

Kripalu

summer 2012

May–August

Combine
business with
pleasure and earn
CE credits in more
than 150
programs

Take a Retreat

Enjoy the splendor of the Berkshires while reinvigorating your mind, body, and spirit

Transform Your Life

Try a Healthy Living program

NEW!

Be transformed through Kripalu's exclusive 10-month certificate program in Positive Psychology with Dr. Tal Ben-Shahar

Plus

A Labor Day special offer

The power of play (and other great reading)

Kripalu

center for yoga & health

Stockbridge, Massachusetts

800-741-7353

kripalu.org





welcome

rediscover yourself at the nation's most established center for yoga and integrative health.

In 1972, a small yoga retreat called Kripalu Center was founded in Sumneytown, Pennsylvania. Now, 40 years later, Kripalu Center for Yoga & Health in Stockbridge, Massachusetts, continues to flourish as we integrate our core yogic teachings with psychology, science, Western healing, and self-development techniques to create groundbreaking approaches to health and well-being.

As we honor the path that led us to where we are today, we invite you to set an intention for the days ahead. Summer is the ideal time to be active, playful, and carefree, and Kripalu allows you the opportunity to embrace your life in any way you choose.



Kripalu mission-driven, donor-supported

Kripalu is a 501(c)(3) nonprofit educational organization whose mission is to teach the art and science of yoga. To read more about our mission, please visit kripalu.org.

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get inspired with great reading

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 - 101 The power of play: Reinvigorate the mind, body, and spirit with the simplest of childhood pleasures.
- plus inspiring guest stories



Use your smart phone to scan our QR (Quick Response) Code to see our calendar of programs.



summer teacher trainings

Deany Laliotis

June 10–17 Transforming Your Clinical Practice with EMDR: The Basic Course for Mental Health Professionals (page 41)
July 29–August 3 Using EMDR as a Contemporary Psychotherapy: An Advanced Course for Mental Health Professionals (page 86)



Amy Weintraub

July 6–13 LifeForce Yoga® Practitioner Training for Depression and Anxiety: Level 1 (page 65)

Nischala Joy Devi

July 12–22 Yoga of the Heart®: Cardiac and Cancer Certification Training (page 68)

Elise Browning Miller

July 15–20 Teaching Yoga for Scoliosis (page 73)

Gary Kraftsow

July 27–29 Yoga for Emotional Health: Focus on Anxiety and Depression
July 29–August 1 Tantric Yoga of Inner Transformation
August 1–3 Stress Management (page 83)



Megha (Nancy Bittenheim)

July 29–August 3 Let Your Yoga Dance®: Teacher Training for Special Populations (page 84)

Sarah Powers

August 3–12 Insight Yoga Teacher Training Intensive: Yin/Yang/Mindfulness (page 90)



Joseph Le Page

Integrative Yoga Therapy Professional Yoga Therapist Training Program
August 5–18 Module 1
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Roger Jahnke

August 19–24 Tai Chi Easy™ Practice Leader Training: A Healing Revolution Certificate (page 103)

Dan Leven

August 24–31 Shake Your Soul® Teacher Training: The Yoga of Dance (page 108)



ways to experience kripalu

find the right experience for you.

browse by presenter using the index at the back, or flip through the pages to read about our programs by date. Our hundreds of programs are led by Kripalu faculty and guest presenters who help make Kripalu one of the top destinations in the world for inspired learning.

go to the plan a visit section of our website to sort by program themes, such as Yoga, Health and Wellness, Creative Expression, Spiritual Practice and Inquiry, and Professional Development.

kripalu.org

go to page **12** our signature **R&R retreat** includes several yoga classes and Kripalu workshops each day. Led by Kripalu faculty, our workshops are designed to inspire a more vibrant, healthy, balanced life.

go to page **16** kripalu **healthy living programs** help you learn holistic ways to improve your health and create harmony between the mind, body, and spirit.

go to page **26** **guest-presenter-led programs** Take a program on a topic that interests you. Our diverse curriculum of more than 800 annual programs has something for everyone and is taught by exceptional educators, authors, and luminaries.

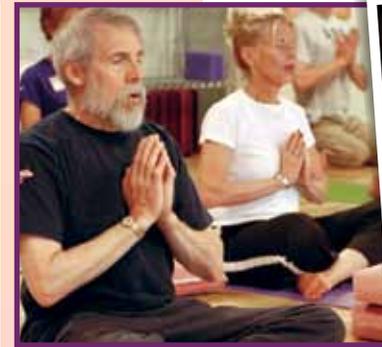
go to page **20** **schools of yoga and ayurveda** The Kripalu School of Yoga and School of Ayurveda allow you to learn with the best while furthering your professional and personal development. Also, look for the CE symbol on programs that offer continuing education credits. To see all of our CE offerings, visit kripalu.org/cecredits.

go to page **14** **enhance your stay** Choose a Healing Arts bodywork or energy-work session or a Kripalu Consultation with one of our experts in holistic health, lifestyle change, and nutrition.

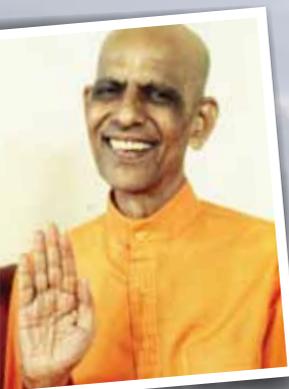


“ Kripalu rocks my world. —Mary H., Lynchburg, VA





a brief history of kripalu center for yoga & health



Kripalu (krih-PAH-loo) means “being compassionate” in Sanskrit, the native language of the yoga tradition. Kripalu was named in honor of Swami Kripalu (1913–1981), an Indian yoga master renowned

for the depth of his compassion and the intensity of his spiritual practice.

The teachings of Swami Kripalu were brought to America in 1960 by one of his close disciples, Yogi Amrit Desai, who founded Kripalu as a nonprofit organization. Swami Kripalu came to America in 1977 and spent the last four years of his life in residence at the first Kripalu in Sumneytown, Pennsylvania. In 1983, Kripalu purchased a former Jesuit monastery and moved to its current location in Stockbridge, Massachusetts. The teachings of Swami Kripalu still form the basis of the Kripalu approach to yoga.



“ I’m a teacher in an inner-city school—a very challenging and stressful job. Visiting Kripalu always grounds and balances me so I can return to work refreshed and ready to take on any challenges.

—Patricia M., teacher, Providence, Rhode Island

what’s kripalu all about?

Our nonprofit organization is dedicated to the inquiry of what creates a complete, holistic life, and our educational offerings are designed to help people realize their full potential as they learn to apply the principles of yoga on and off the mat.

Kripalu was born from a marriage of the spirited 1960s youth movement and a 5,000-year-old yoga tradition. For its first 30 years, Kripalu was an ashram, where up to 350 residents and a small number of guests practiced all aspects of the yoga lifestyle under the guidance of an Indian guru. Kripalu came of age in 1994 when a painful scandal compelled the ashram community to move beyond its traditional guru/disciple paradigm. Restructuring itself as a retreat center, Kripalu hired a portion of its volunteer staff, broadened its program offerings, and transformed into the vibrant nonprofit educational organization you see today.

In many ways, Kripalu’s history parallels the evolution of yoga in America, which has progressed from a reliance on Eastern teachers to the leadership of masterful Western teachers and integration of contemporary discoveries

in medicine, psychology, and science. While its program curriculum has broadened, Kripalu remains dedicated to the rigorous inquiry into the core issues of life that have always been at the heart of its mission: authenticity, healthy living, spiritual practice, heartfelt service, skillfulness in action, and seeing the highest in others. After so many years of practice, these values have become deeply etched in the Kripalu culture and are shared by our faculty, volunteers, guest presenters, and guests.

Kripalu is now a leader in mind-body health, and is a dynamic organization that continues to grow and evolve. We invite you to explore everything Kripalu has to offer, visit often, join us online, join our donor community, and find ways to make Kripalu’s mission of transforming individuals and uplifting society your own.

here are some facts you might find interesting:

kripalu in stockbridge

- As the largest center for yoga, health, transformational learning, and professional training in North America, we host more than 30,000 guests a year.
- Our life-changing curriculum includes 60 signature programs a year, designed by our own faculty, to help people reverse debilitating diseases, overcome personal challenges, and live happier, healthier lives.
- We make it possible for all people, regardless of their financial situation, to have a Kripalu experience—whether through our generous scholarship program, one of our volunteer opportunities, or our programs for local residents.
- Kripalu’s green Annex building uses half the energy consumed by a conventional building of the same size, and its design elements minimize its carbon footprint.

kripalu in the world

- Kripalu has trained more than 8,000 yoga teachers and Ayurvedic consultants, who share a wealth of knowledge and techniques with their communities.
- Kripalu’s international network of 2,500 yoga teachers brings the benefits of yoga to thousands of students every week, including inner-city children, the elderly, and cancer survivors.
- We reach out to more and more people every day as we develop programs in medical, therapeutic, and academic settings; partner with institutions of higher learning; and embrace new technologies for digital and blended learning.
- Groundbreaking research conducted by the Kripalu Institute for Extraordinary Living, in collaboration with Harvard University scientists, is tracking the effects of yoga on war veterans and people with post-traumatic stress disorder.



what is kripalu yoga?

Kripalu Yoga is a comprehensive, disciplined approach to self-study that cultivates health, facilitates psychological growth, and transforms one's sense of self. Kripalu Yoga arises from thousands of years of study and practice in fostering spiritual connection to all life and an awakening to the authentic self. It focuses on getting in touch with one's own innate wisdom and happiness through cultivating nonjudgmental awareness. Teachers guide students through a practice of asana (which could be gentle, moderate, or vigorous), pranayama, and meditation, but neither posture sequences nor instructions are standardized. What distinguishes a Kripalu Yoga class is an emphasis on bringing awareness to the physical sensations, emotions, and thoughts that arise throughout the practice. The way we act and react on the mat becomes a microcosm for the way we act and react in daily life, leading to greater authenticity, equanimity, and happiness.

kripalu at home yoga classes

Transform your home into your own private retreat center with our free hour-long Kripalu Yoga videos.

try one ➔ kripalu.org/kripaluathome



why visit kripalu?

relax ▪ regenerate ▪ redefine

Magic happens when you make time to rest, relax, and listen to the messages of your body, heart, and mind. The power of this magic is magnified in a setting like Kripalu, a retreat center dedicated to creating safe and sacred space for people to **heal, grow, and transform.**



At Kripalu, all of your basic needs are provided for in the most **supportive** way. This allows you to focus on the workshop you're

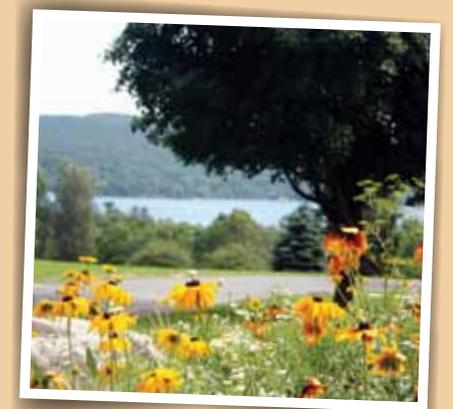
taking, the posture you're holding, the wholesome meal you're eating, or the luscious massage you're receiving. Your ability to focus gives you a taste of what's possible when your thoughts, feelings, and actions come into alignment.

While each of our programs offers different learning opportunities, the heart of your Kripalu experience is learning how to be **fully present**. When you **breathe, relax, feel, and allow** your experience to be exactly as it is, you land back in your center.



Kripalu is a place where you can meet like-minded new friends while focusing on yourself—learning more about who and

what you are, what you have to offer the world, and what the **next step on your path** might be.



Many guests say that coming to Kripalu feels like coming home to themselves. While that means different things to different people, it points to the biggest reason people visit and return often. Kripalu is a place where your true self, the core and **essence of who you really are**, can come forth. It's a place where aspiration and inspiration meet as you discover practices that can help you develop **new ways of thinking and living.**



At Kripalu, you can savor the moment and plant the seeds of change that may blossom into a whole new future at the same time.



“ My Kripalu experience helps crystallize my day-to-day vision.

—Alex P., composer/music director, New Rochelle, New York



your kripalu experience

Our curriculum is designed so that every moment of your stay supports deep inner health and well-being. You'll leave rested and reinvigorated, with inspiration to thrive in everything you do. We call it the yoga of life.

transformative learning

Learning at Kripalu is hands-on. You learn by doing, so you can experiment, explore, and discover what works for you. Our faculty are experts in their fields and exceptional guides who will help you every step of the way.



daily yoga

For many people, daily yoga offers a much-needed touchstone, providing an opportunity to listen deeply to their bodies. A consistent

yoga practice provides a regular time for self-focus and cultivates new awareness.

healthy eating

Meals at Kripalu are prepared by people who care deeply about the health of our bodies and the planet. Our nourishing meals include a wide range of delicious food prepared using fresh, all-natural, organic, and local ingredients.

nature

Enjoy breathtaking views of the Berkshires. The awe-inspiring beauty of the natural world feeds our souls and invigorates our bodies.



body connection

We believe in the importance of fully integrating intellectual and emotional experiences into your body.

This integration includes eating our healthful foods, practicing yoga, taking walks and hikes, and experiencing massage and other Healing Arts sessions.

people

There's a unique spirit and culture here that seems to bring out the best in people, inviting them to relax into just being themselves in a way that their everyday lives don't often allow. Whether you come alone, with a friend or family member, or with a group, you'll find opportunities to be as social or as private as you want.

time for reflection

Turning inside is not only restful; it's effective. Don't be surprised when solutions to problems come effortlessly, sudden clarity emerges, or a spontaneous realization leaves you with a completely new understanding of a situation.

all visits include...

- comfortable accommodations
- world-class natural-foods cuisine
- Kripalu Yoga classes—gentle, moderate, and vigorous
- hiking trails and walking paths for all levels of fitness
- noon dance classes
- evening programs and events
- sauna and whirlpool
- meditation room
- fitness room
- lakefront beach area
- labyrinth
- cafe (with wireless) and bookstore
- Healing Arts (additional cost)



join us for an **r&r retreat** experience kripalu your way.

A Kripalu signature R&R retreat offers the perfect blend of getaway, discovery, and personal time. You choose the activities you want to participate in and how to spend your days, whether it's learning new ways to support a healthy lifestyle, soul-searching, celebrating, or just simply relaxing.

- Choose from an array of inspiring workshops led by Kripalu faculty—on yoga, personal growth, nutrition, creativity, and movement—each day.
- Reconnect with yourself by enjoying quiet walks in nature and taking time to meditate.
- Get energized by joining a guided hike, taking a biking excursion, or learning to kayak.
- Have fun! Take a playful dance class, connect with new friends, or hula-hoop on the front lawn.

you decide when you want to come and for how long.

All-inclusive R&R retreat prices start at \$168 per night. (2-night minimum required. No Saturday arrivals or departures.) See pricing on page 116.

Accommodations and Kripalu's renowned whole-foods meals are included.

➔ kripalu.org/rr or 800-741-7353



My R&R retreat felt like a summer camp full of lightness, hope, and energy. I felt rebooted and more grounded, grateful, and whole." —K. C. Barnard



sampleday morning

Wake, stretch, and stroll down the hall to a morning Kripalu Yoga class. Prepare for the day with a nourishing breakfast.

Take a nutrition workshop or get outdoors on a kayak excursion.

Spend some quiet time alone, sit in the meditation room, or join a tai chi class.

midday

Get invigorated in a Kripalu noon dance class.

Nurture your body and soul at lunch with new friends.

Join a share circle or try a walking meditation in our labyrinth.

afternoon

Take another workshop, browse the shop, or join a guided hike. Enjoy an afternoon yoga class or head to the lounge with your journal.

evening

Chat with new friends while enjoying a fabulous, all-natural meal. Attend a concert or workshop or have a Healing Arts service (additional cost).

Detox in the sauna and then head off to bed.



now,
about that
massage...

see page 14

healing arts

experience wellness—one-on-one.

A Healing Arts session is a learning experience. Whether you choose a bodywork treatment or a personalized Kripalu Consultation focused on your nutritional needs, tuning in to your innate wisdom requires a one-on-one approach. Come explore the state of your mind and body with a skilled Kripalu practitioner.



I was in the hands of a very skilled, professional, authentically compassionate therapist. She listened with heart and mind in a way that allowed me to feel truly cared for.”

—Linda F.



Two Ways to Experience One-on-One Wellness with Kripalu

Take time to attend to your needs by choosing from dozens of nourishing services.

Bodywork

- Relaxing and integrative massage
- Rejuvenating energy work
- Ancient Ayurvedic treatments
- Nurturing facials

Kripalu Consultations

- Empowering life coaching
- Insightful Ayurvedic sessions
- Healthy Living consultations
- Practical nutrition consultations

save 10%

Kripalu Healing Arts Sampler includes two specially selected Healing Arts sessions: Aromatherapy Massage and Energy Balancing or Reiki. Our skilled therapists will help you relax while you experience this amazing introduction to what we do best.

[get the details](#) ➔ kripalu.org/packages

For a full menu of services and fees, as well as packages, visit ➔ kripalu.org/healingarts. Please make your reservation two weeks in advance. **Call 888-738-1822.**



“ We need a Kripalu in every corner of America because it’s the best place I know to learn self-care, good eating, proper movement, relaxation, and healthy living. And, besides that, it is fun being there! Many of my patients would do better spending more time at Kripalu and less time in my medical office.”

—Bill M., MD, assistant professor emeritus, University of Minnesota Academic Health Center

transform your *life* transform your *health*

Kripalu Healthy Living programs offer you a holistic approach to health. This means we focus not only on the health of the body but also on the mind and heart, helping you experience a new level of wellness and vitality. Focusing on nutrition, stress management, mindful living, and physical movement, our programs give you the tools and support necessary to transform your health and create lasting positive change.

You learn from a caring team of specialists in health, nutritional science, yoga, fitness, and life coaching. The learning is inspired and supports deep inner health and well-being.

Through personalized hands-on workshops, health talks, group discussions, and outdoor activities, our expert faculty teach you how to create a healthy lifestyle by guiding you into one.

Join us in the natural beauty of the Berkshires of western Massachusetts and discover ways to strengthen your health, gain more energy and vitality, and, literally, transform your life.



Kripalu **healthy living
immersion
programs**

the kripalu approach

As a leader in the fields of yoga and holistic health, we offer

- Immersion learning
- Expert faculty
- A body, mind, and spirit approach
- Proven success.

**get healthier
this summer.**

See our schedule
on the next page.



November 4–9

Nutrition Intensive for Health Professionals

Develop and expand your skills in clinical nutrition to help better serve your clients and patients. Ideal for registered dietitians, nurses, wellness coaches, physicians, and other health-care professionals.

Visit kripalu.org/nihp for more information.

real-life results

“As a result of what I learned, my blood pressure dropped to 127 over 70, and the joint pain I'd had for several years has gone away! And I've had to take my pants in two inches.”

—John V., Beachwood, New Jersey

read inspirational first-person accounts from guests like John at kripalu.org/gueststories

check out the new healthy living website!

Go online to delve into our upcoming offerings in a new website exclusively devoted to Healthy Living programs.

find out more kripalu.org/healthyliving

transform your health this summer.

A Healthy Living program gets you on a personalized path to better health and inspires you to live a more empowered and fulfilling life. Below is a list of our summer offerings, which range from holistic ways to manage chronic disease to natural ways to de-stress and lose weight. Reserve your place to join us this summer; you'll see how much better you can feel. Questions? Call us at 800-741-7353.

June 4–8	A Wellness Retreat for People with Parkinson's and Their Care Partners	36
June 10–15	Detox for Health and Healing	40
June 17–22	Rejuvenate and Reclaim Life After 40	45
June 24–29	Integrative Weight Loss	49
June 24–29	Creating Health and Harmony: An Ayurvedic Retreat	50
July 1–6	Yoga for Life	59
July 8–13	Radiance: Create an Amazing Life After Cancer	65
July 8–13	Fitness and Yoga Retreat	66
July 15–20	Nutrition and Cooking Immersion	71
July 15–20	Preventing and Reversing Heart Disease	72
July 22–27	Integrative Weight Loss	77
July 29–August 3	Preventing and Reversing Diabetes	86
August 5–9	Women and Food: A Journey to Nourishment	92
August 5–10	Rejuvenate and Reclaim Life After 40	94
August 12–16	Digestive Health: A Holistic Approach	97
August 19–24	Integrative Weight Loss	104
August 26–31	Fitness and Yoga Retreat	110
August 31–September 3	Labor, Love, and Life: Get Balanced and Thrive	112

Nurture your well-being. Further your career. Most of these programs offer **CE** credits; see program descriptions for details.

guest story

Think Before You Eat

A woman learns to listen to herself instead of her “hunger”

While I love to cook and eat healthfully, I've wrestled for many years with the desire to keep eating throughout the evening—from after dinner until I go to bed.

Food equals love for me, and I've often used food as comfort. Recently, I was eating more than I needed to, and not really listening to my body. There was sometimes a panicked feeling to my eating—and I would keep eating without feeling satiated. Also, in recent years, exercise hasn't been a priority for me.

I was careful enough to not go so overboard that I didn't fit into my clothes, though, so my weight wasn't what brought me to Dr. Susan B. Lord's Healthy Living immersion program, Women and Food. It was the feeling that food was in control of me.

Susan created a safe space in class for us to express our feelings about our respective relationship with food. I became aware that there are many ways that we relate to food, and that often there are often larger issues involved.

Susan explained how to eat mindfully, and I tested her methods on the delicious food at Kripalu. I learned that certain foods had a “hook,” which kept me wanting to eat more, while I could eat others and feel satisfied. It was fascinating.

Being at Kripalu was an oasis for me. It's a nurturing, growth-supportive environment in a beautiful setting, filled with people who are extremely kind. I was able to experiment with a variety of approaches to meditation and accessing my feelings about food, to see what worked best. I also tried noon dance—what a blast!

Among Susan's many helpful recommendations was to shake things up a little; to simply try something new. As she says, “There are no mistakes.” We can learn from everything that happens—choices that make us feel pleased and those that don't.

There are no quick fixes, and I think I'm a work in progress. It's still challenging to focus on myself and my feelings in any given situation, but when I can, I see that I have the opportunity to make better choices.

I'm also trying to do less and to be more present in the moment. This provides much richer moments, and I don't feel like my life is falling apart for delaying other things. And I'm also learning to say, “No, thank you” more often. As I continue exploring my relationship with food, more questions arise and I get more information that helps clarify some of my earlier confusion. I'm grateful that I have Kripalu to guide me when I stray.

—Susan S., Washington DC





do what **you** love.

Kripalu schools of yoga and ayurveda

Through increased awareness of thoughts, words, feelings, and actions, the Kripalu training methodology invites you to cultivate a relationship with your most authentic self and gives you a unique skill set to guide others to do the same. Our trainings welcome students from all traditions, complementing other paths and practices with our nondogmatic approach to learning. You emerge with all the tools necessary to do what you love.

kripalu yoga teacher training

As yoga grows in popularity, students and studios require qualified teachers with in-depth training. Gain the skills you need to guide a powerful yoga class and incorporate the philosophy of yoga into the rest of your life in our immersion trainings. You graduate from our Yoga Alliance–approved training inspired and ready to teach, with continued connection and support through the Kripalu Yoga Teachers Association (KYTA).

kripalu ayurveda certification

Provide guidance to individuals seeking empowering solutions to health concerns through an Ayurvedic perspective. Kripalu offers two Ayurveda certification programs through short-term residential trainings combined with at-home study. Both trainings begin in the fall semester with Foundations of Ayurveda. The tracks offered in the spring semester complete your certification as an Ayurvedic Lifestyle Consultant and/or Ayurvedic Yoga Specialist. After graduation, you can take advantage of the many benefits offered through the Kripalu Ayurvedic Practitioners Association (KAPA).

“

Ayurveda is a huge, beautiful, comprehensive system. It's a natural extension of yoga.”

—Ann P.,
Florence, Massachusetts

get in touch

Call or e-mail for more information:
• 800-848-8702
• yogaandayurveda@kripalu.org

get informed

Visit us online
➔ kripalu.org/yogaandayurveda

get inspired

Read about the Kripalu experience
➔ kripalu.org/gueststories

The Kripalu Schools of Yoga and Ayurveda are licensed by the Massachusetts Department of Elementary and Secondary Education, Office of Proprietary Schools, and registered with the Yoga Alliance. **CE** credits for athletic trainers available for both the 200- and 500-hour trainings.



follow your own path.

Kripalu offers a variety of in-depth trainings to help you delve deeper into your passions. Find out which training suits your needs and your schedule, whether you're studying yoga or Ayurveda—or both.

“

I feel very lucky to have trained in the Kripalu tradition, which enables me to keep evolving. I never thought there was anything that could contain my diverse interests.”

— Bart S., Ayurvedic Lifestyle Consultant, KYTT 200-hour graduate, currently enrolled in KYTT 500

kripalu yoga teacher training

200-hour

This training focuses on the fundamentals of Kripalu Yoga. You learn classic asanas, the principles of assisting and posture modifications, basic pranayama and meditation, how to attune to inner wisdom, and ways to guide students in developing nonjudgmental self-awareness. This training is offered as a monthlong or as two 12-day options.

Total Cost: \$4,665 with dormitory housing. If your preference is private housing, we strongly recommend submitting your application as early as possible, as availability is limited.

200-Hour Monthlongs

June 3–29

Brahmani Liebman and Jashoda Edmunds

July 1–27

Devarshi Steven Hartman and Jovinna Chan

October 14–November 9

Devarshi Steven Hartman and Megha (Nancy Buttenheim)

200-Hour Two 12-Day

part 1 November 25–December 7

part 2 January 20–February 1, 2013

Devarshi Steven Hartman, Jovinna Chan, Jurian Hughes, and Sudha Carolyn Lundeen

500-hour

Refine your yoga teaching with an additional 300 hours of training. The 500-hour training consists of four 9-day modules, taken in any order, that delve deeper into the subtleties of teaching yoga.

Module 1: Advanced Techniques for Teaching and Assisting Asanas

Module 2: Exploring the Energy Body: Teaching Pranayama and Meditation

Module 3: Tools for Transformational Teaching

Module 4: Therapeutic Approaches to Yoga

Total Cost: \$1,709 per module with dormitory housing. If your preference is private housing, we strongly recommend submitting your application as early as possible, as availability is limited.

Module 2 May 11–20

Jonathan Foust (Sudhir) and Larissa Hall Carlson

Module 3 August 3–12

Devarshi Steven Hartman and Vidya Carolyn Dell'uomo

Module 1 November 9–18

Grace Jull and Andrew Tanner

Module 4 January 11–20, 2013

Sudha Carolyn Lundeen

kripalu ayurveda certification

foundations of ayurveda

Offered in the fall, this two-part training teaches the core concepts of Ayurveda, including history and philosophy; Ayurvedic body maps and systems; cooking and nutrition; yogic psychology and practice; introductory Sanskrit; basic principles of pulse reading; and lifestyle and stress-management tools.*

Total Cost: \$5,021 with dormitory housing. If your preference is private housing, we strongly recommend submitting your application as early as possible, as availability is limited.

*For those not seeking professional certification, Foundations of Ayurveda can be taken as a stand-alone course for personal development.

Foundations of Ayurveda

part 1 September 28–October 8

part 2 November 30–December 9

Now accepting applications for the next training. **Get online and apply today!**

ayurvedic lifestyle consultant

Offered in the spring semester following Foundations of Ayurveda, these four 9-day sessions qualify you to provide consultations that focus on optimizing physical, mental, and spiritual health. You learn pulse-diagnosis techniques; principles of pathology and disease; medicinal uses of spices and herbs; strategies for managing chronic health conditions; and much more.

Total Cost: \$2,130 per module with dormitory housing. If your preference is private housing, we strongly recommend submitting your application as early as possible, as availability is limited.

Ayurvedic Lifestyle Consultant

Module 1 January 11–20, 2013

Module 2 February 15–24, 2013

Module 3 April 19–28, 2013

Module 4 June 7–16, 2013

ayurvedic yoga specialist

Integrate Ayurveda into your yoga teaching. This certification combines Foundations of Ayurveda and a 200-hour yoga teacher certification (from any tradition) with a 7-day intensive, Advanced Studies in Yoga and Ayurveda.*

Total Cost: \$1,652 with dormitory housing. If your preference is private housing, we strongly recommend submitting your application as early as possible, as availability is limited.

*If you are not a certified yoga teacher, the 200-Hour Kripalu Yoga Teacher Training can be taken prior to Advanced Studies in Yoga and Ayurveda to satisfy this requirement.

Ayurvedic Yoga Specialist

March 23–30, 2013

200-hour kripalu yoga teacher training coast-to-coast

In 2012, Kripalu Yoga Teacher Training is coming to Rhode Island and California! Find out about these and other weekend-based Kripalu trainings near you.

➔ kripalu.org/ytt

kripalu faculty



Devarshi Steven Hartman



Jovinna Chan



Jurian Hughes



Megha (Nancy Buttenheim)



Brahmani Liebman



Jashoda Edmunds



Andrew Tanner



Sudha Carolyn Lundeen



Vidya Carolyn Dell'uomo



Jonathan Foust (Sudhir)



Grace Jull



Larissa Hall Carlson



Hilary Garivaltis



Rosy Mann



Scott Blossom



John Douillard



Sunil Joshi



Dr. Vasant Lad



Claudia Welch



Jay Apte

SELF
WORTH

OPTIMISM

MINDFULNESS

CONNECTION

A Happier Life

by Tal Ben-Shahar, PhD

An excerpt from *Being Happy: You Don't Have to Be Perfect to Lead a Richer, Happier Life*

Some version of the Golden Rule, reminding us to not do unto others as we would not have done unto ourselves, finds its way into most moral codes, be they secular or religious. It is with our neighbor that the Golden Rule is concerned. But what about ourselves? The Golden Rule takes the love of self for granted—the self is used as the standard for the love of others, how we treat the “I” as the standard for how we treat our fellow men and women. The sages, however, generally ignored the fact that we don’t all love ourselves, or, rather, that many of us fall out of love with ourselves once we are old enough to turn our critical impulse, the faultfinder, inward.

We rarely condemn others for their fallibility but routinely refuse to accept our own humanity. As Diane Ackerman points out, “No one can live up to perfection, and most of us do not often expect it of others; but we are more demanding with ourselves.” Why the double standard, the generosity toward our neighbor and the miserliness where we ourselves are concerned? And so I propose that we add a new rule, which we can call the Platinum Rule, to our moral code: “Do not do unto yourself what you would not do unto others.”

Taking as a standard our behavior toward others can help us recognize irrational, destructive attitudes toward ourselves. Would you criticize your partner if she gave a less-than-perfect speech? Would you think any less of your best friend if he did not do well on an exam? If your daughter or father did not earn first place in a competition, would their imperfect record diminish your love for them? Probably not. And yet when we ourselves fall short, we often regard ourselves as wholly inadequate, utter failures.

