibetan tantric tradition, helps you awaken the enlightened wisdom mother already present within you.

During this weekend, Lama Migmar bestows the healing empowerments of the white, gold, red, and green Taras and guides you in Sanskrit mantra and sacred Tibetan recitations with English translations. He also gives instructions in meditation and mudra to experience the true nature of body, speech, and mind.

TUITION \$215. Add 2 weekend nights room & meals; see page 92. (web code MTE-151)

Lama Migmar Tseten was born in Tibet in 1956. He is Buddhist chaplain at Harvard University and director of the Sakya Institute in Cambridge, Massachusetts. www.lamamigmar.net



JANUARY 2–4 FRIDAY–SUNDAY

REBUILDING YOUR NUTRITIONAL FOUNDATION

A STEP-BY-STEP PLAN FOR BETTER HEALTH FROM HEAD TO TOE

John Bagnulo

FOR everyone. **CE** credits.

Feeling run down or depleted? Looking for more energy, better memory, and improved cognitive function? Learn how to eat in a way that's optimally suited to your physiology. John Bagnulo teaches about the core foods necessary for health, how to incorporate them daily, and simple ways to acquire key nutrients that support your exercise or fitness program.

Designed for both novices and foodies, this workshop includes strategies for

- Better blood sugar control
- Reducing inflammation
- Optimizing recovery from workouts
- Slowing down the aging process.

Discover which foods make the most sense for athletes and people with restrictive diets or specific health conditions, and why supplements are never a substitute for good nutrition. Come lose your misconceptions about what a healthy diet looks like—as well as some unwanted metabolic clutter and/or weight.

TUITION \$225. Add 2 weekend nights room & meals; see page 92. (web code RYNF-151)

John Bagnulo, MPH, PhD, registered dietitian, sports nutritionist, and assistant professor for the past 18 years, teaches at the Center for Mind-Body Medicine. www.johnbagnulo.com



Making an impact



Two longtime Kripalu employees experience yoga, in their native language

Who they are: Gladys and José S.

Hometown: Pittsfield, Massachusetts

Kripalu connection: Household staff for 13 years

Yoga connection: Attended a class for Spanish-speaking employees in 2011, made possible by a Kripalu Teaching for Diversity grant

In their own words: “We feel like Kripalu is our second home, part of us. When we have time, we practice some yoga and work on breathing. It makes us feel so relaxed. Every pose we learn is very helpful. Leaving work without pain in the back, legs, and shoulders allows us to relax at night. We thank Kripalu for giving us the opportunity to practice yoga.”



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...

- Each year, we welcome nearly 40,000 guests to Kripalu for experiences that empower, inspire, and uplift.
- We award more than \$500,000 annually through our Scholarship Program so that those with financial need may experience Kripalu.
- The Yoga in the Schools program offers lifelong tools for resilience and well-being to middle- and high-school students.
- The Kripalu Yoga in the Schools training certifies yoga teachers to share yoga with teens.
- Kripalu’s Teaching for Diversity fund provides financial support for yoga teachers who choose to bring their gifts to underserved populations.
- The Kripalu Institute for Extraordinary Living combines the gifts of yoga with scientific validation, developing and studying yoga programs to transform schools and health care.
- This year, the Institute for Extraordinary Living partnered with Kripalu Healthy Living to pilot our newest program, the Kripalu Approach to Healthy Living, an evidence-based approach to supporting the whole person—mind, body, heart, and spirit.

You make these mission-driven programs possible.



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

Become a donor ➞ kripalu.org/makeagift



JANUARY 2–4 FRIDAY–SUNDAY

VIGOROUS FLOW

EXUBERANT YOGA, CONSCIOUS BREATH, INTUITIVE MOTION

Danny Arguetty

FOR yoga practitioners with min. 6 months of experience. **CE** credits.

Charge your practice with a vital and vigorous yoga flow. In this movement-based weekend filled with dynamic asana, breathwork, inquiry, and deep inner listening, you

- Explore the threshold of your attention, endurance, flexibility, and strength
- Redefine the meaning of an intense yoga practice
- Embody the interwoven relationship of strength and softness
- Evolve your personal practice through new postures, sequences, and innovative movements
- Sweat and detoxify
- Unleash your creative nature.

Ignite your life as you infuse consciousness, skill, and possibility into the physical postures, which serve as the springboard to the vast and rich experience that is yoga.

RECOMMENDED READING See this program on the Kripalu website.



TUITION \$205. Add 2 weekend nights room & meals; see page 92. (web code KV-151)

Danny Arguetty, MA, E-RYT, blends skillful alignment cues, playful postures, and creative vinyasa flows to facilitate a heart-opening journey of conscious inquiry. www.nourishyourlight.com

JANUARY 2–4 FRIDAY–SUNDAY

YOGA AND DEEP RELAXATION RETREAT

THE GIFT OF DIVINE SLEEP
YOGA NIDRA®

Jennifer Reis



FOR all levels. **CE** credits.

Experience deeper levels of inner freedom than you ever imagined possible,

giving yourself permission to rest, balance, restore, and tap into new sources of energy. This nourishing retreat offers the perfect combination of revitalizing yoga postures, breathing, mudras (hand gestures), and the profound healing rest called yoga nidra.

Divine Sleep Yoga Nidra is the antidote for modern life. This inspired practice awakens your senses, allowing you to enjoy life fully. Nothing is required of you but to lie down and listen. In this workshop, you

- Experience deep peace
- Feel whole again
- Reclaim your inner radiance
- Alleviate not only muscular tension but also mental and emotional stress
- Learn to stimulate your body's natural healing response
- Awaken through uplifting yoga practices
- Take home easy techniques to foster wellness in daily life.

Be supported, held, and nourished as you discover supreme relaxation and vibrant health. You deserve to feel this good!

TUITION \$210. Add 2 weekend nights room & meals; see page 92. (web code YDRR-151)

Jennifer Reis, E-RYT 500, is a teacher trainer for Kripalu and Integrative Yoga Therapy and created the best-selling CD *Divine Sleep Yoga Nidra*. www.jenniferreisyyoga.com



JANUARY 4–9 SUNDAY–FRIDAY

CHIRUNNING® AND KRIPALU YOGA FOR THE NEW YEAR

RUNNING WITH THE ELEMENTS

Ryan Miller

FOR all levels. No prior running or yoga experience required. **CE** credits.

Interested in running outdoors in winter but not sure how to get started? Come learn how to apply the principles of ChiRunning and Kripalu Yoga to your running—no matter what the season.

ChiRunning combines the ancient wisdom of tai chi with distance running. This program jump-starts your running practice through attention to the essential elements of ChiRunning, including focus, breathing, relaxation, body awareness, posture, and cooperating with a force. It also includes yoga instruction so you can create a personalized daily practice to enhance your running.

Running coach Ryan Miller's training philosophy allows runners to feel inspired and excited about every run. He makes the experience fun and the principles of ChiRunning easy to grasp.

NOTE Bring clothing appropriate for an outdoor winter run.



TUITION \$315. Add 5 midweek nights room & meals; see page 92. (web code CKY-151)

Ryan Miller was trained by ChiRunning® creator Danny Dreyer, and is also a Kripalu Yoga instructor. He was a provisional national qualifier in the 10K. www.sisuprojectyoga.com

JANUARY 4–9 SUNDAY–FRIDAY

THE ART OF EMPATHY

LEARNING HOW TO BALANCE CONNECTION, SELF-AWARENESS, AND HEALTHY INTIMACY

Karla McLaren

FOR everyone. **CE** credits.

Empathy may be our most essential skill, yet many of us trip over it because we weren't taught how it works. In this program, empath Karla McLaren helps you learn how to work with empathy through grounded, accessible, step-by-step practices.

In a safe and respectful environment, come explore

- The six essential aspects of empathy
- A unique empathic approach to emotions and social intelligence
- Empathic mindfulness skills to help you live more authentically
- Specific empathic communication techniques to nurture your relationships
- Self-soothing skills to help you access empathy in challenging situations
- Practices for creating healthy empathic environments at home and at work.

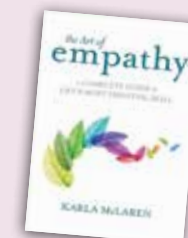
If your empathy is too intense, learn how to manage it more comfortably. If empathy is confusing for you, learn how to understand it clearly. No matter where you start, you can benefit from developing healthy empathy.

RECOMMENDED READING Karla McLaren, *The Art of Empathy* (Sounds True) and *The Language of Emotions* (Sounds True).



TUITION \$350. Add 5 midweek nights room & meals; see page 92. (web code AOE-151)

Karla McLaren, MEd, is an award-winning author, researcher, and pioneering educator whose empathic approach opens new pathways into the depths of the soul. www.karlamclaren.com



JANUARY 2–4 FRIDAY–SUNDAY

THE WRITING WARRIOR

DEEPENING YOUR WRITING BY BRAVELY FACING YOURSELF

Laraine Herring

FOR everyone.

The winter season and the new year create the perfect environment for reconnecting with and recommitting to your writing. The writing process creates a different path for all who take it. Staying firmly rooted on that path requires not just discipline, but also self-awareness.

This process-oriented class with award-winning writer Laraine Herring is focused on generating new, authentic work. We spend our time writing, discussing, meditating, breathing, and being. Because deep writing naturally takes us to places of discomfort, we learn to remain steady and write without judgment. As we move into our bodies and observe thoughts from a place of witness consciousness, we learn how to stay present with our words until we've heard all they have to say, not just to our readers but to our own hearts.

RECOMMENDED READING See this program on the Kripalu website.



TUITION \$245. Add 2 weekend nights room & meals; see page 92. (web code DYW-151)

Laraine Herring holds an MFA in creative writing and an MA in counseling psychology. She is the award-winning author of *Writing Begins with the Breath* and *The Writing Warrior*. www.laraineherring.com

JANUARY 4–9 SUNDAY–FRIDAY

YOGA, THE BRAIN, AND MENTAL HEALTH

Heather Mason and Nancy Sinton

FOR yoga teachers, yoga therapists, and mental-health professionals. **CE** credits.

Yoga can be used with clinical mental-health populations in ways that are both compassionate and evidence-based. This yoga therapy workshop, integrating contemporary medicine and ancient yoga practices, teaches

- The psychology and neurology of anxiety and depression
- How yoga practice alters brain function and structure
- The physiological basis for the benefits of yoga and how they can inform yoga therapy protocol
- Safety, boundaries, precautions, and client assessment skills
- Daily yoga practices targeted to improve mental health, including breathing techniques, yoga poses, body scanning, guided relaxation, and meditation.

This training includes practice-teaching sessions and case solution exercises to determine what yoga techniques would be most effective and appropriate for an individual's specific needs.

TUITION \$395. Add 5 midweek nights room & meals; see page 92. (web code YBMH-151)



Heather Mason, RYT 500, MA, founder of the Minded Institute, trains professionals in mind-body practices, creates yoga therapy programs

for clinical mental-health populations, and lectures at medical schools. www.themindedinstitute.com



Nancy Sinton is a yoga therapist, founder of Yoga for Your Health, and graduate of the Minded Institute in London.

www.threecircleyoga.com



JANUARY 4–9 SUNDAY–FRIDAY

QUARTER-LIFE CALLING

CREATING AN EXTRAORDINARY LIFE IN YOUR 20s

Coby Kozlowski

FOR adults ages 20–29.

Your 20s can be a time of possibility, inspiration, and the discovery of your deepest values and truths. This intensive is designed for young adults interested in cultivating an authentic life of meaning and purpose. Surrounded by a community of peers who share your quest for meaning, and guided by an expert facilitator, you embark on a journey to create the life your soul is calling for.

- Tap into the leader you can be in your own life.
- Explore yoga and meditation as tools for personal empowerment.
- Tune in to your inner knowing for decision making.
- Find strength amid doubt and insecurity.
- Immerse yourself in nature and ceremony.
- Learn to build a life based on your inherent wisdom.

This revolutionary program sets the stage for an extraordinary life.

NOTE This program has extended hours that might make it difficult to participate in other Kripalu activities or receive Healing Arts services. Bring hiking shoes and clothes for yoga and walking outdoors. Scholarships are available for this program; please visit kripalu.org/scholarships.

TUITION \$250. Add 5 midweek nights room & meals; see page 92. (web code QLC-151)

Coby Kozlowski, MA, E-RYT, is a Kripalu faculty member and founder of Souluna Life Coach Certification™ and Sacred Lasya Yoga Teacher Training™. She is a leader in the revolution for inspired living. www.cobyk.com



My experience at Kripalu always sends me home with a clearer mind, a more open heart, and my spirit lifted.”

—Karen B., Boston, Massachusetts

JANUARY 8–11 THURSDAY–SUNDAY

UNSHAKABLE PRESENCE

CONTACTING WHO YOU TRULY ARE

Miranda Macpherson

FOR everyone.

In the core of every human being lives indestructible purity, love, intelligence, peace, and stillness. Join Miranda Macpherson for a journey through and beyond the habits of the mind that typically block access to deeper dimensions of consciousness.

Miranda teaches and transmits a unique synthesis of holistic self-inquiry, psychological wisdom, devotion, and meditation practice in a tangible atmosphere of unconditional love. Themes of this workshop include

- Liberating blocks to the awareness of love's presence
- Addressing the root of insufficiency and fear
- Learning to open with your whole being
- Resting and abiding in presence
- Supportive practice for embodying deeper wisdom in daily life.

This program includes exercises in pairs, meditations, chanting, open sessions, rich wisdom teachings, and satsanga. Miranda has an integrated and feminine approach to nondual awakening oriented at facilitating direct spiritual experience while providing a practical foundation to unwind the patterns that shape our lives.

TUITION \$275. Add 1 midweek night and 2 weekend nights room & meals; see page 92. (web code UPAR-151)



Miranda Macpherson is known for her depth of presence and refined capacity as a guide into direct experience of the sacred. She is the author of *Boundless Love*.

www.miramandamacpherson.com

JANUARY 9–11 FRIDAY–SUNDAY

CREATING EASE

YOGA AND DIGESTION FOR WOMEN'S HEALTH

Vandita Kate Marchesiello and Kathie Madonna Swift

FOR all women; no yoga experience necessary. **CE** credits.

Your digestion influences your mood, energy level, and overall vitality. It impacts your ability to move with ease and the delicate balance of your immune system.

Discover how diet and lifestyle inform your digestion and, ultimately, your health and wellness as you learn

- An optimal diet and sample recipes to enhance digestive health
- Nutritional strategies to manage common problems such as constipation, irritable bowel syndrome, and reflux/heartburn
- Breathing techniques, gentle yoga poses, and deep relaxation to support a healthy lifestyle
- Guided imagery and affirmations that build digestive resilience
- Nutrition and yoga resources for your continued journey at home.

TUITION \$225. Add 2 weekend nights room & meals: see page 92. (web code CE-151)

Vandita Kate Marchesiello, E-RYT 500, is a teacher and faculty member at Kripalu and the recording artist on the best-selling CDs *Transform*, *Relax*, and *Rejuvenate*, *Yoga with Vandita*, and *Vandita Chants*. www.yoganowandthen.com

Kathie Madonna Swift, MS, RDN, LDN, is an integrative nutritionist and author of *The Swift Diet*. www.kathieswift.com



JANUARY 9–11 FRIDAY–SUNDAY

YOUR YEAR OF DIVINE DESTINY

Colette Baron-Reid

FOR everyone.

What's in store for you in 2015? Step into the living matrix of your highest destiny and claim your true purpose, prosperity, well-being, and love. Colette Baron-Reid is an intuitive life strategist and visionary who helps others connect with their intuition and potential. She invites you into a total immersion to discover the map of your divine year.

Colette initiates the journey by receiving messages from Spirit for the group. She then guides an intimate dialogue that helps you access wisdom using various oracle systems. Learn how to expand your awareness by reaching into the matrix of reality as it speaks through these oracles.

Through readings, intuitive coaching with Colette's interactive IN-Vizion® Process, exercises, and creative life mapping, you uncover your deepest desires and learn how to manifest them.

TUITION \$240. Add 2 weekend nights room & meals; see page 92. (web code YDD-151)

Colette Baron-Reid is an internationally renowned intuitive counselor, educator, and best-selling author who has advised more than 40,000 clients in 29 countries. www.colettebaronreid.com

JANUARY 9–11 FRIDAY–SUNDAY

THE BLISS OF A QUIET MIND

YOGA AND MEDITATION

Yogeshwari (Lissa) Fountain

FOR all levels. **CE** credits.

Explore the bliss of learning to live in your body, not in your head.

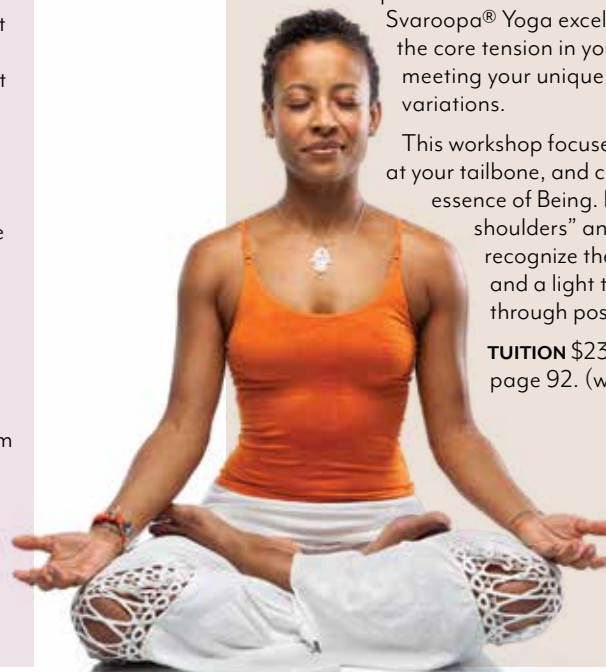
Svaroopa® Yoga excels in quieting your mind by opening and relieving the core tension in your spine. It readies you for meditation while meeting your unique needs through the use of customized props and variations.

This workshop focuses on freeing your neck and shoulders, starting at your tailbone, and connecting you to the Self—your thought-free essence of Being. In the process, you release the “boulders in your shoulders” and unravel your chronic neck tension, as you recognize the mind's role in exhaustion and pain. With grace and a light touch, Yogeshwari (Lissa) Fountain leads you through poses, meditation, discourse, chanting, and more.

TUITION \$235. Add 2 weekend nights room & meals; see page 92. (web code SYM-151)



Yogeshwari (Lissa) Fountain, CSYT 700, is a leading Svaroopa® Yoga teacher, yoga therapist, and meditation teacher known for her compassion, humor, and ability to inspire.



JANUARY 9–11 FRIDAY–SUNDAY

MIND WHISPERING

A NEW PATH TO FREEDOM FROM SELF-DEFEATING EMOTIONAL HABITS

Tara Bennett-Goleman and Daniel Goleman



FOR everyone. **CE** credits.

Learn to repattern old habits of thinking, feeling, acting, and interacting. Tara Bennett-Goleman and Daniel Goleman integrate the sciences of attention and habit change with Eastern and Western psychologies, neuroscience, and principles adapted from the horse-whispering tradition.

In this groundbreaking program, you explore how to

- Apply nurturing mindfulness to emotional habits such as unhealthy aversions and attachments, avoidance of emotional connection, anxious relationship preoccupations, entitled control, or passive surrender
- Cultivate an attuned, discerning, and mindful “overseer” to make clearer choices
- Ground yourself in a wise heart instead of being driven by reactivity
- Build a genuine and secure foundation for all your connections.

Experience a new lens for understanding the patterns that play out in your life and relationships.

TUITION \$250. Add 2 weekend nights room & meals; see page 92. (web code EF-151)

Tara Bennett-Goleman, MA, is a teacher, psychotherapist, and author of the *New York Times* best-sellers *Emotional Alchemy* and *Mind Whispering*. www.tarabennettgoleman.com

Daniel Goleman, PhD, brought the concept of emotional intelligence to a global audience and for many years reported on behavior and the brain for the *New York Times*.