When the Dalai Lama and some of his followers began to work with Western scientists, they were surprised to find that self-esteem was an issue, that so many Westerners did not love themselves and that self-hate was pervasive. The discrepancy between self-love and love for others—between miserliness toward ourselves and generosity toward our neighbors—simply does not exist in Tibetan thought. In the words of the Dalai Lama,

“Compassion, or *tsewa*, as it is understood in the Tibetan tradition, is a state of mind or way of being where you extend how you relate to yourself toward others as well.” When the Dalai Lama was then asked to clarify whether indeed the object of compassion may be the self, he responded:

Yourself first, and then in a more advanced way the aspiration will embrace others. In a way, high levels of compassion are nothing but an advanced state of that self-interest. That’s why it is hard for people who have a strong sense of self-hatred to have genuine compassion toward others. There is no anchor, no basis to start from.

There is much research pointing to the importance of self-esteem when dealing with difficult experiences. Recently, however, psychologist Mark Leary and his colleagues have illustrated that especially in hard times, compassion toward the self is actually more helpful than self-esteem is. Leary explains, “Self-compassion helps people not to add a layer of self-recrimination on top of whatever bad things happen to them. If people learn only to feel better about themselves but continue to beat themselves up when they fail or make mistakes, they will be unable to cope nondefensively with their difficulties.”

Self-compassion includes being understanding and kind toward oneself, mindfully accepting painful thoughts and feelings, and recognizing that one’s difficult experiences are part of being human. It is also about being forgiving toward ourselves if we perform poorly on an exam, make a mistake at work, or get upset when we shouldn’t. Leary notes that “American society has spent a great deal of time and effort trying to promote people’s self-esteem when a far more important ingredient of well-being may be self-compassion.”

While Leary’s emphasis on self-compassion is important, the distinction may be unnecessary. Nathaniel Branden highlights self-acceptance, which is very similar to Leary’s self-compassion, as one of the pillars of self-esteem. Self-compassion and self-esteem are inextricably linked. ■

Delve deeper into Positive Psychology through Kripalu’s exclusive 10-month certificate program, an on-site immersion and innovative online training experience with Tal (see next page).

Being Happy: You Don't Have to Be Perfect to Lead a Richer, Happier Life. Tal Ben-Shahar. Copyright ©2011 The McGraw-Hill Companies. Reprinted with permission from the publisher. Find out more about his book: www.mhprofessional.com.

DON'T MISS

Tal Ben-Shahar at Kripalu: Positive Psychology: The Science of Happiness, July 6–8 (See page 62).

STARTS
IN JULY

➔ online and on-site

Kripalu’s exclusive Certificate in Positive Psychology with Dr. Tal Ben-Shahar



Dr. Tal Ben-Shahar

has lectured at Harvard University, where his course in Positive Psychology was the most popular at the school. He’s the author of *Happier* and *Being Happy*, and holds a doctorate in organizational behavior.

Sign up for a free meet-the-faculty conference call with Dr. Tal Ben-Shahar. ➔ kripalu.org/cipp

adjunct faculty include



Maria Sirois, PsyD



Deborah Cohen, MAPP

A new paradigm of traditional psychology, Positive Psychology focuses on growing happiness, love, success, and strengths, rather than on overcoming depression, anxiety, neuroses, and weaknesses.

Study with one of the field’s leading experts in a combination of on-campus and online programming over 10 months, culminating in a Certificate in Positive Psychology—Kripalu is the only place in the world to offer this training with Dr. Tal Ben-Shahar.

This course is appropriate for personal development—gaining skills in self-mastery, parenting, and relationships—and professional development for use in coaching, leading, teaching, nursing, social work, yoga or mind-body teaching, and psychology.

Learn how to apply Positive Psychology theory, tools, and research to

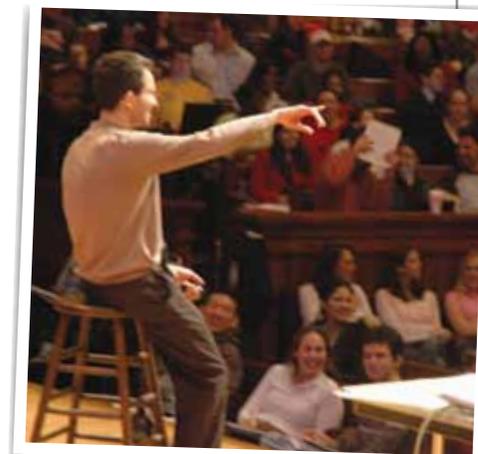
- Cultivate sustainable change in individuals
- Foster positive organizational responses to challenges
- Build affirming emotions amid complex and painful emotions
- Develop positive self-regard and grounded optimism
- Improve the art and science of leadership, coaching, parenting, and teaching.

As part of the course, participants complete a final project outlining personally compelling tenets of Positive Psychology. Use this final project as a platform for personal or professional work. Or use the presentation and principles of Positive Psychology to engage others in your community to gain visibility and credibility to build your business.

CE credits for the first residential portion of this training include RN, SW, NBCC, PSY, BOC, YA, and ICF in 2012. CE credits for the second residential portion in 2013 are pending. The course is approved for six undergraduate



college credits through Lesley University.



for more information ➔ kripalu.org/cipp

EXERCISE:

sentence completion

Complete the following sentence stems. Remember to do them first without thinking too much and only afterward to analyze the responses that you generated.

- If I love myself 5 percent more ...
- To increase my self-esteem ...
- To become 5 percent more compassionate toward myself ...
- To become 5 percent more compassionate toward others ...
- I am beginning to see that ...

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	29	30	31		

kripalu's **may** programs

Missed these in our last catalog? No worries. Here's a review of our May programs. For more details and full descriptions, visit our website, kripalu.org.

May 4–6

FRIDAY–SUNDAY



Deborah King
Beyond Reiki: The Next Step in Your Journey into Healing



Bhavani Lorraine Nelson
Introduction to Meditation **CE** credits.



Joan Anderson
The Second Journey: Every Woman's Odyssey



Dinabandhu Sarley and Ila Sarley
Transform Your Life with Yoga **CE** credits.



Maya Breuer
with Angela Fears, Gail Parker, and Robin Downes
Yoga Retreat for Women of Color™: Stir Up the Pot, Bring on the Light! **CE** credits.



Jurian Hughes
Presence, Power, Pleasure: A Chakra Yoga, Dance, and Meditation Retreat **CE** credits.



Deva Parnell
Yoga and Walking: A Soul to Earth Weekend **CE** credits.



Deborah Davis
Women's Qigong for Health and Vitality **CE** credits.



Bo Forbes
Yoga for Total Immunity: Revitalizing the Nervous System, Immune System, and Emotional Body **CE** credits.

May 6–11

SUNDAY–FRIDAY



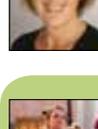
Kathie Madonna Swift and Mark Pettus
Kripalu healthy living
Preventing and Reversing Diabetes **CE** credits.



Hilary Garivaltis
Spring Cleanse with Ayurveda **CE** credits.



Deborah Davis
Women's Qigong for Health and Self-Healing **CE** credits.



2012 Yoga Therapy Conference: Skill Building for Professionals
with **Bo Forbes, Sat Bir S. Khalsa, John Kepner, Gary Kraftsow, Joseph Le Page, Dana Moore, Priti Robyn Ross, and more.** **CE** credits.



Jacci Reynolds
Prenatal Yoga Teacher Training **CE** credits.



Sarahjoy Marsh
What Are You Hungry For? Yoga and the Psychology of Food and Body Image **CE** credits.



Lisa Rafel
Discover the Power of Your Voice: Sound and Energy Practices for Self-Healing



Nancy Slonim Aronie
Jump-Start Your Memoir: Write It from the Heart

May 10–13

THURSDAY–SUNDAY



Les Bolland
Swingolf: The Golf/Yoga/Massage Motion **CE** credits.



Ellen Barrett
Yogini Workout: Discover Strength with Mind-Body Movement and Meditation **CE** credits.



Robert Thurman
Living the Evolutionary Life: Through Death, Beyond, and Reincarnation



Sarahjoy Marsh
Mother-Daughter Yoga Weekend **CE** credits.



Sara Avant Stover
The Way of the Happy Woman: Yoga, Meditation, and Inspired Living **CE** credits.



Sudha Carolyn Lundeen
Restorative Yoga for Body and Mind **CE** credits.



Sara Meeks (Dipa) and Bhavani Lorraine Nelson
SAFE Yoga™: Harmonics in Motion **CE** credits.



Craig Hanauer
YogArts for Kids



Kristin Leigh and Barbara Verrochi
Step by Step: The Path of Vinyasa Yoga

May 13–16

SUNDAY–WEDNESDAY



Sara Meeks (Dipa)
SAFE Yoga™: The Mountain in Motion **CE** credits.



Ed Harrold
Pranayama, Postures, and Peak Potential



John Bagnulo and Deb Morgan
Kripalu healthy living
Nutrition and Cooking Immersion **CE** credits.



Ann K. Lindsay
Watercolor: A Holistic Approach to Painting



Megha (Nancy Bittenheim)
Let Your Yoga Dance® Teacher Training: Chakra Fusion, Part 1 **CE** credits.



Betty Eiler
Aging with Grace: Better Bones and Balance Through Yoga **CE** credits.

May 18–20

FRIDAY–SUNDAY



Brant Secunda and Mark Allen
Fit Soul, Fit Body: 9 Keys to a Healthier, Happier You **CE** credits.



Ray Long and Chris Macivor
Anatomic Yoga: Anatomy and Physiology of Yoga **CE** credits.



Kripalu schools of yoga and ayurveda

May 11–20

Kripalu school of yoga
500-Hour Certification
Module 2: Exploring the Energy Body: Teaching Pranayam and Meditation
Jonathan Foust (Sudhir) and Larissa Hall Carlson
Find out more on page 22.

details online



Get all the information you need about Kripalu trainings and the faculty teaching them.

find out more
➔ kripalu.org/yogaandayurveda

continued on next page

May 18–20

FRIDAY–SUNDAY



**Yoga Fusion:
The Ultimate Yoga
Retreat**

with **Jovinna Chan, Kevin**

**Courtney, Claire Este-McDonald, Siri Sat
Kaur, Jennifer Reis, and Joshua Summers**
CE credits.



**Margo Davis-
Hollander**

The Women's Workshop of
Soulmate Attraction



Jill Miller

Yoga Tune Up® Therapy Ball
Workshop: Strategies for Self-Care
CE credits.



**Amy Weintraub
with Kathy
Shafer**

LifeForce Yoga®

Meets the Hungry Ghost: Mood
Management and Addiction CE credits.



Caroline Myss

The Partnership of Reason and
Grace



Lakshmi Voelker

Get Fit Where You Sit!®:
Mat Yoga Benefits on a Chair
CE credits.

May 20–23

SUNDAY–WEDNESDAY



**Louise Montello
and Shari
Friedrichsen**

The Voice of Freedom:

Music, Sound, and Yoga in Trauma Recovery
CE credits.

details online

Get all the information you
need about our May programs
and the faculty and guest
presenters teaching them.

find out more ➔ kripalu.org

May 20–24

SUNDAY–THURSDAY



**Lakshmi
Voelker and
Tracey
Eccleston**

Teaching Chair Yoga: The Sitting Mountain
Series Teacher Training CE credits.

May 20–25

SUNDAY–FRIDAY



Aruni Nan Futuronsky

and Healthy Living faculty

Kripalu healthy living

Integrative Weight Loss

CE credits.



**Larry
Rosenberg
and Matthew
Daniell**

Insight Meditation and Mindfulness Yoga:
A Wholistic Approach to Living CE credits.



Jennifer Reis

Yoga Nidra Teacher Training:
Melt Them into Puddles

CE credits.



Hilary Garivaltis

Ayurvedic Bodywork Training:

Shirodhara, Vishesh, and

Shiro-Abhyanga-Nasya

CE credits.



**Bonnie Anne
Campbell**

Strength Training for Women:
Your Path to Peace and Joy

CE credits.



Michael Mayer

Energy Psychology: Self-Healing

Methods for Bodymind Health

CE credits.

May 23–25

WEDNESDAY–FRIDAY



Paul Striberry

Conscious Riding

May 25–28

FRIDAY–MONDAY



Paul Striberry
Conscious Riding



**A Survival Guide for
Landlocked
Mermaids: Refresh
Your Creativity**

**Margot Datz with guests Denise Barack,
Patience Brewster, Jovinna Chan, and
Karen Arp-Sandel**



Kathy Griest

ChiRunning®: The Mindful Practice
of Effortless, Injury-Free Running

CE credits.



**Jonathan Foust
(Sudhir)**

Buddha and the Body:
Meditation and Breathwork

CE credits.



Tribal Jam!

with **Toni Bergins,
Megha (Nancy Bутtenheim),
John de Kadt, KDZ: The Kripalu
Drummers, and Dan Leven**
CE credits

**Tribal Jam! for Kids
with Adrian Bennett**



Cristie Newhart

Yoga Basics for Beginners
CE credits.



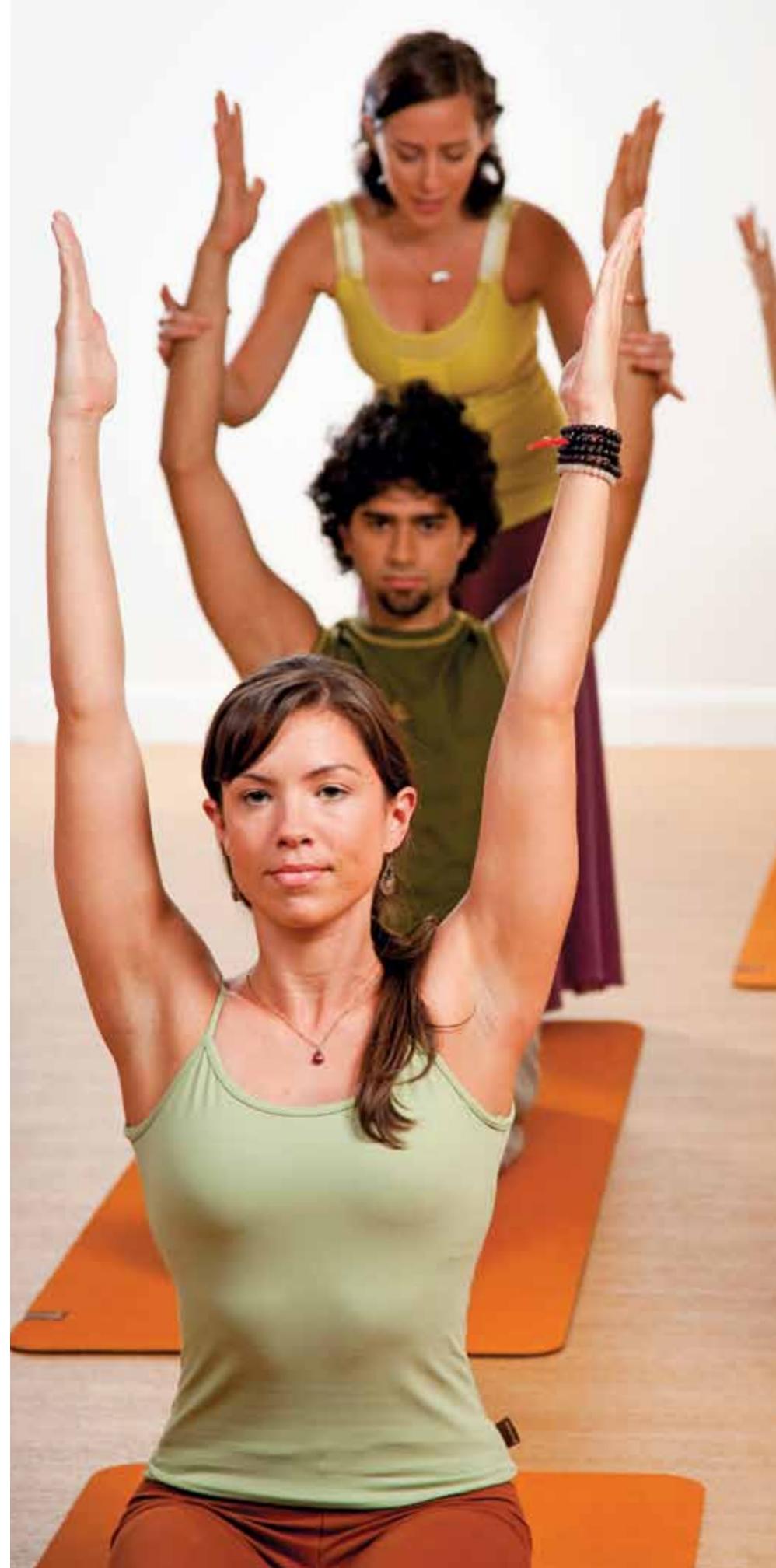
Kathryn Budig

Aim True Vinyasa Flow
CE credits.



**Kate and Joel
Feldman**

Being Intimate: A Retreat
for Couples



did you know?

The Yoga in the
Schools project,
spearheaded by
Kripalu's Institute for
Extraordinary Living,
helps teenagers
reduce anxiety and
stress and learn
positive coping
mechanisms to carry
into adulthood.

**support
kripalu
initiatives
like this**

kripalu.org/makeagift



June 1–3 FRIDAY–SUNDAY

A Taste of Ashtanga: A Retreat for Detox and Rejuvenation

Beryl Bender Birch

FOR all levels; previous experience with vinyasa flow practice is suggested. **CE** credits.

Immerse yourself in a weekend of yoga and the awakening light of early June in New England. This workshop begins with a short discussion of the classical eight-limbed path of Ashtanga Yoga, followed by stretching, sweating, and lots of unwinding with breath and meditation.

This weekend, you learn how to

- Maintain a strong asana practice that is both safe and enjoyable for the rest of your life
- Detox your body and mind
- Release the kinks and snags that accumulate as you grow older.

Saturday's practices include walking meditation, energetic vinyasa with therapeutic adaptations for your body and age, and a silent, mindful hike in the sweet spring air of the Berkshires. Sunday morning, the program winds up with asana and a simple 12-minute meditation technique you can take home with you.

You leave relaxed, recharged, and with a strong personal practice that works for your age and lifestyle.

NOTE To accommodate those with chemical sensitivities, please wash your yoga clothes in unscented detergent and refrain from wearing scented oils or perfume in the program room.

TUITION \$225. Add 2 weekend nights room & meals; page 116. (web code ATA-121)

Beryl Bender Birch was the first woman to offer Ashtanga Yoga on the East Coast, and she has taught Ashtanga to thousands of people since 1980.

register by phone **800-741-7353**

June 1–3 FRIDAY–SUNDAY

Bhakti Vinyasa:
Devotion in Motion
Sara Ivanhoe

FOR all levels. **CE** credits.

Many of us practice yoga to get out of our heads, off our to-do lists, and into a deeper experience. But somehow much of the yoga we do uses our intellectual mind to micromanage the body. Some of us have been practicing this kind of "thinking" yoga, and we ask, "How can I be doing this much yoga and not feeling any better?" The answer is that we are using only our heads and bodies and haven't moved into our hearts.

Bhakti is a devotional yoga practice that moves you out of doing yoga postures and into being a yogi. In this workshop, we use the simple structure of a vinyasa flow infused with devotional music, pranayama, and meditation to move past the outer layers of the body and connect with our intuition.

Bhakti Vinyasa is a way to seamlessly learn about yogic philosophy. We also address the value of setting intention at the beginning of each practice and the meaning and significance of some of the deities in the Hindu pantheon. If you are ready to take your yoga to the next level, Bhakti Vinyasa is the practice for you!

TUITION \$220. Add 2 weekend nights room & meals; page 116. (web code BVW-121)



Sara Ivanhoe has sold more than 4 million yoga videos and DVDs worldwide. A yoga teacher since 1995, she trained with Erich Schiffmann, completed the YogaWorks teacher training, and

studied Anusara Yoga® with John Friend. She is the instructor of the Yoga for Dummies and Crunch Yoga series. www.yogonation.com



CE credits find out more on page 118



June 1–3 FRIDAY–SUNDAY

The Mantras of Spiritual Warriors Snatam Kaur and Soporukh Singh

FOR everyone; no previous yoga experience required.

Get in touch with the spiritual warrior within as you practice chanting mantras from the Sikh and Kundalini Yoga traditions that open, balance, and rejuvenate the third and fourth chakras. When your third chakra is in balance, you live from a place of inner strength, without fear, and have the energy to overcome any challenge that comes your way.

Once your third chakra is balanced, you can experience the opening of your fourth, the throne of kindness, compassion, and love. With these two chakras activated and balanced, you become a true spiritual warrior on this planet, opening the doors of your life for peace to reign supreme.

Snatam Kaur and her husband, Soporukh Singh, along with Todd Boston, offer this compelling workshop with live music, Kundalini Yoga and meditation, and daily sadhana from 5:00–7:00 am.

TUITION \$225. Add 2 weekend nights room & meals; page 116. (web code MSW-121)

✦ **COMBINE THIS PROGRAM** with Mantra Medicine Wheel, June 3–6, for a 10 percent tuition discount for each program.

Snatam Kaur, sacred chant artist and Kundalini Yoga teacher, performs live concerts and teaches workshops throughout the world. Her dedication to peace delights audiences everywhere. www.snatamkaur.com

Soporukh Singh studied and trained with Gurmukh and Gurushabd at Golden Bridge in Los Angeles, the premier Kundalini Yoga center in the world.

evening event

Saturday, June 2, 8:00 pm

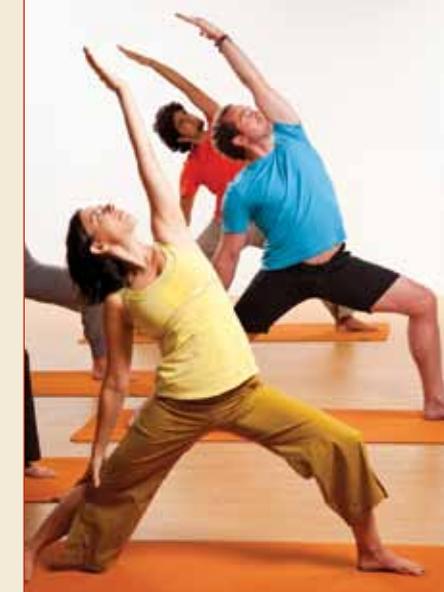
Sacred Chant Concert with Snatam Kaur

Seating is limited. For details visit kripalu.org/eveningevents.



healing arts get inspired on page 14

register online ➔ kripalu.org



Kripalu schools of yoga
and ayurveda

June 3–15

Kripalu school of yoga

200-Hour Certification: Part 2
**Sudha Carolyn Lundeen and
Jurian Hughes**

FIND OUT MORE on page 22.

June 3–29

Kripalu school of yoga

200-Hour Certification:
Monthlong Intensive
**Brahmani Liebman and
Jashoda Edmunds**

FIND OUT MORE on page 22.

June 8–17

Kripalu school of ayurveda

Ayurvedic Lifestyle Consultant
Certification: Module 4
**Hilary Garivaltis, Lisa Jeck,
Rosy Mann, and Claudia Welch**

FIND OUT MORE on page 23.

kripalu at home yoga classes

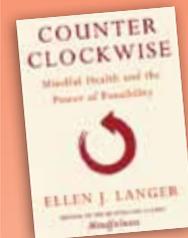
Transform your home into your own private retreat center with our free hour-long Kripalu Yoga videos.

try one ➔ kripalu.org/kripaluathome



June 1–3 FRIDAY–SUNDAY

Counterclockwise: Mindful Health and the Power of Possibility Ellen J. Langer



CE credits.

Ellen J. Langer's book, *Counterclockwise*, is being made into a movie starring Jennifer Aniston. Ellen's groundbreaking studies, including the Counterclockwise study, have led to a remarkable

set of findings on the practical applications of mindfulness for health: When people are taught to be mindful in a fashion very different from meditation, they become more creative, healthier, and happier. They show improvements in memory, attention, and productivity, a decrease in judgment of self and others, and a decrease in burnout. Most dramatically, the research has found an increase in longevity, an improvement in vision, and a decrease in weight, all as a result of people changing their minds.

While this might sound like work, Ellen's approach is actually the essence of play and laughter—you can expect to have fun while you learn life-changing strategies. In this workshop, Ellen discusses the research and ideas described in her four-book mindfulness series, guides personal and interpersonal exercises, and participates in an in-depth Q&A period.

RECOMMENDED READING Ellen J. Langer, *Counterclockwise: Mindful Health and the Power of Possibility* (Ballantine Books) and *On Becoming an Artist* (Ballantine Books).

TUITION \$275. Add 2 weekend nights room & meals; page 116. (web code MHPP-121)

Ellen J. Langer, PhD, is the author of more than 200 research articles and 11 books, including the international best-seller *Mindfulness*. A member of the psychology department at Harvard University, she is the recipient of a Guggenheim Fellowship and many professional awards. www.ellenlanger.com



June 1–3 FRIDAY–SUNDAY

Creating Ease: An Introduction to Yoga, Meditation, and Stress Management Vandita Kate Marchesiello

FOR all levels, including beginners. CE credits.

What will your life look like in 5, 10, or 20 years? Are you setting the stage today for a fulfilled and vibrant life? It's never too late to discover the profound healing benefits of yoga, meditation, and stress-management techniques. Those benefits include

- Increased flexibility, stamina, strength, muscle tone, and range of motion in the joints
- Healthier breathing and sleeping patterns and cardiopulmonary functioning
- Detoxification and more efficient metabolism
- Overall well-being and ease in daily life.

Vandita Kate Marchesiello invites you to a weekend of gentle yoga and meditation suitable for beginners, creative visualization, journaling, deep progressive relaxation (yoga nidra), conscious eating, and mindful walks in nature.

Come relax, refresh, and rejuvenate. Consider bringing a friend or family member—supporting each other when you return home can make a world of difference.

NOTE Bring a journal, appropriate outerwear, and sneakers. Saturday evening will be free for personal nurturing. You may want to make an appointment for a massage in our Healing Arts department.

TUITION \$215. Add 2 weekend nights room & meals; page 116. (web code CE-123)



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

June 1–3 FRIDAY–SUNDAY

The Presence of Breath Judith Kravitz

CE credits.

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

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

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

RECOMMENDED READING, LISTENING, AND VIEWING Judith Kravitz, *Breathe Deep, Laugh Loudly* (Free Breath Press), *Transformational Breath Guided Session* (CD), *100 Breaths to Joy* (CD), and *Breathing Analysis* (DVD).

NOTE Wear comfortable, layered clothing suitable for movement and bring a water bottle.

TUITION \$250. Add 2 weekend nights room & meals; page 116. (web code RCYB-121)



Judith Kravitz, DDL, cocreator of the Transformational Breath® process and an ordained minister, has been leading breathing programs for more than 30 years. www.transformationalbreathing.com

June 1–3 FRIDAY–SUNDAY

Structural Yoga Remedies Lee Albert

FOR all levels. CE credits.

Are you looking to live without pain? Practice the proper yoga postures for your specific condition and discover how easy it is to live pain free. When the body is in balance, many conditions, such as low back and neck pain, sciatica, knee pain, and other ailments, simply melt away.

- In this class, you learn to
- Recognize the muscle imbalances that are causing your pain
- Practice the specific postures that correct those imbalances and relieve the pain
- Identify postures that can aggravate pain
- Eliminate pain at the root cause—don't just treat the symptom
- Take your yoga practice to a new level or begin a practice on a sound foundation
- Return your body to a state of balance and grace.

Lee Albert leads postures that are suitable for all levels. Start your journey and experience what it's like to live a pain-free life.

NOTE Tuition includes a manual.

TUITION \$225. Add 2 weekend nights room & meals; page 116. (web code SYRW-121)



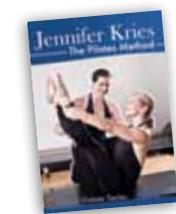
Lee Albert, NMT, is a popular neuromuscular therapist and yoga instructor trained in neuromuscular therapy, orthopedic massage, positional therapy, yoga therapy, and myofascial release.

www.leealbert.com



June 1–3 FRIDAY–SUNDAY

New Body! Pilates: Transform and Empower from the Inside Out Jennifer Kries



FOR Pilates beginners, enthusiasts, and professionals. CE credits.

Meet yourself on the mat in a whole new way! With Pilates pioneer and master teacher Jennifer Kries as your guide, cultivate powerful core strength and discover your inner radiance. Focusing on breathing, alignment, and dynamic, flowing movement, Jennifer provides you with the tools to create a "new body" as you access more energy and vitality.

Jennifer's unique approach to Pilates helps you sculpt your beautiful body by improving stamina, increasing overall flexibility, and lengthening and strengthening you from head to toe. Topics in this training include

- Breathing
- The navel-to-spine connection
- Effortless effort
- The principle of opposition
- Economy of movement
- Centering
- Dynamic rhythm and flow.

This weekend includes movement sessions as well as lively Q&As. Join Jennifer for a special experience designed to transform you from the inside out!

RECOMMENDED VIEWING Jennifer Kries, *New Body! Pilates Beginner*, *New Body! Pilates II*, and *New Body! Pilates III*.

NOTE This is a dynamic exercise workshop for strong, healthy bodies. Come prepared to work and sweat.

TUITION \$225. Add 2 weekend nights room & meals; page 116. (web code NBP-121)

✦ COMBINE THIS PROGRAM with Transform and Empower: The Pilates Mat Teacher Training and Immersion, June 3–8, for a 10 percent tuition discount for each program.



Jennifer Kries is a dancer, choreographer, author, Pilates master teacher, yoga instructor, lifestyle expert, and unparalleled innovator in the realm of alternative health and fitness. She is the creator of several groundbreaking DVDs. www.jenniferkries.com



June 1–3 FRIDAY–SUNDAY

Devotion: Crafting Your Journey Inward Through Memoir Dani Shapiro



FOR everyone, no previous writing experience necessary.

How do we begin to know our own stories, and tell them in a way that feels universal? How can we structure our inward journeys so they resonate with

others? In this interactive workshop, we explore multiple aspects of writing a memoir.

There is a profound difference between "journaling" and writing memoir. In journaling, we are interested in writing only for ourselves. In memoir, we are also conscious of our readers. As we craft a memoir, we want to make art out of our lives, turning confession and even confusion into clear-sighted, purposeful prose.

Dani Shapiro, a gifted and experienced teacher and best-selling novelist and memoirist, guides the group through exercises designed to open the channels to memory and emotion. In a supportive environment, she provides useful, hands-on tools for beginning to shape our spiritual journeys into compelling narratives.

NOTE Please bring a notebook and writing materials.