JANUARY 9–11 FRIDAY–SUNDAY

NEW YEAR'S REVOLUTION

REVOLUTIONARY YOGA,
REVOLUTIONARY LOVE!

Sadie Nardini with special guest Barb Beck

FOR everyone. **CE** credits.

Get ready to dive in and open your heart, because things are about to get transformational! This weekend is a no-holds-barred conscious relationship salon with Sadie Nardini and her personal relationship coach, Barb Beck. In addition to looking at all aspects of relationships, Sadie invites you to move and sweat in her revolutionary vinyasa sessions.

Bring a pen and your journal—this workshop offers the opportunity to write down your deepest questions about love, intimacy, self-healing, and conscious relationship challenges and ask those questions anonymously to Sadie, a yoga expert and empowered woman, and Barb, a visionary relationship coach. Ask them anything—and they mean anything—then listen in on their heart-opening conversation about all things in and out of relationships, including the power of fully embracing the sacred self as a path to deeper intimacy.

TUITION \$215. Add 2 weekend nights room & meals; see page 92. (web code CSV-151)

Sadie Nardini, a holistic-anatomy geek, healthy-hedonism advocate, yoga expert, author, and TV host, is the author of *21-Day Yoga Body*. www.sadienardini.com



Barb Beck, expert relationship coach and author of *Love, Sex & The Spiritual Path*, is on a mission to revolutionize peoples' relationships.

www.revolutionarylove.com

JANUARY 9–11 FRIDAY–SUNDAY

DEEP WINTER RENEWAL

GROUNDED, RELAXED, AND LIGHT

Jillian Pransky

FOR all levels. **CE** credits.

Align with nature and savor winter's gifts as you slow down, let go, and kindle your inner glow. In the cold months, the earth stops producing and replenishes its energy reserves. Like the earth, we need to slow down, turn inward, and recharge instead of depleting our energy.

To help you harmonize with this natural cycle, Jillian Pransky artfully weaves together mindfulness with slow-flow vinyasa, restorative yoga, and deep relaxation. Her emphasis is on internal observation, slow and dynamic movement, rhythmic breathing, and fully supported rest. While you enjoy the health benefits of relaxation and renewal, you also discover the wisdom in the Chinese proverb, "Tension is who you think you should be. Relaxation is who you are."

This workshop is designed to

- Boost your immune system
- Warm your body
- Calm your mind
- Open your heart.

Jillian's nourishing weekend offers a deep connection to yourself, sending you home restored, grounded, and light.

TUITION \$200. Add 2 weekend nights room & meals; see page 92. (web code BBHW-151)



JANUARY 11–13 SUNDAY–TUESDAY

THE ART OF TEACHING RESTORATIVE YOGA WITH MINIMAL PROPS

Jillian Pransky

FOR yoga teachers, body workers, physical therapists, and other healers. **CE** credits.

Few yoga studios have enough props for all their students to get into elaborate restorative poses. In this training, you learn how to create a deeply healing practice using minimal props. Return home with the tools you need to lead transformative restorative experiences in your hatha or vinyasa classes.

Discover how to

- Offer creative variations on traditional asanas
- Construct poses to balance the nervous system and increase respiratory function
- Learn artful techniques that initiate the relaxation response
- Help your students create a healing environment for both body and mind.

This workshop includes a delicious minimal-prop class, demonstrations and personal experience of poses, hands-on and verbal queuing practice, lectures, and discussion.

RECOMMENDED LISTENING Jillian Pransky, *Relaxmore* CD.



TUITION \$226. Add 2 midweek nights room & meals; see page 92. (web code ATRY-151)

Jillian Pransky, *E-RYT 500*, is director of Restorative Therapeutic Yoga teacher training for YogaWorks, and creator of the *Calm Body, Clear Mind* DVD and *Relaxmore* CD. www.jillianpransky.com

✚ Combine these two programs for a 10 percent tuition discount for each program.

JANUARY 9–11 FRIDAY–SUNDAY

WALK LIKE A BUDDHA

MEDITATION FOR YOUR SOCIAL, ROMANTIC, AND WORK LIFE

Lodro Rinzler



FOR everyone.

How can you be the person you want to be when you're stuck in a job you hate? Is it possible to go on lots of dates and still maintain spiritual focus? Can you practice meditation and still go out for drinks?

Shambhala Buddhist teacher Lodro Rinzler explores how Buddhism and meditation can inform all the nitty-gritty aspects of daily life. Based on his award-winning book, *Walk Like a Buddha*, this workshop covers a range of uniquely modern dilemmas, from whether to go out on Friday night to creating lasting societal change.

This program includes guided meditation sessions and techniques for establishing a meditation practice at home and bringing mindfulness into day-to-day life.

Take this opportunity to ask the big questions about meditation and how it relates to your personal life.

RECOMMENDED READING See this program on the Kripalu website.



TUITION \$215. Add 2 weekend nights room & meals: see page 92. (web code WLAB-151)

Lodro Rinzler is a teacher in the Shambhala Buddhist lineage and the author of three books, including the best-selling *The Buddha Walks into a Bar*. www.lodrorinzler.com

Kripalu | SCHOOL OF YOGA

JANUARY 9–18 FRIDAY–SUNDAY

500-HOUR KRIPALU YOGA TEACHER TRAINING

GUIDING KRIPALU MEDITATION AND ADVANCED ASANA

Yoganand Michael Carroll and Jonathan Foust (Sudhir)

Yoga teaches us that the pursuit of inner stillness is often enhanced by periods of physical activity. Guiding Kripalu Meditation and Advanced Asana provides you with the support, practice, and guidance needed to bring all facets of your being into harmony.

Using a unique Kripalu teaching methodology that integrates modifications, variations, and hands-on assists, you learn how to make the benefits of these practices accessible to your students.

This module includes

- An integrated practice of postures, pranayama, and relaxation to enhance meditation
- Insight into the broad spectrum of meditation approaches and their benefits
- Discussion on how yoga and meditation can affect the healing, growth, and transformation processes
- Advanced asanas well suited to deepening inward focus.

PREREQUISITES Any Yoga-Alliance–approved 200-hour yoga teacher certification and 100 hours of teaching experience.

TUITION \$1,049, plus room and meals. Contact us at ksya@kripalu.org or 800.848.8702 for more information. (web code YTA-1151)



Yoganand Michael Carroll, *E-RYT 500*, is Dean of the Kripalu School of Yoga. He has a profound ability to teach advanced yoga techniques. www.pranakriya.com



Jonathan Foust (Sudhir), MA, cofounder of the Meditation Teacher Training Institute has been leading retreats and training teachers for more than 25 years. www.jonathanfoust.com

JANUARY 11–16 SUNDAY–FRIDAY

REVITALIZING CLEANSE

NOURISHING BODY, MIND,
AND SPIRIT

Alison Shore Gaines

FOR everyone. **CE** credits.

Feel sluggish, bloated, and out of sync? Revitalize with a nurturing cleanse that offers a balance of nutrition information, lifestyle practices, exploration, and attunement to mindfulness as a foundation for everything you do in 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 savory broth
- Green juice option (made from green vegetables)
- Healing breathing practices and personal inquiry
- Yoga, movement, and walking
- Mindful eating and ways to heal your relationship with food
- Tapping into body wisdom as a guide for what and when to eat
- Nutrition tips for easing food and sugar cravings
- Jump-starting healthy weight loss
- Tools for creating a vibrant, healthy lifestyle, even with a busy schedule.

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

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 \$560. Add 5 midweek nights room & meals; see page 92. (web code RJF-151)



Alison Shore Gaines, a pioneer in the field of holistic cleansing, is trained in yoga, holistic nutrition, and body-centered counseling. www.sacrednourishment.com



JANUARY 11-16 SUNDAY-FRIDAY

STRESS-BUSTING SECRETS

A YOGA AND WELLNESS RETREAT

Sudha Carolyn Lundeen

FOR all levels. **CE** credits.

Are you overbooked, stressed out, and wanting a life of greater ease and health? Research shows that yoga and Ayurveda can prevent and even reverse the harmful effects of chronic stress and overextended, exhausting lifestyles.

During this retreat, you

- Learn active and restorative yoga poses that relieve stress
- Explore the interaction of the five koshas (energy bodies) and seven chakras (energy centers) for integrated health and wellness
- Discover key daily Ayurvedic practices (dinacharya) that are foundational to health and well-being
- Relax with guided meditations to calm the mind and soothe the body
- Savor time outdoors with meditative nature and labyrinth walks
- Experience the power of pranayama (breathing practices) to bolster the immune system and turn on the relaxation response
- Develop and customize your own personal practice.

Return home relaxed, rebalanced, and able to start anew.

TUITION \$325. Add 5 midweek nights room & meals; see page 92. (web code MPWS-151)

Sudha Carolyn Lundeen, RN, E-RYT 500, is a teacher at Kripalu, where she leads a variety of workshops, including 200- and 500-hour teacher trainings. www.sudhalundeen.com



JANUARY 11-16 SUNDAY-FRIDAY

POSITIONAL THERAPY

CLINICAL APPLICATIONS

Lee Albert

FOR those who have taken Positional Therapy 1 or 2. **CE** credits.

Take the skills you gained in Positional Therapy 1 or 2 and learn

how to apply them to common neuromuscular conditions. Lee Albert simulates clinical conditions, taking you step-by-step through the process of evaluation, treatment protocols, and wellness plans to improve or eliminate neuromuscular pain patterns.

In this training, you learn

- How to assess common neuromuscular conditions
- How to treat causes, not just symptoms
- Specific protocols that Lee uses for thoracic outlet, sciatica, neck pain, headaches, plantar fasciitis, carpal tunnel syndrome, fibromyalgia, and more
- Specific home wellness plans for each condition
- Ways to successfully integrate yoga, non-weight-resistant strength training, and other holistic wellness practices.

Leave with a greater understanding of how to use positional therapy effectively to get the results you want.

NOTE Tuition includes a training manual.

TUITION \$380. Add 5 midweek nights room & meals; see page 92. (web code PTTT-151)

Lee Albert, NMT, a popular neuromuscular therapist and yoga instructor trained in orthopedic massage, positional therapy, and yoga therapy, is author of *Live Pain-Free without Drugs or Surgery*.

Kripalu | HEALTHY LIVING PROGRAM

JANUARY 11-16 SUNDAY-FRIDAY

NUTRITION AND COOKING IMMERSION

Annie B. Kay and Jeremy Rock Smith

Create health right in your kitchen. **CE** credits.

Do you want to eat healthier and cook more of your own meals? Would you like to feel more comfortable in the kitchen? In this workshop, Annie B. Kay and 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 and 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.

Gain an in-depth understanding of which foods, cooking methods, and herbs and spices help to promote health, vitality, and mental clarity. Return home with delicious new recipes and the confidence you need to get in the kitchen and start cooking.

TUITION \$399. Add 5 midweek nights room & meals; see page 92. (web code RRMN-151)



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. www.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.



JANUARY 16-18 FRIDAY-SUNDAY

ASANA STORIES

AN EXPLORATION THROUGH IYENGAR YOGA

Kofi Busia

FOR all levels. **CE** credits.

The native peoples of the Arctic Circle use the word “isumatug” to refer to their storytellers. The most important stories, of course, are those that instruct us on the true meaning of life.

Asanas are “yoga stories” that take us to a place of creative universal energy where we can receive the knowledge of the ancient sages and ancestors. This weekend, Kofi Busia shares stories drawing on the innate wisdom of postures and sequences. These “stories” are designed to speak to us so that our own wisdom is awakened, and the resulting mental and physical awareness transforms us.

Kofi's master classes blend the deeper teachings of yoga with a powerful Iyengar practice, revolutionizing our relationship to body and asana as their unique stories are revealed.

TUITION \$230. Add 2 weekend nights room & meals; see page 92. (web code KSOY-151)

JANUARY 18-23 SUNDAY-FRIDAY

IYENGAR YOGA INTENSIVE

Kofi Busia

FOR people with min. 1 year Iyengar Yoga experience. **CE** credits.

Explore the facets of a wise, fulfilled life through Iyengar Yoga. Guided by renowned teacher Kofi Busia, experience the power of asana (posture) and pranayama (breath control), and learn to focus and develop the mind and understanding through dharana (concentration) and dhyana (meditation).

Kofi began his in-depth study of yoga with B. K. S. Iyengar 30 years ago, when Iyengar taught in smaller, more intimate settings, passing on his precise and therapeutic teaching style. Experience individualized attention from Kofi as he examines your body's limits and makes adjustments that can powerfully affect your relationship to your body and your yoga practice.

TUITION \$325. Add 5 midweek nights room & meals; see page 92. (web code IGYI-151)

Kofi Busia has more than three decades of experience teaching Iyengar Yoga and has also taught Sanskrit and Indian philosophy in Oxford, England. www.kofibusia.com

✚ Combine these two programs for a 10 percent tuition discount for each program.



JANUARY 16-18 FRIDAY-SUNDAY

SPICE IT UP!

CREATIVE COOKING WITH HERBS AND SPICES

Leslie Cerier

CE credits.

A pinch of this, a sprinkle of that—the right herbs and spices enhance the flavor of any dish. In this fun and informative hands-on vegetarian cooking class, gourmet organic chef, teacher, and cookbook author Leslie Cerier shows you how to use herbs and spices to make delicious, globally inspired dishes, from appetizers to desserts.

Come learn how to

- Stock a cornucopia of fresh and dried herbs and spices
- Create international dishes, exploring which herb and spice combinations make foods Indian, Mediterranean, French, African, Asian, Mexican, and more
- Use herbs as garnishes
- Cook beans and grains from scratch with herbs and spices
- Correct dishes that are too spicy, sour, bitter, or bland
- Make your own herbal vinegars, flavored oils, and dressings.

Both novice and seasoned cooks can discover how to use herbs and spices for health, vitality, and pleasure.

TUITION \$250. Add 2 weekend nights room & meals; see page 92. (web code SIU-151)



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. www.lesliecerier.com



JANUARY 16–18 FRIDAY–SUNDAY

THE SACRED FEMININE IN BUDDHISM

Jetsunma Tenzin Palmo

FOR everyone.

Recognize and actualize your own fearless and compassionate nature by attuning to the sacred feminine that resides within each one of us. Jetsunma Tenzin Palmo, a Western yogini who has dedicated her life to Buddhism, guides us in teachings and practices that bring balance and interconnectedness.

With humor, deep insight, and accessibility for general practitioners, Jetsunma explains how feminine spirituality nurtures us, helping us to create personal contentment and a meaningful life. We explore the female bodhisattva Tara, with emphasis on Arya Tara and the practice of Green Tara, who represents fearless compassion. This practice consists of

- Visualization
- Chanting and prayers (in English)
- Mantra recitation
- Meditation

RECOMMENDED READING See this program on the Kripalu website.

TUITION \$200. Add 2 weekend nights room & meals; see page 92. (web code SFB-151)

Jetsunma Tenzin Palmo, one of the most respected Tibetan Buddhist nuns in the world, was born in England and has spent 50 years in the Himalayas. www.tenzinpalmo.com

“Tenzin Palmo is one of the most genuine and accomplished of Western practitioners.”
—Jack Kornfield, author of *The Wise Heart*

JANUARY 16–18 FRIDAY–SUNDAY

JOURNEY INTO THE SPIRITUAL HEART OF YOGA

Kartar Khalsa

CE credits.

Kundalini Yoga is an ancient technology that facilitates clarity, vitality, and the easy flow of a kind heart. This weekend offers an opportunity to step out of the world of overstimulation and busyness and go deep into the spiritual heart of yoga. This journey can be a bridge by which we reach our deepest being, yielding insight and transformation.

Kartar Khalsa provides deep, loving space, with time for reflection, contemplation, and relaxation in the serenity of nature. With courage and honesty, we explore the anatomy of “inner space” so you can access your soul’s perspective. Rest in the stillness of a quiet heart, and emerge empowered to express your unique, divine spark.



TUITION \$225. Add 2 weekend nights room & meals; see page 92. (web code JSPH-151)

Kartar Khalsa has been practicing and teaching Kundalini Yoga, meditation, and personal transformation for 35 years. www.kartarkhalsa.com

JANUARY 16–19 FRIDAY–MONDAY

QIGONG TO INCREASE YOUR HEALING POWER

Robert Peng

FOR all levels. **CE** credits.

Discover the fundamentals of qigong to awaken, empower, and integrate three key energy centers, or dantians. These energy centers regulate wisdom, love, and vitality. When these qualities are activated and harmonized, you transform your energy, improve your relationships, and enhance the quality of your life.

In this workshop, qigong master Robert Peng teaches

- Hologram Palm to empower your three dantians
- Breathing to stimulate the central meridian
- Three Treasures Standing Meditation to strengthen your willpower
- Four Golden Wheels movement exercise to make your body more supple
- Lotus Meditation to open your heart.

Over the last three decades, Robert has helped people of all ages and cultures to increase their peace and healing power through qigong. This program is appropriate for both laypeople and helping professionals.

RECOMMENDED READING Robert Peng, *The Master Key: Qigong Secrets for Vitality, Love, and Wisdom* (book and companion CDs and DVDs) (Sounds True).

TUITION \$275. Add 2 weekend nights and 1 holiday night room & meals; see page 92. (web code HPQ-151)

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. www.robertpeng.com



JANUARY 16–19 FRIDAY–MONDAY

INNER QUEST INTENSIVE

Aruni Nan Futuronsky

FOR everyone.

The Inner Quest Intensive (IQI), Kripalu’s longest-running self-discovery program, is a journey into living yoga. For three days, you experiment with the essence of Kripalu’s core teaching: the mindful practice of being present in the moment. The intentional structure of the program encourages you to notice the obstacles that block you from living fully. Learn simple strategies that release these blocks in your body, mind, and spirit so that you can struggle less and savor life more.

Through skillful communication, guided introspection, meditative movement, yoga, dance, joyful self-expression, integrative breathwork, and play, you cut through your limits, becoming more connected to yourself, to others, and to life.

Do you need a jump start? A fresh perspective? A reprieve from old emotional refrains? If your answer is yes, give yourself the gift of Kripalu’s life-changing Inner Quest Intensive.

NOTE A consent form must be signed and returned prior to the first night of the program. See this program on the Kripalu website for additional important information.

Online registration is not available for this program. Please call 800.741.7353 to register.

TUITION \$566. This all-inclusive price includes open-dorm housing & meals. Participants sleep in dormitories with other IQI participants of the same sex, and are served a simple and moderate diet. (web code IQ-151)

Aruni Nan Futuronsky is a Kripalu Yoga teacher and the Senior Life Coach and Program Advisor for Kripalu Healthy Living programs. www.coacharuni.com

JANUARY 16–23 FRIDAY–FRIDAY

SHAKE YOUR SOUL® TEACHER TRAINING THE YOGA OF DANCE

Dan Leven

FOR everyone. **CE** credits.

As one of the cofounders of DansKinetics®—now Kripalu noon dance, a favorite Kripalu experience for many—Dan has spent 35 years sharing his passion for healing and transformation through movement. He has trained hundreds of teachers to spread the joy of soulful dancing.

Join the Shake Your Soul tribe of teachers and bring transformation and healing to your community through dance. In this training, you learn

- A repertoire of six innate fluid movement qualities
- World music that awakens soulful dancing
- Improvisational movement exercises that engage students’ creativity, self-expression, and sense of community
- Dynamic and organic class sequences.

This training offers everything you need to teach with confidence.

NOTE Tuition includes a manual and training DVD. See the Kripalu website for information about Shake Your Soul teacher certification.



TUITION \$995. Add 2 weekend nights and 5 midweek nights room & meals; see page 92. (web code SYSTT-151)

Dan Leven, RSMT, a Kripalu faculty member for more than 35 years, holds a master’s degree in pastoral counseling. He trains students to become Registered Somatic Movement Therapists. www.leveninstitute.com



Kripalu | SCHOOL OF AYURVEDA

JANUARY 16–25 FRIDAY–SUNDAY

AYURVEDIC HEALTH COUNSELOR CERTIFICATION, MODULE 1

ANATOMY, PHYSIOLOGY, AND HERBOLOGY

Jyothi Bhatt, Larissa Hall Carlson, and Rosy Mann

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.

In this module, we dive into Ayurvedic anatomy and physiology, exploring the nuances of dhatu formation, srotamsi, agni, ama, and ojas. We also examine the fundamentals of herbology, including the medicinal properties of spices, teas, common herbs, and decoctions.

PREREQUISITE Kripalu Foundations of Ayurveda

TUITION \$1,049, plus room & meals; contact us at ksya@kripalu.org or 800.848.8702 for more information. (web code ASW-1151)



Jyothi Bhatt, trained at Rajiv Gandhi University of Health Sciences and

S-VYASA, India.



Rosy Mann is an Ayurvedic doctor with expertise in Ayurvedic herbology, nutrition, and panchakarma.



Larissa Hall Carlson, E-RYT 500, is Dean of the Kripalu School of Ayurveda.

JANUARY 18–21 SUNDAY–WEDNESDAY

QUIETING THE HUNGRY GHOST

COMPASSIONATE AND MINDFUL RELAPSE PREVENTION

Richard Fields

FOR everyone. CE credits.

Learn compassion and mindfulness skills that help quiet reactivity, anger, criticism, blame, and impatience. Reactivity is a major cause of relapse to unhealthy behaviors such as problem drinking, drug use, overeating, and excessive spending.

In this dynamic workshop, you learn to

- Deal with the three major causes of relapse
- Reduce stress and reactivity using meditation, compassion, and mindfulness
- Discover the importance of hope, optimism, and self-compassion
- Practice different types of meditation
- Identify and practice relapse-prevention skills to reduce cravings, urges, and unhealthy behaviors
- Develop and maintain healthy habits.

Celebrate bringing more compassion and mindfulness into your life and the lives of others. This program is both didactic and interactive, with both small- and full-group discussions.

RECOMMENDED READING See this program on the Kripalu website.

TUITION \$265. Add 3 midweek nights room & meals; see page 92. (web code QHG-151)



Richard Fields, PhD, a teacher/trainer with more than 35 years' experience in the fields of recovery and psychotherapy, specializes in mindful and compassionate coaching. www.facesconferences.com

KRIPALU VIDEO

Insights on yoga, conscious living, and holistic principles.

➔ kripalu.org/video

Kripalu | HEALTHY LIVING PROGRAM

JANUARY 18–23 SUNDAY–FRIDAY

YOGA FOR THE ABSOLUTE BEGINNER

Cristie Newhart, Michelle Dalbec, and Kripalu Healthy Living Faculty

FOR those new to yoga. CE credits.

Want to try yoga but don't know where to start? Kripalu School of Yoga faculty Cristie Newhart and Michelle Dalbec have extensive experience teaching beginners, demystifying the jargon, and breaking down the basics so that you can feel confident and comfortable about doing yoga.

This program is designed to create a supportive environment especially for people new to yoga. Questions are encouraged! In just five days, you learn

- Fundamental yoga postures, breathing techniques, and meditation practices
- How to stay safe and stable in your postures, using modifications and props if necessary
- Practical applications of yogic philosophy to enliven your life.

Feel self-assured next time you step on the mat, and take home the knowledge you need to get the most from your yoga, whether you're doing it at home or in a class.

TUITION \$389. Add 5 midweek nights room & meals; see page 92. (web code RRMV-151)

Cristie Newhart is a Kripalu Yoga teacher and faculty member at Kripalu, where she has taught for more than 10 years.

Michelle Dalbec, E-RYT 500, is a passionate Kripalu Yoga and Yoga Tune Up® teacher and educator who hosts dynamic yoga programs and workshops. www.myoga.com



JANUARY 18–23 SUNDAY–FRIDAY

LIGHTWORKERS HEALING METHOD® INTENSIVE

ANGELICALLY GUIDED ENERGY HEALING

Lynn McGonagill

FOR everyone. CE credits.

Be the person your soul wants you to be, and help others do the same, by learning to channel divine healing. The Lightworkers Healing Method is an accessible skill that applies to every arena of life. Physical, mental, emotional, spiritual, financial, and interpersonal issues can all be healed.

In this combined Level One-Two intensive, you practice

- Channeling and working with subtle energy
- Creating sacred space in healing sessions and in your life
- Self-care techniques so that healing work strengthens rather than drains you
- Locating and releasing the traumas that cause disease
- Soul-fragment retrieval, healing, and reintegration
- Accessing past lives to heal the deepest, oldest wounds.

Experience the joy of channeling divine guides, angels, and light beings. When you learn to be a vessel for higher-dimension healers, miracles happen in your healing practice and in your life.

RECOMMENDED READING See this program on the Kripalu website.



Tuition \$425. Add 5 midweek nights room & meals; see page 92. (web code LHM-151)

Lynn McGonagill is the founder and teaching channel of the Lightworkers Healing Method®, a channeled system of angelically guided, multidimensional energy healing for soul purpose. www.lightworkersmethod.com



JANUARY 23–25 FRIDAY–SUNDAY

INSIGHT MEDITATION FOR CALMNESS AND CLARITY

Matthew Daniell

FOR all levels. CE credits.

Insight Meditation (vipassana) is a simple technique that originated in the Buddha's teachings and was kept alive for more than 2,500 years in Asia. The practice teaches you to calm and steady the mind by gently grounding your attention in the present moment. The mind is then prepared to look into itself and all of life with more openness and clarity. Clarity leads to insight, which frees you from reactive patterns so you can more fully experience the vast potential of your mind and heart.

Matthew Daniell introduces sitting, walking, and daily-life meditation methods, using attention on breath and body as the foundation. Discussion and teaching complement periods of silent meditation as you explore the power of present-moment awareness (mindfulness). While this retreat is paced to support beginners, everyone is welcome to attend.



TUITION \$220. Add 2 weekend nights room & meals; see page 92. (web code IMBC-151)

Matthew Daniell has been practicing Buddhist meditation for more than 25 years. He studied Zen in Japan, Tibetan Buddhism in India, and Insight Meditation in India, Burma, and Thailand. www.imcnewburyport.com

Kripalu | R&R RETREAT SPECIAL EVENT

JANUARY 23–25 FRIDAY–SUNDAY

PILGRIM ON THE PATH OF LOVE: THE LEGACY OF SWAMI KRIPALU

Join us for a unique R&R Retreat celebrating the life and teachings of Swami Kripalu, the namesake of Kripalu Center for Yoga & Health. Swami Kripalu was a beloved yoga master and spiritual teacher whose teachings serve as the foundation of the Kripalu approach to yoga and spiritual life to this day.

Celebrate the richness of the Kripalu lineage with a variety of Kripalu faculty and special guests leading workshops, lectures, yoga classes, and kirtan. This special weekend is designed to capture the spirit and tradition that have inspired practitioners for decades, and link the present-day Kripalu to its spiritual roots and heritage.



As an R&R Retreat guest, you're free to participate in all of these special celebratory gatherings while still being able to experience any of our regular R&R Retreat activities throughout the weekend.

NOTE Minimum stay of two nights is required; no Saturday arrivals or departures. See page 92 for rates.

FIND OUT MORE about R&R Retreats on page 6 or visit the Kripalu website.



JANUARY 23–25 FRIDAY–SUNDAY

LOVE, SEX, AND INTIMACY

Linda and Charlie Bloom

FOR individuals and couples. CE credits.

Intimacy is to the soul as food is to the body. When the longing for intimacy is satisfied, we experience wholeness and sufficiency. In conjunction with a sexual connection, intimacy can be exhilarating, inspiring—even transcendent.

Connection's shadow side is fear of intimacy, which is actually the fear of loss, rejection, shame, and humiliation. Intimate contact requires that we learn ways to skillfully respond to these fears. This workshop addresses how we can do that and

- Maintain an open heart in the face of powerful emotions
- Redirect the energy contained within the full range of our feelings toward states of heightened awareness
- Recognize and neutralize patterns that limit deep connection
- Identify what it takes to feel love in its physical, sexual, and spiritual splendor.

TUITION \$250. Add 2 weekend nights room & meals; see page 92. (web code LSAI-151)



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*. www.bloomwork.com

JANUARY 23–25 FRIDAY–SUNDAY

THE YOGA OF SLEEP RETREAT

Rubin Naiman

FOR everyone; no yoga experience required. **CE** credits.

Better nights make for much better days because healthy sleep and dreams support positive mood, creativity, stamina, memory, healthy weight, heart health, and spiritual practice. Sleep expert Rubin Naiman offers an effective program that addresses insomnia, as well as snoring and apnea, from an integrative perspective. Through engaging discussion and exercises, he blends the best of conventional sleep science with a holistic approach.

Rubin's "yoga of sleep" is based on a new understanding of human consciousness that weaves sleeping, dreaming, and waking into an integrated whole. It offers a breakthrough model for understanding and healing sleep problems through a comfortable approach that soothes the spirit. Gain a deeper understanding of night consciousness and leave with a practical and personal sleep program based on a comprehensive sleep evaluation.

RECOMMENDED READING See this program on the Kripalu website.

NOTE Bring a dream journal and dusk glasses (available at www.lowbluelights.com or the Kripalu Shop).

TUITION \$225. Add 2 weekend nights room & meals; see page 92. (web code HSD-151)



Rubin Naiman, PhD, a leader in the development of integrative approaches to sleep and dreams, is the author of *Hush: A Book of Bedtime Contemplations*. www.drnaiman.com

TWEET ABOUT IT

Join us on Twitter for the latest in #yoga, #health, and #wellness.



twitter.com/kripalucenter



JANUARY 23–25 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 workshop 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 will also find the techniques valuable.

TUITION \$315. Add 2 weekend nights room & meals; see page 92. (web code NS-151)



Claude Stein has worked with artists on every major record label and coached at Juilliard, the Actors Institute, NYU Music Therapy, and Fortune 200 corporations. www.naturalsinger.com

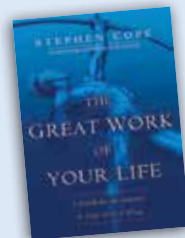
"The Natural Singer was life-changing—a five-star experience."
—program participant

JANUARY 23–25 FRIDAY–SUNDAY

THE GREAT WORK OF YOUR LIFE

THE YOGA OF THE BHAGAVAD GITA

Stephen Cope



FOR all levels, including beginners. **CE** credits.

Most of us will never be monks or nuns. While longing for a rich spiritual life, we will live out our lives in the context of work, family, financial concerns, and the challenges of aging. Is there a way to use the conflicts and struggles of daily life to cultivate an inner life of spirit? The Bhagavad Gita, the Hindu devotional work that translates as "Song of God," answers a resounding "yes" to that question.

In this workshop, we explore karma yoga, the yoga of action. Each day includes asana practice, lecture, discussion, and exercises aimed at allowing us to experience life as a profound spiritual practice.

Join the founder of the Kripalu Institute for Extraordinary Living to explore the living tradition of yoga.

TUITION \$295. Add 2 weekend nights room & meals; see page 92. (web code GJTC-151)

Stephen Cope, MSW, Scholar-in-Residence and Kripalu Ambassador, is author of several best-selling books, including *The Great Work of Your Life: A Guide for the Journey to Your True Calling*. Read an article by Stephen Cope on page 62.



JANUARY 23–25 FRIDAY–SUNDAY

YOGA FOR OSTEOPOROSIS AND OSTEOARTHRITIS

Loren Fishman and Terry Schaff

FOR medical professionals, athletic trainers, yoga therapists, yoga teachers, yoga practitioners, and people living with osteoporosis or osteoarthritis. **CE** credits.

Osteoporosis occurs when new bone growth doesn't keep up with the removal of old bone. It's characterized by low bone mass and structural deterioration, leading to bone fragility and susceptibility to fractures. Yoga appears to reduce, arrest, and, in most cases, reverse osteoporosis.

Osteoarthritis is characterized by inflammation and deterioration within the joints, where one bone meets another. The challenge is to develop a yoga practice that encourages bone growth and increases range of motion without overstressing your joints.

Medical doctor and physiatrist Loren Fishman and medical yoga therapist Terry Schaff educate you about the do's and don'ts of osteoporosis and osteoarthritis, and teach ways to prevent them and to work with them if they occur. Stay for an additional program with Terry to tailor your yoga practice for these conditions.

TUITION \$250. Add 2 weekend nights room & meals; see page 92. (web code OVO-151)



Loren Fishman, MD, BPhil (Oxon), a pioneer in the field of yoga therapy, is the medical director of Manhattan Physical Medicine and Rehabilitation and author of six books. www.manhattanphysicalmedicine.com

See Terry Schaff's bio below.

JANUARY 25–28 SUNDAY–WEDNESDAY

MASTERING YOUR OWN YOGA PRACTICE FOR OSTEOPOROSIS AND OSTEOARTHRITIS

Terry Schaff

FOR all levels. **CE** credits.

Spend three days with medical yoga therapist Terry Schaff learning a safe yoga practice to strengthen your bones and increase the range of motion in your joints. This workshop expands on the practices and principles covered in the Yoga for Osteoporosis and Osteoarthritis program. Yoga's combination of stretching and strengthening helps both conditions, without damaging bones or cartilage.

Take this program as a continuation of the weekend with Terry and Loren, or come just for this workshop with Terry.

TUITION \$265. Add 3 midweek nights room & meals; see page 92. (web code MYOY-151)



Terry Schaff, E-RYT, a medical yoga therapist, works with Loren Fishman developing therapeutic yoga protocols for people recovering from injuries and living with physical challenges. www.medicalyogatherapy.com

✚ Combine these two programs for a 10 percent tuition discount for each program.



JANUARY 23–25 FRIDAY–SUNDAY

AWAKENING FEMININE POWER

WOMEN'S SELF-RENEWAL RETREAT

Renée Peterson Trudeau

FOR women of all ages and life stages; no yoga experience necessary.

Self-care—the art of attuning and responding to your needs and desires—is not about adding something to your to-do list; it's about cultivating a new relationship with yourself.

Do you long to reconnect with who you are and enjoy space for reflection, rest, and renewal? Renée has designed a deeply restorative retreat for women, offered in a nurturing and empowering environment. Tap into the transformative power of self-care and embrace a new way of being. Learn to connect to your Wise Self as you

- Explore your heart's desire and life purpose
- Discover how to balance yin/yang energy and awaken feminine power
- Meditate to enhance peace in everyday life
- Experience self-care as a portal to the Divine
- Learn self-renewal strategies/tools for everyday life
- Reconnect with your needs, desires, and your body's natural rhythms.

Enjoy authentic connection with like-minded women and experience greater freedom, resiliency, and joy.

NOTE Please see this program on the Kripalu website for recommend reading and what to bring.

TUITION \$300. Add 2 weekend nights room & meals; see page 92. (web code WSRR-151)

Renée Peterson Trudeau is an internationally recognized life-balance coach/speaker, president of Career Strategists, and author of *The Mother's Guide to Self-Renewal*. www.reneetrudeau.com

Breathe...Relax...Feel ...Watch...Allow

THE PRACTICE OF BEING PRESENT, MOMENT BY MOMENT

Kripalu Scholar-in-Residence Stephen Cope, best-selling author of *Yoga and the Quest for the True Self*, takes us step by step through the core Kripalu Yoga practice known as BRFWA—a powerful tool for coming home to ourselves.

The very centerpiece of all meditative technique is the simple practice of being present for experience. Being fully here, *right now*. In the body. In the breath. Not leaning forward into the next moment. Not reaching back into the previous moment. But allowing this moment to be okay *exactly* as it is.

In the Buddhist tradition, this practice is often referred to as mindfulness, which is defined as “the practice of paying attention, on purpose, to the experience of the present moment—without judgment or reactivity.” Mindfulness is bare attention to the present moment.

Well, it turns out this isn’t as easy as it sounds. We drive to Kripalu for the weekend, with the explicit intention of quieting down, meditating, letting the mind settle. No sooner have we sat down to meditate than we feel a vague hankering to get up and get a cup of tea, or check e-mail. We are a restless people. Being with the moment, exactly as it is, is not our specialty.

So, what to do? I found out early on in my contemplative practice that it helps to have some small technique to help us be fully present to now—some simple practice to help us be with the flow of thoughts, feelings, and sensations that arise in each moment—and, in fact, *are* the moment.

When I first arrived at Kripalu, I was taught just such a straightforward technique. It is called BRFWA (pronounced “bur-fwa”). BRFWA is an acronym for “breathe, relax, feel, watch, allow”—a simple technique for being present with our moment-to-moment experience.

For 25 years, I have used this technique almost every day. I can’t believe how powerful, useful, and practical it is. It’s right there in my back pocket all the time.

As we become more experienced with BRFWA (the five steps are detailed at right), we learn to trust that all we need to do is support the process through simple and consistent self-coaching—and the process itself moves us to full integration. Breathe, relax, feel, watch, allow. Breathe, relax, feel, watch, allow.

The next time you’re confronted with a difficult emotional situation, try BRFWA. If you can, find a quiet place to sit—a place where you feel safe and won’t be disturbed. Then launch in, gently. Breathe. Relax. Feel. Watch. Allow.

I’ll bet that once you’ve tried it, you’ll find yourself using it more and more. You’ll become more and more accustomed to the feeling of coming home to yourself, and you’ll find that being away from home for too long becomes an increasingly uncomfortable experience. BRFWA is a trustworthy companion on the road of life, a way to return to our true home at any moment, no matter where we are.

Stephen Cope, MSW, Scholar-in-Residence and Kripalu Ambassador, is the founder and former Director of the Kripalu Institute for Extraordinary Living and author of the best-selling books Yoga and the Quest for the True Self, The Wisdom of Yoga, and The Great Work of Your Life: A Guide for the Journey to Your True Calling.

DON’T MISS STEPHEN COPE AT KRIPALU:

- The Wisdom of Yoga and the Art of Extraordinary Living, December 26–28 (page 39)
- The Great Work of Your Life: The Yoga of the Bhagavad Gita, January 23–25 (page 60)

STEP ONE: BREATHE

Remembering to breathe consciously in the midst of a difficult or challenging moment can shift everything. Take full, deep breaths. If we become scared or anxious, or get caught in an obsessive thought loop, the breath will break the pattern. The breath integrates the emotional body and physical body—the first step in “coming home to ourselves” in the present moment. Like the bumper sticker says: Just breathe!

STEP TWO: RELAX

Scan through the body to find muscles that feel tight and constricted, and then consciously encourage these areas to soften and let go. Often the belly is the most effective place to begin. Deep, diaphragmatic breaths move us from the sympathetic (“fight or flight”) system to the parasympathetic (“rest and digest”) system. This phase of the technique helps to break up tightness and resistance in the body and mind.

STEP THREE: FEEL

Actively feeling means turning our attention minutely toward our moment-by-moment experience of the sensations, energy, and emotions in the body, without judging them. Where in the body is the feeling most intense? What is the texture of the sensation? This phase of the process helps us pinpoint the areas of our experience that have been split off, shut down, or concealed from our awareness.

STEP FOUR: WATCH

“The witness” (what psychologists call “the observing ego”) is the part of the self that stands at the center of the storms of experience without being blown away. We both participate and stand apart from our experience, acting as observer as well as coach. Our attention is focused on “How is it?” rather than “Why is it?” or “Do I like it it?” It is the abiding voice that’s constantly repeating, “Breathe, relax, feel, watch, allow.”

STEP FIVE: ALLOW

In the final phase, we coach ourselves to allow the process to happen. When we don’t try to control our experience, we’re free to relax into the waves of sensation, feeling, and energy, just exactly as they are. We relinquish our resistance and allow ourselves to surrender, to let go of our tight hold on life and allow change to happen. We plunge into the river of life, and let it carry us exactly where it wants us to go.

JANUARY 23–25 FRIDAY–SUNDAY

YOGA FOR ATHLETES

STRENGTH, FLEXIBILITY,
AND FOCUS

Sage Rountree

FOR all levels of athletic or yoga experience; no prior yoga experience required. **CE** credits.