TUITION \$220. Add 2 weekend nights room & meals; page 116. (web code CYJI-121)

Dani Shapiro is the best-selling author of seven books. Her most recent books include the memoirs *Devotion* and *Slow Motion*, and the novels *Family History* and *Black & White*. www.danishapiro.com



June 3–6 SUNDAY–WEDNESDAY

Mantra Medicine Wheel Snatam Kaur and Sopurkh Singh

FOR everyone; no previous yoga experience required.

The Mantra Medicine Wheel is a sacred constellation of eight mantras that balance and strengthen all seven chakras and the aura. In the technology of Kundalini Yoga, there are specific mantras, meditations, and yoga postures that focus on each chakra. The chakra system encompasses all aspects of human life, including your ability to

- Connect to the earth
- Eliminate, cleanse, and digest
- Act from core strength
- Be in your heart center
- Communicate effectively
- Live in flow with your intuition
- Connect with the heavens.

With the chakras balanced, you complete the journey by strengthening your aura. Come together with Snatam Kaur and her husband, Sopurkh Singh, along with Todd Boston, for a powerful and complete rejuvenation of your chakra system and aura, so you can live this life with energy, joy, and spirit. This unique workshop features live music, Kundalini Yoga and meditation, and daily sadhana from 5:00–7:00 am.

TUITION \$285. Add 3 value-priced midweek nights room & meals; page 116. (web code MMWW-121)

✦ COMBINE THIS PROGRAM with The Mantras of Spiritual Warriors, June 1–3, for a 10 percent tuition discount for each program.

See full biographical information for Snatam Kaur and Sopurkh Singh on page 31.

June 3–6 SUNDAY–WEDNESDAY

Yoga, Mudra, and Meditation for Women: A Manifestation Retreat Maya Breuer and Sherry Ryan

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

Is it possible to create what you truly desire in life? We believe so! This workshop is about learning how to manifest your dreams—whether you're looking for your ideal job, seeking a life partner, or dealing with challenges. The ancient gifts of yoga, mudra, and meditation serve as stepping stones for connecting with your inner self.

- During this program, you explore
- Yoga asanas (poses) designed to open your vital chakras (energy centers)
 - Sacred mudras (hand gestures) for manifestation
 - Chanting of the ancient bija (seed) mantras
 - A feminine meditation practice to access and reveal your true spirit.

Activities include meditation, conscious dialogue, journal writing, creating prayer sticks, breathwork, and restorative yoga. Utilizing these practices, you are able to realize your heart's desires.

RECOMMENDED READING Deepak Chopra, *Reinventing the Body, Resurrecting the Soul* (Archetype).

TUITION \$240. Add 3 value-priced midweek nights room & meals; page 116. (web code YMMW-121)



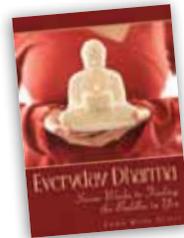
Maya Breuer, E-RYT 500, a senior Kripalu Yoga teacher, activist, and artist, is the founder and director of the Santosha School of Yoga in Warwick, Rhode Island, and creator of a sacred-feminine approach to yoga and the Yoga Retreat for Women of Color™. www.mayabreuer.com



Sherry Ryan, founder and director of Providence Healing Arts in Providence, Rhode Island, is a certified Santosha Yoga instructor and medical intuitive. A graduate of the Kushi Institute of Macrobiotics, she has been a student of yoga for 30 years.

June 3–7 SUNDAY–THURSDAY

In the Eye of the Storm: Buddhist Practices for Taking Adversity as a Path Lama Willa Miller



When we encounter difficult outer circumstances, our tendency is to want to avoid or fix them. When we meet challenging emotions, we want to suppress them or find a way to escape from what we are feeling. But these very

strategies, in the end, often compound our suffering.

What can we do about adversity? The timeless Tibetan wisdom tradition of lojong shows us that we have another option. We can make the choice to “lean into” what is difficult. The profound practice of leaning in helps us discover that the very states we long to avoid—fear, suffering, loss, anger, and grief—are actually keys to developing deeper empathy, wisdom, and joy. We learn to find refuge right in the eye of the storm, to find stillness within the most difficult mind states.

TUITION \$315. Add 4 value-priced midweek nights room & meals; page 116. (web code BM-121)



Lama Willa Miller (Choying Palmo) has trained in and taught Tibetan Yoga for 12 years. In order to adapt this esoteric tradition for Western practitioners, she developed Nanda Yoga. She

teaches meditation and Buddhist practice with the Natural Dharma Fellowship and is author of *Everyday Dharma*.



guest story

Freeing the Joy Within How a yoga-intensive program helped me find my flow

As a veteran police lieutenant living in Philadelphia, I'm not your typical yogi. About a decade ago, while looking to add stretching to my exercise routine, I discovered Bikram Yoga. I quickly found that incorporating yoga into my life made me feel radically different—less worried, more grounded. Even doing a 20-minute routine before work left me feeling at peace with myself and better able to handle people with grace. I also found that yoga helped dissipate the low-level anxiety I'd lived with for so long.

Yoga soon took on a central role in my life, and, five years ago, I decided to become a teacher so I could share what I'd learned with others. I'd been teaching in Philadelphia for about a year when I flipped through the Kripalu catalog and was intrigued by a program with Shiva Rea. It seemed to have an element of flow to it that I hadn't experienced in other classes I'd taken.

Her program was my first opportunity to take yoga all day long, and the experience was supernatural. When I came out of the class the next day, I felt like I was flying. It was as if someone had unleashed a sense of joy in my body; I felt so light and exhilarated. I couldn't believe I could feel that good. I thought to myself, “I need to learn how to bring this feeling into my teaching.”

Shiva opened up the fluidity of yoga for me. I'd been trained in classical poses but her instruction helped me connect with the sensuality and naturalness of the movements. Since the program, I've been trying to incorporate that philosophy into my own teaching.

Now I'm not only passing on the lessons I learned to my yoga students, but I'm also extolling the benefits of yoga to my fellow policemen. I've even had the opportunity to present yoga as a stress-reduction exercise at police conferences. I truly believe anyone who gives themselves the chance to see what yoga is about can get something positive out of it.

I'll never forget the sense of elation I found at Kripalu or what it was like to be around people focused on wellness and serenity. I'm grateful I had the chance to take a break from my life, given the work I do, and just be with myself. Now that I know it's possible to feel that good, it's my goal to recreate that feeling in myself every day, and introduce others to this exquisite joy.

—John W., Philadelphia, Pennsylvania



June 3–8 SUNDAY–FRIDAY

**Quarter-Life Calling:
Creating an Extraordinary
Life in Your 20s**
Coby Kozlowski

FOR adults ages 21–29.

Your 20s can be a time of possibility, inspiration, and the discovery of your deepest values and truths. It can also be a time of challenge as you begin creating the kind of life your soul is calling for.

This workshop 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, embark on a journey to the heart of your own spiritual quest. During this journey, you

- 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 Bring hiking shoes, rain gear, a bathing suit, and yoga clothes. Kripalu scholarships are available for all programs; please visit kripalu.org/scholarships.

TUITION \$250. Add 5 value-priced midweek nights room & meals; page 116. (web code QLC-121)



Coby Kozlowski, MA, E-RYT, is a professional life coach, expressive arts therapist, inspirational speaker, yoga and dance teacher, Ayurvedic health educator, and expert in transformative leadership. She is the founder of Simple Rhythm Coaching LLC and cofounder of Souluna Life Coach Certification training. Creator of the inspiring Vinyasa Flow Yoga DVD *Water*, her forthcoming book is *The Yoga of Living Leadership*. www.cobyk.com

June 3–8 SUNDAY–FRIDAY

**Transform and Empower:
The Pilates Mat Teacher
Training and Immersion**
Jennifer Kries

FOR intermediate and advanced students; min. 1 year Pilates experience. **CE** credits.

Renowned Pilates pioneer Jennifer Kries brings her specialized Pilates Mat Teacher Training to Kripalu for the first time ever. A student of three of Joseph Pilates' disciples (Eve Gentry, Romana Kryzanowska, and Ron Fletcher), Jennifer has designed a training that redefines fitness and is the most sophisticated approach to authentic, classical Pilates today. It's a perfect fusion of the Western view of the body as "ultimate machine" and the deeply satisfying, restorative, and enlightening mind-body-spirit philosophy of the East.

- In this training, you learn
- How to teach as you refine your understanding of the original mat workout created by Joseph Pilates
- Every exercise from the Beginner, Intermediate, and Advanced Mat syllabus, including the Magic Circle and Sculpting Series
- The essential principles needed to become an extraordinary Pilates Mat teacher
- Specific exercises and modifications for rehabilitation, pre- and post-natal conditioning, treating scoliosis, injury prevention, and strength-training strategies.

Experience one of the finest and most comprehensive Pilates Mat training programs offered today.

NOTE Please see this program on Kripalu's website for prerequisites, recommended viewing, and other important information.

TUITION \$725. Add 5 value-priced midweek nights room & meals; page 116. (web code NBPTT-121)

✦ **COMBINE THIS PROGRAM** with New Body! Pilates: Transform and Empower from the Inside Out, June 1–3, for a 10 percent tuition discount for each program.



See full biographical information for Jennifer Kries on page 33.



Kripalu

**healthy living
immersion
program**

June 4–8 MONDAY–FRIDAY

**A Wellness Retreat for
People with Parkinson's
and Their Care Partners**

Kripalu Healthy Living, in collaboration with the National Parkinson Foundation, offers this unique program taught by a leading disorder neurologist, Parkinson's specialists, and senior Kripalu faculty.

Are you or someone you love living with Parkinson's disease? Learn the latest information on research, medication, and lifestyle changes that can improve the quality of life for you and your loved ones.

Each day of this retreat offers both educational sessions and hands-on workshops on the benefits of movement, meditation, yoga, and conscious communication. In this program, you

- Learn the latest research
- Demystify medications
- Discover what you need to know about exercise and nutrition
- Learn how yoga and meditation can improve the quality of life
- Enjoy yoga, dance and movement classes, and outdoor activities
- Acquire new skills for managing stress and self-care
- Meet and connect with other care partners and people living with Parkinson's.

The sessions cover the latest information on Parkinson's research as well as medication and lifestyle changes that can affect the course of the disease, improve quality of life, and support personal relationships. Join us as we explore how to live as fully as possible in a supportive community of others facing the same challenges.

TUITION \$100. Add 4 value-priced midweek nights room & meals; page 116. (web code NPF-121).

Contact/Registration

To find out more about this program, please contact the National Parkinson Foundation 800-473-4636 helpline@parkinson.org

FIND OUT MORE ➔ about Kripalu Healthy Living immersion programs on page 16.

June 6–8 WEDNESDAY–FRIDAY

**The Yoga of Shakespeare:
To Thine Own Self Be True**
Heidi E. Spear

FOR all levels. **CE** credits.

Shakespeare brings to light common patterns of human nature and spiritual inquiry that match teachings in revered yogic, Buddhist, and Zen texts. He wrote, "To thine own self be true, and it must follow, as the night the day, thou canst not then be false to any man." This oft-quoted line is the foundation of the workshop—tapping into who you truly are and the courage to be fully expressed in the world.

Shakespeare's stories and the words of ancient masters encourage us to live in the moment, take time for self-inquiry, and see life as it is. In this workshop, you

- Delve into the wisdom that makes Shakespeare's plays relevant today
- Expand your understanding of the history and meaning of yoga to bring balance and ease into your life
- Experience yoga nidra to access deep levels of consciousness
- Use basic chakra theory to free energetic blockages
- Take home a simple meditation practice to reveal your own genius.

Through Shakespeare's work, Zen stories, meditation, and yoga, discover your own well-spring of inspiration, well-being, and joy.

TUITION \$210. Add 2 value-priced midweek nights room & meals; page 116. (web code TYOS-121)



Heidi E. Spear, MA, ABD, holds graduate degrees in comparative literature and performing arts. She studied and worked at Shakespeare's Globe Theatre in London and has presented her work nationally and internationally. A certified Kripalu Yoga teacher and writer, Heidi is author of *The Everything Guide to Chakra Healing* and *The Everything Guide to Ayurveda*. www.practiceyourjoy.com

June 7–10 THURSDAY–SUNDAY

**Revitalizing Cleanse: Nourishing
Body, Mind, and Spirit**
Alison Shore Gaines

CE credits.

Do you feel sluggish, bloated, and out of sync? Tune up with this nurturing cleanse. Have no fear of going hungry as you are guided through this sensible approach to detox, diet, and healthy lifestyle. With a balance of information, mind/body tools, and exploration, you effect lasting changes on all levels of your being.

- Key aspects of this retreat include
- Organic juices, grains, and savory broth
- Green juice option
- Conscious breathing and guided imagery to access inner wisdom
- Yoga, movement, and walking
- Mindful eating and healing your relationship with food
- Nutrition practices for easing food cravings and balancing blood sugar
- Jump-starting healthy weight loss.

NOTE A health intake form must be completed and returned in advance of your arrival. The form will be included with your confirmation materials; you may also download it on Kripalu's website.

ALSO OFFERED July 15–20.

TUITION \$360. Add 1 value-priced midweek night and 2 weekend nights room & meals; page 116. (web code RJF-123)



Alison Shore Gaines has led life-changing cleansing and mindfulness retreats since 1988. She draws from her extensive training in yoga, holistic nutrition, and body-centered counseling to lead workshops that empower participants from the inside out. www.sacrednourishment.com



June 8–10 FRIDAY–SUNDAY

**Divine Attention:
Feed Your Soul**
**Elena
Brower**

FOR all levels; min. 1 year of yoga experience. **CE** credits.

Would you like to be more consistently carefree and calm in every interaction of your life? Elena Brower offers her signature artful, steady asana sequencing and truthful dialogue in this weekend of honesty, nourishment, and healing.

- This workshop offers
- Active and restorative asana practices
- Healing meditations, including mudra, mantra, and silent practices
- Simple, specific tools to create consistent calm in your life
- Ways to forgive yourself and others
- A brief, informative lecture to crystallize the teachings and offer space for Q&A.

Nourish your entire being with Elena's heartfelt guidance and care. Learn to design your own personal practices, release limitations from your mind and heart, and fearlessly shift into trust, abundance, and healing in every realm of your life.

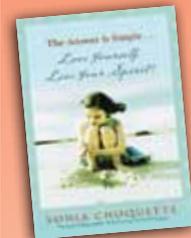
TUITION \$225. Add 2 weekend nights room & meals; page 116. (web code YGOA-122)

Elena Brower, founder and co-owner of Virayoga NYC and yoga teacher, has been teaching for more than 14 years. Featured in the *New York Times* and *Yoga Journal*, she is respected for her powerful classes, compelling students to integrate yoga practice into daily life. www.artofattention.com



June 8–10 FRIDAY–SUNDAY

The Power of Your Spirit Sonia Choquette



The power of Spirit is the most authentic, genuine, and lasting power you have in your life. You cannot control the world outside, but you can, with the power of Spirit, create a sense of inner purpose that brings about deep

satisfaction and personal peace, no matter what is going on around you.

Take this opportunity to begin the process of unlearning the false and limiting habits, behaviors, and beliefs that have imprisoned you, and replace them with the liberating and conscious habits of a divine creator. Once you commit to practicing divinely conscious habits daily, they become second nature and you begin to live as a fully empowered divine being.

Your success unfolds in four stages: awakening, discovery, surrender, and flow. After awakening to your divine nature, you go through a learning and discovery process. Then you begin to surrender to your higher wisdom and learn to flow with it. Like learning to drive, you gradually transform with the help of lessons, guidance, knowledge, and practice. This is what it takes to master the power of your spirit.

TUITION \$275. Add 2 weekend nights room & meals; page 116. (web code PYS-121)

Sonia Choquette is an internationally acclaimed spiritual teacher and intuitive guide whose special gift is to activate the highest vibration and free the authentic spirit in everyone she meets. She is author of the *New York Times* best-seller *The Answer Is Simple ... Love Yourself, Live Your Spirit!* www.soniachoquette.com



June 8–10 FRIDAY–SUNDAY

Prime of Life Yoga® for Couples: A New Approach to Yoga for Midlife and Beyond Larry Payne

CE credits.

The concept of midlife is expanding its boundaries. Men and women from 40-something to those well into their 70s and beyond are more vibrant, active, and adventuresome than ever before. This group doesn't identify with the term "senior." They represent the largest population segment in the United States and stand to benefit the most from what yoga has to offer.

This weekend with Larry Payne, who the *Los Angeles Times* named "one of America's most respected yoga teachers," offers a sensible approach to yoga lifestyle that includes

- Safe, user-friendly yoga routines
- Partner yoga
- Helpful tips on managing common aches and pains
- Proven yoga methods for weight reduction
- An East-West overview of ways to improve your sleep
- Ageless wisdom from many yoga lineages for reducing stress.

This peaceful and enlightening workshop opens the door to improving the quality and enjoyment of your life for the long run.

RECOMMENDED READING AND VIEWING Larry Payne and Georg Feuerstein, *Yoga for Dummies*, 2nd edition (For Dummies) and Larry Payne's *Prime of Life Yoga* DVDs.

TUITION \$230. Add 2 weekend nights room & meals; page 116. (web code YML-121)



Larry Payne, PhD, E-RYT 500, is an internationally respected yoga teacher and workshop leader, and coauthor of the international best-seller *Yoga for Dummies*. www.samata.com

June 8–10 FRIDAY–SUNDAY

Introduction to Yoga and Meditation Megha (Nancy Buttenheim)

FOR all levels, including beginners. CE credits.

Do you want to try yoga and meditation but don't know where to begin? Are you looking for a safe and welcoming environment in which to explore the basics? Kripalu master teacher-trainer Megha has created an accessible weekend immersion that offers the practical skills you need to make yoga and meditation part of your life.

This workshop includes

- Daily, sequential, user-friendly yoga exercises
- Pranayama (breathing techniques) to calm the nervous system and steady the mind
- A sampler of four meditation techniques: seated breath awareness, walking meditation, meditation in motion, and metta (loving-kindness) meditation
- Daily immersion in deep relaxation
- A yoga-breathing-meditation practice to use at home, ranging from five minutes to an hour in length.

Come experience for yourself the amazing benefits that yoga and meditation have to offer in this relaxing, renewing, and inspiring weekend.

NOTE Tuition includes Megha's *Moonrises* CD for take-home practice.

TUITION \$235. Add 2 weekend nights room & meals; page 116. (web code ITYM-121)



Megha (Nancy Buttenheim), MA, E-RYT, is president and founder of Let Your Yoga Dance® LLC and a 27-year master teacher trainer at Kripalu. www.letyouryogadance.com



June 8–10 FRIDAY–SUNDAY

New Frontiers in Cardiovascular Health and Healing Stephen T. Sinatra, Jan Sinatra, and Liza Dousson

FOR everyone interested in cardiovascular health. CE credits.

Our bodies function as dynamic electrical circuits, with our cells transmitting and receiving energy. Cancer occurs in cells lacking energy, and heart failure is literally the result of an energy-starved heart. This workshop is an exploration into how integrative biophysics and vibrational energies affect the body. We explore

- Metabolic cardiology
- The profound healing that comes from connection to the earth
- How human-made radio frequency fields, such as cell phones, and Wi-Fi, influence the body
- Why emotional conflict and toxicity drain energy
- The connection between heartbreak and heart disease
- Ways to support the body from energetic, nutraceutical, and vibrational perspectives.

Come explore this new frontier in cardiovascular health.

NOTE Wear loose clothing for bioenergetics, yoga, and Thai Yoga dyads. All participants will receive three of Stephen Sinatra's books, *Heartbreak and Heart Disease*, *Metabolic Cardiology*, and *Earthing*, at no charge.

TUITION \$225. Add 2 weekend nights room & meals; page 116. (web code NTHH-121)

Stephen T. Sinatra, MD, FACC, FACN, CNS, CBT, is a board-certified cardiologist and assistant clinical professor of medicine at the University of Connecticut. He integrates psychological, nutraceutical, and electroceutical therapies in the matrix of healing. www.heartmdinstitute.com



Jan Sinatra, MSN, APRN, is a former cardiac-rehabilitation nurse with experience in critical coronary care, intensive care, pain management, weight management, orthopedics, and exercise stress testing.



Liza Dousson has been studying yoga and meditation for more than 25 years and teaching yoga for a decade. She is also a Thai Yoga Therapy practitioner. www.beseeknow.com

June 10–15 SUNDAY–FRIDAY

Embodying the Dream: The Practice of Archetypal Dreamwork Christa Lancaster and Marc Bregman

CE credits.

Are you ready to step into your dreams, allowing them to awaken and enliven you? Mysterious yet practical, dreams beckon you into the alchemy of real change, which is felt in the body itself. Experiencing dreams in a physical way is a practice, like yoga, that releases energy and dissolves the emotional blockages that keep you from being fully present in your life. Master dream teachers Christa Lancaster and Marc Bregman invite you to

- Step into your own dreams, aided by the group, to engage the powerful elements of transformation unique to you
- Learn how embodying dreams awakens new feelings
- Share in the enactment of others' dreams
- Experience a deep sense of community with the group as you get to know each other on a soul level.

Christa and Marc have created a lively, dynamic dream enactment process that brings the unconscious elements of transformation into consciousness through the body.

RECOMMENDED READING See this program on Kripalu's website.

NOTE Please record 3–5 dreams you have had prior to the workshop and bring those notes with you.

TUITION \$325. Add 5 value-priced midweek nights room & meals; page 116. (web code AD-121)



Christa Lancaster is a master Archetypal Dreamwork therapist and the cofounder and codirector of North of Eden and the Center for Archetypal Dreamwork. www.northofeden.com



Marc Bregman founded Archetypal Dreamwork in 1973 and is the cofounder and codirector of North of Eden and the Center for Archetypal Dreamwork. www.northofeden.com

June 10–15 SUNDAY–FRIDAY

Radiant Child® Yoga Immersion: Levels 1–3 Shakta Kaur Khalsa

FOR yoga teachers, schoolteachers, and parents at all levels of yoga experience. CE credits.

Prepare to move your body and be young at heart in this fun, insightful, and practical training course. Join one of the pioneers of children's yoga for a training that includes

- Guidelines for teaching yoga to children of all ages, from babies to teens
- Yoga songs, dances, and games that children love
- A variety of meditation practices, from breath and singing to movement and silence
- Brain-balancing yoga and Brain Gym skills
- Practical tips for keeping a class focused and engaged
- Yoga for ADHD, autism, and learning disabilities
- Adapting yoga for school settings
- Yogic teachings on the four phases of a child's life
- The development of a child's energy field and chakra systems
- Tools for unexpected situations
- Tips for setting up children's yoga classes.

You also learn conscious-communication skills, deep listening, and ways to stay centered. Take the next step in sharing the gift of yoga.

NOTE Tuition includes a teaching manual, resource books, CDs, and a DVD. Please see Kripalu's website for a full listing of course materials.

TUITION \$795. Add 5 value-priced midweek nights room & meals; page 116. (web code RCYI-121)



Shakta Kaur Khalsa, E-RYT 500, has been called "the mother of the children's yoga movement," and *Yoga Journal* named her one of the top five Kundalini Yoga teachers in the world. She is the founder and director of Radiant Child® Yoga, a Montessori educator, an author, and a parent. www.childrensyoga.com and www.shaktakaurkhalsa.com

kripalu compass

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read the current issue at ➔ kripalu.org/compass



Kripalu healthy living immersion program

June 10–15 SUNDAY–FRIDAY

Detox for Health and Healing Kathie Madonna Swift and Annie B. Kay

CE credits.

Your jump start for healthier living.

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 two leading nutritionists to explore the science behind detox and experience an integrated approach to cleansing the body.

This program is ideal for people with symptoms that can be improved by a detox program, including headaches, poor concentration, fatigue, joint pain, muscle aches and pain, and skin problems such as acne or eczema.

- In this program, you
- Enjoy a nutritionally balanced vegetarian detox diet plan
- Learn the five common causes of toxic overload and how stress impacts digestion and detoxification
- Explore the essential elements of a science-based detoxification diet, including critical nutrients that support toxin removal
- 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 \$460. Add 5 value-priced midweek nights room & meals; page 116. (web code RRDT-123)

FIND OUT MORE about Kripalu Healthy Living immersion programs on page 16.



Kathie Madonna Swift, MS, RD, LDN, is a registered dietitian, senior Healthy Living faculty member at Kripalu, and author of *The Inside Tract: Your Good Gut Guide to Great Digestive Health*.

www.myfoundationdiet.com



Annie B. Kay, MS, RD, RYT, is the lead integrative dietitian and a senior Healthy Living faculty member at Kripalu and author of *Every Bite Is Divine*.

June 10–15 SUNDAY–FRIDAY

The Recovery Room: Somatic Therapeutics for Addiction and Mental Health Professionals Kathryn C. Shafer

CE credits.

Freud was right! When you do a little R&R (relaxing and reclining), you are more likely to say what's on your mind, identify obstacles, and challenge yourself with new behaviors for mind-body health. Learn tools to transform your skills as a health-care professional in this YOGAFUN™ intensive led by innovative author and psychotherapist Kathryn C. Shafer.

Utilizing the ancient practices of yoga, breathwork, meditation, and mental imagery, you learn how to

- Integrate these tools into clinical practice and daily self-care and use them to complement other medical and psychotherapeutic protocols
- Employ stress-reduction practices to calm the emotions
- Practice age-appropriate body awareness and somatic relaxation
- Create yogic practices to remain in the moment and calm addictive/reactive mind chatter
- Design a self-care practice that addresses compassion fatigue.

Revolutionize your approach to healing as you discover ways to impart these unique mind-body skills to others.

RECOMMENDED READING Thérèse Jacobs-Stewart, *Mindfulness and the 12 Steps* (Hazelton), Kathryn C. Shafer, "The Disease Concept and SFT: Difference in Action" *Journal of Family Psychotherapy: The Official Journal of the International Family Therapy Association*, 16 (1–2), 75–78.

NOTE Tuition includes a manual. Please wear comfortable clothing. This program is qualified for CEUs in the state of Florida for addiction and mental health professionals and nurses. Please contact kathy@drshafer.org with any questions.

TUITION \$340. Add 5 value-priced midweek nights room & meals; page 116. (web code RRW-121)



Kathryn C. Shafer, PhD, LCSW, ACSW, CAP, E-RYT 500, CPT, is a psychotherapist, educator, author, and consultant on mind-body therapies for emotional and physical health. www.funtherapist.com

June 10–15 SUNDAY–FRIDAY

Radiant Yoga, Energy Medicine™, and Body Awakening Chanel Luck

FOR all levels. CE credits.

Do you want to inspire and re-energize your yoga teaching or practice? Is the busy rhythm of life getting to you? Come learn from experienced international teacher and bodyworker Chanel Luck in this soulful retreat for beginners and yoga teachers alike.

- In this retreat, you
- Release tension in the neck, shoulders, and back
- Bring energy, awareness, and compassion to one of the most important areas in your body—the core
- Learn arm balances and inversions
- Rinse and breathe with twists and backbends
- Put it all together with intention, mantra, pranayama, and prayer.

Leave refreshed and empowered from vinyasa flow yoga, restorative yoga, energetic anatomy lectures, philosophy discussions, meditation, hands-on assisting, and extended Savasanas. Tap into the energies of compassion, joy, and wisdom, and peel away the layers of your busy life to access inner strength, your most authentic spirit, and your greatest self.

TUITION \$305. Add 5 value-priced midweek nights room & meals; page 116. (web code RYEM-121)



Chanel Luck, E-RYT 500, CST, CMT, is the cocreator and director of YogaThree and the Radiant Yoga School in Boston and Sydney, Australia.



June 10–17 SEVEN-DAY PROGRAM

Transforming Your Clinical Practice with EMDR: The Basic Course for Mental Health Professionals Deany Laliotis

FOR mental health therapists. CE credits.

Eye Movement Desensitization and Reprocessing (EMDR) is a comprehensive, integrative psychotherapy approach for the treatment of a broad spectrum of issues, including disturbing life events, relationship problems, self-esteem issues, and complex trauma.

- Experience the transformative power of EMDR. Through lecture, discussion, live demonstrations, videotapes of actual clients, and supervised practice, you learn how to
- Apply EMDR's three-pronged protocol for comprehensive treatment effects
- Identify and reprocess disturbing life experiences
- Use client selection criteria and prepare for memory reprocessing with EMDR
- Effectively facilitate processing when clients get stuck or experience intense emotional responses
- Employ EMDR with specialized populations such as children, families, couples, combat veterans, and adults traumatized as children.

This basic course is for licensed mental health professionals seeking to enhance their clinical skills with this powerful, evidence-based treatment approach. Deany Laliotis is a master trainer who has been on the faculty of the EMDR Institute™ since 1993.

RECOMMENDED READING Francine Shapiro, *Eye Movement Desensitization and Reprocessing: Principles, Protocols and Procedures*, 2nd edition, (Guilford Press).

NOTE This course is EMDRIA approved. Please contact admin@deanylaliotis.com with any questions. Deany will also teach an advanced course July 29–August 3 (see page 86).

TUITION \$875. Add 5 value-priced midweek nights and 2 weekend nights room & meals; page 116. (web code TYCP-121)

Deany Laliotis, LICSW, is an internationally recognized trainer, clinical consultant, and practitioner of EMDR specializing in the treatment of traumatic stress disorders and attachment issues. www.deanylaliotis.com



In my opinion, everyone could benefit greatly from visiting Kripalu! I am able to be myself completely and be surrounded by like-minded people."

—Jennifer M., student, Mayfield Heights, Ohio

June 15–17 FRIDAY–SUNDAY

Inner Fire Yoga and Kirtan Immersion Weekend David Newman (Durga Das) and Shiva Das

FOR all levels. CE credits.

Inner Fire Yoga is a dynamic practice that evolves moment-to-moment as a call to grace.

A merging of hatha and bhakti yoga, it is an approach of embodied devotion that fosters the awakening of spirit through surrender and love. Join David Newman (Durga Das) and Shiva Das to kindle your inner fire in an enlightening weekend immersion.

David and Shiva Das are cofounders of this unique style, which they have cultivated for the last 17 years. Shiva Das leads a breath- and movement-based asana practice with the intention of fostering spiritual awakening and the opening of the heart.

David, an internationally renowned chant artist, offers live music, leads the group in the practice of kirtan chanting, and imparts Bhakti yoga teachings on love as a way of life.

TUITION \$200. Add 2 weekend nights room & meals; page 116. (web code IFY-121)



David Newman (Durga Das) is a widely recognized chant artist, cocreator of Inner Fire Yoga, and an educator who travels extensively to sing and lead kirtans. www.davidnewmanmusic.com



Shiva Das has been studying hatha yoga since 1986. He has extensive training in the Integral and Viniyoga traditions as well as yogic philosophy and Ayurveda. www.yogaonmain.com

evening event

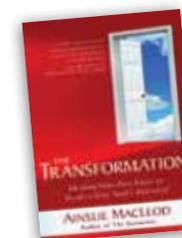
Saturday, June 16, 7:30 pm

Concert with David Newman (Durga Das)

Seating is limited. For details visit kripalu.org/eveningevents.

June 15–17 FRIDAY–SUNDAY

Healing Your Soul's Past to Realize Your Soul's Potential Ainslie MacLeod



In this inspiring workshop, psychic Ainslie MacLeod, author of *The Transformation: Healing Your Past Lives to Realize Your Soul's Potential*, takes you on a journey of profound spiritual healing and growth to uncover the blocks that

prevent you from living your life to the fullest. Learn how to

- Identify 10 past-life fears by their symptoms or "resonances" in this life
- Eradicate unexplained fears and phobias, from claustrophobia to public speaking, by uncovering their past-life causes
- Overcome internal blocks such as low self-esteem, insecurity, and loneliness
- Heal your soul's wounds to live a life of greater purpose, meaning, and fulfillment.

Through a series of short past-life explorations, Ainslie guides you on an intensive personal quest to understand and transform traumatic events from prior incarnations. This program is of benefit to anyone seeking practical and effective ways to live a more fulfilling life, and of particular interest to those who wish to overcome specific fears and phobias.

TUITION \$240. Add 2 weekend nights room & meals; page 116. (web code OPLF-121)



Ainslie MacLeod is an internationally acclaimed psychic and award-winning author of *The Instruction and The Transformation*. A featured teacher on Oprah's Soul Series, he has developed a unique method for identifying and overcoming fears, blocks, and limiting beliefs from past lives. www.soul-world.com

June 15–17 FRIDAY–SUNDAY

The Opening the Heart Workshop™

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

The Opening the Heart (OTH) philosophy recognizes that true health is based on a holistic model that includes mind, body, and spirit. This workshop draws on Gestalt, bioenergetics, focusing, witnessing, and mindfulness practices. Since past trauma and abuse are stored in the body at a cellular level, OTH engages the body's natural energies in holistic exercises designed to uncover and heal old wounds. Movement and the gentle power of music play major roles, creating a uniquely effective healing experience.

- In this program, you
- Experience a safe environment in which to access feelings
 - Work through blocked emotions
 - Disentangle from the past
 - Reconnect with core truths
 - Learn to live more fully from the heart.

The OTH approach supports and enhances the innate resilience of the human spirit through a blend of modern Positive Psychology and ancient healing wisdom. Come explore new methods of self-discovery and self-expression.

NOTE Please see this program on the Kripalu website for more information.

TUITION \$230. Add 2 weekend nights room & meals; page 116. (web code OHW-121)

Linda Aranda has been leading the Opening the Heart Workshop™ for 20 years. www.openingtheheartworkshop.com

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

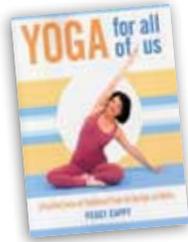
Donna Macomber has a private counseling practice in western Massachusetts. www.openingtheheartworkshop.com

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



June 15–17 FRIDAY–SUNDAY

Yoga for the Rest of Us **Peggy Cappy**



FOR all levels; no yoga experience needed. Also for those who want to lead adaptive yoga. **CE** credits.

Experience the many benefits of yoga in a safe, enjoyable, and friendly environment, no matter what shape you are in.

Whether you are new to yoga, have a long-standing physical limitation, or are simply out of shape, it's easy to begin right where you are with gentle stretches and accessible yoga postures. Peggy's approach includes using a chair as an aid for balance and stability. You learn

- Warm-ups to ease the body into motion
- A variety of yoga poses, and ways to gradually increase a pose's challenge and intensity
- Meditation practices and guided visualizations
- Simple, powerful breathing exercises
- Effective relaxation techniques
- Ways to adapt these practices to your body's needs and abilities.

Peggy Cappy's joy and enthusiasm for yoga is contagious. Her knowledgeable and practical approach draws on more than three decades of extensive experience teaching yoga students and training teachers.

RECOMMENDED READING AND VIEWING Peggy Cappy, *Yoga for All of Us* (St. Martin's Griffin) and *Yoga for the Rest of Us* DVD series.

TUITION \$200. Add 2 weekend nights room & meals; page 116. (web code YFRU-122)



Peggy Cappy, author of *Yoga for All of Us*, is known for her best-selling video series *Yoga for the Rest of Us*, seen on public television. Her DVDs include *Easy Yoga for Arthritis*, *Back Care Basics*, and *Heart Healthy Yoga*. www.peggycappy.com

register by phone **800-741-7353**

June 15–17 FRIDAY–SUNDAY

Reboot: Mindful Summer Hiking and Deep Yoga Relaxation **Randal Williams**

FOR all levels. **CE** credits.

Refresh the vital realms of body, mind, and breath on this magical getaway complete with masterful guidance. Connect with summer in the beautiful Berkshires. Celebrate your being and open to your place in nature with mindful hiking that features fresh, revitalizing air to breathe and rich, cool ground to touch.

After hiking, you head indoors, turning inward with a simple, supported, and deep yoga relaxation and meditation experience.

- In this program, you learn
- Mindfulness exercises
 - Breath and movement coordination
 - Healing yoga postures.

Refresh, renew, and revitalize as you open to the beauty of your inner and outer worlds.

NOTE Hikes vary according to group abilities. Bring rain gear, hiking boots or sturdy walking shoes, a hat, sunscreen, layered outside clothing, a small backpack, insect repellent, and a water bottle.

ALSO OFFERED August 10–12.

TUITION \$250. Add 2 weekend nights room & meals; page 116. (web code YHR-122)



Randal Williams, MA, E-RYT, has served as a director of the Kripalu Yoga Teacher Training programs and a professor of yoga philosophy and practice. www.randalwilliams.com

CE credits find out more on page 118

June 15–17 FRIDAY–SUNDAY

Couples Bodywork: Thai for Two **Ken Nelson and Bonnie Anne Campbell**

FOR couples of all orientations; no experience necessary. **CE** credits.

Enjoy a deeper sense of intimacy and appreciation for each other. Rooted in yoga, Thai massage, shiatsu, and meditation, Couples Bodywork is a great reminder to make spiritual time a priority in your relationship and a gift the two of you can share throughout your lives.

With humor, compassion, and care, Ken Nelson and Bonnie Anne Campbell create a welcoming atmosphere that makes this week-end relaxing and fun. Each time they offer the program, Ken and Bonnie teach methods and techniques to relax and energize that are new even to past participants of Couples Bodywork.

- Experience
- Deeper connection through touching and being touched
 - Giving and receiving full-body Thai-shiatsu bodywork
 - Learning acupressure points to uplift health
 - Ways to give without tiring
 - Letting go of the need to be perfect.

While this bodywork is done fully clothed, these simple techniques can be more intimate than traditional massage. Couples often feel more playful and tender toward one another and find their joy of being together restored. Everyone agrees that taking time away from everyday concerns through the comfort of a partner's hands is the best date you can have.

TUITION \$215. Add 2 weekend nights room & meals; page 116. (web code CBW-122)



Ken Nelson, PhD, is dedicated to transforming the ways we serve and lead through yoga-inspired learning. A leader in mind-body practices and a former Fulbright lecturer, he teaches the healing arts of yoga, meditation, and bodywork. His CD, *Yin Yoga*, is a Kripalu best-seller. www.powerfulworkshops.com and www.sacredhealingarts.net



Bonnie Anne Campbell, BSc, a personal trainer and health and fitness instructor, has been leading workshops since 1983. A certified professional-level Kripalu Yoga teacher and cocreator of Thai-shiatsu bodywork, she is nationally certified in therapeutic massage and bodywork. www.sacredhealingarts.net

Read an interview with Ken Nelson on page 91.

healing arts get inspired on page 14

June 17–20 SUNDAY–WEDNESDAY

PranaTantra-Reiki I and II: Awakening to the Spiritual Dimension **Audrey Pearson (Devdasi) and James Pearson (Mohan)**

CE credits.

Awaken to the innate, self-healing wisdom of Reiki and deepen your connection to Source. This workshop includes traditional Reiki I and II attunements, hands-on curriculum, and PranaTantra exercises that teach the practice of accepting all that is, as it is. You receive three traditional Reiki sacred symbols and learn to

- Use Reiki to heal yourself and be empowered to offer it to others
- Send Reiki beyond time-bound consciousness to the timeless state of being that is Reiki
- Accept realities you may have resisted in the past
- Understand the conflicting manifestations of the psychological and biological realms.

Audrey and James Pearson's Reiki lineage stretches back to Sensei Usui, Reiki's founder. Their approach to Reiki as a path to enlightenment is a result of in-depth study and the practice of consciousness aligned with prana. Leave this training empowered to share Reiki as Sensei Usui intended.

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

TUITION \$245. Add 3 midweek nights room & meals; page 116. (web code PTR-121)

✦ COMBINE THIS PROGRAM with PranaTantra-Reiki Master Training: Align with Reiki Consciousness, June 20–22, for a 10 percent tuition discount for each program.

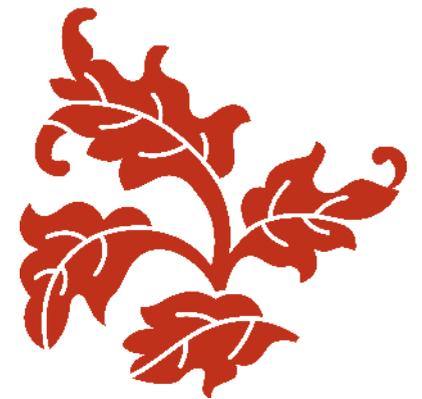


Audrey Pearson (Devdasi) is a certified traditional Usui Reiki master in the Western and Japanese Reiki traditions, a Kripalu Yoga teacher, and founder of Yogapathways in Marlborough, Massachusetts. www.yogapathways.com



James Pearson (Mohan), RYS 500, is a traditional Usui Reiki master in the Western and Japanese Reiki traditions, certified Kripalu Yoga teacher, and bodywork facilitator.

register online kripalu.org



did you know?

Kripalu's Institute for Extraordinary Living is developing a curriculum of meditation, yoga, and pranayama designed to build resilience to trauma among front-line providers, including doctors, nurses, psychiatrists, and other health-care specialists.

support kripalu initiatives like this

kripalu.org/makeagift

June 17–21 SUNDAY–THURSDAY

Refilling Your Well: A Self-Nurturing Retreat Priti Robyn Ross

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

Give yourself the gift of deep renewal. Spend a restorative time-out immersing yourself in nurturing activities that replenish your soul, increase your joy, and ease your stress. When you make self-nurturance a priority, you actively counter the effects of stress, which otherwise lead to chronic imbalances, burnout, and illness.

- In this program, you
- Experience healing yoga, hand massage, deep relaxation, breathwork, and walking meditation in nature and the labyrinth
 - Awaken your “inner peacemaker” using creative journaling, guided imagery, music, and joyful movement
 - Understand the physiology of stress and its effects on body and mind
 - Practice maitri, the act of loving-kindness toward the self
 - Learn simple, effective take-home tools to enrich your daily life.

Come restore inner balance and a sense of the sacred to your life in a retreat that awakens your spirit and enhances your well-being.

NOTE Please bring a picture of a loved one, yourself as a child, or someone special who brings you joy. Priti also recommends that you treat yourself to a Healing Arts service during open time.

TUITION \$295. Add 4 midweek nights room & meals; page 116. (web code ROW-121)



Priti Robyn Ross, RYT, holds professional-level certifications in Kripalu Yoga and Integrative Yoga Therapy and codirects both Kripalu Yoga and Prana Yoga teacher training programs.

www.lifeasyoga.com

stress relief



While you are here, treat yourself to some deep relaxation with one of our Healing Arts therapists.

find out more kripalu.org/healingarts

June 17–21 SUNDAY–THURSDAY

Yoga Nursing®: The Art of Caring Annette Tersigni and Vandita Kate Marchesiello

FOR nurses, nurse practitioners, and other health-care professionals; no previous yoga experience needed. **CE** credits.

Revitalize yourself and your caregiving with Yoga Nursing, an exciting new field in health care and yoga. A complementary approach to wellness, Yoga Nursing combines the riches of the Kripalu Yoga methodology with traditional Western nursing practice. It offers a simple prescription to relieve stress, anxiety, pain, and suffering for clients, while also reducing exhaustion and burnout for caregivers.

- In this training, you learn how to
- Present “the sacred remedy” of breath, movement, rest, and nutrition to clients
 - Apply Yoga Nursing privately, in groups, and in direct patient care, including cardio/respiratory, cancer, orthopedic, and geriatric nursing
 - Identify clients’ challenges and goals so you can create measurable results
 - Plan and implement a course of treatment and evaluate its outcome.

Yoga Nursing is a perfect adjunct therapy for all areas of health care. Explore this exciting, new, and profitable career option as you enrich your own life.

NOTE Tuition includes materials. Please see this program on the Kripalu website for **CE** credit information.

TUITION \$340. Add 4 midweek nights room & meals; page 116. (web code IYN-121)



Annette Tersigni, RN, the Yoga Nurse®, is founder of Yoga Nurse Medical Yoga and Stress Management. She has dedicated the past 16 years educating people around the world on leading

healthier, spiritual lifestyles. A sought after speaker and writer, she has been featured extensively in the media including in the Associated Press and on NBC news affiliates. www.yoganurse.com

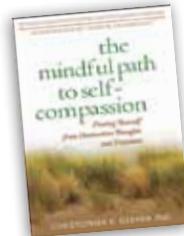


See full biographical information for Vandita Kate Marchesiello on page 32.

June 17–22 SUNDAY–FRIDAY

Mindful Self-Compassion Training Kristin Neff and Christopher Germer

FOR everyone, including therapists interested in learning and practicing these skills and teaching them to clients. **CE** credits.



How do you typically react to life’s difficulties, such as work stress, feeling rejected, physical problems, or financial hardship? Human beings instinctively fight negative experiences and find fault in themselves when things go wrong. What would happen if, instead, you took a moment to comfort and soothe yourself when you felt bad, much like you would do for a friend?

Self-compassion is a skill that can be learned by anyone. Research has shown that self-compassion boosts happiness, reduces anxiety and depression, and can even help you stick to your diet and exercise routine. And it’s easier than you think.

- In this workshop, you learn how to
- Motivate yourself with encouragement rather than criticism
 - Handle challenging emotions with greater ease
 - Transform difficult relationships
 - Use self-compassion practices in daily life.

This program includes meditation, talks, personal stories, research, and discussion, with special emphasis on loving-kindness meditation.

RECOMMENDED READING Kristin Neff, *Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind* (Morrow) and Christopher Germer, *The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions* (Guilford Press).

TUITION \$399. Add 5 midweek nights room & meals; page 116. (web code MPSC-121)



Kristin Neff, PhD, is an associate professor at the University of Texas at Austin and author of *Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind*. www.self-compassion.org



Christopher Germer, PhD, is a clinical instructor in psychology at Harvard Medical School and author of *The Mindful Path to Self-Compassion*. www.mindfulnesscompassion.org



June 17–22 SUNDAY–FRIDAY

Foundations of Svaroopa® Yoga Vidyadevi Stillman

FOR all levels. **CE** credits.

This program guarantees profound opening and change. Come discover an entirely different way to live in your body. Core-opening Svaroopa® techniques and teachings offers you profound inner experiences in just a few short days.

Through classes, anatomy training, partner poses, chanting, meditation, and more, you learn the principles and poses of Svaroopa® Yoga, including the primary spinal openers. Yoga’s ancient tantric texts—and their relationship to the openings you experience in your body—are explained.

Upon satisfactory completion, you will be qualified to teach introductory Svaroopa® Yoga classes. Let Svaroopa® Yoga transform your life!

REQUIRED READING Wynn Kapit and Lawrence M. Elson, *The Anatomy Coloring Book*, 3rd edition (Benjamin Cummings).

NOTE Bring *The Anatomy Coloring Book* with you. This program involves intense inner work but is accessible to new yogis. Due to the intensive nature of this program, it may be difficult to participate in other Kripalu events or receive Healing Arts services. This Foundations program satisfies the prerequisite for the Svaroopa® Yoga Teacher Training Level 1 if the training is taken within six months of the Foundations course.

TUITION \$560. Add 5 midweek nights room & meals; page 116. (web code FSU-121)



Vidyadevi Stillman, CSYT, E-RYT 500, is Svaroopa® Yoga’s premier trainer and director of programs, studying and teaching directly with Svaroopa® Yoga originator Swami Nirmalananda (Rama Berch) for 19 years. She easily combines clarity, depth, and humor, and her previous experience as a research scientist enlivens her understanding of the science of yoga. www.svaroopayoga.org

June 17–22 SUNDAY–FRIDAY

The Yoga of Walking: Practical Feet for Your Spiritual Path Suki Munsell

FOR everyone with the stamina for hour-long trail and hill walks. **CE** credits.

Walking is your most frequent daily opportunity to be in union with your higher self and natural life forces. It nurtures joy and vitality, and keeps you fit, productive, and connected. Yoga links movement to breath and intention, gifting you with spiritual insights and tranquility.

This trail and studio training works with the

- *Body* to move from effort to ease as you learn the biomechanics of walking to build lifelong legs
- *Mind* to walk away from poor habits toward greater harmony; dissolve movement patterns that unconsciously rule thoughts, feelings, and actions; and discover more flexibility, insight, and personal power
- *Spirit* to expand beyond your current limits using breath and intention to elevate consciousness of the natural and metaphysical world.

Cultivate your creative life force in a workshop that blends the power and healing potential of yoga and walking. Glide through life with greater freedom.

NOTE Tuition includes a manual. Bring a hat and sunscreen for outdoor training and a spiral-bound drawing pad or notebook.

TUITION \$370. Add 5 midweek nights room & meals; page 116. (web code YOW-121)



Suki Munsell, PhD, earned a doctorate in movement education. Her teaching experience includes dance therapy, fitness, yoga, qigong, and consultation for schools, business, and municipalities. www.dynamicwalking.com



Kripalu healthy living immersion program

June 17–22 SUNDAY–FRIDAY

Rejuvenate and Reclaim Life After 40

Maria Sirois and Healthy Living Faculty

CE credits.

Crafting a meaningful, passionate, healthy life.

Are you looking at the second half of your life and wondering what’s next? Ready to reinvigorate your life with joy and health?

Midlife can be a challenging, yet powerfully creative time, letting go of old identities and moving into new territory. It’s a time of adventure and reinventing ourselves with the benefit of all the experience, confidence, and wisdom we’ve acquired over the years.

In this program led by an exceptional group of teachers, including a psychotherapist, nutritionist, fitness professionals, life coach, and senior-level yoga teachers, discover how to cultivate health—body, mind, and spirit—and create a life that is deeply meaningful and joyous.

- Learn how to
- Enhance physical energy, mental clarity, and emotional balance
 - Reconnect to your dreams and inner joy to help you fall in love with life
 - Decrease stress and increase harmony in your life
 - Reduce the risk of the chronic diseases of aging, including heart disease, diabetes, cancer, and dementia
 - Age with energy and vitality through nutrition and mindfulness.

Create an inspired plan for the second half of your life.

TUITION \$450. Add 5 midweek nights room & meals; page 116. (web code RRMH-123)

FIND OUT MORE [➔](#) about Kripalu Healthy Living immersion programs on page 16.



Maria Sirois, PsyD, is an inspirational speaker, seminar leader, and author who has worked at the intersections of wellness, psychology, and spirituality for nearly 20 years. Her book, *Every Day Counts: Lessons in Love, Faith, and Resilience from Children Facing Illness*, was published in 2006. www.mariasirois.com

June 20–22 WEDNESDAY–FRIDAY

PranaTantra-Reiki Master Training: Align with Reiki Consciousness

Audrey Pearson (Devdasi) and James Pearson (Mohan)

CE credits.

Reiki Master training empowers you to experience the peace that is Reiki for yourself, and also teach others. In this workshop, you

- Receive the traditional Usui Reiki Master attunement and symbol to deepen your awakening to Reiki
- Move into acceptance and learn to guide others in accepting realities that were resisted in the past in order to protect the ego's self-image
- Integrate the conflicting psychological and biological inner manifestations of struggle versus acceptance
- Learn Reiki I, Reiki II, and Reiki Master teaching protocols so you can teach and attune others with PranaTantra knowledge.

Join a teaching lineage that comes directly from the founder of Reiki, Sensei Usui. Practice Reiki as a path of enlightenment in which consciousness itself is aligned with prana. Reiki Master Candidates are re-attuned to Reiki I and II and receive the Reiki II symbols as part of the Master attunement ceremony.

PREREQUISITES Reiki II or Reiki Master from all Reiki traditions.

NOTE Please see this program on the Kripalu website for more information.

TUITION \$195. Add 2 midweek nights room & meals; page 116. (web code PTRM-121)

⊕ COMBINE THIS PROGRAM with PranaTantra-Reiki I and II: Awakening to the Spiritual Dimension, June 17–20, for a 10 percent tuition discount for each program.



See full biographical information for Audrey Pearson (Devdasi) and James Pearson (Mohan) on page 43.

June 22–24 FRIDAY–SUNDAY

Trauma- and Tension-Releasing Exercises

David Berceli

FOR everyone, including health professionals. CE credits.

Body tremors are a natural discharge response to over stimulation. David Berceli teaches a series of gentle exercises that deliberately evoke this innate body mechanism in a controlled and sustained manner. The process releases deep, chronic muscular tension from the core of the body, returning you to a calm, relaxed, and balanced state.

Using powerful techniques to bring the body-mind into proper balance, this workshop offers tools that are easily learned, immediately effective, and self-empowering. They can be used by most people without the guidance of a therapist.

Tension- and Trauma-Releasing Exercises are effective for everyone. They can be used for people experiencing everything from mild stress to severe trauma. They are excellent with large populations of traumatized people, and are particularly helpful for clinicians and those in the medical and paramedical fields. David has guided more than a million people in 30 countries through these exercises, and developed skills that support the safest and deepest possible release in the body.

RECOMMENDED READING Website materials available for free at www.traumaprevention.com.

NOTE Please wear comfortable clothing. Tuition includes a Trauma- and Tension-Releasing Exercises pamphlet.

TUITION \$250. Add 2 weekend nights room & meals; page 116. (web code TRE-121)



David Berceli, PhD, is an international expert in the areas of trauma intervention and conflict resolution, specializing in trauma recovery with large populations, the U.S. military, and national and international relief agencies. www.traumaprevention.com



June 22–24 FRIDAY–SUNDAY

Spiritual Life Tune-Up
Fr. Thomas Ryan

Regular tune-ups keep your car humming along at the peak of its capabilities. Similarly, when you take the time to tune up your spiritual life, there's an ongoing brightness in your daily experience. That brightness comes from a genuinely holistic spirituality that embraces the physical, emotional, spiritual, and social dimensions of your life.

This weekend, assess the quality and balance of your life components, including

- Time and relationships with friends
- Exercise and play
- Living with a Sabbath rhythm
- The expression of your creative energies
- Service.

Holistic-health promotion requires that you attend to every part of your life. Through input, reflection, and discussion, you emerge with strategies for rebalancing and retuning. This program is an opportunity for peaceful assessment of the quality of your life. When was your last tune-up?

RECOMMENDED READING Thomas Ryan, *Disciplines for Christian Living: Interfaith Perspectives* (Paulist Press).

TUITION \$210. Add 2 weekend nights room & meals; page 116. (web code TTSL-121)



Fr. Thomas Ryan, CSP, directs the Paulist North American Office for Ecumenical and Interfaith Relations in Washington DC. He created the DVD *Yoga Prayer*. www.tomryancsp.org

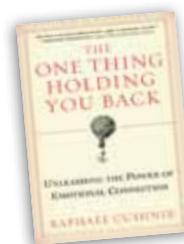


I absolutely loved the inclusive and accepting environment, have never eaten better in my life, and have plenty to reflect on as a result of my visit."

—Christina, writer, New York, New York

June 22–24 FRIDAY–SUNDAY

The One Thing Holding You Back: Unleashing the Power of Emotional Connection
Raphael Cushnir



Do you have an unrealized dream? Are you still waiting to tap into your full potential? What prevents you from manifesting your greatest life vision may be a reservoir of unfelt emotion. Resisting this emotion is what sabotages

prayer, affirmations, or any other personal-growth technique. Finding and feeling this emotion infuses your mission with Spirit and makes you truly unstoppable. It's simple, but most of us never learn precisely how to do this.

Raphael Cushnir has pioneered a method of emotional connection that everyone can master in just one weekend. Grounded in both contemporary neuroscience and the great wisdom traditions, Raphael's method brings immediate and lasting results. You can use this emotional connection to overcome lifelong struggles with

- Career
- Family
- Relationships
- Weight
- Self-esteem
- Addiction.

Designed to help you fall in love with every moment of your life, this workshop leads to the kind of personal accomplishment you've longed for and helps you to serve the world.

TUITION \$240. Add 2 weekend nights room & meals; page 116. (web code HECB-121)

⊕ COMBINE THIS PROGRAM with Total Immersion for Total Transformation, June 24–29, for a 10 percent tuition discount for each program.



Raphael Cushnir is an author who lectures and coaches worldwide. He came to his current path after years as a schoolteacher, activist, and award-winning Hollywood filmmaker. www.cushnir.com

June 22–24 FRIDAY–SUNDAY

Dive Deep and Play
Jurian Hughes and Jovinna Chan

FOR all levels. CE credits.

Dance through your life with more freedom and fearlessness. Learn tools to playfully confront obstacles like self-judgment, no-saying, shoulds, coulds, can'ts, and won'ts. Dynamic Duo Jurian Hughes and Jovinna Chan are Kripalu Yoga teacher trainers and performers. They have crafted an adventure that takes you to the crossroads of yoga principles and theater improv, where limitation holds no sway.

You are invited to

- Experience the healing power of wild, soulful, and sacred dance
- Cultivate radical self-acceptance through playful explorations of the voice
- Play theater games designed to let loose your childlike self and enliven creativity
- Explore yogic tools to support your own full self-expression.

Regardless of your age, experience, shape, or size, this delightful retreat leaves you refreshed and ready to rock the world.

TUITION \$225. Add 2 weekend nights room & meals; page 116. (web code DDP-121)



Jurian Hughes, E-RYT 500, MFA, is Lead Faculty of the Kripalu School of Yoga and serves on the staff of Kripalu Healthy Living, R&R retreats, noon dance, and guest yoga. A former actress on and off-Broadway, her programs draw on her extensive experience with yoga, dance, movement, and theater. www.jurianhughes.com

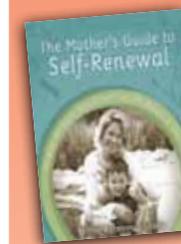


Jovinna Chan, E-RYT 500, is Assistant Dean of the Kripalu School of Yoga. She is a presenter for many guest programs and instructs teachers in the 200- and 500-hour Kripalu Yoga Teacher Training programs. A former actress and dancer, she cofounded Fluid Motion Theater & Film, Inc. www.jovinna.com

June 22–24 FRIDAY–SUNDAY

A New Way of Being: Women's Self-Renewal Retreat

Renée Peterson Trudeau



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

Do you long to reconnect with who you are? Are you in the midst of a transition? Do you crave time for quiet reflection, rest, and renewal? Renée Peterson

Trudeau has designed a juicy and restorative retreat for women, offered in a nurturing, empowering, and supportive environment.

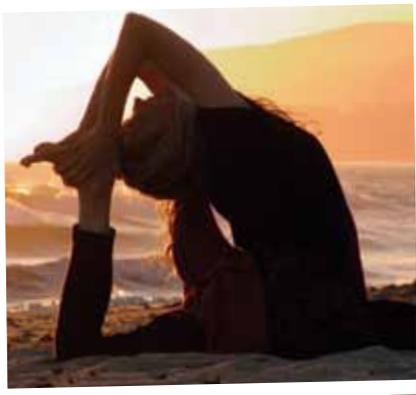
Tap into the transformative power of self-care to nourish your body and soul. Integrate self-renewal strategies into your daily life as you learn to

- Slow down and access your Wise Self
- Explore your heart's desire and your life purpose
- Experience self-care as spiritual practice
- Tap into the gifts of self-compassion
- Relax and connect with your needs, desires, and your body's natural rhythms
- Meditate to enhance peace and harmony
- Discover how to balance yin/yang energy and access your feminine power
- Enjoy connection with like-minded women
- Embrace a new way of being and experience more freedom and joy.

NOTE Bring a journal, wear comfortable clothing for movement, and eat lightly before opening night.

TUITION \$295 Add 2 weekend nights room & meals; page 116. (web code WSRR-121)

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



June 22–24 FRIDAY–SUNDAY

TriYoga®: Immerse in the Prana Flow Kali Ray (Swamini Kaliji)

FOR all levels. **CE** credits.

TriYoga is a revolutionary method founded by Kali Ray (Kaliji) that unites dynamic and sustained asana with pranayama and mudra. Guided by kriyavati siddhi (Kundalini-inspired yoga) as it flows through Kaliji, TriYoga is in the tradition of ancient yoga and results in a heightened flow of prana. This inspired method of increasing prana harmonizes body, breath, and mind, and renders the bodymind a fit instrument for life and meditation.

This weekend includes

- Yogaflow® asana sequences that incorporate rhythmic pacing, relaxation-in-action, wavelike spinal movements, and economy of motion
- Prana vidya, or systematized pranayama and meditation practice
- Mudra (hand gestures) for asana, pranayama, and meditation
- Jnana, or yoga philosophy, shared in an easy-to-understand and humorous way
- Chant Club®, with Kaliji and Mercury Max presenting Sanskrit chants in call-and-response style.

Experience the rhythm and magical flow of TriYoga. It's transformational!

NOTE Wear comfortable clothing and eat lightly before opening night. Participants are encouraged to eat a plant-based (vegan) diet during the weekend.

TUITION \$220. Add 2 weekend nights room & meals; page 116. (web code TRYG-121)



Kali Ray, known as Swamini Kaliji, is an internationally acclaimed yogini. Founder of TriYoga®, she has devoted her life to sharing universal teachings, inspiring countless lives. www.triyoga.com

June 22–24 FRIDAY–SUNDAY

Embodied Meditation with Live Music for Women: Awakening Feminine Rhythm Bobbie Ellis and John Bianculli

FOR women; no prior yoga experience needed. **CE** credits.

Embodied meditation with live music offers a way to come home to the wisdom of your body and express the wisdom of life flowing from within. It's a technique that explores the moment-to-moment dance between breath and body, heart and mind. This workshop teaches you how to

- Track respiratory movement and let your breath lead you
- Yield to and feel supported in gravity, allowing your body to deeply relax
- Use your relationship to space as an untapped well of creative support
- Be guided by the inner currents of life, trusting what arises in your own experience and learn sensory tracking skills
- Open to intuitive play
- Use imagery and the body's response for inner resource building
- Practice journal writing for insight.