Athletes are often turned off by yoga because it seems too hard, too easy, or out of sync with their training. Triathlete, coach, and yoga teacher Sage Rountree demystifies yoga and explains exactly how it fits with training and competition. Yoga's emphasis on form, focus, and breath translates to increased efficiency and enjoyment in your sport and your life.

During this weekend, learn poses to increase your range of motion and flexibility, especially in the hips and hamstrings. Spend time cultivating sport-specific core strength and balance, examine yoga as mental training, and learn how incorporating yoga's approach to mind-body integration can make you a better athlete. Practicing the poses and techniques taught in this workshop increases your flexibility, core strength, stability, balance, and physical and mental endurance, while lowering recovery time and risk of injury.

RECOMMENDED READING Sage Rountree, *The Athlete's Guide to Yoga* and *The Athlete's Pocket Guide to Yoga* (both from VeloPress).

TUITION \$225. Add 2 weekend nights room & meals; see page 92. (web code SFF-151)

JANUARY 25–30 SUNDAY–FRIDAY

TEACHING YOGA TO ATHLETES

Sage Rountree

FOR yoga teachers, coaches, PE teachers, and personal trainers. **CE** credits.

As more and more athletes credit yoga with taking their performance to the next level, the field of yoga for athletes is growing. Sage Rountree, a pioneer in the field, has multifaceted experience as a coach, athlete, and teacher working with endurance-sports athletes and collegiate teams.

In this intensive, you

- Discuss the needs, abilities, and limitations that athletes bring to yoga practice
- Survey exercise physiology relevant to yoga
- Investigate ways to modify classes for athletes of various sports and levels of experience
- Design sequences appropriate for specific needs and different points in the training cycle
- Explore the pedagogy and business of working with athletes.

Gain a new awareness of the parallels between yoga and sports training and leave empowered to teach yoga to athletes.

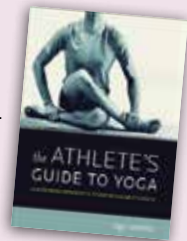
RECOMMENDED READING Sage Rountree, *The Athlete's Guide to Yoga* and *The Athlete's Pocket Guide to Yoga* (both from VeloPress).

NOTE Tuition includes a manual.

TUITION \$350. Add 5 midweek nights room & meals; see page 92. (web code TYA-151)

Sage Rountree, PhD, E-RYT 500, author of several books on yoga sequencing, trains teachers from all disciplines at the 200- and 500-hour levels. www.sagerountree.com

✚ Combine these two programs for a 10 percent tuition discount for each program.



JANUARY 25–30 SUNDAY–FRIDAY

AWAKEN YOUR HEART'S DESIRE IN THE NEW YEAR

Caverly Morgan and Karen Arp-Sandel

FOR everyone.

Embark on an inspiring and empowering journey of self-discovery. Learn to disengage from your inner critic—the slave driver of your New Year's resolutions. Explore how your intentions can be realized through compassion and acceptance, the true path of least resistance.

Zen teacher and former monk Caverly Morgan is known for her insight, humor, and real-world perspective. She challenges you to disarm self-limiting beliefs and live from your deepest heart's desire. Karen Arp-Sandel, visual artist and Kripalu Yoga teacher, invites you into mindful movement during the retreat.

Activities include group discussion, guided exercises, journaling, visualization, and meditation. Step into the life you truly desire in 2015!

TUITION \$325. Add 5 midweek nights room & meals; see page 92. (web code TNY-151)



Caverly Morgan is a meditation teacher and director of One House of Peace, a nonprofit bringing mindfulness to schools, shelters, and the community of Portland, Oregon.



Karen Arp-Sandel is an inspirational artist, educator, Kripalu Yoga teacher, spiritual activist, and founder of the international Vibrant Visionary Collage Community. www.karenarpsandel.com

INSTA LOVE

Are you on Instagram? We'd love to see your inspiring moments:



[instagram.com/kripalucenter](https://www.instagram.com/kripalucenter)

Kripalu | HEALTHY LIVING PROGRAM

JANUARY 25–30 SUNDAY–FRIDAY

DETOX FOR HEALTH AND HEALING

Annie B. Kay, Kathie Madonna Swift, and Kripalu Healthy Living Faculty

Your jump start for healthier living. CE credits.

Detoxification is a natural body process that is compromised when our system becomes overloaded from poor diet, allergies, stress, infections, and toxins such as heavy metals. Join Kripalu's nutritionists to explore the science behind detox and experience an integrated approach to cleansing the body.

In this program, you

- Explore the essential elements of a science-based detoxification diet, including critical nutrients that support toxin removal
- Learn the five common causes of toxic overload and how stress impacts digestion and detoxification
- Get answers to questions on detox topics that include organic, raw foods; acid-base balance; water needs; detox supplements; exercise; skin brushing; and sauna
- Discover how to create a sustainable detox kitchen and learn culinary nutrition tips
- Explore yoga postures that assist the detox process
- Learn strategies for dealing with emotional detox.

TUITION \$399. Add 5 midweek nights room & meals; see page 92. (web code RRDT-151)



Annie B. Kay, MS, RDN, LDN, RYT, is Lead Nutritionist at Kripalu and author of *Every Bite Is Divine*. www.everybiteisdivine.com



Kathie Madonna Swift, MS, RDN, LDN, is an integrative nutritionist and author of *The Swift Diet*. www.kathieswift.com

JANUARY 30–FEBRUARY 1 FRIDAY–SUNDAY

TAMING THE MIND

AN INTRODUCTION TO
BUDDHIST MEDITATION

David Nichtern

FOR all levels. **CE** credits.

Through the practice of meditation, it is possible to tame the wild mind and develop clarity, stability, and focus. Learn the principles and practice of shamatha (mindfulness) meditation, a powerful tool

for bringing yourself present in your life. Meditation practice also helps you develop compassion for yourself and others, gives you a deeper understanding of your own mind, and can ultimately reveal the nature of reality.

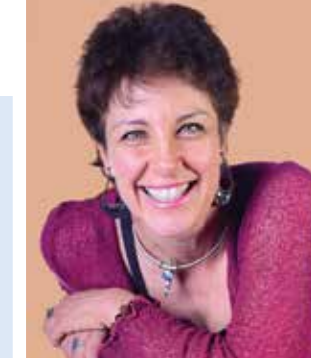
Experience an overview of the path of meditation according to Buddhist teachings as you

- Receive a proper introduction to the practice of meditation
- Develop your practice further
- Look at the entire range of Buddhist practice and study to see how it all fits together.

David Nichtern is known for his ability to present the richness and depth of the Buddhist tradition while making it accessible and relevant.

TUITION \$225. Add 2 weekend nights room & meals; see page 92. (web code CIBT-151)

David Nichtern, a senior teacher in the Shambhala Buddhist lineage of Chogyam Trungpa Rinpoche and Sakyong Mipham Rinpoche, leads meditation workshops worldwide and online. www.davidnichtern.com

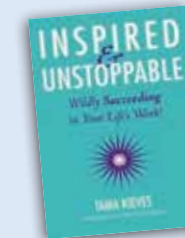


JANUARY 30–FEBRUARY 1
FRIDAY–SUNDAY

UNLEASH YOUR CALLING

CREATING THE WORK AND
LIFE YOU LOVE

Tama Kieves



FOR everyone. **CE** credits.

Is a different life calling you? Do you crave meaningful work or ache to take your creativity into the world—and

get paid for it? Your wildest dreams are not frivolous. In fact, true passion is your greatest job security.

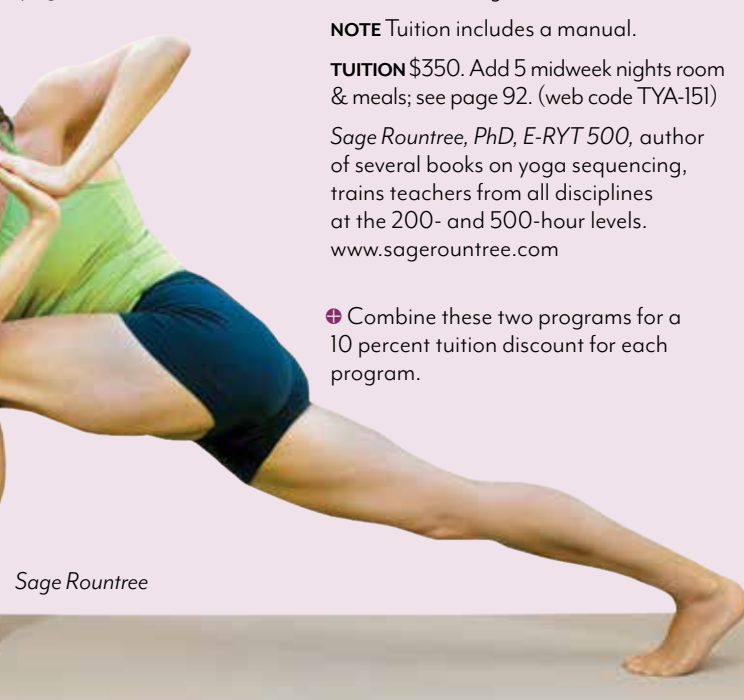
Learn how to move past fear to discover and soar in the work you were born to do. Tama Kieves, best-selling author of *Inspired & Unstoppable: Wildly Succeeding in Your Life's Work!*, invites you to

- Live from inspiration instead of fear
- Choose the right passion and stay on fire
- Tap into unstoppable inner strength
- Turn your talents into income
- Uncover compelling strategies to achieve your dreams
- Trust the power and magic of unconventional choices.

Packed with breakthrough exercises, creativity, group interaction and support, personal attention, and passionate mentoring, this transformative workshop can help you step into a whole new life.

TUITION \$225. Add 2 weekend nights room & meals; see page 92. (web code ULYC-151)

Tama Kieves, an honors graduate of Harvard Law School, left a corporate law practice to write and embolden others to live their deepest desires. www.tamakieves.com



Sage Rountree



JANUARY 30–FEBRUARY 1 FRIDAY–SUNDAY

PARTNER YOGA FOR COUPLES

Elysabeth Williamson and Christin Staszkesky Harper

FOR couples of all sexual orientations and all levels of yoga experience. **CE** credits.

- Bring your beloved to a fun-filled, spiritually uplifting, and invigorating weekend of partner yoga for couples. As you learn how to breathe and flow together on the mat, you learn how to find ease and balance in your relationship off the mat.
- Deepen your compassion, trust, sensitivity, and love for each other.
 - Enjoy a healthy, playful, and life-affirming practice.
 - Learn how to adapt the postures to accommodate various body sizes, flexibility levels, and yoga experience.
 - Develop closeness and connection through co-meditations and partner breathwork.
 - Experience assisted postures, mirrored postures, creative collaborations, and Thai Yoga massage techniques.
 - Celebrate and honor the soul attributes of your partner to revitalize your relationship.

Whether both partners are dedicated practitioners, beginners, or at different levels of experience, come grow and deepen together.

TUITION \$220. Add 2 weekend nights room & meals; see page 92. (web code CPAY-151)



Elysabeth Williamson is founder of Principle-Based Partner Yoga™, author of *The Pleasures and Principles of Partner Yoga*, and creator of Partner Yoga Touch, an iPhone app. www.partneryoga.net



Christin Staszkesky Harper is a pioneer in the field of equine yoga and is a certified Principle-Based Partner Yoga™ teacher. www.thelightrider.com



I love Kripalu! The food is amazing, and the surroundings peaceful and beautiful any time of year. I go there to learn and grow.

—Sue H., Worcester, Massachusetts

JANUARY 30–FEBRUARY 1 FRIDAY–SUNDAY

THE YOGA OF VISION

Marc Grossman

FOR everyone.

Our eyes are intimately connected to our brains and bodies. From this connection, it naturally follows that our attitudes, beliefs, and how we see and react to life situations can affect our vision.

Optometrist, acupuncturist, and author Marc Grossman incorporates the physical, emotional, and spiritual aspects of vision in his philosophy of eye care, including the underlying physical and psychological effects of vision problems. This workshop is based on his best-selling books, *Greater Vision* and *Magic Eye Beyond 3D: Improve Your Vision*. Marc uses a full range of mind-body therapies combined with conventional approaches to address conditions such as nearsightedness, presbyopia (the over-40 syndrome), macular degeneration, cataracts, glaucoma, and more.

Discover how your inner vision affects your outer vision and leave with an individual protocol for your own eye condition.

TUITION \$200. Add 2 weekend nights room & meals; see page 92. (web code EHIH-151)



Marc Grossman, a developmental behavioral optometrist for more than 30 years, is also a licensed acupuncturist and coauthor of *Greater Vision*. www.naturaleyecare.com

JANUARY 30–FEBRUARY 1 FRIDAY–SUNDAY

THE YOGA PATH FROM ASANA TO MEDITATION

Beryl Bender Birch

FOR all levels, including beginners. **CE** credits.

Have you always wanted to try yoga, but are apprehensive? Or maybe you've tried and weren't comfortable with it? Then this weekend is designed for you! Beryl Bender Birch, a longtime teacher and practitioner, has safely introduced thousands of people—all ages, sizes, and abilities—to the benefits of a regular yoga practice.

Start your new year off on the right track. Discover a doorway into the path of yoga that works just for you. Move, breathe, stretch, sweat, relax, meditate, and experience the deep calming, focusing, and healing effects of yoga. This workshop can help you release limitations, recharge your life, and elevate your spirit.

TUITION \$225. Add 2 weekend nights room & meals; see page 92. (web code AMYP-151)



Beryl Bender Birch is the best-selling author of three yoga books and began meditation and consciousness studies in 1971. She traveled to India in 1974 and has been training yoga teachers for 30 years. www.power-yoga.com

JANUARY 30–FEBRUARY 1 FRIDAY–SUNDAY

CLEAR OUT, RESTORE, AND BE RODNEY YEE AND COLLEEN SAIDMAN

FOR all levels. **CE** credits.

What does it mean to be fully present in your yoga practice and your life? Rodney Yee and Colleen Saidman have designed yoga sequences that clear your body-mind of old, useless patterns and open the way for the present moment. These practices consist of a variety of poses that help you to expose and investigate areas of tension and binding so you can release them with mindfulness and ease.

When you follow up with restorative sequences that lead to deep relaxation, you find yourself naturally primed for pranayama and meditation. It's in the practice of meditation that you are fully absorbed in the miraculous unfolding of now. Rodney and Colleen welcome everyone who wants to clear out, restore, and be.

TUITION \$310. Add 2 weekend nights room & meals; see page 92. (web code CRB-151)

Rodney Yee is the cofounder, with Colleen Saidman, of the Gaiam Yoga Club, and the creator of dozens of yoga DVDs. www.yeeyoga.com

Colleen Saidman has been a certified Jivamukti Yoga teacher since 1998 and is the director of Yoga Shanti in Sag Harbor, New York. www.yogashanti.com



JANUARY 30–FEBRUARY 1 FRIDAY–SUNDAY

HEALING THE WOUNDS OF ATTACHMENT AND REBUILDING SELF

A MASTER COURSE FOR EMDR CLINICIANS

Deany Lalotis

CE credits.

This master class is designed for clinicians seeking to deepen their skills as EMDR psychotherapists working with early childhood trauma and attachment. Discover how you can develop a working understanding of attachment styles and apply it in a moment-to-moment way during EMDR processing, helping your clients come into their core, authentic self.

In this training, you learn to

- Identify the client's predominant attachment style and its implications for EMDR therapy
- Conceptualize the case using a developmental lens
- Apply advanced interweave strategies to address developmental deficits and facilitate present-moment processing
- Identify the difference between core and defensive affects
- Apply advanced applications of the three-pronged approach of past, present, and future to optimize the client's capacity to integrate more adaptive response patterns
- Facilitate and deepen corrective emotional experiences in order to have a fuller sense of self in relation to others.

TUITION \$345. Add 2 weekend nights room & meals; see page 92. (web code AERA-151)



Deany Lalotis, LICSW, is an internationally recognized trainer, clinical consultant, and EMDR practitioner. She specializes in the treatment of traumatic stress disorders and attachment issues. www.deanylalotis.com

let's connect

Find us online for resources, articles, videos, recipes, and more—read, watch, and share!



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“Love is not far away; it is as close as your heart.”

—Swami Kripalu

#kripalu #kripalulove

FEBRUARY

(S)	(M)	(T)	(W)	(T)	(F)	(S)
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Contemplative Week at Kripalu

The perfect time to soothe the mind and body, and renew your connection to yourself.

Leave the busy world behind during a week that includes silent meals, quieter spaces, more introspective programming, and the opportunity to reflect on your calling, your personal story, and your unique gifts and passions.

Kripalu | R&R RETREAT SPECIAL EVENT

FEBRUARY 1-6 SUNDAY-FRIDAY

R&R QUIET RETREAT RENEWAL FROM THE INSIDE OUT

During Contemplative Week, Kripalu R&R Retreats offer workshops to inspire you to nurture your deepest self.

Our selection of programs gives 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. See page 92 for rates.

FIND OUT MORE about R&R Retreats on page 6 or visit the Kripalu website.



Kripalu | HEALTHY LIVING PROGRAM

FEBRUARY 1-6 SUNDAY-FRIDAY

CLEARING THE CLUTTER MAKING SPACE FOR POSITIVE CHANGE

Maria Sirois and Izzy Lenihan

Do you feel surrounded by clutter—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 you bring into it. This program, based on the principles of Positive Psychology and personal coaching, is designed to help you identify the clutter in your life, give you tools for clarity and change, and support you in creating a lighter, rejuvenated life.

TUITION \$399. Add 5 midweek nights room & meals; see page 92. (web code RRCC-151)



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. www.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.

FEBRUARY 1-6 SUNDAY-FRIDAY

HUNGER, HOPE, AND HEALING

A YOGIC APPROACH
TO RECLAIMING YOUR
RELATIONSHIP TO YOUR
BODY AND FOOD

Sarahjoy Marsh



FOR all women; no yoga experience necessary. **CE** credits.

Are your weight, eating patterns, or life feeling out of control? Find relief, understanding, and long-term

strategies for getting back in balance.

Disordered, compulsive, or emotional eating and exercising are often a result of “hunger of the heart”—hunger for connection, creativity, aliveness, ease, and refuge, which we confuse with physical hunger.

Explore these behaviors in the spirit of sisterhood, kindness, and transparency as you learn to

- Satisfy your hungers without food as the default
- Examine cycles of compulsion and food or body-centered anxiety or confusion
- Use the Four Essential Life Skills for recovery
- Harness the power of mindfulness and breathing interventions adaptable to any circumstance
- Practice supportive yoga, meditation, and pranayama.

TUITION \$360. Add 5 midweek nights room & meals; see page 92. (web code YATF-151)



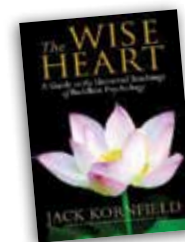
Sarahjoy Marsh, MA, RYT 500, is founder of the DAYA Foundation, a non-profit yoga center, and Living Yoga, which brings yoga to prisons and rehabilitation centers. www.yogajoy.net

FEBRUARY 1-6 SUNDAY-FRIDAY

THE WISE AND LOVING HEART MEDITATION FOR FREEDOM AND COMPASSION

JACK
KORNFIELD

with Hugh Byrne and Erin Treat



FOR all levels. **CE** credits.

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. Add 5 midweek nights room & meals; see page 92. (web code AHLE-151)

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. www.jackkornfield.com



Hugh Byrne, PhD, a graduate of the Spirit Rock/Insight Meditation Society teacher training program, has taught Buddhist mindfulness meditation for 10 years. www.hughbyrne.com



Erin Treat has been practicing Buddhist meditation for 20 years. She teaches at Spirit Rock Meditation Center and leads retreats and mindfulness trainings nationwide.

Practices to Bring Light Into Your Winter

by Bess Hochstein

There's an annual ritual in our household. When the days get shorter, my husband plugs in a special lamp that simulates sunlight. Prone to seasonal affective disorder (SAD), he finds that a half hour under the lamp, at sunrise and sunset, helps regulate his moods as daylight wanes.