Each session begins with gentle Soma Yoga™ explorations, using sound and breath to move into embodied meditation. The practice is tantric, and brings a fresh perspective for contemporary women. Awaken sacred feminine wisdom at your own pace, developing the skills and trust you need to let the mystery itself be your deepest teacher. John Bianculli's live music and ambient sounds evoke and entice deeper unfoldings.

NOTE Please eat lightly before opening night.

TUITION \$215. Add 2 weekend nights room & meals; page 116. (web code AFR-121)



Bobbie Ellis, CMT, RYT, RSMT, has 27 years of experience in and is deeply committed to health, yoga, movement, bodywork, and people's spiritual unfolding. She is also an authorized Continuum teacher. www.somactr.com



John Bianculli is a lyrical and soulful pianist and composer whose music is a unique blend of jazz, Latin, Brazilian, rhythm and blues, and world music. www.johnbiancullimusic.com



June 24–28 SUNDAY–THURSDAY

Explore and Innovate Your Core: A Core Fusion® Immersion Elisabeth Halfpapp and Fred DeVito

FOR everyone with a moderate to advanced fitness level—strong bodies ready for a vigorous workout. **CE** credits.

Core Fusion is a transformational mind-body fitness experience that allows you to work from the inside out to improve body tone and energy. The brainchild of Elisabeth Halfpapp and Fred DeVito of Exhale Mind Body Spa in Manhattan, Core Fusion has been praised by *New York* magazine as one of New York City's best fitness classes.

Just in time for summer, this immersion helps you to

- Build a strong core
- Develop washboard abs
- Improve your posture
- Deepen your yoga practice
- Get long, lean, defined, strong, and flexible muscles
- Focus your mind.

This deep exploration takes you through all the Core Fusion programming: Core Fusion, Core Fusion Yoga, Core Fusion Sport, Core Fusion Cardio, and Core Fusion Boot Camp. Bring your practice to the next level in a program fueled by upbeat, inspirational music that can improve your core, barre, sports, or yoga practice.

TUITION \$295. Add 4 midweek nights room & meals; page 116. (web code CRFI-121)



Elisabeth Halfpapp is a member of Exhale Mind Body Spa's founding team, executive vice president of movement programming, and cofounder of its Core Fusion® program. www.exhalespa.com



Fred DeVito is executive vice president of mind-body training at Exhale Mind Body Spa, cofounder of the Core Fusion® program, and a former fitness teacher and personal trainer. www.exhalespa.com



June 24–29 SUNDAY–FRIDAY

Evidence-Based Qigong (EBQ) Certification: Nurturing Mind, Body, and Spirit Yang Yang



FOR yoga teachers, practitioners, and everyone interested in learning qigong. **CE** credits.

Are you looking for new material to teach your students? Would you like to attract a wider audience with

an evidence-based program of gentle, restorative, mind-body exercise? Or do you just want to experience "Chinese Yoga" from a master instructor? This workshop teaches

- The essential foundation of all qigong practice
- Static (standing, sitting, and lying-down) qigong
- Dynamic (moving) qigong exercises

The Chinese word qi is identical in meaning to the Sanskrit word prana. Come deepen your understanding of the spiritual root common to all Eastern energy practices. The nurturing, relaxing, and core-strengthening benefits of qigong offer a perfect complement to your existing yoga practice.

These exercises are low impact and appropriate for persons of all ages, physical abilities, and skill levels. For those interested in teaching qigong, this 5-day course provides 23.5 of the requisite 32 hours toward Level I instructor certification.

NOTE Tuition includes materials. Please see this program on the Kripalu website for Level I qigong instructor certification requirements.

TUITION \$430. Add 5 midweek nights room & meals; page 116. (web code TTQ-122)

Yang Yang, PhD, is the founder of the Center for Taiji & Qigong Studies, New York, and a researcher and taiji/qigong instructor at Memorial Sloan-Kettering Center in New York City. www.centerfortaiji.com

June 24–29 SUNDAY–FRIDAY

Let Your Yoga Dance® Teacher Training: Chakra Fusion, Part 2 Megha (Nancy Buttenheim)

FOR students who have completed Part 1. **CE** credits.

Let Your Yoga Dance Teacher Training Chakra Fusion, Part 2, pulls everything together. After six weeks of at-home practice following completion of Part 1, you return to offer full hour-long Let Your Yoga Dance classes to your peers in a safe and sacred setting. Part 2 includes

- In-depth mentoring
- Continued study of Kripalu Yoga meditation in motion
- Music appreciation
- Dance prayer
- Techniques for self-promotion, and marketing to build your business.

In Part 2, you also learn tips for how to deal with your mischief-making inner critic. Discover a better way to dance through your life with grace and ease by moving your yoga.

NOTE See this program on Kripalu's website for more information.

TUITION \$515. Add 5 midweek nights room & meals; page 116. (web code DT-2121)



See full biographical information for Megha (Nancy Buttenheim) on page 38.



Kripalu healthy living immersion program

June 24–29 SUNDAY–FRIDAY

Integrative Weight Loss Aruni Nan Futuronsky and Annie B. Kay

Lose weight and maintain a healthy body naturally.

CE credits.

If you know that going on another diet isn't the solution, come nourish yourself and invite changes that will continue to unfold long after you return home. Kripalu's Integrative Weight Loss program offers a comprehensive curriculum that supports a healthy, long-term weight-reduction process. Guided by an exceptional faculty that includes a holistic physician, nutritionist, fitness professionals, life coach, and senior-level yoga teachers, you learn how to shift into a natural, balanced relationship with your body.

You learn

- Why diets don't work and how to naturally lose weight and keep it off
- How to develop healthy life skills
- Tips on how to maintain a healthy weight
- The importance of metabolism and nutrition for healthy weight management
- How to develop a more positive body image
- The best strategies for your personal goals and lifestyle.

Explore your weight issues in a caring and supportive environment, and leave feeling rejuvenated, motivated, and full of hope.

TUITION \$490. Add 5 midweek nights room & meals; page 116. (web code RRMW-125)

FIND OUT MORE ➔ about Kripalu Healthy Living immersion programs on page 16.



Aruni Nan Futuronsky, Senior Life Coach and Program Advisor for Kripalu Healthy Living programs, is a certified professional-level Kripalu Yoga teacher with more than 35 years of experience. www.coacharuni.com



See full biographical information for Annie B. Kay on page 40.



Kripalu

healthy living immersion program

June 24–29 SUNDAY–FRIDAY

Creating Health and Harmony: An Ayurvedic Retreat

Hilary Garivaltis and Annie B. Kay

Discover an Ayurvedic approach to living well.

CE credits.

Are you interested in Ayurveda but not sure where to start? Join us for this enlightening and fun Ayurveda immersion retreat. Drawing on the principle that good health is a balanced connection between mind, body, and spirit, you develop daily living practices that support health and well-being.

You learn

- About the doshas and your own unique constitution
- The Ayurvedic approach to nutrition and diet for creating health
- How to cook nourishing Ayurvedic dishes
- Practical tools for creating more balance and harmony in your life
- The benefits of following the rhythm of nature
- How to create a personalized Ayurvedic health plan
- The role of yoga and pranayama in fostering health and well-being.

Reinvigorate your self-care habits and learn more about the Ayurvedic approach to living well.

NOTE We highly recommend receiving an Ayurvedic body treatment in our Healing Arts department during your stay (additional cost).

TUITION \$380. Add 5 midweek nights room & meals; page 116. (web code RRHH-122)

FIND OUT MORE [➔](#) about Kripalu Healthy Living immersion programs on page 16.



Hilary Garivaltis, Dean of the Kripalu School of Ayurveda, received her training at the New England Institute of Ayurvedic Medicine and Rishikesh College of Ayurveda in Rishikesh, India.



See full biographical information for Annie B. Kay on page 40.



June 24–29 SUNDAY–FRIDAY

Total Immersion for Total Transformation

Raphael Cushnir

Get ready for five intense days of ecstatic rebirth. Raphael Cushnir creates a safe and gentle environment to help call forth your very best, using tools such as emotional-release work, journaling, small-group exercises, meditation, movement, yoga, chant, collage, subtle-energy practices, and mind-heart attunements.

This program is for you if you are 100 percent willing to

- Determine the aspects of your life that are calling for healing and change
- Begin that healing and change on the very first day of the workshop
- Commit to an action plan for its completion
- Take a giant leap forward in consciousness
- Help create and support a small, like-minded community committed to the same leap.

A highlight of this workshop is designing a unique transformational experience all your own. You leave with a practical road map for real-life integration, plus benefits you can experience immediately—and for the rest of your life.

TUITION \$325. Add 5 midweek nights room & meals; page 116. (web code MLYL-121)

➔ COMBINE THIS PROGRAM with The One Thing Holding You Back: Unleashing the Power of Emotional Connection, June 22–24, for a 10 percent tuition discount for each program.



See full biographical information for Raphael Cushnir on page 47.

June 24–29 SUNDAY–FRIDAY

Journey to the Core: Forrest Yoga for Body and Spirit

Erica Mather

FOR all levels. CE credits.

Are you ready to stretch your heart, spirit, and body, and strengthen the core of your being? This week of Forrest Yoga offers challenge and inspiration for beginners as well as experienced practitioners. Forrest Yoga was created by Ana Forrest to heal the body and spirit, with the ultimate objective of helping all practitioners step into their power and their unique and sacred work in the world.

In this practice, you set an intention and then work with heat and mindful, guided breathing to skillfully and intelligently bring healing energy into the body, moving it through your core. Forrest Yoga Guardian Erica Mather helps you use your core connection to learn fun and challenging poses, with a special emphasis on inversions. Through asana practice, meditation, chanting, discussion, and guided writing processes, you take away lessons that change your habitual life patterns and assist in your personal evolution.

TUITION \$315. Add 5 midweek nights room & meals; page 116. (web code JCFY-121)



Erica Mather, MA, E-RYT 200, is a certified Forrest Yoga instructor, Forrest Yoga Guardian, and Mentor Teacher. She has been teaching yoga since 2006. www.ericamather.com and www.stuffilearnedatayoga.com



register by phone 800-741-7353

CE credits find out more on page 118

June 24–29 SUNDAY–FRIDAY

Thai Yoga Massage 1: Lotus Palm School Certification **Jyothi Watanabe**

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, offering plenty of time to practice. In this training, you learn how to offer a full 90-minute massage, focusing on

- The four foundations (awareness, body mechanics, movement, and massage techniques using hands, knees, feet, and elbows)
- Massage for shoulders, head, back, hands, legs, abdomen, and feet
- The main energy lines of the body
- Effortless transitions between postures
- Contraindications and safety.

This workshop is open to yoga and massage practitioners. It is also open to everyone with or without massage experience looking to start a rewarding career or learn a new and wonderful life skill. It is also perfect for couples.

RECOMMENDED READING See this program on the Kripalu website.

NOTE This is the first course toward the Lotus Palm School Level 1 Essential Certification. Please visit www.lotuspalm.com for more information.

TUITION \$455. Add 5 midweek nights room & meals; page 116. (web code TYMT-1122)



Jyothi Watanabe has been training with Lotus Palm master teacher, Kam Thye Chow, since 1998 when she fell in love with Thai Yoga Massage's powerful healing potential for both therapist and client. She is also a certified yoga, yoga-anatomy, meditation, and pranayama instructor.

June 28–July 1 THURSDAY–SUNDAY

Swingolf: The Golf/Yoga/Massage Motion **Les Bolland**

FOR golfers of all levels and ages, from the beginner to the seasoned player. CE credits. (web code GMM-122)

ALSO OFFERED July 26–29 and August 23–26. See page 79 for more information.



June 28–July 1 THURSDAY–SUNDAY

Energy Intensive: Meditation, Yoga, and Breathwork

Jonathan Foust (Sudhir) and Shobhan Richard Faulds

FOR everyone; no previous yoga or meditation experience necessary. CE credits.

Come experience Kripalu Yoga's unique approach to personal transformation in a program that's practical, integrative, and fun. Two of Kripalu's outstanding teachers lead this exploration of the profound relationship between energy and consciousness, which is the essence of yoga and the foundation of all mind-body approaches.

- Your exploration includes
- Exercises to build energy and awareness
- Guided experiences in both sitting and moving meditation
- Integrative breathwork, a technique that provides deep insight and release
- Journal writing to access intuition
- Small-group work that enhances self-awareness
- Guided massage and bodywork
- All three stages of Kripalu Yoga, including posture flow
- Social silence (speaking only when necessary) outside of sessions.

NOTE This program is intensive in nature and includes morning and afternoon yoga practice and an evening session.

TUITION \$270. Add 1 midweek night and 2 weekend nights room & meals; page 116. (web code TEI-122)

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

Shobhan Richard Faulds, MA, JD, author of *Kripalu Yoga: A Guide to Practice On and Off the Mat*, is a former President and Board Chair of Kripalu.



June 29–July 1 FRIDAY–SUNDAY

Already Home **Aruni Nan Futuronsky**

The deepest self inside of you, available in every breath, is the seat of all wisdom and knowing. You are already home. This nourishing weekend supports you in strengthening the muscle that helps you remember who you really are.

Based on Aruni Nan Futuronsky's newest book, *Already Home: Stories of a Seeker*, this workshop honors

- "What was"—acknowledging all the events that brought you to this moment. Through journaling, movement, conscious communication, and body dialogue, you come to see the perfection of your journey
- The practice of "what is," using the tools of Kripalu's self-discovery model—breathing, relaxing, witnessing, and practicing yoga on and off the mat—to strengthen your capacity to be present in the moment
- The power of intentionality to affirm what is and to energetically craft your future through sankalpa, the practice of intentional commitment.

Celebrate your journey and the seeker inside you. Aruni's humor, compassion, and capacity to create spiritual community offer encouragement to your soul.

TUITION \$215. Add 2 weekend nights room & meals; page 116. (web code AHW-121)



See full biographical information for Aruni Nan Futuronsky on page 49.

June 29–July 1 FRIDAY–SUNDAY

Salsa and Yoga: Relax, Renew, and Cut Loose **Catherine and Paul Calderon**

FOR everyone. CE credits.

Return to a state of ease and inner peace through yoga, and then roll up your mat, hit the dance floor, and free your spirit to the intoxicating rhythms of salsa! You don't need a partner, and no previous dancing or yoga experience is required; with Catherine and Paul Calderon's playful and easy-to-follow instructions, even die-hard "can't-drag-me-on-the-dance-floor" types are struttin' their stuff in no time.

The combination of the expansive, ecstatic celebration of Latin music and dance, and the reflective, relaxing aspects of yoga offers a powerful opportunity for freedom. Come

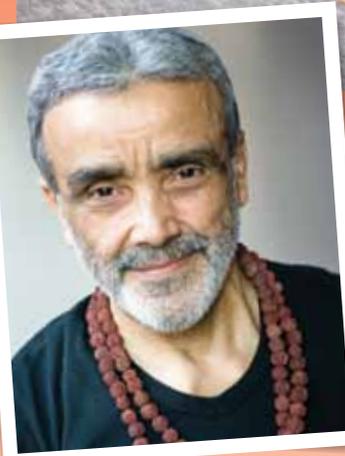
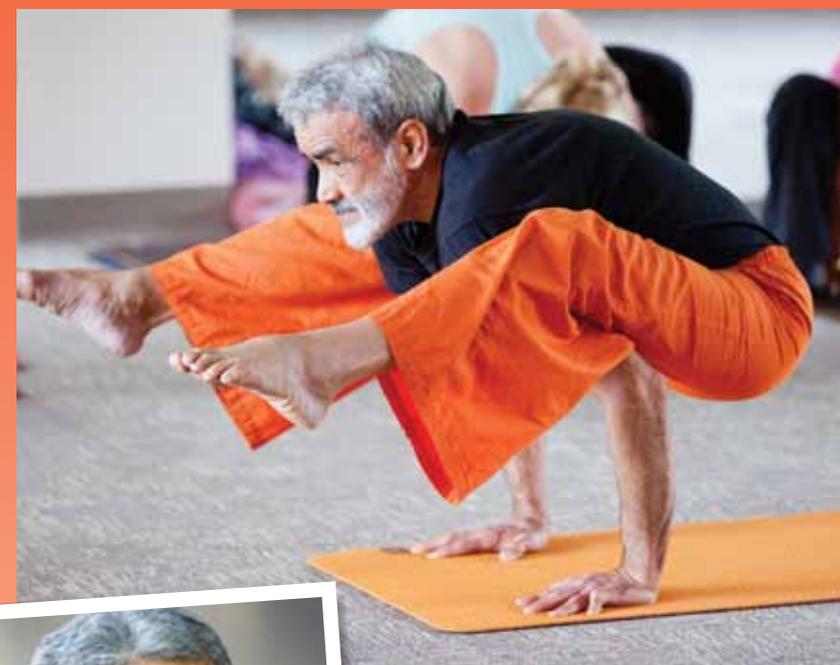
- Unwind, release layers of stored tension, and deeply renew through yoga postures, breathing, and relaxation
- Experience the exuberant joy and captivating rhythms of salsa
- Explore how the spiritual and cultural evolution of the roots of salsa complement the path of yoga
- Learn chanting from both the yogic and Afro-Cuban traditions as a way to open the door to Spirit
- Enjoy a salsa dance party on Saturday evening.

Catherine and Paul are yoga teachers and dancers known for their enthusiasm, passion, and fun-loving approach. Come dance with the Spirits!

TUITION \$210. Add 2 weekend nights room & meals; page 116. (web code SYRR-121)

Catherine Calderon is a filmmaker, yoga teacher, and professional salsa dancer who performed with Tito Puente and Celia Cruz at the famed Apollo Theatre. An initiated priestess in the Afro-Cuban Yoruba tradition, she produced and directed a PBS documentary about Latin dance titled *A Bailar!* www.shambhalayogadance.com

Paul Calderon is an Obie Award-winning actor and accomplished playwright, as well as a certified yoga teacher and salsa dancer extraordinaire. He has had leading and costarring roles in dozens of major films and teaches at New York University and the Lee Strasberg Institute. www.shambhalayogadance.com



June 29–July 1 FRIDAY–SUNDAY

Dharma Yoga Maha Sadhana: The Eight-Limbed Universal Power Behind All Action

Dharma Mittra

FOR everyone; min. 1 year yoga experience. CE credits.

Dharma Mittra, inspirational classical yoga master and leader in the West, invites you into "the life of a yogi." Founder of the Dharma Yoga Centers in New York City, Dharma has a gift for helping students achieve confidence in poses and a clear understanding of the tenets of yoga.

The challenging and therapeutic Dharma II, III, and IV Shiva Namaskara series are the backbone of Dharma Yoga. This practice is designed to

- Unfold complete movement of the spine
- Unleash your full energetic potential
- Remove toxins
- Restore radiant health
- Bring clarity to the mind
- Put power behind your thoughts.

Dharma's discourses vividly illuminate the practical and philosophical methodology of the laws of karma, reincarnation, and a yogic diet.

TUITION \$265. Add 2 weekend nights room & meals; page 116. (web code MSS1-121)

Dharma Mittra, a legendary yoga asana master for nearly half a century, was one of the first independent yoga teachers on the East Coast. www.dharmayogacenter.com



June 29–July 1 FRIDAY–SUNDAY

Divine Journey: A Chant and JourneyDance™ Weekend

Wah! and Toni Bergins

FOR all levels. **CE** credits.

Let go into a profound transformational journey of devotion, traveling on movement, music, and chant to create a skyrocketing celebration of Self. All you have to do is dance and sing your heart out, connect to Spirit, practice yoga, share, and celebrate your true self.

Wah! and Toni Bergins are phenomenal guides for this weekend of energy and joy. A musical legend in the yoga world, Wah! shares her upbeat high-energy Sanskrit chanting. Toni Bergins leads JourneyDance classes, recognized by *Conscious Dancer* magazine as one of the top conscious-movement modalities in the country. Together, they blow your hearts wide open. Come celebrate your body and your life, and join hearts, hands, and spirits with like-minded adventurers. Return home ready to flow back into life with renewed vitality and inspiration.

TUITION \$240. Add 2 weekend nights room & meals; page 116. (web code BJD-121)

Wah!, a trendsetter and spiritual pioneer, has become a sensation with her Eastern-tinged sound. Her latest album, *Maa*, features instrumentalists from the pop and hip-hop worlds. The founder of a record label with more than 10 years of touring and recording experience, Wah! is recognized worldwide as a leader and creative impulse for the yoga community. www.wahmusic.com

Toni Bergins, MEd, creator of JourneyDance™, spreads her passion for life through creative, transformative workshops and JourneyDance teacher trainings. Creator of a popular instructional CD and JourneyDance cards, she has a sense of humor and authenticity that make JourneyDance accessible to all. www.journeydance.com

evening event

Saturday, June 30, 8:00 pm
Kirtan with Wah!

Seating is limited. For details visit kripalu.org/eveningevents.



June 29–July 1 FRIDAY–SUNDAY

Gentle Yoga for All: Unleashing Joy and Vitality Rudy Peirce

FOR all levels. **CE** credits.

Yoga is a practice everyone can benefit from. Whether you are stiff, out of shape, in recovery, or you just aren't sure if yoga is really for you, there are many ways to adapt your practice to suit your individual needs.

Rudy Peirce's accessible approach to yoga unleashes vitality and joy. In this rejuvenating weekend, you

- Discover what it's like to be guided into deep stretches, easily and comfortably
- Enjoy a slow, relaxed pace, taking gradual steps into well-supported postures
- Nourish your body's healing power through a breath-based, fluid exploration of meditative movement
- Restore and rebalance as you connect movement and breath using yoga.

Explore a new sense of what's possible in this workshop where you can respond to your body on a moment-to-moment basis. Create a practice for life, a tonic to stimulate your resilience amid life's daily ebbs and flows.

TUITION \$210. Add 2 weekend nights room & meals; page 116. (web code YG-121)



Rudy Peirce, MA, E-RYT 500, has studied and practiced yoga and meditation for more than 30 years. A certified teacher since 1983, he is the creator of the popular CD set *The Gentle*

Series. He guides self-empowering, mindful yoga experiences that facilitate a deep release for beginners and experienced practitioners alike. www.gentleyogi.com

June 29–July 1 FRIDAY–SUNDAY

Seven Sins for a Life Worth Living Roger Housden

This weekend is a cry for freedom from the conventional standards that obscure the call of your soul. It's an invitation to a life of reverence, joy, and meaning without dogma. A small yet dramatic shift in perspective can lead to a radical new openness of heart and mind.

Writer Roger Housden's experience is that a good poem can be a catalyst for life-changing action. He uses poetry and group exercises to facilitate an exploration into the freedoms that seem to go against prevailing cultural wisdom. These include the freedoms of

- Not being perfect
- A sensuous life
- Not knowing
- Being ordinary
- Silence
- Doing nothing.

Roger also delves into the idea that yours is the only life you can save. This reflection on the nature of freedom and pleasure asks deep questions about the way we live.

RECOMMENDED READING Roger Housden, *Seven Sins for a Life Worth Living*; *Ten Poems to Change Your Life*; and *Ten Poems to Say Goodbye* (all from Harmony).

NOTE Bring a pen and paper.

TUITION \$225. Add 2 weekend nights room & meals; page 116. (web code SSSL-121)



Roger Housden is an inspirational speaker and author of 20 books that encourage readers to live into the best that they are. www.rogerhousden.com

June 29–July 1 FRIDAY–SUNDAY

Hiking, Yoga, and Qigong: Finding Flow in Nature Greg DiLisio

FOR all levels. **CE** credits.

Explore less-traveled, scenic trails of the Berkshires, guided by longtime program director Greg DiLisio. Hike to beautiful lakes, mountains, waterfalls, and serene forests. Throughout the weekend, you practice restorative, Yin, and flow yoga and qigong, adapted to your ability. These simple, mindful practices are the perfect complement to hiking, serving to nourish your energy and cultivate a focused, peaceful state of mind.

In this active program, you learn

- How to hike with awareness of nature
- Qigong movements coordinated with breath
- Recovery stretches and yoga for deep relaxation.

In addition, you have a chance to review and take home practical tools for living well along with an evidence-based qigong and yoga practice.

NOTE Bring a small backpack or fanny pack, water bottle, hiking boots, clothing to layer, swimsuit, sunscreen, sunglasses, hat, and insect repellent. Please eat lightly before opening night.

TUITION \$230. Add 2 weekend nights room & meals; page 116. (web code QN-121)



Greg DiLisio, MAc, is an experienced acupuncturist, holds high-level qigong, tai chi, and yoga teacher certifications, and is passionate about moving energy through outdoor sports in all seasons. Greg is featured in the DVD *Qigong and Tai Chi, Following Movement in Nature*. www.mycenteredheart.com



June 29–July 1 FRIDAY–SUNDAY

Peak Prosperity Chris Martenson and Becca Martenson

Feeling concerned about the future? The convergence of the broken global economy, peak oil production levels, and fast-depleting natural resources virtually ensures that the next 20 years will be completely unlike the last 20. An evolution of Chris Martenson's popular *Crash Course* series, this workshop arms you with an understanding of the key trends transforming life as we know it. Learn how the choices you make today determine how you enter the future—and how to shape the future with enthusiasm and confidence.

This workshop offers

- Skill-building exercises to develop emotional, financial, and physical resilience
- An insider's understanding of the *Crash Course* framework and how to use it to determine which aspects of your life are most vulnerable to future risks
- Becca Martenson's expertise in focusing and visioning
- A personalized action plan to increase your prosperity
- A community of like-minded participants that will last long after the weekend ends.

Return home with peace of mind, knowing that you are equipped to meet the future head-on and prosper in it.

REQUIRED VIEWING/RECOMMENDED READING See this program on the Kripalu website.

TUITION \$265. Add 2 weekend nights room & meals; page 116. (web code WPP-121)

Chris Martenson, PhD, MBA, is an economic researcher whose video seminar and book, *The Crash Course*, distills the interconnected forces in the economy, energy, and the environment that are shaping our future. www.chrismartenson.com

Becca Martenson is an expert at navigating the emotional and belief-centered challenges that impede positive change. She helps others make life transitions using visioning and coaching.

yoga nidra: power yoga of the mind

by Susan Abbattista

don't miss

Jennifer Reis at Kripalu:
Yoga and Deep Relaxation
Retreat: The Gift of Divine
Sleep Yoga Nidra,
July 1–6 (see page 61).

Right now, you're the proverbial fly on the wall—not just any old fly, but one with Zen leanings and mystical vision. You're hanging out in the yoga studio where I do my regular practice. The studio is located on a busy urban street in Cambridge, Massachusetts. Inside, there are about 60 yoga mats, all lined up within an inch of each other. Upon those mats, bodies of all ages, shapes, and sizes move in tandem (more or less) for 90 minutes. From your spot on the wall, you can plainly see that this is a very intense vinyasa practice. A million Sun Salutations. Then you realize: Darn, it's hot! Like, Miami hot. Everyone's sweating like mad. Even the windows are sweating!

There's me, standing near the back, in the coolest possible spot, where a thin crack under the door lets in precious air molecules from outside. I have just finished the balancing postures—Eagle, Dancer's, Half-Moon, Tree—and am resting in Child's pose. Man, this

practice is tough! As the fly on the wall, you see me here a lot. I may not attempt every single pose, but I do my best—sweating, stretching, and burning through all the excess mental and emotional baggage of the day. By the end of class, I'm a wet rag, eyelashes clumped and pointed, like rays of stars. You observe: With all that physical movement, something has shifted. I'm calmer, more at peace with what is. You are indeed one perceptive fly.

One day, toward the end of September, you decide you've had enough of Boston's back-to-school keg-party scene and you fly out to Kripalu. Ah, the Berkshires! The air is so clean and fresh! You land upon the yellow wall of a beautiful studio where about 30 people are apparently doing yoga. But they're lying in the dark. Tucked under blankets, they are woolly lumps with human ears, noses, and lips. They appear to be doing nothing more than listening and breathing. You land upon one of the lumps. Hey, Fly, it's me! You buzz with surprise: *You! What's a power yogini like you doing in a place like this?* That's a great question, my observant friend. For you, I've written this story.

One of my favorite vinyasa yoga teachers once said, "If dropping into stillness is the hardest thing for you to do, then that is what you need the most." And so, sometime around the first frost, I came to Kripalu to try a meditative practice called yoga nidra. Translated as "yogic sleep" or "divine sleep," this type of yoga focuses on systematic relaxation of the body while the mind enters a state of deep,

meditative awareness—like dreaming while fully awake. The technique was developed by Swami Satyananda in the 1960s to make advanced, centuries-old practices of tantric meditation more accessible to everyone.

Yoga nidra comprised the meat-and-potatoes (or tofu-and-rice) segment of a retreat called Yoga and Deep Relaxation Retreat: Journey to Inner Peace. Like most of the other 30-or-so participants, I'd never done this type of yoga before and didn't quite know what to expect.

One thing I did know: Underneath my blanket, I was an exhausted mess. Summer had passed in a hazy blur of work and play—and, admittedly, too many margaritas. Now here it was, the onset of fall, the hardest seasonal transition for me. I felt myself floating and drifting, a balloon accidentally released from the fist of a child. I needed to reel myself back in.

I wasn't alone. Most of the other participants also confessed to being deeply fatigued. On the first night, everyone told their stories. A tan, lanky man from California postponed a trip to Paris so that he could hop off the surfboard of life. A friendly couple from New Jersey needed time to decompress from their management jobs. A shy

woman shared that this was her first trip without her husband and kids; she had come here to get to know herself a little better. And my favorite: the tough-on-the-outside/soft-on-the-inside cop who was trying to gain some emotional footing around the 10-year anniversary of September 11. Like many first responders, she still seeks an elusive peace.

Our teacher, Jennifer Reis, guided all of us with compassion. I saw her as Divine Big Sister, with soulful eyes, a playful spirit, and a golden voice as soothing as warm maple syrup on pancakes. Twice a day for five days, she turned off the lights, made sure we were absolutely comfortable, and took us on an hour-long journey inside ourselves. The only instruction: Listen and don't try too hard.

Over the course of five days, some unspoken guidelines (or pointers) emerged from the darkness:

Stay awake if you can. "Divine sleep" is really not about sleeping (though you might). In this ultra-relaxed state of consciousness, your mind is focused, fully alert, and receptive. This experience is sometimes called the relaxation response, where deep healing and regeneration can happen.

Don't worry if you can't relax at first. You may find that divine sleep may not feel too, well, *divine*. For me, it was a slow process of trusting and letting go. In fact, for the first two days, I felt like an egg sitting on the edge of a kitchen counter. My back ached. If I really let myself relax to the core, would I smash to the ground? And would I be able to clean up the mess afterward?

Trust the flow. It can seem formless and passive, but the ancient practice of yoga nidra is as systematic as most any other yoga flow. There is a basic sequence: Get comfortable; set an intention for your practice; relax each part of the body;

take a guided journey (maybe it's a forest, field of sage, or warm beach); see what you see; feel what you feel; repeat your intention; return to your self. On a deeper level, the sequence moves you through all layers (called koshas) of your consciousness—physical, energetic, mental, emotional, and spiritual. When you're done, as in other practices, you feel as though you've landed in a different place from where you started. You know yourself a little better.