Even without a diagnosis of SAD, it's only natural that a dearth of sunlight combined with winter's chill can weigh heavily on us. But you don't have to buy a sunlamp to pull yourself out of a seasonal funk. We've asked a selection of teachers for practices that can bring light into your winter. Here are a few of their bright ideas.

VISUALIZE THE LIGHT WITHIN

From Todd Norian, founder of Ashaya Yoga™: Try this meditation to build heat. Visualize a candle flame in each of your chakras, starting at the base of your spine and moving to the sacral region, navel, heart, throat, forehead, and crown of the head. Then visualize candles glowing in both palms and on the soles of both feet. Now imagine all the flames simultaneously aglow.

WARMING BREATHWORK

From Erin Casperson, Academic Coordinator for the Kripalu School of Ayurveda: Practice Kapalabhati, or Skull-Polishing Breath, a series of short, sharp exhalations and passive inhalations done while pumping the belly. "Kapalabhati is a warming breath that clears the cloudiness from the mind while stoking the internal digestive fire," Erin says. It's also good for clearing the sinuses!

RITUALS TO HONOR THE SEASON

From Michelle Dalbec, Kripalu Yoga teacher and teacher trainer: Create a winter ritual that flows with and honors the change of rhythm in the season. "Pause and marvel at how amazing winter sunsets are, or create a gratitude journal and find something you're grateful for each day that happens only in winter."

FIRE IT UP

From Todd and Erin: Light a campfire outside, light your woodstove or fireplace, or warm up your kitchen and your belly by cooking cold-weather comfort foods. "Contemplate the magic and miracle of fire," says Todd. Erin suggests swapping salads for roasted vegetables, casseroles, soups, and hearty stews.

DAILY WARM-UP

From Sarajeon Rudman, Kripalu Yoga teacher and former Kripalu School of Ayurveda Intern: Move your body to the point of breaking a sweat every day. "This can be a vigorous yoga flow, or perhaps dancing, some kind of calisthenics or martial arts, or a jog if it isn't freezing out," she says. "When we're closed inside all winter, it's easy to get stagnant. Invoking lightness in the body to ward off the heaviness of winter brings joy and energy into my day."

BREATHE THE AIR

From Erin: "Each morning, when the sun comes out, I make sure to go outside and breathe, even when it's freezing cold or cloudy." Exposure to the morning light keeps us aligned with our natural, diurnal rhythms, she says.

MOVE INWARD

From psychotherapist Miriam Greenspan, author of *Healing Through the Dark Emotions: The Wisdom of Grief, Fear, and Despair*: Welcome the introversion that this season naturally encourages. "Just as the winter brings with it cold and frost, many people in this season find their hearts constricting, a kind of interior winter weather," Miriam says. "While this can feel distressing, it's actually a signal to bring our attention inward."

EXPLORE ILLUMINATING TRADITIONS

From Father Thomas Ryan, author of 14 books on spiritual life: Delve into the original symbolism of seasonal traditions, such as the lighting of the Hanukkah menorah or the star atop the Christmas tree. "The decorations featuring light that fill our homes and public places from late November to mid-January can serve as reminders of a guiding, strengthening Presence that seeks to lead us from darkness into light," he says. "If people of every faith saw in all the seasonal lights on tables, trees, lampposts, and homes a reminder that we are loved with an infinite love, that would truly bring light into whatever areas of our lives are frozen and dark."

Bess Hochstein, a freelance writer based in the Berkshires and Sonoma County, California, writes about yoga, travel, the arts, and culture.

FEBRUARY 6–8 FRIDAY–SUNDAY

A ZENTANGLE WEEKEND

with founders Rick Roberts and Maria Thomas



FOR everyone.

Treat yourself to a creative, fun, and inspiring weekend in which you not only create works of art, you also discover a newfound sense of well-being. A Zentangle practice can benefit your creativity, self-esteem, confidence, and focus—and make you more relaxed, too!

Zentangle is a worldwide phenomenon of creativity, created by a quirky artist and a Renaissance guy who lived as a monk. Even if you think you're not an artist, Zentangle is for you. Rick and Maria (he's "Zen," she's "tangle") gently guide you to create beautiful images with intricate tangles or patterns that you draw in easy steps. Experience creative flow as simple pen strokes become beautiful art. If you're like most "tangles," you'll begin to see the world in a different way.

RECOMMENDED READING Rick Roberts and Maria Thomas, *The Book of Zentangle*, available at www.zentangle.com.

NOTE All materials will be supplied.

TUITION \$295. Add 2 weekend nights room & meals; see page 92. (web code AZWF-151)

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

Maria Thomas worked as a lettering artist and operated a stationery design and production company before cofounding Zentangle. www.zentangle.com



FEBRUARY 6–8 FRIDAY–SUNDAY

EVIDENCE-BASED QIGONG NURTURING MIND, BODY, AND SPIRIT

Yang Yang

FOR yoga teachers, practitioners, and everyone interested in learning qigong. **CE** credits.

Have you ever been on retreat or read a self-help book, only to find that the lessons or experiences didn't hold up under the realities and stresses of daily life? Evidence-based qigong (EBQ) offers a gentle path to building physical, mental, and spiritual strength. This program is specifically designed to give you the tools you need to heal yourself and cultivate lasting tranquility, balance, happiness, and vitality in daily life.

Yang Yang brings both Eastern and Western training and more than 30 years of experience to his teaching. The static and dynamic meditative exercises he shares are appropriate for all ages, physical abilities, and skill levels. For those interested in teaching qigong, this course provides 8.5 of the requisite 32 hours toward Level I instructor certification.

NOTE See the Kripalu website for recommended reading and listening and certification information.

TUITION \$220. Add 2 weekend nights room & meals; see page 92. (web code TTQC-151)

Yang Yang, PhD, is the founder of the Center for Taiji & Qigong Studies and a researcher and clinical specialist at Memorial Sloan-Kettering Center in New York City. www.centerfortaiji.com

FEBRUARY 6–8 FRIDAY–SUNDAY

TRANSFORMING TRAUMA

James S. Gordon

CE credits.

Learn safe and practical ways to explore, grow through, and move beyond trauma. James S. Gordon, a Harvard-educated psychiatrist, has worked with traumatized people in Kosovo, Israel, Gaza, and Haiti; US military personnel; and in his private practice.

Psychological trauma—suffering the losses we most dread or being wounded where we are most vulnerable—can cause chaos in previously ordered lives, freeze progress in active ones, or both. But it can also be deeply transforming. In this program, you learn to

- Understand the psychobiology of trauma
- Identify post-traumatic stress symptoms
- Practice meditation to quiet agitation and gain perspective
- Use self-expression and group support to relieve stress and trauma
- Resolve psychological numbing and physical freezing
- Appreciate the spiritual growth trauma might bring.

REQUIRED READING James S. Gordon, *Unstuck: Your Guide to the Seven-Stage Journey Out of Depression* (Penguin).

NOTE See the Kripalu website for recommended reading.

TUITION \$235. Add 2 weekend nights room & meals; see page 92. (web code TTMA-151)



James S. Gordon, MD, is a psychiatrist and founder and director of the Center for Mind-Body Medicine. He chaired the White House Commission on Complementary and Alternative Medicine. www.cmbm.org

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Browse books and CDs from our world-class presenters and faculty.

➔ shop.kripalu.org

FEBRUARY 6–8 FRIDAY-SUNDAY

ENERGETIC LIBERATION

A WEEKEND OF MEDICINE FOR YOUR HEART AND SOUL

Jacqui Bonwell

FOR all levels. **CE** credits.

Expect to have fun, put things into perspective, and be deeply moved in this inspiring program. Jacqui Bonwell views yoga practice as a life preserver for parenting, living fully, and healing. In this workshop, she uses humor, passion, and wisdom to help you better understand how and why yoga works.

Jacqui kicks this weekend off on Friday evening with a grounding slow-flow yoga practice, complete with soothing yoga nidra. Saturday's schedule includes vinyasa practice, a journey through the chakras, and the teachings of Patanjali for healthy living with a whole heart. Sunday morning sends you home after a powerful vinyasa session.

Discover all the ways you can cultivate a joyous way of life—from the inside. This program is highly recommended for yoga teachers, students, parents, singles, exercise enthusiasts, and couch potatoes.



TUITION \$215. Add 2 weekend nights room & meals; see page 92. (web code ELWM-151)

Jacqui Bonwell, E-RYT 500, is a Reiki Master, director of the Sacred Seeds Yoga School, and owner of the Canton Yoga Shala in Canton, Massachusetts. www.jacquibonwell.com

FEBRUARY 6–8 FRIDAY-SUNDAY

GETTING YOUR GROOVE BACK

JOAN BORYSENKO

FOR everyone. **CE** credits.

Do you feel grouchy and fried? Are you ready to revive? If so, join one of the country's leading pioneers in mind-body science, Positive Psychology, and spiritual exploration for a weekend destined to change your life for good. Joan Borysenko—a formerly “fried” human being—has designed a special retreat that helps you tune back into your own essential wisdom.

Learn the key skills of resilience, take a refresher course at “Better Boundary School,” reconnect with Source, and rediscover who you are without all that stress. If you're a health-care provider, you can revitalize while learning tools to help your clients.

Here's Joan's bottom line: “Life is beautiful. Love is possible. Every moment can be the blessing it is meant to be.”

TUITION \$245. Add 2 weekend nights room & meals; see page 92. (web code YSC-151)

Joan Borysenko, PhD, is a Harvard Medical School-trained biologist, a licensed psychologist, a *New York Times* best-selling author, and a pioneer in mind-body medicine. www.joanborysenko.com

FEBRUARY 6–8 FRIDAY-SUNDAY

YOGA AND SNOWSHOEING

Greg DiLisio

CE credits.

If you enjoy yoga and outdoor winter sports, you'll love this program. The miles of trails surrounding Kripalu offer exquisite vistas, snow-covered forests, and the opportunity to explore the beauty of winter in a leisurely way—on snowshoes.

Snowshoeing, a gentler form of aerobic exercise than cross-country skiing, provides the traction you need to get to places you can't reach by simply hiking in the snow. Practicing yoga before your walks supports ease of movement, and afterward it promotes rest and relaxation. Guided meditations enhance your receptivity to the beauty and wisdom of nature.

NOTE See this program on the Kripalu website for information on equipment rental and what to bring.

TUITION \$215. Add 5 midweek nights room & meals; see page 92. (web code SAY-151)



Greg DiLisio, MAc, is a yoga teacher, outdoor adventure sports guide, and acupuncturist who holds high-level qigong and tai chi certifications. www.mycenteredheart.com



FEBRUARY 6–8 FRIDAY-SUNDAY

REVEAL

GETTING SPIRITUALLY NAKED

Meggan Watterson



FOR all women.

Are you ready to be led by the voice of your soul? Meggan Watterson suggests that being spiritual is about stripping down to the truth of who you really are.

She draws on ancient stories of the Divine Feminine to present a spirituality that invites you to receive the audacious and fiercely loving voice of truth inside you.

Come experience

- The sacredness of your body
- Your inherent and divine worth in the world
- The inner mystic you always have access to
- The work your soul desires you to fulfill
- Life-altering support from a group of women who believe in you, and the tools to create community when you return home.

Through group work, guided meditation, writing exercises, and dance, learn to release what no longer serves you and surrender to a soul-led life.

RECOMMENDED READING Meggan Watterson, *Reveal: A Sacred Manual for Getting Spiritually Naked* (Hay House).

NOTE Bring a journal and pen.

TUITION \$215. Add 2 weekend nights room & meals; see page 92. (web code RGS-151)

Meggan Watterson, MTS, MDiv, is a spiritual mentor, speaker, scholar of the Divine Feminine, and author of *Reveal: A Sacred Manual for Getting Spiritually Naked*. www.megganwatterson.com



FEBRUARY 6–8 FRIDAY-SUNDAY

INTRODUCTION TO YOGA AND AYURVEDA

SECRETS OF AYURVEDA

Hilary Garivaltis and Larissa Hall Carlson

FOR all levels. **CE** credits.

Ayurveda is India's traditional science of self-care, and a treasure trove of practical and effective methods for enhancing health and well-being. Join Hilary Garivaltis, founder of the Kripalu School of Ayurveda, and Larissa Hall Carlson, Dean of the Kripalu School of Ayurveda, to learn how to make Ayurveda and yoga part of your health routine.

This weekend, you learn

- The foundational concepts and precepts of Ayurveda, including the five elements and three doshas
- Your personal constitutional blueprint, or doshic type
- The primary Ayurvedic healthy-living tools, including diet and lifestyle, needed to keep body, mind, and spirit in balance
- Yoga, breathing, and meditation practices designed for your constitution and for the season.

Return home with proven techniques to bring greater balance and well-being into your life.

RECOMMENDED READING AND LISTENING See this program on the Kripalu website.

TUITION \$235. Add 2 weekend nights room & meals; see page 92. (web code ITAV-151)



Hilary Garivaltis, founder and former Dean of the Kripalu School of Ayurveda, trained at the New England Institute of Ayurvedic Medicine and Rishikesh College of Ayurveda in India. www.hilarygarivaltis.com



Larissa Hall Carlson, E-RYT 500, Dean of the Kripalu School of Ayurveda, guides retreats, directs trainings, and provides Ayurvedic consultations. www.larissacarlson.com



FEBRUARY 6–8 FRIDAY-SUNDAY

KUNDALINI

MASTERING YOUR LIFE WITH PRACTICAL ENLIGHTENMENT

Guru Singh

FOR all levels. **CE** credits.

Kundalini Yoga is an ancient science that awakens human consciousness to its highest potential. This awakened state can be reached by focusing on and consistently practicing asanas, kriyas, meditation, and chanting.

This joy-filled, inspiring, and practical workshop uses Kundalini Yoga to achieve deep healing, fostering

- Physical, emotional, and mental flexibility
- Increased intuition
- Tolerance and understanding
- Compassion and forgiveness to release the past
- Techniques to overcome disruptive patterns and habits and replace them with positive alternatives.

Come discover the real meaning of yoga—creating union or connection between the physical world and the spiritual realms to produce desired changes in your life.

TUITION \$240. Add 2 weekend nights room & meals; see page 92. (web code RYDI-151)

Guru Singh is a third-generation yogi, master spiritual teacher, author, and musician. He teaches conscious living through the tools of Kundalini Yoga. www.gurusingh.com

Evening Event

SATURDAY, FEBRUARY 7, 8:00 PM

DEVOTIONAL CHANT WITH GURU SINGH

Seating is limited. For details visit kripalu.org/eveningevents.

FEBRUARY 8–13 SUNDAY–FRIDAY

AYURVEDIC BODYWORK TRAINING

GARSHANA, ABHYANGA, AND NETRA BASTI

Hilary Garivaltis

FOR bodyworkers. CE credits.

Come be nurtured and guided by skilled practitioners as you learn ancient Ayurvedic treatments to cleanse, heal, and harmonize body, mind, and spirit. Learn the techniques of Ayurvedic bodywork used in rejuvenation therapy, including

- Garshana, silk-glove lymphatic massage
- Abhyanga, full-body herbalized oil massage
- The eye treatment known as netra basti.

We also spend time on Ayurvedic fundamentals, covering the five elements, three doshas, and the energy points on the body called marmas and how they can be used in the healing process. Ceremony and the use of mantra, or sacred sound, establish a calm and healing environment.

NOTE This course is designed for bodyworkers. See the Kripalu website for more information.



TUITION \$355. Add 5 midweek nights room & meals; see page 92. (web code ABI-151)

Hilary Garivaltis, founder and former Dean of the Kripalu School of Ayurveda, trained at the New England Institute of Ayurvedic Medicine and Rishikesh College of Ayurveda in India. www.hilarygarivaltis.com

Kripalu | HEALTHY LIVING PROGRAM

FEBRUARY 8–13 SUNDAY–FRIDAY

NUTRITION INTENSIVE FOR HEALTH PROFESSIONALS

Annie B. Kay, Kathie Madonna Swift, and Lisa B. Nelson

Experience Kripalu’s approach to nutritional wellness.

FOR physicians, nurses, nutritionists, registered dietitians, and other health-care professionals seeking personal and professional development. CE/CME credits.

Expand your skills by exploring the Kripalu Approach to whole-foods healing and clinical nutrition, with Kripalu’s world-class team of leaders in integrative nutrition and whole-person health. Deepen your understanding of nutritional healing as you learn

- Past and present food theories, nutritional discoveries, and controversies
- Core nutritional systems and how they relate to common chronic syndromes and diseases
- The psycho-physiological mechanisms through which yoga and other mind-body practices support lifestyle change
- Kripalu’s approach to mindful eating
- The foundations of Ayurveda
- The dynamic relationship between digestion and health, and the critical role nutrition plays for the brain and heart
- How to use whole foods, dietary supplements, and mind-body nutrition therapeutically
- Culinary approaches for common health conditions.

TUITION \$520. Add 5 midweek nights room & meals; see page 92. (web code RRNI-143)



Annie B. Kay, MS, RDN, LDN, RYT, is Lead Nutritionist at Kripalu and author of *Every Bite Is Divine*. www.everybiteisdivine.com



Kathie Madonna Swift, MS, RDN, LDN, is an integrative nutritionist and author of *The Swift Diet*. www.kathieswift.com



Lisa B. Nelson, MD, is Director of Medical Education for Kripalu Healthy Living programs and a practicing physician.



FEBRUARY 8–13 SUNDAY–FRIDAY

RESTORATIVE YOGA TEACHER TRAINING

Sudha Carolyn Lundeen



FOR yoga teachers. CE credits.

Restorative yoga is the yoga of non-doing. When the body is fully supported, it will naturally relax, releasing deeply held tensions. Well-placed blankets, bolsters, yoga straps, and chairs safely support the body in a variety of postures, invoking a state of balance, replenishment, and healing rest.

During this program, you learn a set of restorative postures, complemented with gentle stretching, breathing, and meditation. Through direct experience, practice-teaching, and feedback, you’ll be able to guide a primary series of restorative poses to your students, as well as incorporate them into your own practice.

At the end of the course, you receive a letter of attendance verifying your completion of this 24-hour training.

NOTE Tuition includes a manual; please bring your own props and eye pillow if you have them.

TUITION \$410. Add 5 midweek nights room & meals; see page 92. (web code RYT-151)

Sudha Carolyn Lundeen, RN, E-RYT 500, is a teacher trainer at Kripalu, where she leads a variety of yoga, Ayurveda, and wellness workshops. www.sudhalundeen.com

FEBRUARY 8–13 SUNDAY–FRIDAY

DESIGNING AND LEADING TRANSFORMATIONAL WORKSHOPS

Ken Nelson and Lesli Lang

FOR everyone. CE credits.

Learn to create the conditions for extraordinary outcomes, optimal learning, and creativity in your workshops, retreats, and trainings. Design and present mind-body experiences that touch the heart, move the imagination, and inspire self-discovery. Forever change the way you lead groups and guide people to self-empowerment.

Ken and Lesli guide you in

- Insights into the science of mind-body learning
- Core tools for experiential teaching
- A visioning process to build your action plan
- Keys to collective wisdom and ways to spark group creativity
- Marketing tips.

NOTE Tuition includes a 100-page manual. See this program on the Kripalu website for additional information.

TUITION \$345. Add 5 midweek nights room & meals; see page 92. (web code MAPW-151)



Ken Nelson, PhD, a leader in mind-body practices and long-time Kripalu faculty member, is dedicated to transforming the ways we serve and lead through yoga-inspired learning.

www.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.



FEBRUARY 8–13 SUNDAY–FRIDAY

SOMASOUL® SOMATIC EXPRESSIVE THERAPY TRAINING THE SOMATIC HEALING PROCESS

Dan Leven

FOR healing professionals, those interested in becoming healing professionals, and everyone interested in personal and spiritual growth. CE credits.