What makes this yoga so powerful, in my opinion, is summed up by one word: vision. Not just everyday vision but ultra-vivid perception, like suddenly having a lens that magnifies your moment-by-moment experience. Sometimes the lens is tightly focused on the tiny details; other times, it's a wide-angle view that takes in everything. This is the power of the focused gaze, or *drishti*, as it is called in Sanskrit. It resonates on many levels.

Inner vision. In the deepest depths of yoga nidra, a film plays out in the darkness of your mind. And like studying an abstract piece of art, you may see signs, symbols, or metaphors. You close your eyes and gaze into your heart. You find words

there, like "freedom." You see symbols. A turtle retracted inside its shell. The stop sign that actually says GO. The picnic table from your childhood. The backyard of your first home. The tablecloth your mother used for company. You see the faces of people who have passed on. Your uncle handing you change from his pocket. Your small, outstretched hand. Your father giving you his blessing: "Be happy." You see the elements of your life that resonate most. The things that make you, you.

Outward vision. After doing this for a few days, you start to have a different view of everything around you. The world moves more slowly, and so do you. You see the autumn leaves in exquisite detail—sad and beautiful at once. Bands of color stretch across the mountains, banners of change. You decide to sit outside for awhile. Two rabbits emerge from the bushes. They munch on the grass at your feet, unafraid. You see for the first time the gentle curve of their glassy eyeballs, and your reflection bending along the shiny arcs. It fills you with a complicated feeling, hard to name. Something like gratitude mixed with longing.

Soft vision. By the fifth day, you see yourself, and others, with more gentleness. You realize everyone is searching for the same thing. You watch yourself heading back down the long driveway at Kripalu. You take a breath. You watch yourself wondering "What now?" You feel yourself at a crossroads. You remember the stop sign with GO written on it. You see very clearly how, in life, you always hold yourself back a little. And how it may be time to let go of the reins. Yes. Let go.

A wise swami once said, "Observation without judgment is the greatest spiritual practice of all." I would have to agree. But I would say it this way: Become a cosmic fly on the wall of your own experience. Trust what you see. ■

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22	23	24	25	26	27	28
29	30	31				



July 1–3 SUNDAY–TUESDAY

Zumba® and Dance: Ditch the Workout, Join the Party! Shahidah Ansari and Samuel Salazar

CE credits.

Lose yourself in hypnotic rhythms from around the world with Shahidah Ansari and Samuel Salazar, Zumba choreography specialists. Experience the Zumba Fitness® Program, an exhilarating total-body workout that has revolutionized the way millions of people think about exercise.

In this program, you learn

- The basic steps for salsa, merengue, belly dance, Bollywood, samba, and many other dances to improve your Zumba Fitness skills
- Moves to take from the studio to the dance floor
- Stretches to keep your best assets limber
- How to shape up, have fun, and discover a fitter, sexier you.

Don't miss this exclusive and intimate opportunity to enjoy the many benefits of Zumba with Shahidah and Samuel. Whether you're a Zumba teacher, a Zumba fan, or want to discover what all the Zumba buzz is about, come prepared to sweat, laugh, build confidence, and join the party.

TUITION \$215. Add 2 midweek nights room & meals; page 116. (web code DWZ-121)



Shahidah Ansari travels from New York to Paris, teaching Zumba Fitness® and leading sessions to teach choreography to members of the Zumba Instructors Network (ZIN™).



Samuel Salazar teaches at the world-renowned Alvin Ailey Dance Theater and travels the world presenting Zumba Fitness® Master Classes and ZIN™ sessions as a Zumba Jammer™.

July 1–6 SUNDAY–FRIDAY

Yoga, Shamanism, and the Dance of Nature Ray Crist

FOR all levels. **CE** credits.

Celebrate life in this all-encompassing workshop that blends the power of yoga with an introduction to shamanism. Ray Crist holds the space for transformation and self-healing, teaching practical and grounded tools in a program that includes

- Daily all-levels yoga (mostly in nature)
- The four elements as presented by the Tibetans and by Peruvian shamans
- Dancing and celebrating in a fire ceremony
- The masculine/feminine dance of Shiva and Shakti
- Ayurvedic principles
- A drum circle
- Meditation
- Hiking to take in the summer's nectar.

Access your personal power and enhance your perception through exercises in nature. Ray leads an exploration of the sacred masculine and the sacred feminine, the dance of Shiva and Shakti, helping you to understand those energies within yourself and how they play out between intimate partners and all interactions between people.

Don't miss this opportunity to appreciate the sweetness of summer, dance to drums around a campfire, and stargaze as you listen to shamanic tales and Hindu myths.

TUITION \$310. Add 4 midweek nights and 1 holiday night room & meals; page 116. (web code YSDN-121)



Ray Crist is a certified yoga teacher who was initiated as a healer and teacher by the Quero Indians in the Andes of Peru. www.yogaandshamanism.com

register by phone **800-741-7353**

CE credits find out more on page 118



Kripalu healthy living immersion program

July 1–6 SUNDAY–FRIDAY

Yoga for Life

Cristie Newhart and Healthy Living Faculty

An integrative approach to yoga on and off the mat.

CE credits.

Whether you are 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 one's individual strengths and limitations, Kripalu Yoga offers possibilities of increased balance, health, well-being, and transformation.

Senior-level yoga faculty use an integrated approach designed to expand your understanding of yoga on and off the mat. You not only learn to create a yoga flow appropriate to your needs, but also how a yogic lifestyle that incorporates meditation, breath awareness, mindfulness, and conscious communication can foster health and vitality. This program is for people who want to

- Create a yoga flow to practice and expand on at home
- Rejuvenate your yoga practice
- Cultivate greater health and well-being
- Practice techniques for stress relief
- Understand the benefits of meditation and yogic breathing techniques.

Return home renewed, refreshed, and ready to bring more yoga into your life.

TUITION \$425. Add 4 midweek nights and 1 holiday night room & meals; page 116. (web code RRMV-123)

FIND OUT MORE [➔](#) about Kripalu Healthy Living immersion programs on page 16.



Cristie Newhart has been studying Kripalu Yoga for more than a decade. She currently teaches R&R retreat workshops and guest yoga classes at Kripalu and leads workshops on yoga and spiritual living throughout the country.

healing arts get inspired on page 14

July 1–6 SUNDAY–FRIDAY

Chakra Detox Immersion: A Complete Physical, Mental, and Emotional Detox Ashley Turner

FOR everyone with min. 1 year yoga experience and knowledge of Sun Salutations. **CE** credits.

Free up blocks in your body and tap into your true potential. In this immersion, you strategically clear your body, mind, and heart while obtaining a concrete understanding of the chakras. The cornerstone of yogic psychology, the chakras are an ancient map detailing the complex relationship between the structural body, endocrine system, human development, emotions, past traumas, the elements, and mythology.

- Each day focuses on a specific chakra. Mornings include discussion, ritual, and group work, followed by afternoons of sweaty vinyasa yoga choreographed for one particular chakra, cascading into sublime meditation. You
- Feel lighter, clearer, refreshed, and renewed
 - Revitalize the digestive, respiratory, immune, and lymphatic systems
 - Explore how family history affects health
 - Identify where emotions live in the body
 - Recognize overactive or underactive tendencies for each chakra
 - Learn specific foods, asanas, mudras, and mantras for each chakra.

This program is also recommended for health-care professionals, therapists, psychologists, teachers, and bodyworkers looking for practical ways to integrate Eastern and Western medicine.

RECOMMENDED READING Anodea Judith, *Eastern Body, Western Mind* (Celestial Arts) and *Wheels of Life* (Llewellyn).

TUITION \$325. Add 4 midweek nights and 1 holiday night room & meals; page 116. (web code CDI-121)



Ashley Turner, MA, MFTI, elevates personal growth as a lifestyle, specializing in yoga psychology. She teaches yoga and meditation, writes, and maintains a private practice in body-mind psychotherapy in Santa Monica, California. She is an ordained priestess and the creator of several Element Yoga DVDs. www.ashleyturner.org

register online [➔ kripalu.org](#)



Kripalu schools of yoga and ayurveda

July 1–27

Kripalu school of yoga
200-Hour Monthlong Certification
Devarshi Steven Hartman and Jovinna Chan
FIND OUT MORE on page 22.

July 29–August 24

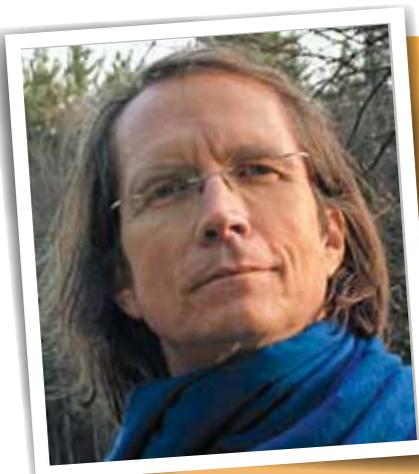
Kripalu school of yoga
200-Hour Monthlong Certification
Sudha Carolyn Lundeen and Priti Robyn Ross
FIND OUT MORE on page 22.



get away with someone you love.

Take time to nurture your relationship—relax and share new experiences in a Kripalu R&R retreat. Explore workshops to rejuvenate your body, inspire your mind, and lighten your spirits.

Kripalu R&R retreat
come home to yourself.
Find out more on page 12.



July 1–6 SUNDAY–FRIDAY

Still, Small Voice Within: Meditation, Focusing, and Intuition Training

Jonathan Foust (Sudhir)

FOR all levels. **CE** credits.

Einstein said, "No problem can be solved from the same level of consciousness that created it." In order to climb out of any rut, resolve any problem, or sense your path from a new perspective, you have to shift your awareness. This retreat is designed to immerse you in practices that can generate such a shift.

Insight (vipassana) meditation teaches you to pause and recognize what is present, allowing you to see with increasing clarity into the nature of things. Focusing is a tool that trains the mind to be intimately present to the "felt sense," and to investigate what arises from the field of direct sensation—all of which can result in access to wisdom and compassion.

Combined, these two techniques generate a unique, in-depth experience of awakened heart and mind. Through these full days of practice, talks, presentations, one-to-one exercises, and discussion, you find yourself moving into deep self-inquiry, developing skills you will carry with you for the rest of your life.

NOTE This retreat is intensive in nature and may preclude other activities. Much of the retreat will be held in social silence.

TUITION \$375. Add 4 midweek nights and 1 holiday night room & meals; page 116. (web code SVW-121)

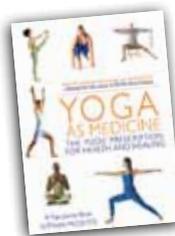
See full biographical information for Jonathan Foust (Sudhir) on page 52.



July 1–6 SUNDAY–FRIDAY

Yoga as Medicine: The Yogic Path for Health, Healing, and Personal Transformation

Timothy McCall



FOR all levels, including yoga teachers, health professionals, and people seeking yoga therapy for health conditions. **CE** credits.

Interested in learning how to use yoga to help treat and prevent a wide range of physical and emotional con-

ditions? In this hands-on immersion, you have the opportunity to practice evaluating students and planning personalized therapeutic yoga routines in small groups, under the supervision of medical doctor Timothy McCall and his assistants.

Topics in this workshop include

- Techniques to systematically evaluate students (and yourself) structurally, energetically, psychologically, and spiritually
- How to select and apply yogic tools such as postures, breathing techniques, meditation, restoratives, and yoga nidra (guided visualization and relaxation)
- Anatomical principles that deepen yoga practice and make it safer
- The vital links between the breath, nervous system, and mind
- Adjusting yoga practice in response to health challenges
- Ayurvedic insights that deepen yoga's therapeutic potential.

Explore the ancient yogic formula for healing and transformation that's being validated by contemporary science.

TUITION \$420. Add 4 midweek nights and 1 holiday night room & meals; page 116. (web code YAM-121)



Timothy McCall, MD, is a board-certified specialist in internal medicine, dedicated yoga practitioner, and author of *Yoga as Medicine: The Yogic Prescription for Health and Healing*. www.drmccall.com

July 1–6 SUNDAY–FRIDAY

Sharing Your Life Story: From the Page to the Stage

Ann Randolph

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

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

Through improvisation, writing exercises, and group discussion, find your authentic voice, along with an honest, organic way to express your truth. Ann Randolph offers a supportive, fun, and dynamic space in which to create. All levels are welcome in this workshop designed for those seeking to explore personal essay, memoir, solo performance, or the sacred practice of journaling.

TUITION \$300. Add 4 midweek nights and 1 holiday night room & meals; page 116. (web code SYLS-122)



Ann Randolph is considered one of the most gifted and innovative writer-performers in the country. Direct from her off-Broadway hit, *Squeeze Box*, produced by Mel Brooks and the late Anne Bancroft, she teaches and tours extensively. www.annrandolph.com

evening event

Saturday, July 7, 8:00 pm

Loveland Performance with Ann Randolph

Seating is limited. For details visit kripalu.org/eveningevents

July 1–6 SUNDAY–FRIDAY

Yoga and Deep Relaxation Retreat: The Gift of Divine Sleep Yoga Nidra

Jennifer Reis



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

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

Give yourself permission to

rest, balance, restore, and tap into new sources of energy. This nourishing retreat is the perfect combination of yoga postures, breathing, and deep healing rest using yoga nidra, or divine sleep.

The antidote for modern life, yoga nidra is a meditative practice that awakens your body's innate healing energy and empowers you to live fully. Nothing is required of you but to lie down and listen. During this retreat, you

- Awaken with revitalizing yoga
- Reclaim your inner radiance
- Alleviate muscular tension along with mental and emotional stress
- Experience deep peace
- Learn to stimulate your body's natural healing response
- Feel whole again
- Take home easy practices proven to foster wellness.

Yoga nidra master teacher Jennifer Reis skillfully guides you through the physical, energetic, emotional, mental, and intuitive layers of your being, bringing you into an experience of wholeness.

TUITION \$325. Add 4 midweek nights and 1 holiday night room & meals; page 116. (web code YDRR-123)



Jennifer Reis, E-RYT 500, LMT, yoga therapist and senior Kripalu Yoga instructor, created the CD *Deep Relaxation: Guided Yoga Nidra*. She has been teaching since 1996. www.jenniferreisyyoga.com

Read an article featuring Jennifer on page 56.



July 3–6 TUESDAY–FRIDAY

All Together Singing: Creative Ways to Make and Listen to Music with Your Family

Nerissa and Katryna Nields



FOR families with children ages 5 and older.

Kick off your summer with an infusion of family, music, and fun. This workshop promotes harmony by helping you create music together in a safe, joyful, and playful space.

Nerissa and Katryna Nields give parents fun and practical tools, demonstrating how music can be brought into a variety of family experiences in simple and creative ways.

In this workshop, you

- Identify the musical bonds that hold your family together
- Write songs
- Sing in harmony
- Make instruments
- Share what you've learned in a memorable performance
- Embark on a special Fourth of July outing to Tanglewood to enjoy family festivities and the highly acclaimed James Taylor concert, followed by fireworks.

Music lovers of every experience level are welcome here. Come away with renewed family bonds and a map for family harmony for the rest of your lives.

NOTE Tuition includes tickets to Tanglewood, materials to make instruments, and children's snacks. A separate fee of \$20 per family for a songbook must be paid directly to the presenters on the first night of the program.

TUITION Adults: \$310 (web code CMWF-121). Add 2 midweek nights and 1 holiday night room & meals; page 116. Kids: \$190 (web code CMWC-121). Add children's housing; see the Kripalu website or call for rates.

Nerissa and Katryna Nields have been making music professionally for more than 20 years, traveling the country as members of the beloved folk-rock band the Nields. www.nields.com

July 6–8 FRIDAY–SUNDAY

Yin and Yang Yoga: An Exploration of Stillness, Alchemy, Power, and Flow

Paulie Zink

FOR all levels. **CE** credits.

Paulie Zink's approach to yoga is about finding and following your own individual path. Presenting his art in a personal, authentic, and accessible manner, Paulie gently guides you in opening to your intuitive heart and discovering the unique artist inherent within you.

This workshop reveals the deeper dimensions of Yin and Yang Yoga, exploring postures inspired by the movements of animals and poses that activate the elemental forces within your energetic field. Through this practice, you

- Fully engage your connection with the natural world

- Awaken to your spontaneous and playful spirit
- Transcend the boundaries of assumed limitations
- Learn how to be yoga, to live it in your day-to-day activities, and to touch the lives of others.

Paulie teaches that motion comes from the stillness of yin. The purpose of Yin Yoga is to promote flexibility and healing, develop the flow of energy in your body, and enliven your innate ability to move with fluidity, power, and grace.

TUITION \$215. Add 2 weekend nights room & meals; page 116. (web code YYYY-121)



Paulie Zink is the founder of Yin Yoga. A three-time international martial arts grand-champion, he is renowned for his fluidity, flexibility, and artistry of motion. www.pauliezink.com

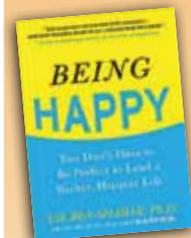




July 6–8 FRIDAY–SUNDAY

Positive Psychology: The Science of Happiness

Tal Ben-Shahar



FOR all levels. **CE** credits.

Can you learn to be happier? Absolutely! Tal Ben-Shahar, author of *Being Happy*, taught the most popular course at Harvard University—Positive Psychology, the study of optimal human function-

ing. Come find out how the “happiness class” can help you enhance your general well-being, self-esteem, and motivation.

Integrating theory and practice, East and West, philosophy and psychology, Tal teaches how to use the most effective tools available to feel more connected, fulfilled, and, yes, happier. The focus of this program is on enhancing self-acceptance, motivation, positivity, and general well-being.

This weekend includes some meditation practice; however, no prior knowledge or experience is necessary. You leave with a set of principles you can begin to use right away.

TUITION \$240. Add 2 weekend nights room & meals; page 116. (web code PPAY-121)

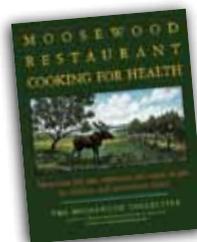
Tal Ben-Shahar, PhD, taught at Harvard University, where his courses on Positive Psychology and the psychology of leadership were among the most popular in the university's history. Tal's best-selling books have been translated into 25 languages. He lectures and consults for Fortune 500 companies, governments, and educational authorities around the world. www.talbenshahar.com



July 6–8 FRIDAY–SUNDAY

Simple Summer Cooking with Moosewood Restaurant

David Hirsch



CE credits.

Are you passionate about eating good, healthy foods and want some inspiration for your culinary explorations? Summer is a time when the menu is lighter and the accent is on quickly prepared, refreshing foods, including stir-fries, salads, and chilled soups. Learn how to take advantage of the wealth of local produce available this summer, whether it's from your own garden, a farmers' market, or other sources.

In this workshop, you discover the wide palette of herbs, spices, vegetables, whole grains, and vegetarian protein sources that reflect the multiethnic, innovative cuisine at the center of Moosewood's cooking. David Hirsch has been involved with Moosewood for more than 30 years and is the author of *The Moosewood Restaurant Kitchen Garden*, a gardening book for cooks. Coauthor of all 12 Moosewood Collective cookbooks, David offers tips and background information on the entire spectrum of vegetarian cooking. Expand your menu repertoire, increase your confidence in the kitchen, and savor the opportunity to enjoy all of the foods prepared in class.

NOTE This is primarily a cooking demonstration workshop. Closed-toe shoes are required for all workshop sessions.

TUITION \$235. Add 2 weekend nights room & meals; page 116. (web code SSCM-121)



David Hirsch has been involved with the famed Moosewood restaurant in Ithaca, New York, since 1976. He is author of the *Moosewood Restaurant Kitchen Garden*, coauthor of all 12 Moosewood

Collective cookbooks, and a presenter of classes, cooking demos, lectures, and workshops. www.moosewoodrestaurant.com

July 6–8 FRIDAY–SUNDAY

Diving Into the Body: The Essentials of Energy Medicine for Self-Care

Ann Marie Chiasson

CE credits.

Explore the energy field, the basics of energy medicine, and the fundamentals of vitality and energy flow with medical doctor Ann Marie Chiasson, who began to learn and practice energy medicine prior to entering medical school. During her training, she discovered the benefits of blending conventional health care with energy medicine and other traditional healing modalities, leading her to study with healers, teachers, and shamans from multiple traditions.

Using movement and self-healing exercises, you

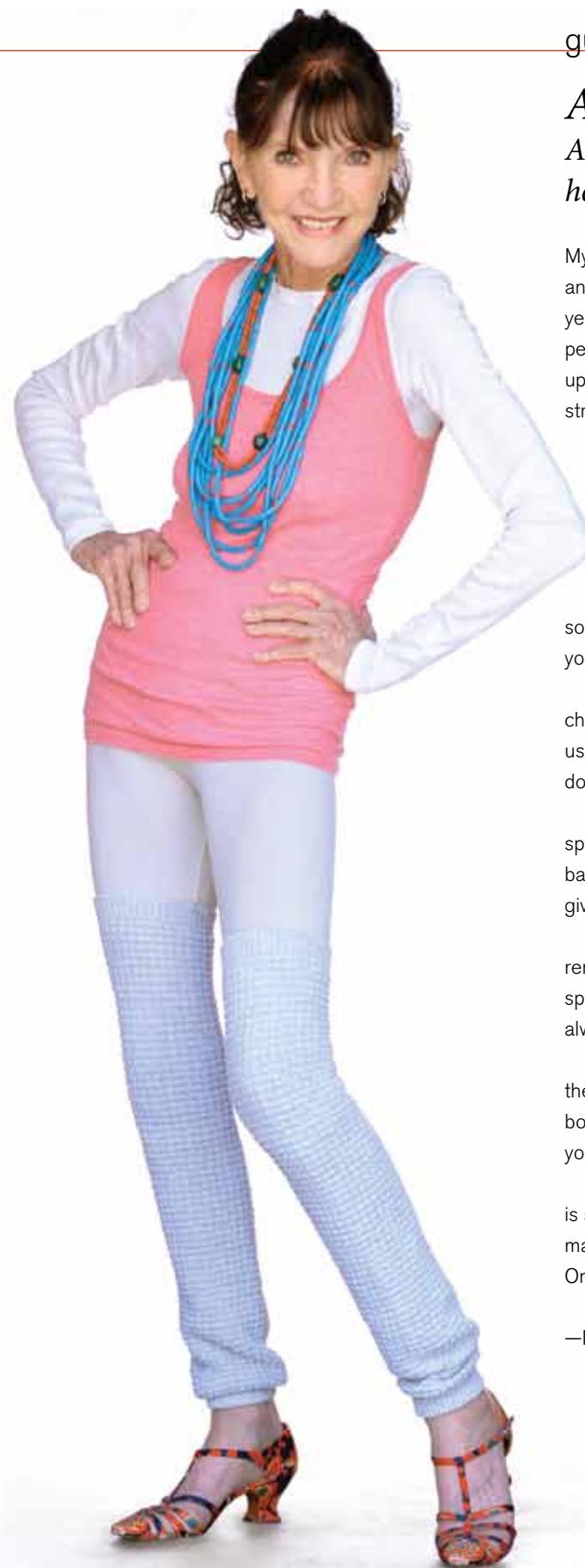
- Examine the health of the body's energy field, remove blocks, and increase energy flow
- Develop a deeper relationship with states of awareness housed within the body to augment vitality and healing
- Explore awakening through the body, a radically different approach from techniques that emphasize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

Ann Marie addresses specific health issues, chronic illness, and chronic pain states as needed by workshop participants.

TUITION \$225. Add 2 weekend nights room & meals; page 116. (web code DIB-121)



Ann Marie Chiasson, MD, is clinical assistant professor of medicine for Arizona Center for Integrative Medicine at the University of Arizona, where she teaches integrative medicine, energy medicine, and ceremony. Coauthor with Dr. Andrew Weil of *Self-Healing with Energy Medicine*, she maintains a private integrative medicine practice in Tucson, Arizona. www.annmariechiassonmd.com



guest story

As Young As You Feel

An octogenarian brings a lifetime of experience to her practice—and her classmates.

My motto is “Don't wait to expire!” Age has never meant anything to me, and at 88, I'm proof that it's never too late to learn something new. Five years ago, I was inspired to learn how to dance the tango, and now I perform it regularly with my 76-year-old partner. And at age 84, I picked up yoga, since I knew it would help me maintain the balance, core strength, and elasticity I need to continue dancing.

I have Kripalu to thank for challenging me and encouraging me to stick with yoga. I made my first visit with my sister, who was 91 at the time. We loved that it was near Tanglewood, where we'd gone as children every summer with our parents. The ambience was magnificent, and it was incredible to have everything at our fingertips. Kripalu's variety of offerings is tremendous, and there's something for everyone: I saw very young kids and older people doing yoga, meditation, and all kinds of spirituality practices.

As a ballet dancer when I was younger, I learned to enjoy the challenges of working hard at something, which I apply to yoga. I'm usually the oldest one in my yoga class, and I often hear, “If Phyllis can do it, anyone can.”

I like how older people can take yoga and progress at their own speed. Look at me: I have arthritis in my spine but I can do a full backbend. Your body is like an engine, and if you don't run the engine, it gives out. Listen to your body—it tells you everything.

Today, I never leave my house without doing yoga first. My body remembers the movements, even better than my brain does. I do full splits on both sides every day. I love Triangle—it's a beautiful pose. And I always do Pigeon.

It's unusual for someone in their eighties to be so active. But I think these things are always dormant in your body, and at a certain time, your body gives birth to them. I have no idea where my desire for tango and yoga came from, but it's here—and the journey has been marvelous.

I'm close to 90 and every morning, I face a challenge: My back is sore, a hip is tight. But I don't think about that. It's the journey that matters. Still, I really want to be able to do a handstand and full Lotus. One day, I'll get there.

—Phyllis S., Los Angeles, California

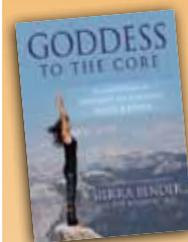


July 6–8 FRIDAY–SUNDAY

Goddess to the Core®: An Inspired Workout to Maximize Your Fitness, Beauty, and Power

Sierra Bender with Jeff Migdow

FOR women and teens. CE credits.



Sierra Bender—founder of the Sierra Bender Empowerment Method® and Boot Camp for Goddesses®, and author of *Goddess to the Core*—empowers women to lead with power, purpose, and passion. Her method transforms all four

planes of your existence—physical, mental, emotional, and spiritual. This unique, multi-modal approach enables you to claim your worth, take command of your space, sculpt your shape, and balance your emotions while remaining in your core feminine essence.

In this workshop, Sierra joins with medical doctor Jeff Migdow to teach you how to

- Manifest what you require, desire, and deserve
- Break through unhealthy thought patterns and belief systems
- Release emotional baggage
- Strengthen your core by following your intuition, instincts, and senses
- Build stamina, strength, and flexibility in all four bodies: physical, mental, emotional, and spiritual
- Be victorious and courageous, not victimized or compromised
- Revitalize your sensual and sexual nature
- Connect more deeply with Mother Earth, the most accessible Goddess of all.

This program features yoga, meditation, hiking, board breaking, weight training, core energy techniques, and the Sierra Bender Band® workout.

NOTE Teens must be accompanied by an adult registered for this program. See this program on the Kripalu website for more information.

TUITION \$300. Add 2 weekend nights room & meals; page 116. (web code BFYH-121)

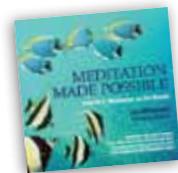
Sierra Bender is an internationally acclaimed women's advocate, founder of the Sierra Bender Empowerment Method® (SBEM), and author of *Goddess to the Core*®. www.sierrabender.com

“ There’s always something new I take away every time I come to Kripalu—it’s amazing how that works.”

—Christine M., RN, East Longmeadow, Massachusetts

July 6–8 FRIDAY–SUNDAY

Introduction to Meditation Bhavani Lorraine Nelson



CE credits.

Have you heard about the benefits of meditation and wondered what the practice is really like? Or perhaps you’ve had some meditation

instruction, but have not yet found a technique that fits your temperament and lifestyle, and allows you to sustain a regular practice.

This weekend introduces you to several major meditation techniques from the yogic and Buddhist traditions, including

- Meditation on the breath
- Loving-kindness, or metta, meditation
- Walking meditation
- Pranayama (breathing exercises)
- Meditative Sanskrit chanting.

A popular Kripalu presenter, Bhavani is known for her clear instruction and user-friendly approach. Take away the inspiration and clarity you need to continue meditating at home, along with a meditation practice that brings greater peace, equanimity, and contentment to your life.

TUITION \$215. Add 2 weekend nights room & meals; page 116. (web code ITMR-122)



Bhavani Lorraine Nelson is a professional-level Kripalu Yoga teacher who has practiced and taught meditation for more than 40 years. She leads workshops in meditation, mindfulness, stress reduction, and the power of the voice. She has several albums of singing, chanting, and sound-ing experiences in addition to her *Meditation Made Possible* CD series.

www.bhavanilorrainenelson.com

bring the kids



July 6–8 FRIDAY–SUNDAY

YogArts for Kids Craig Hanauer

FOR kids ages 5–11.

Calling all kids who love to collect things outdoors, do art projects, and make new friends. Come learn yoga, get your face painted, swim, and play. In this workshop, we walk on trails in the woods, find cool things near the lake, and make new discoveries everywhere we go.

Craig Hanauer’s YogArts is a unique weekend program for children that integrates the creative arts, yoga, and outdoor fun. Parents, don’t be surprised if your kids refuse to leave!

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

ALSO OFFERED July 27–29, August 10–12, and August 31–September 3.

TUITION \$200. Add 2 nights children’s housing; see Kripalu’s website or call for rates. (web code CPYA-122)



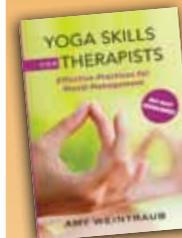
Craig Hanauer is an NYS-certified creative arts therapist, art teacher, and Kripalu Yoga teacher committed to the health and empowerment of children. www.everykidsyoga.com



July 6–13 FRIDAY–FRIDAY

LifeForce Yoga® Practitioner Training for Depression and Anxiety: Level 1

Amy Weintraub with special guests Richard P. Brown and Patricia Gerbarg



FOR yoga teachers and health professionals. CE credits.

This training interweaves ancient yogic wisdom with current findings in neurobiology. Learn an evidence-based yoga protocol to help your students

and clients focus, relax, and have greater access to feeling states. These strategies, appropriate for a clinical setting, can safely release chronic physical tension and repressed emotion.