Experience your aliveness and power as you become aware of and heal old defenses and the wounds they protect. SomaSoul Somatic

Expressive Therapy is a mind-body healing modality that integrates the power of Body-Centered Gestalt Psychotherapy, the heart of spiritual practice, and the creativity of the expressive arts. This work transforms the limiting beliefs, behaviors, and challenging emotions living within our body by bringing compassion and consciousness to our experience.

Like all animals, we are blessed with defenses, yet these defenses can become habitual. Whether we react to others with the prickliness of a porcupine or run with the speed of a rabbit when we’re frightened, our defenses are meant to be honored and then released. In this workshop, we move toward freedom as we let go of restrictive patterns and uncover vitality and wholeness.

TUITION \$425. Add 5 midweek nights room & meals; see page 92. (web code SSETT-3141)

Dan Leven, RSMT, a Kripalu faculty member for more than 35 years, holds a master’s degree in pastoral counseling. He trains students to become Registered Somatic Movement Therapists. www.leveninstitute.com

✚ Combine this program with SomaSoul® Somatic Expressive Therapy Training: Moving Your Body’s Story, November 30–December 5, for a 10 percent tuition discount for each program.

FEBRUARY 8–13 SUNDAY–FRIDAY

TIMBo TRANSFORMATIONAL INTERVENTIONS FOR MIND AND BODY

Sue Jones and Nan Herron

FOR women.

Trauma Informed Mind Body (TIMBo) is a revolutionary program that cultivates a compassionate connection between mind and body, changing the way you live, think, and relate to those around you. Guided by the TIMBo workbook, Sue Jones and Nan Herron lead you on a journey involving personal inquiry, group discussion, mindful movement, and meditation. Explore the underpinnings and universality of basic human emotions and physiology and learn how your body communicates.

This workshop teaches you to

- Recognize the emotions that drive your actions
- Transform fear and anger into self-compassion
- Facilitate communication in personal and professional relationships
- Shift “feeling stuck” into opportunity
- Change your life with intimacy and self-compassion.

TIMBo fosters interpersonal connection and intimacy with your emotions and body. Addressing the normal ups and downs of life, as well as traumatic experiences, TIMBo helps you become stronger, happier, and healthier.

RECOMMENDED READING Rick Hanson, *Buddha’s Brain: The Practical Neuroscience of Happiness, Love, and Wisdom* (New Harbinger).

TUITION \$410. Add 5 midweek nights room & meals; see page 92. (web code TIMB-151)



Sue Jones is the founder of yogaHOPE and developer of the TIMBo program. She empowers individuals to become community leaders for improved mental health.



Nan Herron, MD, RYT, is a Boston-based psychiatrist and yoga teacher who focuses on resiliency as a tool to address the effects of acute and everyday traumas.



POSITIVE PSYCHOLOGY STUDENT STORY

Happy City

Positive Psychology inspires the creation of Cleveland's "happiness incubator"

Very much on a lark, I took a weekend program on Positive Psychology with Dr. Tal Ben-Shahar, and it catalyzed a monumental shift in how I view what makes people truly happy. What struck me most was the way Tal bridged "Ivory Tower and Main Street," combining academic rigor with practical ways to adopt happiness-generating tools in my life and help others do the same.

One night at 3:30 am, back home in Cleveland, the idea suddenly came to me to create a "happiness incubator." The concept was simple: provide amazing experiences, rooted in science, that get people out of their comfort zones and connect them with each other—two avenues that are proven to push people's "happiness buttons." That lightbulb moment led to the creation of an organization: Thrive (www.thrivecleveland.com).

A lot has happened since then. We now have a 15-member creative team—including architects, improv comedienne, Positive Psychologists, business consultants, artists, yoga instructors, sustainability experts—who design and curate happiness experiences for the community. We've created a noontime dance rave, an afternoon of interactive happiness practices, a night of gnocchi-making celebrating traditions and family histories, and much more. Thrive has received national interest, and last year we gave a TEDx talk about our work. Our next steps are to begin creating these experiences for workplaces, and hopefully bring Thrive satellites to other cities.

I enrolled in the Certificate in Positive Psychology (CiPP) program with Tal to go deeper into the theory, research, and practice of Positive Psychology, and the impact has been incredible. Beyond the varied curriculum, one constant has been my deep connection with other CiPP alumni; there's such an incredible support system that's created when people wholeheartedly experience something like this together. In a very real way, we're bonded for life. CiPP has affected my personal and professional life, strengthened my community, and given me friendships that I'll keep forever.

—Scott S., Cleveland, Ohio



FEBRUARY 9, 2015–JANUARY 15, 2016

CERTIFICATE IN POSITIVE PSYCHOLOGY

Dr. Tal Ben-Shahar, Dr. Maria Sirois, and Megan McDonough

FOR anyone seeking a comprehensive understanding of Positive Psychology, including professionals in the fields of mental health, life coaching, and yoga therapy. **CE** credits.

Grounded in research, Positive Psychology focuses on what works for individual and societal flourishing—cultivating happiness, strengths, self-esteem, and optimism. You learn the latest mind-body science in an environment that nourishes a "whole-being" approach—focusing on the whole person through spiritual, physical, intellectual, relational, and emotional well-being.

Apply evidence-based Positive Psychology theory, tools, and research to

- Bring about lasting change in yourself, your clients, and the systems you work within
- Improve the art and science of leadership, coaching, parenting, and teaching
- Cultivate healthy personal and professional relationships
- Build affirming emotions and deal with painful ones
- Develop positive self-regard and grounded optimism.

You graduate with fully developed tools to help clients and expand your professional credibility and visibility.

TUITION \$3,800. There is an additional \$150 technology fee for this program. Add 10 midweek nights room & meals; see page 92. (web code CPP4-151)

CORE FACULTY

Tal Ben-Shahar, PhD, co-founder and CLO of Wholebeing Institute, has lectured at Harvard University, where his course in Positive Psychology was the most popular at the school. He is the author of the international best-sellers *Happier*, *Being Happy*, and *Choose the Life You Want*. www.wholebeinginstitute.com

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. www.mariasirois.com

Megan McDonough is an author, yoga teacher, and cofounder and CEO of Wholebeing Institute, an educational organization committed to helping people live life to its fullest. www.wholebeinginstitute.com

CULTIVATE WELL-BEING AND EXPLORE WHAT IT TRULY MEANS TO BE HAPPY WITH THIS CERTIFICATE PROGRAM EXCLUSIVELY AT KRIPALU.

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ADJUNCT FACULTY



Phoebe Atkinson



Megha Nancy Buttenheim

IN PARTNERSHIP WITH



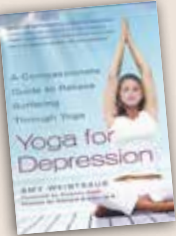


FEBRUARY 13–16 FRIDAY–MONDAY

LIFEFORCE YOGA®
FOR DEPRESSION
AND ANXIETY

I AM BLISS AND SO ARE YOU

Amy Weintraub



FOR everyone, including yoga and health professionals. **CE** credits.

Come home to the joy that is your birth-right. Beneath your aches, pains, and shifting moods, you are bliss. Let Amy Weintraub, author of *Yoga for Depression*, guide you through self-inquiry with practices that release whatever blocks you from remembering who you truly are. When you meet yourself shining in the mirror at the end of this workshop, you'll be amazed!

Amy offers accessible poses, pranayama, and yoga nidra, along with practices drawn from nondual and tantric traditions, including

- LifeForce Yoga Bliss Meditation
- Mudras to awaken joy
- Mantras for courage and strength
- Meditation and pranayama to clear the chakras and cultivate love and compassion
- Sacred dance
- Self-inquiry in dyads.

Many of these practices are suitable for use in a clinical setting. Healing professionals are invited to learn tools for their own self-care, as well as for those they serve.

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

TUITION \$340. Add 2 weekend nights and 1 holiday night room & meals; see page 92. (web code YTBB-151)

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. www.yogafordepression.com

FEBRUARY 13–16 FRIDAY–MONDAY

NURTURE YOUR LOVE
THAI MASSAGE AND AYURVEDA FOR COUPLES

Kimberly Larson and Terrel Broussard



FOR couples of any sexual orientation.

Are you looking for a more intimate connection with your partner? Do you long to be nurtured in your relationship? Healing touch has the power to energize your love. Explore a more fulfilling relationship through the exchange of Thai massage—a playful mix of compassionate touch, yoga stretches, and loving-kindness meditation, done fully clothed on a cushioned mat—and the wisdom of Ayurveda. Release tension, relax the mind, and have fun while building a deeper connection.

In this couples' workshop, you learn how to

- Offer a full Thai massage flow to each other at home
- Listen deeply with hands and heart
- Understand individual needs through conscious communication and Ayurveda
- Care for each other with hands-on bodywork
- Kindle kindness and love with skillful touch.

NOTE Tuition includes an instructional DVD. We will practice kneeling postures during this program. Please wear loose, comfortable clothing.



TUITION \$250. Add 2 weekend nights and 1 holiday night room & meals; see page 92. (web code TMC-151)

Kimberly Larson and Terrel Broussard have more than 30 years of combined experience and training in Thai massage and yoga. www.lakshmisgarden.com

FEBRUARY 13–16 FRIDAY–MONDAY

DIVINE INTEGRATION
UNITING THE VEILS OF CONSCIOUSNESS

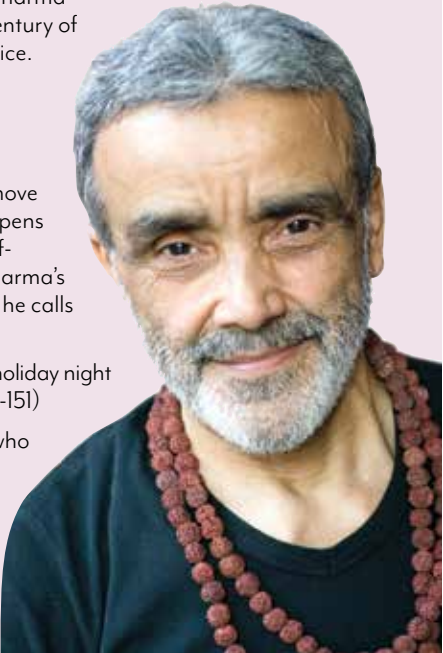
Dharma Mittra

FOR everyone with at least 6 months of consistent yoga practice. **CE** credits.

Spend a long weekend with yoga master Dharma Mittra, who shares wisdom from his half-century of teaching to help you progress in your practice. Delve deep into the process of purification through asana (postures), meditation (uninterrupted concentration), sound breathing (to focus on the chakras), and spiritual discourse. This process can help move you toward a state of consciousness that opens the chakras and sets you on the path of self-realization. Integral to this weekend are Dharma's profound teachings on compassion, which he calls the "shortcut to enlightenment."

TUITION \$325. Add 2 weekend nights and 1 holiday night room & meals; see page 92. (web code DIIN-151)

Dharma Mittra, a legendary yoga teacher who founded the first independent school of yoga in New York City in 1975, created the Master Yoga Chart of 908 Postures. www.dharmayogacenter.com



FEBRUARY 13–16 FRIDAY–MONDAY

YOUR PATH TO
RADICAL HAPPINESS

David Harshada Wagner

FOR everyone. **CE** credits.

Are you ready to take your spiritual practice to the next level? Are you looking for a huge breakthrough in your experience of being you? Do you want to experience the method that is helping people be happier, more passionate, and stronger in their lives?

David Harshada Wagner has designed a retreat that combines dynamic, discussion-based sessions with guided meditations and Q&A. He provides space for quiet inner work while also challenging assumptions, limiting beliefs, and whatever else is holding you back from being a happy, passionate lover of life.

- Take a deep dive into the Radical Happiness experience as you
- Practice powerful and effective meditation techniques
 - Learn David's Three Keys to Radical Happiness
 - Create an authentic spiritual connection
 - Explore practical ways to live from a place of wisdom and empowerment.

TUITION \$295. Add 2 weekend nights and 1 holiday night room & meals; see page 92. (web code MAL-151)

David Harshada Wagner, a meditation teacher and spiritual leader, is known for his easygoing approach to meditation and inner transformation. www.davidhwagner.com

Kripalu | SCHOOL OF AYURVEDA

FEBRUARY 13–22 FRIDAY–SUNDAY

AYURVEDIC HEALTH COUNSELOR
CERTIFICATION, MODULE 2

ETIOLOGY, PATHOLOGY, CLINICAL ASSESSMENT, AND PULSE ANALYSIS

John Douillard, Jyothi Bhatt, Larissa Hall Carlson, and Rosy Mann

Immerse yourself in an integrated curriculum designed to make Ayurveda an exciting exploration that results in feeling more connected to yourself, others, and seasonal rhythms while giving you the confidence to bring this ancient healing science to your clients, friends, and family.

In this second module of four, we study the pathways, causes, and stages of disease and learn to identify doshic imbalance through the Ayurvedic practice of pulse reading. You also begin to learn how to facilitate client consultations and group presentations.

PREREQUISITE Kripalu Foundations of Ayurveda and Module 1.

TUITION \$1,049, plus room & meals; contact us at ksya@kripalu.org or 800.848.8702 for more information. (web code ASW-2151)



John Douillard, DC, directs the LifeSpa Ayurvedic Retreat Center in Boulder, Colorado, and has formulated his own line of organic health-care products. www.lifespa.com

Visit ➞ kripalu.org/ksa for more information and faculty bios.

FEBRUARY 13–16 FRIDAY–MONDAY

DEEPENING YOUR LOVE
A RETREAT FOR COUPLES

KATE AND JOEL
FELDMAN



FOR couples of any length commitment and any sexual orientation.

Learn how to gracefully manage issues that all couples struggle with: intimacy, communication, conflict, and meeting each other's needs. Open your heart, reconnect, and build trust, respect, and intimacy as you learn

- Tools to develop compassion for and curiosity about each other
- How to share feelings so that your partner can hear them
- Ways to turn frustrations into requests that help meet both partners' needs
- How changing lifelong beliefs about relationships helps you grow as a couple
- Mindful ways to love each other through silence, meditation, and massage
- Practical ways to increase your pleasure.

Developed by Kate and Joel Feldman over 25 years, this retreat has made a difference in the lives of thousands of participants. Take home a deeper appreciation for each other, a win-win approach to conflict, and a renewed commitment to a loving relationship.

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

TUITION \$290. Add 2 weekend nights and 1 holiday night room & meals; see page 92. (web code DYL-151)

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

Joel Feldman, CPCC, certified coach, mediator, and consultant, has been coaching and training couples, individuals, and work teams for nearly 30 years. www.consciousrelationships.com



"I have a deeper knowledge of who I am, what beliefs have hindered me, and what to do next. I felt supported, encouraged, and empowered."

—Jessica P., program participant

FEBRUARY 13–16 FRIDAY–MONDAY

ACTIVATING YOUR CHAKRAS AWAKEN YOUR ENERGY BODY

Anodea Judith

FOR all levels. **CE** credits.

You've heard about chakras and the energy body. You might even know where your blocks

are and the gifts you want to bring forth. But do you know how to activate your chakras to harvest the energy within?

Through a unique combination of yoga and bioenergetic techniques, Anodea Judith, best-selling author and world-renowned teacher of the chakra system, has developed a method for awakening and enhancing your energy body and channeling that energy into specific chakras.

Flow through the liberating current of the chakras using asana, chanting, meditation, partner work, and illuminating discussions on the psychology of the chakras. Suitable for beginners and advanced practitioners alike, this workshop offers you a deeper sense of yourself and a potent set of tools for growth.

TUITION \$275. Add 2 weekend nights and 1 holiday night room & meals; see page 92. (web code SWS-151)

FEBRUARY 16–20 MONDAY–FRIDAY

CREATING ON PURPOSE MANIFESTING HEAVEN ON EARTH THROUGH THE CHAKRAS

Anodea Judith

FOR everyone. **CE** credits.

These extraordinary times are asking each of us to roll up our sleeves and manifest a better world. Whether that means reaching for our personal dreams or serving the greater good, this workshop offers a step-by-step plan to accomplish any of your dreams.

Using a map of the chakra system, Anodea Judith expertly guides you through the chakras from the top down. You learn how blocks in each chakra keep you from manifesting your true purpose. Based on Anodea's book *Creating on Purpose*, this workshop gives you practical tools to remove those blocks, eliminate negative beliefs, free your creativity, fulfill your heart, engage your passion, and bring your dream into reality.

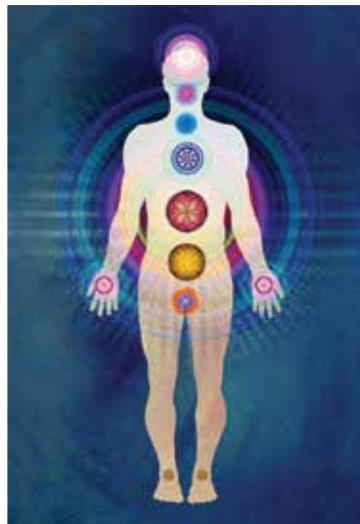
You can apply this process to any dream—for the rest of your life—and for the betterment of our world.

NOTE Tuition includes a copy of *Creating on Purpose*. See this program on the Kripalu website for more information.

TUITION \$385. Add 4 midweek nights room and meals; see page 92. (web code MTCK-151)

Anodea Judith, PhD, is a world-class teacher, best-selling author, and leading authority on the chakra system and its application to the Western lifestyle. www.sacredcenters.com

✚ Combine these two programs for a 10 percent tuition discount for each program.



FEBRUARY 13–16 FRIDAY–MONDAY

CROSS-COUNTRY SKIING AND YOGA RETREAT

Shrila Leslie Luppino and Evelyn Gonzalez

FOR everyone. No prior ski or yoga experience required.

Cross-country skiing is one of the best total-body, nonimpact aerobic exercises, and yoga is a superb way to prepare for, and wind down from, your cross-country workouts. In this program, you learn yoga postures to develop balance and skillful weight transfer, along with meditation for calm and focus. Then it's off to the trails!

Ski instructors lead clinics on proper technique and skills for both beginning and experienced skiers. You ski at your own pace on a trail suited to your ability, with support available if you need it. Each day ends with yoga and guided relaxation. Return home feeling strong, connected to your center, and refreshed by the beauty of a Berkshire winter.

NOTE See this program on the Kripalu website for information about equipment rentals and what to bring.

TUITION \$290. Add 2 weekend nights and 1 holiday night room & meals; see page 92. (web code XCY-151)



Shrila Leslie Luppino is a Kripalu Yoga teacher who has taught cross-country skiing for more than 10 years.



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



FEBRUARY 13–16 FRIDAY–MONDAY

RECOVERY 2.0 CUTTING-EDGE PERSPECTIVES ON YOGA, MEDITATION, AND THE TWELVE STEPS

Tommy Rosen

CE credits.

There is a powerful resonance between yoga and the Twelve Steps. This workshop explores the nexus between these two transformative paths. Through discussion, lecture, and the practice of Kundalini Yoga, vinyasa flow, and meditation, Tommy Rosen offers methods for changing consciousness, attuning beyond the "frequency of addiction," and clearing the pathway for rejuvenation, bliss, and optimal health.

This weekend is about upgrading your life in a safe environment where everyone is committed to recovery. Tommy requests that participants be on a path of recovery from addiction and/or work in the field of addiction; in order to safely work with the kriyas taught here, you need to be fully detoxed from drugs and alcohol. If you are in an active detox process or still using drugs or alcohol, please wait to take this workshop at a later date.

TUITION \$250. Add 2 weekend nights and 1 holiday night room & meals; see page 92. (web code REC-151)



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. www.tommyrosen.com

KRIPALU COMPASS

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➔ kripalu.org/compass

On-site | Online Program

WEEK 1 STARTS ONLINE
FEBRUARY 16, 2015

5-DAY ON-SITE IMMERSION
FEBRUARY 22–27, 2015

5 MORE WEEKS OF ONLINE
SUPPORT AT HOME

Find out more

➔ kripalu.org/weightloss



Kripalu | HEALTHY LIVING PROGRAM

FEBRUARY 16–APRIL 3

INTEGRATIVE WEIGHT LOSS: LIVING A TRANSFORMED LIFE

Aruni Nan Futuronsky, Annie B. Kay, and Kripalu Healthy Living Faculty

FOR everyone. **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 \$874; tuition includes a technology fee. Add 5 midweek nights room & meals; see page 92. (web code IWLB-151)



Aruni Nan Futuronsky is a Kripalu Yoga teacher and the Senior Life Coach and Program Advisor for Kripalu Healthy Living programs. www.coacharuni.com

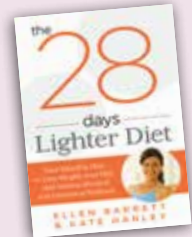


Annie B. Kay, MS, RDN, LDN, RYT, is Lead Nutritionist at Kripalu, author of *Every Bite Is Divine*, and an important voice in whole-foods nutrition and yoga. www.everybiteisdivine.com

FEBRUARY 16–20 MONDAY–FRIDAY

28 DAYS LIGHTER

Ellen Barrett and Kate Hanley



FOR women from childbearing to perimenopausal stages of life. **CE** credits.

The female body changes from week to week, yet traditional diet and workout programs have never acknowledged this phenomenon—until now. 28 Days Lighter uses an innovative combination of contemporary research and ancient traditions to promote complete wellness for women, not just weight loss.

Women's wellness expert Ellen Barrett and Kate Hanley, yoga teacher and certified life coach, outline core dietary suggestions, exercise guidelines, and important lifestyle recommendations for each of the phases of the menstrual cycle. Using your cycle as a guide, you learn how to nurture yourself throughout the month to create true health, the way nature intended.

TUITION \$325. Add 4 midweek nights room & meals; see page 92. (web code 28DL-151)



Ellen Barrett, MS, has been touted as “America’s top fitness instructor” by *Self* magazine for her intelligent approach to women’s wellness. www.ellenbarrett.com



Kate Hanley, RYT-200, is a certified life coach, yoga teacher, and health journalist. She is author of *The Anywhere, Anytime Chill Guide*.

www.msminbody.com

WHO COMES TO KRIPALU?

All kinds of people. Read their stories:

➔ kripalu.org/gueststories

FEBRUARY 16–20 MONDAY–FRIDAY

THE HEALING POWER OF YOGA, LEVEL 1

ASHAYA YOGA BASIC THERAPY TRAINING INTENSIVE

Todd Norian

FOR yoga teachers and practitioners with at least 6 months of experience in any yoga style. **CE** credits.

Align body, mind, and heart in this Ashaya Yoga™ therapy training intensive. Todd Norian teaches that every cell in the body is programmed for healing. Unconscious movement patterns and self-limiting beliefs can keep you from fully accessing this power.

Using guided asana, therapeutic exercises, demonstrations, and basic anatomy, you learn to address, heal, and prevent common conditions, including

- Ankle and knee pain
- Hamstring tears
- Piriformis syndrome
- Sciatica
- Lower back and SI joint dysfunction
- Shoulder and neck strain
- Rotator cuff injury
- Tennis elbow
- Carpal tunnel syndrome.

Through life-affirming tantric philosophy and Ashaya Yoga’s precise alignment techniques, learn how to transform pain and limitation into freedom and joy.

NOTE Tuition includes a manual. See the Kripalu website for more information.

TUITION \$408. Add 4 midweek nights room & meals; see page 92. (web code YTTI-151)

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. www.ashayayoga.com



✚ Combine these two programs for a 10 percent tuition discount for each program.

FEBRUARY 22–27 SUNDAY–FRIDAY

SPEAK TO THE HEART

TEACHING YOGA WITH THEMES

Todd Norian

FOR beginning to advanced yoga teachers of all traditions. **CE** credits.

The skillful use of a heart-oriented theme can transform a yoga class into an exquisite experience. In this training, you learn how to

- Demystify themes and weave them into your classes
- Draw on themes from nature, yoga, relationships, yogic philosophy, mythology, holidays, and your life experience
- Introduce your theme in a powerful and captivating way
- Seamlessly weave themes with alignment instructions
- Find your authentic voice and allow themes to flow naturally from within.

Mornings include uplifting philosophical teachings and strong alignment practice with a heart theme, followed by discussion, instruction, and practicum. Afternoons include learning laboratory and practice-teaching in a safe, supportive environment.

PREREQUISITE Minimum 100 hours of teacher training in any style or with Todd’s permission.

NOTE Tuition includes the Art of Teaching Yoga with a Theme training manual; upon completion of this course, teachers may apply 29 hours toward Todd’s Ashaya Yoga™ 300-hour advanced teacher training program. For more information, visit www.ashayayoga.com.

TUITION \$415. Add 5 midweek nights room & meals; see page 92. (web code ATT-151)

FEBRUARY 17–19 TUESDAY–THURSDAY

YOGA IN THE SCHOOLS SYMPOSIUM

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, and the Kripalu School of Yoga faculty team.

CE credits.

Do you love yoga? Do you work with youth? Then you probably already know that yoga has an enormous positive impact on the self-esteem, resilience, and well-being of children and adolescents—and the most reliable way to ensure that kids experience this life-changing practice is to integrate it into their school day.

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 transformative practice of yoga to as many young people as possible.

For yoga teachers working in schools:

- Share common challenges and best practices for acquiring funding, measuring results, and approaching schools
- Build collaboration with other YIS practitioners, researchers, and school leaders
- Learn the latest research to inform your program development and marketing.

For school leaders at all levels—teachers, counselors, and administrators:

- Learn how yoga-based programs can serve school goals
- Practice yoga techniques to share in the classroom
- Hear the latest research on yoga in schools.

For researchers studying the impact of yoga in schools:

- Network with other researchers
- Share your findings with school administrators
- Gain input from yoga teachers and school leaders to help fine-tune your research.

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.

For more information ➔ kripalu.org/yiss



FEBRUARY 20–22 FRIDAY–SUNDAY

COLD WINTER, WARMING FOODS

KRIPALU KITCHEN ONE-POT MEALS

Jeremy Rock Smith

FOR everyone.

The Kripalu Kitchen relies on a few simple stocks and spices, paired with accessible cooking techniques, to prepare its flavorful and nourishing meals. Discover how to cook cold-weather comfort foods for you and your family, including seasonal soups, stews, and braises, all with the Kripalu Kitchen’s healthy twist.

Kripalu’s Executive Chef Jeremy Rock Smith invites you to learn

- Techniques to prep and assemble tantalizing one-pot meals
- The secrets of seasonal marinades, spice blends, herbs, and rubs
- How to brine and cook seafood and poultry to maximize flavor and retain moisture
- Ways to make rich, tasty stocks from scratch
- How to poach fish perfectly.

Whether you’re an experienced cook or just starting out in the kitchen, come expand your repertoire of healthy, warming meals in a weekend of cooking demonstrations, discussion, laughter, and fun.

TUITION \$295. Add 2 weekend nights room & meals; see page 92. (web code CWWF-151)



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.

FEBRUARY 20–22 FRIDAY–SUNDAY

BE YOUR OWN
BEST FRIEND

NONVIOLENT COMMUNICATION
TO TRANSFORM YOUR INNER
CRITIC

Martha Lasley and Dian Killian

FOR everyone.

Do you treat others with kindness and compassion, yet find it challenging to do the same for yourself? Negative self-talk can drain your life energy, block you from living fully, keep you from acting on your dreams, and create disharmony in your relationships.

Marshall Rosenberg's Nonviolent Communication techniques, integrated with coaching and empathy, give you clarity about what matters most so you can make choices that honor your needs and values. Learn to treat yourself with the same loving-kindness that you extend to others as you

- Connect more deeply with others
- Attune to core aliveness
- Listen for feelings and needs
- Speak from the heart
- Ask for what you really want.

Take home practical skills that include communicating observations free of evaluations, feelings free of judgment, needs free of strategies, and requests free of demands.

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

TUITION \$225. Add 2 weekend nights room & meals; see page 92. (web code NCIR-151)



Martha Lasley, MBA, PCC, is a founder of Leadership that Works; Coaching for Transformation, a certification program for coaches; and Change-Makers, a certification program for facilitators.

www.leadershipthatworks.com



Dian Killian, PhD, is president of Work Collaboratively, a certified life coach, and coauthor of *Connecting Across Differences and Urban Empathy*.

www.workcollaboratively.com



FEBRUARY 20–22 FRIDAY–SUNDAY

DISCOVERING
YOUR TRUE SELF

A SILENT RETREAT

Mukti

FOR everyone; no previous meditation experience needed.

Who is living your life? What is your true nature, regardless of thought, emotion, or passing experience? How does this discovery affect your life

and the way you live it? This weekend, Mukti speaks to these topics and offers the opportunity to dialogue with her about your discoveries of who you are, and how these discoveries guide the actions you take.

Apart from satsanga (talks and dialogues) with Mukti, the retreat is held in silence, with periods of meditation. This synergistic combination creates an environment for heartfelt exploration and self-discovery.

This retreat is an opportunity to set aside daily concerns and devote yourself to the presence of spirit and its emergence into consciousness and expression.



TUITION \$240. Add 2 weekend nights room & meals; see page 92. (web code DYTS-151)

Mukti is a spiritual teacher from the Bay Area of California, where she and her husband, Adyashanti, founded Open Gate Sangha in 1996. www.muktisource.org

FEBRUARY 20–22 FRIDAY–SUNDAY

AYURVEDA AND
WEIGHT LOSS

A PERMANENT SOLUTION TO
WEIGHT GAIN, CRAVINGS, AND
EMOTIONAL EATING

John Douillard



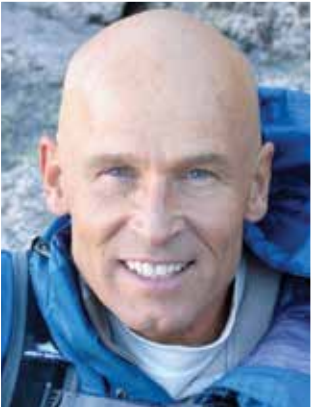
CE credits.

Ayurveda has been used to treat stress as a cause of disease for at least 5,000 years. To permanently control your mood and weight, you must convince your cells that you aren't in the midst of an emergency, because the body stores fat when under stress. New research has linked emotional stress to weight gain and damage to gut microbes, which support every aspect of mental and emotional health.

This weekend, learn simple Ayurvedic tools, including how to repopulate good microbes, boost digestive strength, and safely detox the body. Explore diet, exercise, yoga, and herbal supports that help restore optimal health. Discover how you can reset your ability to burn stored fat as a major source of fuel so you can finish your day with the same energy you started with, experience no cravings, sleep better, and balance anxiety and depression.

TUITION \$235. Add 2 weekend nights room & meals; see page 92. (web code AWL-151)

John Douillard, DC, directs the LifeSpa Ayurvedic Retreat Center in Boulder, Colorado, and has formulated his own line of organic health-care products. www.lifespaspa.com



“

I have traveled much of the world but always return to Kripalu at least once a year, and always leave an uplifted and, perhaps, slightly better person.”

—Gina M., New York, New York

FEBRUARY 20–22 FRIDAY–SUNDAY

THE MANIFESTATION
WORKSHOP

ON BEING HUMAN

Jennifer Pastiloff

FOR everyone. CE credits.

This weekend is an excavation of the self, a deep and fun journey into questions such as: If I wasn't afraid, what would I do? Who would I be if no one told me who I was?

Get ready to connect to your joy, manifest the life of your dreams, and tell the truth about who you are and what you want in a workshop that combines writing and asana, and has been known to include a dance party or two! Jennifer Pastiloff's focus is less on yoga postures and more on diving into life in all its unpredictable, messy beauty.

Jennifer invites you beyond your comfort zone to explore what it means to be creative, human, and free.

NOTE Bring a journal, an open heart, and a sense of humor.

TUITION \$215. Add 2 weekend nights room & meals; see page 92. (web code MYBM-151)



Jennifer Pastiloff, E-RYT, teaches workshops that combine writing, yoga, humor, and authenticity. www.jenniferpastiloff.com



Jennifer Pastiloff

FEBRUARY 20–22 FRIDAY–SUNDAY

YOGA AND THE
LUMINOUS BODY



Ray Crist

FOR everyone in good physical condition. CE credits.

This program is for people seeking greater knowledge of the energy

realms and their impact on the physical world. Gain a clear understanding of how to access subtle energies in your yoga practice and in everyday life to cultivate spiritual growth and optimal health.

Blending yogic teachings with shamanic practices, Ray Crist has crafted an empowering journey of transformation. During this workshop, you

- Explore the energy that yogis call prana and ancient healers termed the luminous sphere
- Experience prana in the body through yoga postures, studying foundation, rotations, actions, drishti points, and the geometry of subtle anatomy
- Take a shamanic journey into the four compartments of the soul for empowerment and self-discovery.

RECOMMENDED READING See this program on the Kripalu website.

TUITION \$215. Add 2 weekend nights room & meals; see page 92. (web code YALB-151)

Ray Crist is a Kripalu Yoga teacher and was initiated as a healer and teacher by the Quero Indians in the Andes of Peru. www.thejaguarpath.com

FEBRUARY 20–22 FRIDAY–SUNDAY

FIND YOUR
FOCUS, MASTER
DISTRACTION, AND
GET THE RIGHT
THINGS DONE

Peter Bregman



FOR everyone. CE credits.

How would it feel to focus on the right things, use the best of who you are, and avoid the distractions that subvert your efforts?

Award-winning author, speaker, and leadership coach Peter Bregman can help you discover your sweet spot and follow through on your most important priorities.

In this fun, engaging weekend, you learn how to

- Bring focus to your life
- Build a plan that draws on the best of you every day
- Master distraction and avoid unproductive busyness
- Get traction on the things you care about
- Uncover what's preventing your forward movement
- Apply an 18-minute process to manage your day.

Peter uses lecture, Q&A, meditation, visualization, writing, and group discussion to help you maximize your success and impact in the world.

RECOMMENDED READING Peter Bregman, *18 Minutes: Find Your Focus, Master Distraction, and Get the Right Things Done* (Business Plus).

TUITION \$255. Add 2 weekend nights room & meals; see page 92. (web code FFMD-151)



Peter Bregman, MBA, MCC, RYT, is an advisor to CEOs and their leadership teams. He speaks, writes, and consults about how to lead and how to live.

www.peterbregman.com

FEBRUARY 20–MARCH 1 FRIDAY–SUNDAY

500-HOUR KRIPALU YOGA TEACHER TRAINING TEACHING ADVANCED ASANA AND PRANAYAMA

Larissa Hall Carlson and Yoganand Michael Carroll

Deepen your knowledge of pranayama, gain mastery in teaching asana, and explore the philosophy that gave birth to these techniques in a training designed to revitalize your physical and energetic bodies.

This module includes

- Yogic, Ayurvedic, and contemporary perspectives on prana and the physiology of subtle energy
- Guided experiences that reveal how pranayama soothes and steadies the mind
- Contraindications and teaching tools to work safely with students
- One-on-one sessions with fellow students and evaluated practice-teaches
- A unique Kripalu teaching methodology that integrates modifications, variations, and hands-on assists.

PREREQUISITES Any Yoga-Alliance–approved 200-hour yoga teacher certification and 100 hours of teaching experience.

TUITION \$1,049, plus room & meals; contact us at ksya@kripalu.org or 800.848.8702 for more information. (web code YTA-2151)



Larissa Hall Carlson, E-RYT 500, Dean of the Kripalu School of Ayurveda, directs trainings and provides Ayurvedic consultations. www.larissacarlson.com



Yoganand Michael Carroll, E-RYT 500, is Dean of the Kripalu School of Yoga. He has a profound ability to teach advanced yoga techniques. www.pranakriya.com

FEBRUARY 22–MARCH 20 SUNDAY–FRIDAY

200-HOUR KRIPALU YOGA TEACHER TRAINING MONTHLONG CERTIFICATION

Michelle Dalbec and Rudy Peirce

Experience the fundamentals of Kripalu Yoga and gain the knowledge, skills, and confidence to become an exceptional yoga teacher. You emerge from our residential training inspired and ready to teach. Our Yoga Alliance–approved 200-hour Kripalu Yoga certification program trains you to teach safe, effective yoga classes, as well as shows you how to incorporate the wisdom of yoga into your life.

You learn

- The principles and practices of Kripalu Yoga's 25 foundational asanas
- Introductory anatomy, physiology, and kinesiology applied to asana
- Approaches for assisting students
- Ways to guide students in developing witness consciousness and self-compassion
- Skills for designing well-rounded classes, including warm-ups, asana, pranayama, relaxation, and meditation techniques.

TUITION \$2,675, plus room and meals. Contact us at ksya@kripalu.org or 800.848.8702 for more information. (web code YTT-151)



Michelle Dalbec, E-RYT 500, is a passionate Kripalu Yoga and Yoga Tune Up® teacher who offers yoga programs, workshops, and yoga teacher trainings. www.myoga.com



Rudy Peirce, MA, E-RYT 500, is a Kripalu Yoga teacher since 1983, has been a Kripalu faculty member for more than 20 years. www.gentleyogi.com



Toni Bergins

FEBRUARY 22–27
SUNDAY–FRIDAY

JOURNEYDANCE™ YOU ARE THE PRAYER IMMERSION

Toni Bergins and Adam Sutton

FOR all levels; no previous dance experience needed.

You. Are. Enough. It's that simple. You are worthy and essential, exactly as you are. No matter what you've come through or what heartaches you've experienced, the bottom line is that you are already perfect and lovable right now. Have you forgotten? Allow yourself to remember by gathering with like-minded, adventurous souls to play, dance, sing, and pray.

In this immersion, you

- Experience ecstatic, expressive, and embodied movement
- Share soulful sounding and guided meditations
- Design your own personal spiritual practice.

Imagine feeling vibrantly alive and strengthening your connection to Spirit so that you can trust and rely on it. Somatic healer and JourneyDance creator Toni Bergins and interspiritual minister and coach Adam Sutton have designed this immersion to give you access to your own truth and the deepest happiness you've ever known.

TUITION \$345. Add 5 midweek nights room & meals; see page 92. (web code JRDC-151)



Toni Bergins, MEd, founder and director of JourneyDance™, leads an international team of hundreds of JourneyDance teachers, spreading joy and passion for life. www.journeydance.com



Adam Sutton is an inspirational speaker, singer, coach, and corporate trainer who has been helping people connect with the Divine for more than 20 years.

FEBRUARY 22–27 SUNDAY–FRIDAY

THAI YOGA MASSAGE 1

LOTUS PALM SCHOOL CERTIFICATION

Eléonore Piquet

FOR yoga and massage practitioners, everyone with or without massage experience looking to start a rewarding career or learn a wonderful life skill, and couples. **CE** credits.

Start a career in Thai Yoga Massage, a dynamic therapy for physical well-being and spiritual energy. Combining meditation, yoga, and compassion, Thai Yoga Massage leads to greater health for both therapist and client. The Lotus Palm system, founded by acclaimed teacher and author Kam Thye Chow, makes learning intuitive and fun. In this training, learn how to offer a 90-minute massage focusing on

- The four foundations: awareness, body mechanics, movement, and massage techniques using hands, knees, feet, and elbows
- Massage for the shoulders, head, back, hands, legs, abdomen, and feet
- The main energy lines of the body
- Effortless transitions between postures
- Contraindications and safety.



NOTE Tuition includes a manual. See the Kripalu website for recommended reading and certification information.

TUITION \$495. Add 5 midweek nights room & meals; see page 92. (web code TYMT-151)

FEBRUARY 27–MARCH 1 FRIDAY–SUNDAY

ASANA ADJUSTMENTS WITH LOTUS PALM

THAI MASSAGE FOR YOGA
INSTRUCTORS

Eléonore Piquet

FOR yoga teachers and practitioners. **CE** credits.

Empower your students—and yourself—to go deeper into yoga postures and practice. The Lotus Palm Thai Yoga Massage School has designed asana adjustments that are invaluable for yoga instructors to use in class and with private clients. Take your teaching to the next level with the “Thai touch.”