Through yoga practice, discussion, and practice-teaching sessions, you

- Design one-on-one yoga sessions for dysthymia (chronic depression), anxiety-based depression, PTSD, and bipolar disorder
- Learn breathing and meditation practices for addressing dysthymia and anxiety-based depression
- Add somatic strategies to your clinical practice and yoga classes that increase your clients’ self-awareness, self-acceptance, self-esteem, and ability to cope
- Experience techniques you can teach your clients and students to do at home.

In the process of learning, you are also practicing tools for self-care.

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

NOTE Tuition includes a manual. This program has extended hours and qualifies for 58 CEUs in the state of Florida for addiction and mental health professionals. Check your state board for reciprocity. Please contact kathy@drshafer.org with questions.

TUITION \$695. Add 2 weekend nights and 5 midweek nights room & meals; page 116. (web code LFYD-121)

Amy Weintraub, MFA, E-RYT 500, author of several books, is the founder of the LifeForce Yoga® Healing Institute and a leader in the field of yoga and mental health. www.yogafordpression.com

July 8–12 SUNDAY–THURSDAY

Designing Your Destiny: Letting Your Soul Have Its Say Atma Jo Ann Levitt

Are you living the life you want? Is your mission clear? This workshop reminds you that you are a work in progress. When you acknowledge your soul’s chosen direction, it’s easy to see that you don’t make one choice for all time, but rather constantly change and evolve.

Learn how to pay close attention to your changing aspirations, leaning toward that which brings you joy, energy, and new creativity. Atma Jo Ann Levitt invites you on a transformative journey in which you

- Engage with others in playful activities, visioning, and deep communication
- Learn what you want from life now, and how to create it
- Remove obstacles from your path
- Awaken new ways to apply your unique gifts and talents
- Surprise yourself with the depth of your inner wisdom
- Honor your path as it changes and unfolds.

Everything comes down to your ability to discern your soul’s inner guidance. The more you assert your deepest longings, the more you light up your path, adding sparks to a joyous journey.

TUITION \$295. Add 4 midweek nights room & meals; page 116. (web code DYD-121)



Atma Jo Ann Levitt, MA, RN, pioneered many of Kripalu’s wellness and personal-growth programs over the past 30 years. She is the compiler of *Pilgrim of Love: The Life and Teachings of Swami Kripalu*.



Kripalu healthy living immersion program

July 8–13 SUNDAY–FRIDAY

Radiance: Create an Amazing Life After Cancer

Maria Sirois and Aruni Nan Futuronsky

Life after cancer can be bold and beautiful, no matter when you were diagnosed or what treatment options you chose. This transformational retreat is for men and women who are ready to dive in and create an amazing life full of healing and joy.

Learn the tools and practices that invigorate mind, body, and spirit—and re-fashion the dream of your life. Guided by an exceptional team of caring and creative Kripalu health and yoga professionals, you

- Come to love your body more deeply through dance, yoga, walking, and healthy eating
- Explore the latest research in mind-body medicine and all it has to offer to tame your stress, strengthen your resilience, and move you toward thriving
- Learn the power of nutrition to heal and transform
- Bring home a kit of healthy daily practices to nurture the body and revitalize the spirit
- Craft and commit to a specific wellness plan for your unique and amazing life.

TUITION \$375. Add 5 midweek nights room & meals; page 116. (web code RRRR-123)

FIND OUT MORE about Kripalu Healthy Living immersion programs on page 16.



See full biographical information for Maria Sirois on page 45 and Aruni Nan Futuronsky on page 49.



Kripalu healthy living immersion program

July 8–13 SUNDAY–FRIDAY

Fitness and Yoga Retreat Janna Delgado and Healthy Living Faculty

Hiking, kayaking, yoga, and nutrition—the ultimate vacation getaway for active people.

CE credits.

This invigorating program offers a structured fitness experience in a retreat-like atmosphere. Learn how to incorporate yoga into your fitness routine and improve your energy through nutrition; be challenged by fun outdoor activities and classes. Tone your body and spirit while learning to live a healthier life—and have fun doing it.

- This program is ideal if you want to
- Be challenged by hikes, kayaking and cycling excursions, and fitness classes
- Revitalize and step up your current fitness routine
- Incorporate yoga and mindfulness into your approach to fitness
- Immerse yourself in a challenging fitness experience and have time for self-care and reflection
- Learn nutritional information for more energy and stamina
- Develop core strength, cardiovascular health, and flexibility.

NOTE For everyone in good physical condition and able to hike three miles a day at a moderate pace.

TUITION \$425. Add 5 midweek nights room & meals; page 116. (web code RRMF-122)

FIND OUT MORE ➔ about Kripalu Healthy Living immersion programs on page 16.



Janna Delgado, RYT 500, is a senior faculty member at Kripalu. An Ayurvedic Yoga Specialist, Kripalu Yoga teacher, and AFAA-certified personal trainer and fitness instructor, Janna is Director of Yoga in the Schools for the Institute for Extraordinary Living and contributes to the Kripalu Healthy Living E-News.



July 8–13 SUNDAY–FRIDAY

Absolute Freedom: A Yoga and Meditation Retreat James Higgins

FOR all levels. CE credits.

Enjoy the luminosity of a clear mind, balanced body, and open heart with James Higgins, one of San Francisco's most respected yoga teachers. Through soul-enriching asana practices and deeply nourishing periods of meditation and rest, you discover increased vitality and happiness in body, mind, and spirit.

In this journey of awakening and healing the heart, you

- Create a sustainable practice with consistent connection to your highest wisdom
- Explore physical and emotional boundaries in a safe, supportive environment
- Increase your vitality
- Dissolve limitations and hindrances
- Cultivate stability and beauty in the expression of your asanas
- Improve your understanding of a personal practice
- Generate balance, ease, and strength
- Make your poses sing through James' clear alignment instruction.

In addition to asana, you practice pranayama, mantra, meditation, and chanting to foster optimal health and nurture your spirit. Embracing the intentions of love and kindness, you are encouraged to practice with the highest degree of personal freedom and happiness.

TUITION \$325. Add 5 midweek nights room & meals; page 116. (web code AFW-121)



James Higgins is the teacher's director for YogaWorks in San Francisco. Weaving together his long-term study of traditional yoga with vipassana meditation, James offers a unique, appealing, and challenging vinyasa practice with an emphasis on the integration of physical, mental, and emotional wellness. www.jameshigginsyoga.com

July 8–13 SUNDAY–FRIDAY

Creative Kids Yoga®: Level 1 Certification Rosemary Todd Clough

FOR everyone; prior experience with children and/or yoga is recommended but not required. CE credits.

Join movement pioneer Rosemary Todd Clough to learn how to seamlessly integrate yoga and creative dance into the work and play of childhood. Drawing on the Kripalu approach, you explore state-of-the-art research on brain development and bodywork for children. In this workshop, you playfully experience

- Age-appropriate yoga postures, creative dance concepts, and relaxation techniques
- An introduction to child development and anatomy
- Group problem-solving, storytelling, art, songs, and games
- The innovative use of Yoga Dots® as a substitute for yoga mats.

Gain confidence and comfort in bringing yoga's life-enhancing skills to 21st-century children who need support in an ever-changing world. The many benefits of this program include improved creativity, focus, coordination, flexibility, balance, self-awareness, and stress reduction. Upon completion of this training, you will be certified as a Level 1 Creative Kids Yoga® facilitator.

NOTE See this program on Kripalu's website for a list of required and recommended reading. There is a \$150 fee for the teacher training manual and supplies (including Yoga Dots®, CD, percussion instruments, and movement scarves), payable to the presenter at the first program session.

TUITION \$435. Add 5 midweek nights room & meals; page 116. (web code CYMC-121)



Rosemary Todd Clough, RYT 500, IAYT, PRYT, is the founding director of Creative Kids Yoga® Teacher Training and Moving Spirit Center for Yoga, Dance, and Wellness. www.creativekidsyoga.com and www.movingspiritogadance.com

CE credits find out more on page 118



July 8–13 SUNDAY–FRIDAY

Rhythm and Flow: Evolutionary Vinyasa Retreat Shiva Rea with Donna De Lory

and other special guests

FOR teachers and yoga practitioners with min. 1 year vinyasa experience. CE credits.

Global yoga teacher and flow expert Shiva Rea joins master musicians and drummers Donna De Lory, Mayapuris, KDZ: The Kripalu Drummers, and John de Kadt, and special guests Chris Tompkins and Demetri Velisarius to create this "Living Flow Yoga Camp" for yoga practitioners and teachers. Discover the yoga, art, science, and living power of rhythm underlying the flow experience.

This retreat involves a rotation of "transformation stations," which include

- Sunrise meditation and mantra
- Dynamic Prana Flow® classes with live kirtan and drumming
- The Vedic-tantric concept of kala and tala, time and rhythms (to create the cosmic rhythm) with tantric philosopher Chris Tompkins
- An outdoor "pranafication" session at the lake and forest to embody the power of nature (weather permitting)
- An evolutionary vinyasa teachers' lab for aspiring and experienced teachers
- Special classes in Pranadanda Yoga with Demetri Velisarius
- Wednesday night Trance Dance and kirtan with Shiva and Donna De Lory.

The magical vibration of live drumming brings you back into rhythmic balance and creates an environment of transformation. Learn a movement meditation and breath-flow practice that is centering, rejuvenating, creative, and stress-dissolving.

NOTE This program counts toward 200- and 500-hour trainings (Fluid Power II or elective with online program) for those enrolled in Samudra Global School or as Yoga Alliance continuing credits.

TUITION \$595. Add 5 midweek nights room & meals; page 116. (web code RFEV-121)

Shiva Rea, MA, is a yogini fire keeper, sacred activist, global adventurer, and innovator in the evolution of vinyasa flow yoga. She has been teaching for 20 years. www.shivarea.com

Donna De Lory is a singer, songwriter, producer, and musician well known for her work as an accompanying vocalist for Madonna. Her top-selling albums include *The Lover & the Beloved*, *In the Glow*, and her latest, *Sky Is Open*.



July 13–15 FRIDAY–SUNDAY

Radiant Heart: Yoga and the Wisdom of Our "Heart-Brain": A Transformational Retreat

Shiva Rea with special guests

FOR teachers and yoga practitioners with min. 1 year vinyasa experience. CE credits.

Explore the universal and ancient understanding of your heart center with physiological, energetic, and spiritual intimacy. Using the practices and philosophy of tantra, hatha, and bhakti yoga, discover how your heart's innate intelligence can release your capacity for healing wisdom and love.

This transformational retreat includes

- Prana Flow® sequences that expand the opening, range of motion, and circulation of the rib cage and thoracic spine along with the inner space of the heart chakra
- The integration of pranayama, sound, visualization, and bhava (feeling states) in asana
- Kirtan and movement meditation to liberate the rasa, or "liquid love," of the heart
- Healing e-motions, or energy-in-motion, through meditations and kriyas (rhythmic movement)
- The symbolic wisdom, metaphor, and poetry of the heart from yogic texts
- Practices to help you move through the world centered in the heart field.

This weekend is dedicated to awakening a more embodied view and understanding of the heart's electromagnetic field and applying that new paradigm to the heart-centered practices of yoga.

NOTE This program includes tickets to Saturday evening's concert with Donna De Lory.

TUITION \$300. Add 2 weekend nights room & meals; page 116. (web code RRHB-121)

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

evening events

Wednesday, July 11, 8:00 pm

Kirtan and Yoga Trance Dance

Saturday, July 14, 8:00 pm

Concert with Donna De Lory

Seating is limited. For details visit kripalu.org/eveningevents.

July 8–13 SUNDAY–FRIDAY

Riding the Wheels of Life: The Art and Flow of Cycling Yoga Demetri Velisarius

FOR beginning through advanced cyclists and yogis. **CE** credits.

What is it about the power of both biking and yoga that transforms you instantly when you begin a ride or step onto your mat? Your senses are enlivened, your awareness clears, and your spirit soars in joy and adventure.

Combining cycling and yoga is about creating a mind-body training lifestyle that is meditative, empowering, and downright fun. Both activities involve natural, fluid movements that require proper alignment, strength, cardiovascular conditioning, and harnessing of your energetic directions. You experience

- Beginner and intermediate rides through some of the most beautiful country roads in New England
- Sacred training: developing a daily and weekly flow for optimal cardiovascular and spiritual health
- How the energetic body cycle determines the nature of the ride
- Prayer wheels: cycling as contemplation, meditation, and empowerment
- Dancing on the pedals with rhythm, power, and flow
- Yoga and the art of bike maintenance.

Through daily Prana Flow® energetic vinyasa and meditation practice before and after each ride, you leave the retreat feeling rejuvenated, balanced, aligned, and relating to your bike as a vehicle of transportation, transformation, and freedom.

NOTE Bring rain gear, cycling shorts, gloves, and a water bottle. Please inform Registration if you plan to bring your own bike. If you need to rent a bike, please call the Arcadian Shop directly at 413-637-3010 to reserve one.

TUITION \$325. Add 5 midweek nights room & meals; page 116. (web code STCY-121)



Demetri Velisarius, BSW, RYT 200, is a social worker, personal trainer, ex-boxer, Prana Flow® yoga teacher, USCF cycling coach, and bicycle racer for more than 20 years.

kripalu's got wanderlust!

Experience the best of Kripalu with some of our top yoga teachers and Ayurvedic experts at the Wanderlust Festival in Stratton, Vermont, June 21–24.

find out more ➔
<http://stratton.wanderlustfestival.com>



July 12–22 10-DAY PROGRAM

Yoga of the Heart®: Cardiac and Cancer Certification Training

Nischala Joy Devi

FOR yoga teachers and health-care professionals with a yoga background (see prerequisite). **CE** credits.

Would you like to share yoga with those at risk for, or living with, heart disease, cancer, and other life-altering illnesses? Taught by renowned expert Nischala Joy Devi, this training includes the theory and practice of asana, pranayama, deep relaxation, imagery, and meditation as applied to disease and general health. It focuses on the proven approach of allowing the heart to expand through compassion and love for self and others.

This training also addresses

- How to safely tailor the practices for the individual
- The psychological, social, and spiritual aspects of disease
- How to interface with the medical community
- The virtues of a low-fat vegetarian diet
- Basic anatomy and physiology of the cardiovascular and immune systems.

Each day of the training includes adaptive hatha yoga, practice classes, group meditation, and discussion. Upon successful completion, you leave with the skills needed to teach yoga in a hospital or clinic setting, on an individual basis, and in your own health-care practice.

PREREQUISITE An application (available on Kripalu website) must be approved by Nischala prior to arrival.

NOTE Please see this program on the Kripalu website for additional information.

TUITION \$1,095. Add 6 midweek nights and 4 weekend nights room & meals; page 116. (web code YHT-121)

Nischala Joy Devi, author of *The Healing Path of Yoga*, served as director of stress management for Dr. Dean Ornish's Program for Reversing Heart Disease. www.abundantwellbeing.com

July 13–15 FRIDAY–SUNDAY

Poetry as Deep Play Heather Sellers

Experience writing as deep play—a way to stimulate your creativity, engage your intellect, increase your powers of focus and concentration, and have fun. Valuable for writers with an established creative practice as well as absolute beginners, this workshop opens with warm-up exercises that help you to center and gently stretch on the page. As in a yoga class, you can use forms or poses in order to shape and hold your work.

On Saturday, you learn four no-fail techniques for writing beautiful poems. The results are fresh and exciting experiments in language and feeling, what writer Heather Sellers calls "deep play for grown-ups." In each exercise, Heather offers "modified poses"—easier or more challenging versions of the practice. In a friendly and nurturing atmosphere, this weekend also includes reading sacred and contemporary poetry.

Return home with a notebook bursting with new poems. No prior poetry experience is required, just paper and pencil.

TUITION \$215. Add 2 weekend nights room & meals; page 116. (web code PDP-121)



Heather Sellers is the author of three volumes of poetry and three books on the craft of writing. Her memoir, *You Don't Look Like Anyone I Know*, was featured in *O, The Oprah Magazine*.



bring the kids



July 13–15 FRIDAY–SUNDAY

Tai Chi for Kids®: Peace, Focus, and Fun Cari Shurman



FOR kids ages 5–11.

Children of all ages love the joyful feeling that comes from the flowing movements of tai chi. Kids who are stressed find inner peace; hyperactive kids discover tools for self-control. Stomachaches and headaches melt away as kids learn to relax and breathe with intention. Tai chi can even help increase self-esteem.

- In this fun-filled workshop, children learn
- Simple tai chi movements, visualization, and breathing
- How the calm of practice can be carried over to other activities, including art, hiking, writing, conversation, making friends, relaxation, decision-making, and meals
- New ways to think about goals, relationships, and the world around them
- To keep a diary that includes drawings, collages, and paintings
- The spirit of Push Hands, yielding to the negative force, and staying connected to the earth
- A simplified version of the *Tao Te Ching*.

There will be time in between tai chi activities for swimming, free play, exploration, reading, and conversation.

TUITION \$200. Add 2 nights children's housing; see Kripalu's website or call for rates. (web code TCFK-121)



Cari Shurman, cofounder of WITHIN Wellness Center in Miami, has taught for more than 30 years. She is the developer of Tai Chi for Kids®. www.taichiforkids.com

July 13–15 FRIDAY–SUNDAY

Yoga and Kayaking Greg DiLisio and Johnny Snyder

CE credits.

Take the plunge! Explore a whole new side of yourself and find out what makes kayaking in the Berkshires so magical.

Join the dynamic team of Greg DiLisio (certified yoga, tai chi, and qigong teacher, and popular Kripalu program leader), and Johnny Snyder (world-class kayaker and professional guide) for flat-water adventures combined with basic yoga and qigong techniques. With Greg and Johnny as your guides, you experience

- The joy of kayaking beautiful lake waters
- Serene floating meditations
- The calm of qigong and yoga
- The magical camaraderie created around a bonfire under the stars.

This blend of yoga, qigong, and kayaking has you enjoying newfound peace, vitality, and maneuverability.

NOTE Please see this program on Kripalu's website for important information, including what to bring and kayak rentals.

ALSO OFFERED August 3–5 and August 31–September 3.

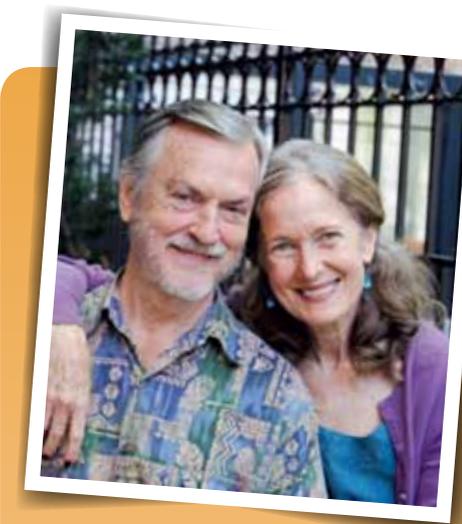
TUITION \$240. Add 2 weekend nights room & meals; page 116. (web code YAK-121)



See full biographical information for Greg DiLisio on page 55.



Johnny Snyder is a world-class kayaker who owned and operated a school on Africa's Zambezi River. Featured in the extreme-whitewater DVD *The Black Book* and the PBS documentary *Nepal: Paddling the Roof of the World*, Johnny now guides trips in the Americas and leads excursions for Berkshire-area resorts.



July 13–15 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. Imago weaves together leading psychological theories and practical observations on the experience of love into an approach to relationships that is compelling and easy to understand. Restoring passion and hope to your relationship, Imago brings you healing, wholeness, and spiritual growth.

NOTE 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 includes a manual.

TUITION \$350. Add 2 weekend nights room & meals; page 116. (web code GLYW-121)

Harville Hendrix, PhD, in partnership with his wife, Helen LaKelly Hunt, created Imago Relationship Therapy and pioneered the concept of "conscious marriage." www.harvillehendrix.com

Helen LaKelly Hunt, PhD, has been active within the women's movement for more than 25 years and is an inductee of the National Women's Hall of Fame. www.helenlakellyhunt.com



July 13–15 FRIDAY–SUNDAY

Rooted, Relaxed, and Radiant: A Yoga, Meditation, and Nature Retreat

Jillian Pransky

FOR all levels. **CE** credits.

Yogis believe the seat of wisdom is in the heart center, not the head. Through the practices of yoga and meditation, and by synchronizing your body and mind with nature, you grow more grounded and relaxed. The body revitalizes and the mind quiets, becoming more receptive. As you move into this relaxed state, compassion, intuition, and creativity flow more easily, and the heart blooms wide open. When you practice in this way, you grow rooted and radiant, just like the summer flowers.

Offered in the beauty of Kripalu's natural environment, this weekend retreat provides the perfect combination of yoga, meditation, and time in nature to leave you centered in your heart. Jillian Pransky weaves slow flow vinyasa, restorative poses, mindfulness, and walking meditations under the wide-open sky to leave you grounded, expansive, and with a deeper connection to yourself and the world.

RECOMMENDED LISTENING Jillian Pransky, *Relaxmore* (CD).

NOTE Please see this program on the Kripalu website for more information.

TUITION \$210. Add 2 weekend nights room & meals; page 116. (web code BBHW-121)

✦ COMBINE THIS PROGRAM with Blooming Open: A Yoga, Meditation, and Nature Retreat, July 15–20, for a 10 percent tuition discount for each program.



www.jillianpransky.com

July 13–15 FRIDAY–SUNDAY

The Not So Big Life: Making Room for What Really Matters

Sarah Susanka



Have you ever wondered, "What is it that I'm really here to do?" Sarah Susanka, best-selling author of *The Not So Big Life*, has some suggestions to help you find your true passion and identify what's in the way of living

it today. Discover how to reinhabit your life from the inside out.

Explore techniques for remodeling your life, transforming it into something you love. Through collective inquiry and simple exercises, you learn to

- Understand how you've created the idea of *you*
- See through conditioned patterns that no longer serve you
- Experience everything that happens as a reflection to help you see yourself
- Relax into life as a human "being" instead of a human "doing."

The end result is greater meaning, vitality, and a sense of being at home in your life—focused not on *what you do*, but instead on *how you are* in everything you do.

RECOMMENDED READING Sarah Susanka, *The Not So Big Life: Making Room for What Really Matters* (Random House).

TUITION \$235 Add 2 weekend nights room & meals; page 116. (web code NSBL-121)



www.notsobiglife.com and www.susanka.com

July 13–15 FRIDAY–SUNDAY

Iyengar Yoga for Back Care

Elise Browning Miller

FOR all levels, from beginners (min. 3 months) to yoga teachers. **CE** credits.

This program teaches yoga as an approach to relief from chronic back pain, for conditions ranging from minor neck and lower-back tension to severe scoliosis. Coauthor of *Yoga: Anytime, Anywhere*, Elise Miller teaches how yoga postures, when practiced with the correct emphasis, can be extremely successful in alleviating this pain.

- This program addresses
- How to use yoga to increase strength and flexibility in the back, focusing on the relationship between the spinal column, pelvis, and shoulder blades
 - Beneficial classical and modified asanas for back conditions, including lower-back pain, disc disease, sciatica, upper back and neck tightness, and scoliosis
 - Anatomy, as it relates to poses taught.

Elise's teaching is precise, down-to-earth, and nurturing. She encourages students to draw on inner knowing and to move safely beyond perceived limitations.

TUITION \$230. Add 2 weekend nights room & meals; page 116. (web code IYBC-121)

✦ COMBINE THIS PROGRAM with Teaching Yoga for Scoliosis, July 15–20, for a 10 percent tuition discount for each program.



Elise Browning Miller, MA, a senior certified Iyengar Yoga teacher and therapeutic recreation therapist, has been teaching yoga nationally and internationally since 1976. She is a founding director of the California Yoga Center and a faculty member at the Iyengar Yoga Institute of San Francisco. Elise is coauthor of *Yoga Anytime, Anywhere*. www.ebmyoga.com

CE credits find out more on page 118

July 15–20 SUNDAY–FRIDAY

Revitalizing Cleanse: Nourishing Body, Mind, and Spirit

Alison Shore Gaines

CE credits.

Do you feel sluggish, bloated, and out of sync? Tune up with this nurturing cleanse. Have no fear of going hungry as you are guided through this sensible approach to detox, diet, and healthy lifestyle. With a balance of information, mind/body tools, and exploration, effect lasting changes on all levels of your being.

- Key aspects of this retreat include
- Organic juices, grains, and savory broth
 - Green juice option
 - Conscious breathing and guided imagery to access inner wisdom
 - Yoga, movement, and walking
 - Mindful eating and healing your relationship with food
 - Nutrition practices for easing food cravings and balancing blood sugar
 - Jump-starting healthy weight loss.

NOTE A health intake form must be completed and returned in advance of your arrival. The form will be included with your confirmation materials; you may also download it on Kripalu's website.

ALSO OFFERED June 7–10.

TUITION \$550. Add 5 midweek nights room & meals; page 116. (web code RJF-125)



See full biographical information for Alison Shore Gaines on page 37.



healing arts get inspired on page 14



Kripalu

healthy living immersion program

July 15–20 SUNDAY–FRIDAY

Nutrition and Cooking Immersion

Kathie Madonna Swift and Stefanie Sacks

Create health right in your kitchen.

CE credits.

Do you want to eat healthier and cook more? Are you a stranger in your kitchen because of time constraints or feeling intimidated or overwhelmed? If so, this program is for you!

Join one of the country's leading nutritionists for a fascinating and fun culinary adventure that will change your life—in the kitchen and beyond. Discover the latest nutritional research and the best ways to prepare food to ensure that you get the most out of your meals. Gain an in-depth understanding of which foods, cooking techniques, and nutritional supplements help to promote health, vitality, and mental clarity. And take home delicious recipes and a new confidence that make it easy to get in the kitchen and start cooking.

- In this program, you learn
- Which foods promote health and well-being, and which increase the risk of disease and obesity
 - How to prepare healthful whole-food meals
 - Why *how* you cook foods is so important
 - What role "superfoods" can play in your life
 - The art of shopping with economics and our planet in mind
 - Time-saving cooking tips and techniques.

TUITION \$465. Add 5 midweek nights room & meals; page 116. (web code RRMN-122)

FIND OUT MORE ➔ about Kripalu Healthy Living immersion programs on page 16.



See full biographical information for Kathie Madonna Swift on page 40.



Stefanie Sacks, MS, CNS, is a food counselor, nutrition educator, and chef instructor. She has also offered her expertise to ABC News, *The Huffington Post*, the Food Network, and more.

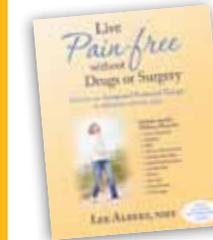
www.stefaniesacks.com

register online ➔ kripalu.org

July 15–20 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, 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.

You 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 \$375. Add 5 midweek nights room & meals; page 116. (web code PTTT-121)



See full biographical information for Lee Albert on page 33.

Certificate in Positive Psychology

Dr. Tal Ben-Shahar
online and on-site
July 2012–April 2013

find out more ➔ kripalu.org/cipp



Kripalu **healthy living immersion program**

July 15–20 SUNDAY–FRIDAY

Preventing and Reversing Heart Disease

John Bagnulo and Lisa B. Nelson

Heal your heart and circulatory system.

CE credits.

Heart disease is the number-one cause of death in the United States, and one in three Americans have some kind of cardiovascular disease. The good news is that heart disease can be prevented—and many times even reversed—by making specific lifestyle changes.

Join John Bagnulo and Lisa B. Nelson as they share exciting developments in the field of nutritional science and explain what the past few decades of research have revealed about preventing and reversing heart disease. With their help, you create a comprehensive plan that takes into account the state of your health, risk factors, and your environment, and take home tools to transform your health and your life.

You learn

- How lifestyle, biology, and environmental factors contribute to heart disease
 - Which foods are most effective in preventing and reversing all forms of chronic disease
 - Stress-management techniques to bring more balance and harmony into your life.
- Anticipated health outcomes include
- Improved body composition (less body fat and more lean muscle)
 - Less inflammation and stress
 - Improved lipid profiles, blood pressure, and insulin sensitivity
 - More energy, stamina, and libido
 - Greater confidence and hope.

TUITION \$425. Add 5 midweek nights room & meals; page 116. (web code RRHD-123)

FIND OUT MORE ➔ about Kripalu Healthy Living immersion programs on page 16.



John Bagnulo, PhD, is a senior Healthy Living faculty member who holds a doctorate in food and nutrition services and serves on the faculty of the Center for Mind-Body Medicine.



Lisa B. Nelson, MD, is Director of Medical Education at Kripalu. A longtime advocate for preventive health, she also serves as medical director of the nonprofit Nutrition Center in Great Barrington, Massachusetts.



July 15–20 SUNDAY–FRIDAY

Blooming Open: A Yoga, Meditation, and Nature Retreat

Jillian Pransky

FOR all levels. CE credits.

Discover the state yogis call “true happiness.” Contentment is not a mysterious occurrence—it’s a behavior, a conscious decision, a choice you make each moment of your day. Happiness is an “inside job,” because energy follows thought. And while yogis teach that this state of contentment is your birthright, it takes steadfast practice to live this way.

- In this workshop, you learn to
 - Be simultaneously grounded and wide open, rooted and blooming
 - Linger longer in a natural state of openness and contentment
 - Recognize and return to a deeper state of relaxation any time you feel disconnected
 - Take your practice off the mat and into your life.
- Jillian Pransky weaves mindful vinyasa yoga, restorative yoga, and deep relaxation with metta (loving-kindness) meditation, mudita (joy) meditation, and nature walks to help you grow beyond habitual patterns. As your body and heart relax, you naturally open to new possibilities.

RECOMMENDED LISTENING Jillian Pransky, *Relaxmore* (CD).

NOTE Please see this program on the Kripalu website for more information.

TUITION \$300. Add 5 midweek nights room & meals; page 116. (web code BORY-121)

➔ COMBINE THIS PROGRAM with Rooted, Relaxed, and Radiant: A Yoga, Meditation, and Nature Retreat, July 13–15, for a 10 percent tuition discount for each program.



See full biographical information for Jillian Pransky on page 70.

July 15–20 SUNDAY–FRIDAY

Zen and the Art of HarmonicaYoga™

David Harp

FOR everyone; no previous musical, mindfulness, or yoga experience needed.

What better way to focus on the breath than with the inhalations and exhalations of a catchy blues-rock rhythm on the harmonica? David Harp, author of *Three Minutes to Blues, Rock, and Folk Harmonica* and *The Three Minute Mediator*, will not only have total beginners playing blues, rock, folk, and classical music within minutes, he will use the humble “Mississippi saxophone” as a route to mindfulness and self-awareness. This week, learn to play harmonica well enough to

- Maintain and deepen a healthy and satisfying lifetime hobby
- Create your own blues and rock improvisations
- Play with classmates in duets and in small and large groups.

By the end of this inspirational workshop, you’ll be playing everything from Beethoven’s “Ode to Joy” and Pachelbel’s “Canon” to amplified blues and rock ‘n’ roll jam sessions. In the process, you gain superbly effective meditation and mindfulness skills that can be applied anywhere, anytime, with or without music.