Thai massage is a dynamic bodywork therapy based on yoga and Ayurveda. In this unique healing system, the practitioner guides the recipient through a series of yoga postures while massaging along the body's energy lines and pressure points. Counterbalancing and leveraging the recipient's body with his/her own, the practitioner works with gravity, breath, and directed touch to create a harmonious and therapeutic “yoga dance.”

Learn to

- Adjust yoga postures to make them more profound
- Design a one-on-one yoga class
- Spot misalignments and make adjustments with safety and confidence.

NOTE Tuition includes a manual.



TUITION \$250. Add 2 weekend nights room & meals; see page 92. (web code AATM-151)

Eléonore Piquet, MBA, RYT 500, is an Iyengar-based yoga teacher, Kripalu-trained Ayurvedic Yoga Specialist, and licensed Thai massage therapist. www.lotuspalm.com

✚ Combine these two programs for a 10 percent tuition discount for each program.

FEBRUARY 22–25 SUNDAY–WEDNESDAY

LIVE DELIBERATELY!

CREATING THE LIFE YOU
DESIRE, ON PURPOSE

Tracy Rawnicki and Jason Wendroff

FOR everyone. **CE** credits.

Are you ready to manifest your desires and live the life of your dreams? This workshop combines yoga philosophy and practice with the teachings of the law of attraction and the art of manifestation. Tracy and Jason help you clarify your desires and align your beliefs and intentions with those desires.

- Examine patterns of manifestation in your career, relationships, and health.
- Learn how what you manifest is directly influenced by what you believe is possible.
- Identify and release limiting thoughts and beliefs that no longer serve you.
- Reconnect to playfulness and creativity.
- Create a daily practice that's easy to integrate into your life.

Access a broader view of what's possible for you, using conscious communication, group discussion, guided introspection, intuitive writing, creative movement, chanting, ceremony, artistic expression, and yoga. Choose right now to live the life you've always imagined.

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

TUITION \$245. Add 3 midweek nights room & meals; see page 92. (web code LDC-151)



Tracy Rawnicki, E-RYT 500, is a positional therapist and director of Shine Yoga Center's yoga teacher training program. www.shineyogacenter.com



Jason Wendroff, MA, E-RYT 200, is a polarity therapist and holds a master's degree in psychology. He uses polarity therapy to synthesize psychology and yoga.

On-site | Online Program

15 WEEKS OF BLENDED LEARNING:



TWO 3-DAY ON-SITE
IMMERSION DATES
MARCH 1–4, 2015
MAY 31–JUNE 3, 2015



4 ONLINE MODULES
OF STUDY AT HOME

Learn more and register
➔ kripalu.org/resilientlife

Kripalu | HEALTHY LIVING PROGRAM

FEBRUARY 23–JUNE 3

CRAFTING THE RESILIENT LIFE

with Dr. Maria Sirois

FOR those interested in building skills to deal with everyday setbacks or major life upheavals, whether personally or in a professional practice. **CE** credits.

Create a life of strength and positivity.

Every day, we can choose to grow, and to focus on the practices and attitudes that enable us to cultivate and sustain healthy transformation. Through the science of resilience and the study of happiness, we build a foundation for optimal living in times of stress, loss, and sudden change.

You learn

- What resilience is and how to foster it
- Why happiness matters and how it increases well-being
- Practical tools from Positive Psychology, including mindfulness, happiness boosters, and re-storying
- How shifts in attitude can restructure difficult moments into positive growth.

Learn to move through challenging times into a more serene life—one in which you flourish no matter what.

TUITION \$974; tuition includes a technology fee. Add 6 midweek nights room & meals; see page 92. (web code CTRL-151)

To integrate your experience more fully, we suggest extending your stay by a day or more in Kripalu's R&R Retreat program.

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. www.mariasirois.com



FEBRUARY 24–FEBRUARY 27
TUESDAY–FRIDAY

THE POETIC PATH OF SOUL

DISCOVERING A DEEPER
LIFE WITH POET RAINER
MARIA RILKE

Mark Burrows and Robert Jonas

FOR everyone.

How do we find the path of soul amid life's pressures and grind? Creativity, courage, and conviction are the guides that lead us to our spiritual home, which Rilke calls "the Open." His poems bring a depth of awareness that sings beneath our busy activities and everyday concerns. For Rilke, this journey is an awakening of consciousness, flowing from the longing to see, hear, and know what is ultimately real and true. He invites us to enter even the darkest caves, finding here—and everywhere!—the wellsprings of new life.

Guided readings of Rilke's poems encourage us to ponder and renew, accompanied by the spacious sound of the Japanese shakuhachi flute. In this workshop, we follow our soul's yearning into "the Open," and learn to breathe into the spaciousness that is our being.

RECOMMENDED READING Rainer Maria Rilke, *Prayers of a Young Poet*, translated by Mark Burrows (Paraclete Press).

TUITION \$225. Add 3 midweek nights room & meals; see page 92. (web code PPSP-151)



Mark Burrows, *MDiv, PhD*, well-known interpreter and translator of Rilke, is a poet, scholar of mysticism, and spiritual guide.

www.msburrows.com



Robert Jonas, *MTS, EdD*, is musician, psychotherapist, leader of contemplative retreats, and founder of a contemplative community, the Empty Bell, in Northampton, Massachusetts. www.emptybell.org



FEBRUARY 27–MARCH 1 FRIDAY–SUNDAY

LIVING THE EVOLUTIONARY LIFE: THROUGH DEATH AND BEYOND

ROBERT
THURMAN

FOR all levels.

Tenzin Robert Thurman, an American Buddhist practitioner and writer, and a personal friend of the Dalai Lama, invites you to develop a down-to-earth daily practice for living a life that takes into account the reality of death, future lives, and bardo transition (the intermediate zone between death and rebirth, according to Tibetan Buddhism). Robert draws from his book *The Jewel Tree of Tibet* to present the magnificent spirituality of the enlightenment path, and turns to *The Tibetan Book of the Dead* for clear instructions about the process of death and rebirth.

Robert also elucidates the Wheel of Time (Kalachakra) teachings, in honor of the Dalai Lama's offering of this wonderful consecration 33 times around the world. Through basic and advanced meditation and visualization practices, lectures, and dialogue, you gain a greater understanding of death and rebirth and are introduced to the foundations and scope of Unexcelled Yoga Tantra practice.

TUITION \$265. Add 2 weekend nights room & meals; see page 92. (web code ILTY-151)

Robert Thurman, *PhD*, is an internationally renowned authority on spirituality, mind science, philosophy, and Tibetan Buddhism. www.bobthurman.com

FEBRUARY 27–MARCH 1 FRIDAY–SUNDAY

THE STORIES WE CARRY MEDITATION AND WRITING

DANI SHAPIRO



FOR everyone.

We carry our stories inside us. Some stories are easier to tell than others. There are stories we polish into well-formed, amusing anecdotes, and others we bury deep until they rise up unexpectedly and take us by surprise. When we attempt to write these stories, we face our own resistance. One of the most powerful ways to plumb the depths of our resistance and self-censorship is to come to know our own bodies and minds, where these stories live.

Join Dani Shapiro, best-selling author of eight books, for an inspiring experience that will stay with you long after you return home. Through a powerful blend of meditation and movement accessible to everyone, generative writing exercises, group sharing, and discussion, we explore the courage, persistence, and patience that it takes to dive into memory and generate new work.

TUITION \$250. Add 2 weekend nights room & meals; see page 92. (web code SWC-151)

Dani Shapiro is the best-selling author of eight books, including *Family History* and *Still Writing*. www.danishapiro.com



FEBRUARY 27–MARCH 1
FRIDAY–SUNDAY

GROW YOURSELF PREVENT PAIN, REDUCE STRAIN, AND UP YOUR GAME!

Jordan Mallah

FOR all levels. **CE** credits.

Are you stressed out or anxious? Does your mind race all day? Would you like to feel calm and focused? Allow your life to flourish from the inside out in this intensive with yoga therapist Jordan Mallah.

Your physical being is just one of your many aspects that can blossom when you tune into nature's intelligence. In this powerful weekend, you learn how to

- Apply postural alignment and therapeutic biomechanics to transform body and mind
- Heal injuries
- Increase clarity and focus
- Reduce stress
- Awaken your passion to pursue what you love
- Be more productive
- Improve your quality of sleep.

Jordan's teaching style encourages you to skillfully evolve so you can truly love your life.

TUITION \$210. Add 2 weekend nights room & meals; see page 92. (web code GYPP-151)



Jordan Mallah, *E-RYT 500*, founder of Life Aligned Yoga®, offers precise, personalized, and playful instruction that empowers you to be pain-free and balanced in your life. www.jordanmallah.com

KRIPALU PERSPECTIVES PODCASTS

Listen in as our faculty and presenters speak on yoga, health, and personal growth.

➔ kripalu.org/podcast

THE ART OF REIKI

FEBRUARY 27–MARCH 1 FRIDAY–SUNDAY

REIKI 1

MARCH 1–3 SUNDAY–TUESDAY

REIKI 2

Libby Barnett

FOR everyone. CE credits.

Expand your healing abilities as you explore how Reiki can reduce stress, relieve pain, balance emotions, and facilitate personal healing and spiritual growth. Based on the understanding that all conditions of imbalance are rooted in the human energy field, Reiki addresses underlying energetic patterns to create wellness and reconnect you with your ability to heal yourself, others, and animals.

In Reiki 1, you

- Explore the applications of Reiki through slide show and discussion
- Receive attunements to empower yourself as a conduit for channeling life-force energy
- Practice Reiki on yourself and others.

In Reiki 2, you

- Learn ancient Reiki symbols and how to apply them for additional empowerment
- Learn to access cellular memory to heal challenging emotional situations
- Receive the Reiki 2 attunement
- Learn to expand your healing abilities by offering Reiki to people and situations at a distance.

NOTE See this program on the Kripalu website for prerequisites, certification information, and recommended readings.

TUITION Reiki 1 \$225. Add 2 weekend nights room & meals; see page 92. (web code AOR-151)

TUITION Reiki 2 \$225. Add 2 midweek nights room & meals; see page 92. (web code AORT-151)



Libby Barnett, MSW, is a Reiki Master who brings 30 years of counseling and 20 years of Reiki practice to her teaching. www.reikienergy.com

✚ Combine any of the February or March Art of Reiki programs for a 10 percent tuition discount for each program.

MARCH 3–MARCH 6 TUESDAY–FRIDAY

REIKI MASTER TRAINING LEVELS 1 AND 2

CE credits. See this program on the Kripalu website for more information including prerequisites.

TUITION \$325. Add 3 midweek nights room & meals; see page 92. (web code AORM-151)



FEBRUARY 27–MARCH 1 FRIDAY–SUNDAY

DARE TO BE HAPPY

THE POWER OF POSITIVITY

Dan Tomasulo

FOR everyone. CE credits.

Are you ready for a powerful change in your life? Come learn proven techniques for bringing positive change to everyday life and creating a more soulful approach to living.

Positive Psychology addresses important questions about how we lead our lives, find happiness and satisfaction, and deal with life's challenges. Firmly rooted in modern research, this approach is a springboard for the exploration of hope, resilience, gratitude, the physical and mental benefits of positive emotions, and the relationship between happiness and success in love and work. Through lecture, demonstration, videos, and psychodramatic role-play, you learn to

- Identify and employ the impact of gratitude and kindness on physical and psychological well-being
- Develop a plan for increasing the volume and strength of your positive thoughts
- Nurture positive characteristics in others while strengthening them in yourself.

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



TUITION \$200. Add 2 weekend nights room & meals; see page 92. (web code PPB-151)

Dan Tomasulo, PhD, MFA, MAPP, a psychologist specializing in Positive Psychology and psychodrama, is an assistant instructor for Martin Seligman at the University of Pennsylvania. www.dare2behappy.com

FEBRUARY 27–MARCH 1 FRIDAY–SUNDAY

CHAKRA BALANCING FOR HEALING

THE TIBETAN FIVE RITES AND REIKI 1 ATTUNEMENT

Jeff Migdow

FOR everyone. CE credits.

Reiki is a healing system in which your chakras (energy centers) are balanced and strengthened through the channeling of qi, or prana, the life-force energy. The Tibetan Five Rites are ancient yogic practices that encourage the flow of energy through the seven chakras to create health and vitality.

This weekend includes

- Reiki hand placements and the first Reiki healing symbol, which opens up the flow of qi
- Hand attunement for Reiki healing on yourself and others
- Specific healing benefits, precautions, and warm-up exercises for each of the Tibetan Five Rites
- The full practice of the Five Rites.

Take your healing to a new level by connecting directly to the power of qi.



TUITION \$220. Add 2 weekend nights room & meals; see page 92. (web code TBFR-151)

Jeff Migdow, MD, Usui Reiki Master, has practiced Reiki since 1987 and has led Tibetan Five Rites programs and Prana Yoga trainings for more than 15 years.

This spring at Kripalu

MARCH

Kripalu | HEALTHY LIVING PROGRAM



NUTRITION AND COOKING IMMERSION

MARCH 8–13

Annie B. Kay and Jeremy Rock Smith



ERICH SCHIFFMANN

MARCH 6–8

Freedom Style Yoga



BO FORBES

MARCH 6–8

Yoga for Empaths: Creating Effective Boundaries and Building Physical and Emotional Immunity



MIND, MOOD, AND FOOD

MARCH 13–15

James S. Gordon, Kathie Madonna Swift, Mark Pettus, and Jay Lombard



CAROLINE MYSS

MARCH 20–22

The Essential Guide for Healers and Healing



JOE DISPENZA

MARCH 20–22

Breaking the Habit of Being Yourself: Progressive Workshop



CAROL LOOK

MARCH 20–22

The Yes Code: Using EFT to Get Unstuck and Live with Purpose and Passion



DONNA EDEN AND DAVID FEINSTEIN

MARCH 27–29

Energy Medicine: A Hands-On Experience



BRYAN KEST

MARCH 27–29

Bryan Kest's Power Yoga: Immersion in the Practice of Yoga

APRIL

Kripalu | HEALTHY LIVING PROGRAM



INTEGRATIVE WEIGHT LOSS: LIVING A TRANSFORMED LIFE

On-site | Online

APRIL 27–JUNE 12

On-site MAY 3–8

Aruni Nan Futuronsky and Annie B. Kay



STEPHEN COPE

APRIL 3–5

Cultivating Loving-Kindness: A Yoga and Meditation Retreat

MAY



JULIA CAMERON

MAY 1–3

A Weekend with Julia Cameron



TARA BRACH

MAY 15–17

True Refuge



AMY WEINTRAUB

MAY 22–25

LifeForce Yoga and Internal Family Systems for Your Anxious Parts



KATE AND JOEL FELDMAN

MAY 22–25

Being Intimate: A Retreat for Couples



YOGA, MEDITATION, AND RECOVERY CONFERENCE

MAY 25–29

Rolf Gates, Nikki Myers, Tommy Rosen, and Heidi Sormaz



WILD, DEEP, MASCULINE, AND FREE: A WEEKEND FOR MEN

MAY 29–31

David Harshada Wagner, Tim Walsh, and David Odorisio



Plan your stay

1

CHOOSE AN EXPERIENCE

WORLD-CLASS PRESENTERS KRIPALU FACULTY OR INVITED PRESENTERS

PAGE 22

Take a program on a topic that interests you.

R&R RETREATS EXPERIENCE KRIPALU, YOUR WAY

PAGE 6

Your schedule is flexible—choose what and how much to do each day.

KRIPALU HEALTHY LIVING PROGRAMS

PAGE 10

Discover a new level of wellness and vitality in programs that focus on the mind, body, heart, and spirit.

KRIPALU SCHOOLS OF YOGA AND AYURVEDA

PAGE 12

Deepen your practice and share your passion with the world.

2

CHOOSE YOUR ROOM TYPE

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 \$86–98.*

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, \$113–144, to private, \$198–240.*

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, \$172–196, to private, \$262–298.*

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, \$192–263, to private, \$282–384.*

**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 sex).

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.

An R&R Retreat includes 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 may be available for evening programs and events; please call Registrations at 800.741.7353 for more information.

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 workshop 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. Deadlines do apply. 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.

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.

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.

LATE ARRIVALS

We encourage you to arrive by 6:30 pm if you plan to join us for dinner.

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. In the event of an emergency, our Campus Safety staff can assist with contacting local medical and emergency resources.

KIDS AT KRIPALU

In general, Kripalu programs and activities are open to participants age 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.

Please note Our policy prohibits children from swimming in the lake during their program sessions. Kids may swim anytime when accompanied by a parent or guardian.

Register early to ensure your preferred accommodations kripalu.org/accommodations

Get directions by car, plane, train, bus, and more kripalu.org/directions

Continuing education CE and CME credits



More than 100 CE and CME programs to choose from.

Integrate your life, your career, and your practice with our many programs that offer CE and CME credits.

CE credits are available for

- **psychologists** (PSY)
- **nurses*** (RN)
- **social workers** (SW)
- **certified counselors** (NBCC)
- **registered dietitians** (RD)
- **yoga teachers** (YA)
- **athletic trainers** (BOC)
- **massage therapists**** (NCBTMB)
- **coaches** (ICF)
- **marriage and family therapists** (BBS)

CME credits are available for

- **physicians***** (MD/DO)

Look for **CE** and **CME** credits with program descriptions. Please note that credit fees are nonrefundable after the last day of your stay.

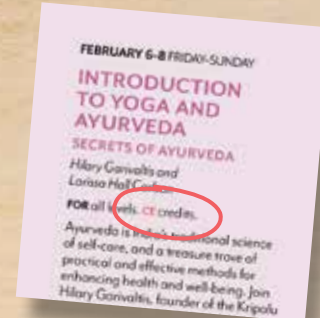
**Nursing Continuing Education Credits provided through Berkshire AHEC.*

***Kripalu is not recognized by the state of New York to offer continuing education to massage therapists through NCBTMB.*

****Berkshire Health Systems is accredited by the Massachusetts Medical Society to sponsor continuing medical education for physicians.*

Some CE credits are pending. Check website for updated information.

For more information visit kripalu.org/cecredits.



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Randi-Lee Glickman, stay-at-home mom and yogi
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off the mat

with Kripalu faculty Jennifer Reis

What brought you to your current role at Kripalu?

I came to Kripalu from Canada 18 years ago to become a yoga teacher. From the beginning, I knew in my heart that Kripalu was my home, but little did I know that it would completely alter the course of my life. After four years teaching yoga in Canada, I came back to Kripalu as a volunteer. I continued to teach yoga and R&R Retreat workshops here after my volunteer year ended, and began designing and leading retreats and teacher trainings. I worked in Healing Arts for six years, and today I am a director of the 200-hour Kripalu Yoga Teacher Training and a Healthy Living faculty member.

Why do you practice and teach yoga?

When I found Kripalu Yoga, I found not only my home but also myself. Yoga saved my life in many ways. It gave me a clear path to live a healthy, centered, and focused life, and this in turn helps all of who I am come to fruition. I teach yoga because it profoundly changed—and continues to change—my life, and I want to bring that to others.

What inspires and motivates you?

When my students share with me the transformations they’ve experienced, and how their lives have changed because of yoga and yoga nidra.

How has Kripalu resonated with you?

Kripalu has watered my good seeds, given me sunlight and air to grow and shine, pruned me where I needed pruning, and also let me expand and grow when I needed to do that. I cannot imagine how I would have lived my life without Kripalu.

How do you like to spend your free time?

In my free time, I seek balance through daily yoga and self-care practices. My greatest pleasure is nature—simply being with the elements. I paddleboard, swim, ski, walk with the dogs, and cycle to take it all in.

Jennifer Reis is a faculty member for the Kripalu School of Yoga and Kripalu Healthy Living programs.

DON'T MISS JENNIFER REIS AT KRIPALU:

- Ayurvedic Seasonal Retreat, December 14–19 (page 32)
- Living Out Loud: Creating Joy and Intention for the New Year, December 28–January 2 (page 41)
- Yoga and Deep Relaxation Retreat: The Gift of Divine Sleep Yoga Nidra®, January 2–4 (page 48)



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