NOTE Tuition includes a professional-quality harmonica, 96-page workbook, and CD for continued home study. Bring drums and other percussion instruments if you have them.

TUITION \$310. Add 5 midweek nights room & meals; page 116. (web code AHM-122)



David Harp, MA, has written two dozen books on harmonica, music, and mindfulness and holds the current world’s record for “Most People Taught to Play Harmonica at One Time” (2,569). His most recent book is *Neural Path Therapy: How to Change Your Brain’s Response to Anger, Fear, Pain, and Desire*. www.davidharp.com

July 15–20 SUNDAY–FRIDAY

Teaching Yoga for Scoliosis

Elise Browning Miller

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

Take part in the first teacher training program designed specifically to train yoga teachers how to work with students who have scoliosis. Senior certified Iyengar Yoga teacher Elise Browning Miller used the power of yoga to relieve her own scoliosis 30 years ago. Now she has designed a sequence of poses for scoliosis that reduces pain and creates better postural alignment. These poses lengthen the spine, stretch tight muscles, and strengthen those that have become weak.

With a teaching style that is down-to earth, precise, and nurturing, Elise has a joyful personality and ease of communication that endear her to students. This program includes

- Basic information about scoliosis
- How to adapt asanas for scoliosis
- The use of props
- How to adjust students with scoliosis
- The anatomy of a scoliosis spine
- Common patterns of scoliosis
- The physical and psychological causes and effects of scoliosis.

You leave with the necessary skills and confidence to offer a beginning yoga practice to those with scoliosis. This program includes a practicum; upon successful completion, you will receive a certificate recognizing you as a Yoga for Scoliosis trainer.

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

NOTE Teachers are encouraged to invite students with scoliosis. Yoga students who would like to learn more about their scoliosis and how to adapt yoga poses for scoliosis are also welcome to attend.

TUITION Teachers: \$475 (web code TYST-121); Students: \$375 (web code TYSS-121); Add 5 midweek nights room & meals; page 116.

➔ COMBINE THIS PROGRAM with Iyengar Yoga for Back Care, July 13–15, for a 10 percent tuition discount for each program.



See full biographical information for Elise Browning Miller on page 70.



July 20–22 FRIDAY–SUNDAY

Yoga for Emotional Balance: Healing Anxiety and Depression

Bo Forbes

FOR all levels. CE credits.

Do you have a mental grasp of your problems, yet find it difficult to change? Anxiety, depression, and anxious depression are neuro-emotional patterns that hijack your mind, brain, and body, and prevent you from accessing your fullest potential. An intricate mind-body network anchors these patterns in place.

In this workshop, learn how to

- Access and create change in this mind-body network
- Work in concert with the neural principles that help change happen
- Use five primary interventions to heal anxiety and depression
- Optimize your body’s role in emotional transformation
- Craft a therapeutic practice or add therapeutic components to your existing practice.

Come explore the integration of breathing exercises, postural adjustments, mindful asana practice, restorative postures, and other therapeutic elements that balance your nervous system, quiet your mind, energize your body, regulate your emotions, and create the building blocks for lasting and sustainable change.

NOTE This workshop includes a Saturday early-evening clinic.

TUITION \$230. Add 2 weekend nights room & meals; page 116. (web code YAIS-121)

Bo Forbes, PsyD, E-RYT 500, is a leading clinical psychologist, yoga teacher, and yoga therapist in the Boston area, and founder of Elemental Yoga. www.elementalyoga.com

bring the kids



July 20–22 FRIDAY–SUNDAY

Celebrating the Family: Thriving in Nature

Michelle Apland and Devin Franklin

FOR families with children ages 6–13.

Immerse yourself in an unforgettable adventure in earth-living skills and family fun. Bring your whole family to learn, laugh, grow, and discover as a community thriving in nature. Led by experts in earth-living skills and community building, you can discover the wonder and joy of the natural world as you explore techniques utilized by earth-based peoples throughout the world.

In a program that has become a Kripalu summer tradition, you and your family learn to

- Light a fire without matches
- Identify and cook with wild, edible plants
- Make a shelter and crafts from the gifts of the land
- Play games to develop sensory awareness
- Gain comfort with the forest and its inhabitants.

Celebrate your family and create lifelong memories together as you play and learn in ways that inspire lasting connection with the land.

NOTE All children and teens must be accompanied by an adult registered for this program.

TUITION Adults: \$250 (web code FAM-121) Add 2 weekend nights room & meals; page 116. Kids: \$145 (web code FAMC-121). Add children’s housing, see the Kripalu website or call for rates.



Michelle Apland, MEd, directs the Flying Deer Nature Center. For 10 years, she has led wilderness programs, treks, and rites of passage. www.flyingdeernaturecenter.org



Devin Franklin is a lifelong nature enthusiast who has studied and practiced survival, tracking, and awareness skills for more than 15 years. www.flyingdeernaturecenter.org



Desirée Rumbaugh

July 20–22 FRIDAY–SUNDAY
Yoga to the Rescue

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

If you are interested in practicing yoga and you have chronic back, neck, shoulder, wrist, hip, or knee pain when you attempt the poses, this is the class for you! Come learn the basics of the Universal Principles of Alignment and how anyone can learn to apply them in yoga poses and in everyday life.

- In this workshop, you have the opportunity to
- Breathe and listen to your body, mind, and heart—your own inner guidance system
 - Discover what you can do to heal yourself of chronic or acute pain on and off the mat
 - Have fun moving more freely in your body.

"We are all powerful cocreators of our experiences here on earth," writes Desirée. "It is up to us to discover what this means in the context of our human lives and challenges." Come prepared to learn valuable information, to try new practices, and to feel better in the process.

TUITION \$285. Add 2 weekend nights room & meals; page 116. (web code DRTD-121)



Desirée Rumbaugh is certified in the Iyengar and Anusara methods of hatha yoga and teaches from more than two decades of practice and experience.
www.desireerumbaugh.com



July 22–27 SUNDAY–FRIDAY

Raising Your Vibration: An Intermediate Yoga Intensive

FOR intermediate yoga students (see prerequisites below). CE credits.

Do you wish you had more time for your yoga practice? Give yourself the gift of five days of yoga with other like minded people under the guidance of a teacher who continues to practice at this level after 25 years. Learn what it takes to deeply connect with yourself and your practice, and make new friends in the process.

Some sessions of this intensive are offered in a more flowing vinyasa style, while others are instructional. Each day, you are

- Guided and encouraged to remember who you are at the deepest level
- Challenged to see yourself and your present habits with more clarity
- Supported to move forward into a more balanced life
- Immersed in the self-love and healing practices that Anusara offers
- Invited to work, play, eat delicious food, and laugh often, surrounded and nurtured by others with similar interests and longings.

Return to your life brimming with enthusiasm and renewed passion for yourself and those who are dear to you.

PREREQUISITES Must be able to kick up to Handstand against a wall and push up to Urdhva Dhanurasana (Wheel) with straight arms. Practitioners from all styles of yoga are welcome.

TUITION \$455. Add 5 midweek nights room & meals; page 116. (web code DRFD-121)



July 20–22 FRIDAY–SUNDAY

This Very Moment: Mindfulness in Psychotherapy Ronald D. Siegel

FOR psychotherapists, human-service professionals, and other psychologically minded people interested in personal development. CE credits.

Mindfulness has been successfully practiced for more than 2,500 years and is a deceptively simple way of relating to experience to alleviate human suffering. Recently, mental health professionals are discovering that mindfulness holds great promise for their own personal development, as a way to enhance therapeutic relationships, and as a useful intervention for a variety of psychological difficulties. In this workshop, you learn

- How to practice mindfulness inside and outside the clinical hour
- Guidelines for tailoring mindfulness techniques to different individuals and conditions
- How to use mindfulness to augment cognitive behavioral, psychodynamic, and systemic treatment
- A step-by-step, mindfulness-based program for working with anxiety, chronic pain, and stress-related medical disorders
- Ways to deal with the obstacles and challenges that arise when working with emotional difficulties in yourself and others.

Psychotherapists, human-service professionals, and other psychologically minded people interested in personal development are all welcome to attend.

TUITION \$225. Add 2 weekend nights room & meals; page 116. (web code MFPS-121)



Ronald D. Siegel, PsyD, is assistant clinical professor of psychology at Harvard Medical School, where he has taught for more than 25 years. A longtime student of mindfulness meditation, he serves on the board of the Institute for Meditation and Psychotherapy, and is coeditor of *Mindfulness and Psychotherapy*.

guest story

Ready, Set, Reset

A woman's health problem dissipates after making Ayurvedic changes

Three years ago, I went on vacation and suffered a horrible bout of food poisoning that left me with a relentless and debilitating intestinal problem. I was lethargic, I gained weight, and I had to go to the bathroom constantly. I went from doctor to doctor looking for a solution, to no avail. I tried removing foods from my diet, then adding foods. Nothing made a difference.

A girlfriend of mine suggested I visit Kripalu. Living in the Berkshires, I had driven by the center countless times, but had never stopped in. Finally, I decided to give it a shot, and booked an Ayurveda-based program with John Douillard about detox and weight loss.

I turned off my phone, said goodbye to my family, and freed myself of all the daily things I'd become accustomed to doing. As soon as I walked in the door, a warm, cozy feeling came over me.

Taking a step back from normal life gave me an opportunity to clearly assess how I was feeling. My daughter was 3 years old and I was in a constant frenetic state. I felt like I needed to do 20 things at once. I was eating breakfast in the car, listening to the news on TV while checking my phone, eating takeout, staying up late, running to and from social events. I was never fully in the moment.

The program taught me to approach these kinds of routine tasks differently, especially eating. I learned how to eat mindfully and to completely relax before enjoying a meal. I became educated about eating with the seasons, a concept that made total sense to me. The medical information I learned about how the body processes food left me confident in my ability to make meaningful changes to my diet. Most of all, I learned how to truly listen to my body.

About a month after the workshop, I did a week-long cleanse under John's direction. I thought I was going to be irritable—not even coffee! But it was the opposite. I was incredibly mellow. I slept like a rock.

I am amazed to say it, but ever since, my intestinal problems are gone. It completely changed how I feel. I had been plagued for years, and suddenly, my body felt better. It's like I was reset and my energy came roaring back.

I recommend Kripalu to everyone I know. Go and see how much better you can feel. Reset your body. You owe it to yourself.

—Lauren Z., Pittsfield, Massachusetts





July 20–22 FRIDAY–SUNDAY

The Dynamics of Perception: A Body-Mind Centering® Approach

Bonnie Bainbridge Cohen

CE credits.

Perception is the psychophysical process of interpreting sensory information that comes to us through multiple channels. This workshop explores how we filter, modify, distort, accept, reject, and use sensory information to bond, defend, and learn.

Focusing on the interplay and integration of perceptual patterns between our cellular consciousness and nervous system awareness, Bonnie Bainbridge Cohen introduces ways to open the windows of transformation in our lives. This program addresses important questions such as

- Who is perceiving?
- Through which channels of consciousness are we receiving sensation?
- How do we respond to our perceptions?
- How are others perceiving and responding to our perceptual responses?

This weekend is for movers, dancers, yoga practitioners, bodyworkers, occupational and physical therapists, psychotherapists, educators, meditators, and those from other body-mind disciplines interested in the cellular embodiment of mind in movement. No prior experience with Body-Mind Centering is necessary.

TUITION \$245. Add 2 weekend nights room & meals; page 116. (web code BDMC-121)

Bonnie Bainbridge Cohen is the founder of the School for Body-Mind Centering®. Her work with movement, touch, and the body-mind relationship has influenced many body-mind disciplines. www.bodymindcentering.com

July 20–22 FRIDAY–SUNDAY

Yoga Ed.™ K–8 Tools for Classroom Teachers

Joanne Spence

FOR classroom teachers; no yoga experience needed. CE credits.

You can easily improve your students' health, learning, and behavior by integrating breath, postures, games, and visualizations into your classroom. These four simple yoga tools can help you and your students de-stress and become more relaxed, centered, and focused. Learn yoga tools that

- Increase performance
- Enrich classroom management
- Create a positive learning environment.

Yoga Ed. is a successful, nationally recognized yoga program for schools. In this training, you learn a variety of fun, yoga-based activities specially designed for the classroom, along with effective class-management techniques. All tools are in step with the latest brain research.

Leave refreshed and inspired with skills you can use in your classes and a variety of resources, including the illustrated *Yoga Ed. Tools for Teachers Manual for Grades K–8*, a CD of music to accompany Yoga Ed.'s tools in the classroom, and a nutrition activity booklet with reproducible pages.

NOTE Tuition includes a manual, CD, and activity booklet. This program qualifies for CEUs from Loyola Marymount University; see www.yogaed.com for more information.

TUITION \$275. Add 2 weekend nights room & meals; page 116. (web code YETT-121)



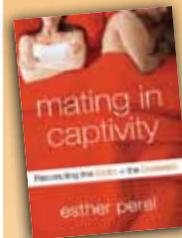
Joanne Spence, director of Yoga in Schools, is a social worker and yoga teacher who travels internationally to teach health and wellness through yoga.



July 20–22 FRIDAY–SUNDAY

Mating in Captivity: Unlocking Erotic Intelligence

Esther Perel



FOR couples and individuals of all sexual orientations. CE credits.

Why does great sex so often fade for couples who claim to love each other as much as ever? Is it possible to want what we already have? Why

does intimacy not guarantee great sex? Guided by therapist Esther Perel and her bold new take on intimacy and sex, this workshop probes the bonds and conflicts of love and desire. In an atmosphere free of judgment, we learn to

- Balance our need for security and closeness with the quest for separateness and passion
- Understand how our emotional history shapes our erotic blueprints
- Recognize why more emotional intimacy can lead to less sex
- Cultivate eroticism, playfulness, and a sense of mystery in and out of the bedroom
- Keep desire alive after the kids are born
- Release erotic blocks and put the "X" back into sex.

Come unlock your erotic intelligence in a program that welcomes clinical professionals as well as laypeople.

TUITION \$280. Add 2 weekend nights room & meals; page 116. (web code UEI-121)

Esther Perel is one of the world's most respected voices on erotic intelligence. Author of the international best-seller *Mating in Captivity: Unlocking Erotic Intelligence*, she is a couples and family therapist in New York City. She serves on the faculty of the family studies unit at the NYU Medical Center. www.estherperel.com



Kripalu healthy living immersion program

July 22–27 SUNDAY–FRIDAY

Integrative Weight Loss

Aruni Nan Futuronsky and Annie B. Kay

Lose weight and maintain a healthy body, naturally.

CE credits.

If you know that going on another diet isn't the solution, come nourish yourself and invite changes that will continue to unfold long after you return home. Kripalu's Integrative Weight Loss program offers a comprehensive curriculum that supports a healthy, long-term weight-reduction process. Guided by an exceptional faculty that includes a holistic physician, nutritionist, fitness professionals, life coach, and senior-level yoga teachers, you learn how to shift into a natural, balanced relationship with your body.

You learn

- Why diets don't work and how to naturally lose weight and keep it off
- How to develop healthy life skills
- Tips on how to maintain a healthy weight
- The importance of metabolism and nutrition for healthy weight management
- How to develop a more positive body image
- The best strategies for your personal goals and lifestyle.

Explore your weight issues in a caring and supportive environment, and leave feeling rejuvenated, motivated, and full of hope.

TUITION \$490. Add 5 midweek nights room & meals; page 116. (web code RRMW-126)

FIND OUT MORE → about Kripalu Healthy Living immersion programs on page 16.



See full biographical information for Aruni Nan Futuronsky on page 49.



See full biographical information for Annie B. Kay on page 40.

July 22–27 SUNDAY–FRIDAY

Thai Yoga Bodywork: Foundation Course

Jonas Westring

FOR all levels. CE credits.

Practiced for centuries in the temples of Thailand, Thai Yoga Bodywork incorporates the Buddhist practices of mindfulness and compassion with assisted yoga postures from the Ayurvedic tradition. In a seamless and meditative dance, the practitioner gracefully moves the receiver's body through a full range of movements.

This first level of the Thai Yoga Certification program prepares you to give a complete 90-minute traditional Thai Yoga Bodywork session. You learn a highly effective Northern-style sequence that includes therapeutic stretching, joint mobilization, deep-tissue compression, toning of energy pathways, acupressure, hatha yoga poses, meditation, and breathing techniques. Safety considerations and proper application of all techniques are addressed in depth, along with cultural aspects of this ancient Thai healing tradition.

Informed by both yoga and biomechanics, the Thai Yoga method emphasizes optimal well-being not only for the receiver but also for the practitioner. This program offers the essence of a transformational healing art while simultaneously giving you a direct experience of its deeply rejuvenating powers.

RECOMMENDED READING Nicki Smith, *Thai Massage* (Anness).

NOTE A detailed and illustrated Thai Yoga Foundation manual is provided.

TUITION \$475. Add 5 midweek nights room & meals; page 116. (web code TYB-121)



Jonas Westring, PT, E-RYT 500, is a licensed physical therapist in his native Sweden and in the United States. A certified teacher of Anusara Yoga®, he directs the Shantaya Yoga & Bodywork School based in Chiang Mai, Thailand. Jonas also teaches Thai Yoga Bodywork in his Thai Yoga certification program. www.shantaya.org



July 22–27 SUNDAY–FRIDAY

Trauma, Body, and Brain: Restoring the Capacity for Rhythm and Play

Bessel van der Kolk, Dana Moore, and Steve Gross

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

Traumatic experiences alter people's relationship to their bodies in ways that leave them feeling uptight, helpless, disconnected, hurt, on edge, frantic, and at odds with themselves. Neuroscience research shows that awareness of physical sensations forms the very foundation of human consciousness. Since trauma shakes the foundations of the human organism, healing can only occur if that organism can be made to feel safe, powerful, and effective. Yoga and other body-based practices do just that.

This workshop explores

- What neuroscience teaches about self-awareness and trauma
- The nature and essence of human attachment
- New psychotherapeutic treatments to help people integrate traumatic memories
- An array of body-centered approaches for dealing with trauma, including EMDR, yoga, play, dance, theater work, and tai chi.

These techniques help people come into the present moment and shift out of fear and hyperarousal. This allows them to resolve traumatic memories, promote mastery over the post-traumatic legacy of constriction, disconnection, and loss, and reclaim authority over their lives.

TUITION \$450. Add 5 midweek nights room & meals; page 116. (web code OTSP-121)

Bessel van der Kolk, MD, is a clinical psychiatrist whose work attempts to integrate mind, brain, body, and social connections to understand and treat trauma. www.traumacenter.org



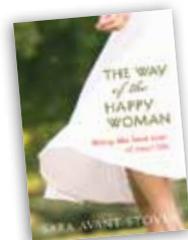
Dana Moore, MAR, MA, co-developed the Trauma Center Yoga Program and trains therapists and yoga teachers in mindfulness-based trauma recovery nationally and internationally. www.journeywell.org



Steve Gross, MSW, is the founder and chief playmaker of the Life is good® Playmakers, a 501c3 nonprofit organization that helps children overcome poverty, violence, and illness through the power of play and optimism.

July 22–27 SUNDAY–FRIDAY

The Way of the Happy Woman: Women's Yoga Teacher Training Sara Avant Stover



FOR women yoga teachers and practitioners with min. 1 year yoga experience. **CE** credits.

Empower women, change lives, and harness your feminine power in the world's only women's yoga teacher training. This train-

ing gives you the skills, sisterhood, confidence, and knowledge you need to teach yoga to women in all stages of life.

- Although most yoga classes are taught by women to women, some women don't know how to practice yoga in a noncompetitive, intuitive, and feminine way. In this training, you
- Acquire the skills and confidence to teach seasonal lifestyle rituals, meditation, Yin, and flow yoga to women of all ages
- Create classes for PMS, menstruation, libido, fertility, menopause, breast health, and overall health and happiness
- Step into leadership without sacrificing your softness
- Ignite your creativity, intuition, and compassion
- Learn the key differences between masculine and feminine approaches to yoga
- Empower women to love and respect themselves.

This course is the culmination of Sara Avant Stover's 15 years of personal and professional experience working with women around the world.

NOTE Please see this program on the Kripalu website for a list of recommended reading and other important information.

TUITION \$450. Add 5 midweek nights room & meals; page 116. (web code WHW-122)



Sara Avant Stover is the best-selling author of *The Way of the Happy Woman* and a teacher of women's yoga, meditation, wellness, empowerment, and inspired living. www.saraavantstover.com

July 22–27 SUNDAY–FRIDAY

JourneyDance™ Teacher Training Intensive: Module 1 Toni Bergins

FOR dance enthusiasts, including yoga teachers, dance instructors, and movement therapists. **CE** credits.

Take a powerful and transformative journey: Dance your fiery rhythmic beats. Rise and fall in waves of melodic passionate pulsation. Dive into the ocean of your emotions. Inspire your heart to lead you and share its secrets. Feel your aliveness.

Toni Bergins' JourneyDance, a union of dance, visualization, voice, and ritual, calls you to become funky and divine. The first module of this teacher training weaves together expressive and ritual movement, guided imagery, affirmations, and sounding. You learn and experience

- JourneyDance qualities and the conceptual flow of a class
- How to create moving visualizations with dance and music
- The JourneyDance embodiment, energy, and vocal awareness series
- MindBusting techniques to eliminate negative and limiting self-talk
- Your own spiritual dance practice to take into your community.

This training will have you loving your body and your life!

NOTE Tuition includes a training manual. Module 1 offers foundational training and a provisional qualification to teach JourneyDance classes. See Kripalu's website for more information on JourneyDance certification and program preparation instructions.

TUITION \$440. Add 5 midweek nights room & meals; page 116. (web code JDTT-1121)

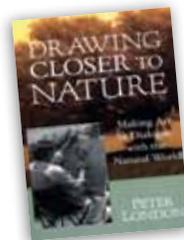


See full biographical information for Toni Bergins on page 54.

Read an article featuring Toni on page 101.

July 22–27 SUNDAY–FRIDAY

Drawing Closer to Nature Peter London



Spend a week in the beauty of the Berkshires, discovering and savoring the wonder of summer flowers and fields, lush forests, and sparkling streams, and creating art from what you see. Peter London, artist, author, and

master guide, writes, "When we draw closer to nature through art, we draw closer to our Self and recover a lost sense of unity. This unity brings about rich, authentic, and 'grace full' artistic expression and brings harmony to the rest of our life."

This week, we engage the mind, body, and spirit and employ simple and powerful art materials and methods to encounter, reflect upon, and portray the ways of nature. All participants, regardless of prior experience, find a deeper and more satisfying artistic expression and are drawn closer to nature, both within and around.

Peter has taught his holistic approach to art to thousands, including art phobics and professional artists, at museums, colleges, art centers, and centers for holistic studies.

RECOMMENDED READING Peter London, *No More Secondhand Art* and *Drawing Closer to Nature* (both from Shambhala).

NOTE Tuition includes art supplies.

TUITION \$330. Add 5 midweek nights room & meals; page 116. (web code DCTN-121)



Peter London is an artist, master teacher, art therapist, international lecturer, and author of many texts on art, spirit, and nature, including *No More Secondhand Art* and *Drawing Closer to Nature*. He is Chancellor Professor Emeritus at the University of Massachusetts Dartmouth. www.peterlondon.us



July 22–27 SUNDAY–FRIDAY

CircusYoga® Kids Camp Amy Dawn Verebay

FOR children ages 7–17.

Kids, run away to Kripalu and join the circus! Step into a magical week of CircusYoga and live your dreams of being an acrobat, clown, sideshow performer, ringmaster, or tightrope walker. Learn how to juggle, hoop, spin, stilt, and fly.

If you created a circus, what would you do? Who would you be? On our first day together, we decide on a theme for our circus, and then

- Play indoors and out by the lake enjoying the summer sun and nature
- Learn partner acrobatics, flying yoga, poi, diabolo, slack line, stilt walking, and lots of group games
- Invent our own tricks, acts, props, and characters, creating a final big show for our parents and friends.

There's a place for everyone in the circus. Bring your friends and meet new ones. Come create a circus with us and heed the call to adventure. This is not your ordinary kids program!

NOTE Bring your most favorite, fantastical clothes for our circus show. Children in this program must be accompanied at Kripalu by a parent or adult who is registered for a program or an R&R retreat. Kids meet for morning and afternoon sessions while parents are in their programs. Families are together at mealtimes, in the evenings, and overnight.

TUITION \$230. Add 5 midweek nights room & meals, page 116. Kids ages 7–12, add 5 nights children's housing; see Kripalu's website or call for rates. (web code CYKC-121)



Amy Dawn Verebay is a teacher, performer, circus artist, singer, and yogini, along with being a leader and mentor in the CircusYoga® community.

July 22–27 SUNDAY–FRIDAY

Physician Well-Being: Inspiring Change in Medical Practice Satkirin Khalsa and Mark Pettus

FOR medical professionals including doctors, nurse practitioners, and physician assistants, as well as yoga teachers. **CE** credits.

Are you burned out in your medical practice? Is it time to focus on your own health and happiness? Rediscover your passion through mindful awareness and self-compassion. This workshop provides dedicated time to learn about yourself, reevaluate your career, and discover how you can heal. In this program, you learn

- How the physiology of your body responds to everyday stressors, and the impact this has on your health and quality of life
- Stress-reduction techniques you can incorporate into your day
- Tools to teach patients in your practice.

Continue your medical education in a training that provides education for you as well as your family and patients. Explore ways to develop a mindful presence in your practice, improve your patient interactions, enhance efficiency, and reinvigorate your passion for the art of doctoring by enhancing your own well-being.

NOTE Participants will receive journal articles and lecture materials electronically, prior to the retreat, and a hardcopy course manual upon arrival.

TUITION \$525. Add 5 midweek nights room & meals; page 116. (web code PWB-121)



Satkirin Khalsa, MD, is board certified in family medicine, a yoga teacher, and trained in medical acupuncture and biopuncture. She offers continuing education for medical providers on stress and well-being. www.integratedhealthmed.com



Mark Pettus, MD, is a board-certified internist and nephrologist. He is chief of medicine at St. Peter's Hospital in Albany, New York, and author of several books.

July 26–29 THURSDAY–SUNDAY

Swingolf: The Golf/Yoga/Massage Motion Les Bolland

FOR golfers of all levels and ages, from the beginner to the seasoned player. **CE** credits.

Tournament-playing professional Les Bolland offers a holistic approach to golf that incorporates yoga, muscle-opening shiatsu massage, breathing, and an emphasis on mental and physical harmony. His Swingolf coaching guides you to discover your own natural, dynamic, and flowing swing. From the very first moment, the student is at the center of Swingolf coaching.

Swingolf is healthy for both body and mind, and can lower blood pressure, increase stamina, and improve flexibility. Among the advantages of playing Swingolf are

- A better game with less effort
- No age limit
- Less practice with better results
- Increased consistency
- Mental, physical, and spiritual harmony.

Among the topics covered are putting, chipping, pitching, bunker shots, iron and wood play, and golf-course strategy.

NOTE Greens fees (approximately \$25) are payable at the golf course each day. Please bring sport shoes, comfortable clothing, and golf clubs if you have them. Golf clubs will be provided for beginners and test clubs will be available.

ALSO OFFERED June 28–July 1 and August 23–26.

TUITION \$415. Add 1 midweek night and 2 weekend nights room & meals; page 116. (web code GMM-123)



Les Bolland is a 30-plus-year member of the British Professional Golfers Association, veteran of the European tournament players' circuit, and author of *Swingolf: Golf the New Way*. www.swingolf.net

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Kripalu Healing Arts Sampler includes two specially selected Healing Arts sessions: Restorative Massage with essential oils and Energy Balancing or Reiki. Our skilled therapists help you relax



while you experience this amazing introduction to what we do best.

get the details kripalu.org/packages



July 27–29 FRIDAY–SUNDAY

Your One Wild and Precious Life: A Deepening Gathering for Women

Jean Shinoda Bolen

FOR women.

Jean Shinoda Bolen brings myths, goddess archetypes, dreams, and the sacred feminine to life. If you are contemplating or facing a life transition—in relationship, work, motherhood, health, menopause, a life-threatening illness, or other major decision—Jean invites you to sit with Hecate, archetype of the wise woman, medium, midwife, and goddess of the crossroad.

Humankind and the planet are also approaching a crossroad. This year may truly be a transition time for patriarchy, the outcome of which may depend on women. The phases of the moon and the maiden-mother-crone aspects of the Great Goddess whose worship preceded patriarchal gods are powerful metaphors.

Through storytelling, insights, guided meditation, self-reflection, and in sacred circles, come share and learn from one another, reconnect with archetypal sources of meaning and creativity, and acknowledge what is true for you. Music and poetry add to this exploration of what the poet Mary Oliver called “your one wild and precious life.”

RECOMMENDED READING Jean Shinoda Bolen, *The Millionth Circle: How to Change Ourselves and the World* (Conari Press).

TUITION \$250. Add 2 weekend nights room & meals; page 116. (web code GGCC-121)

Jean Shinoda Bolen, MD, is a speaker and workshop leader, psychiatrist, Jungian analyst, author of 11 books, and a former clinical professor of psychiatry. www.jeanbolen.com



July 27–29 FRIDAY–SUNDAY

Ease Into Yoga for Chronic Pain Kimberly Carson and Carol Krucoff

FOR all levels. CE credits.

Have you been struggling with a complex chronic pain condition such as fibromyalgia, irritable bowel syndrome, migraines, or neuropathic pain? Emerging scientific evidence suggests that yoga offers profound healing for people with chronic pain. Research on the Yoga of Awareness program created by Kimberly and James Carson found significant reductions in pain, fatigue, and emotional distress in people living with chronic pain.

Join Kimberly and teaching partner Carol Krucoff for a weekend immersion that empowers you to

- Apply the deepest teachings of yoga—awareness, meditation, and love—to work skillfully with symptoms
- Learn a safe and effective posture practice
- Understand the science behind chronic pain.

Take part in this pioneering program designed to help you connect more deeply with yourself and with other people facing similar issues.

RECOMMENDED VIEWING Kimberly Carson and Carol Krucoff, *Relax into Yoga* DVD.

TUITION \$225. Add 2 weekend nights room & meals; page 116. (web code EYCP-121)

✦ COMBINE THIS PROGRAM with Yoga for Seniors Teacher Training, July 29–August 3, for a 10 percent tuition discount for each program.



Kimberly Carson, MPH, E-RYT, is a yoga therapist at Oregon Health & Science University in Portland, Oregon, and codirects trainings at Duke Integrative Medicine. www.yogaofawareness.org



Carol Krucoff, E-RYT 500, is a yoga therapist at Duke Integrative Medicine in Durham, North Carolina, and author of *Healing Yoga for Neck and Shoulder Pain*. www.healingmoves.com and www.yogaforneckpain.com

register by phone 800-741-7353

July 27–29 FRIDAY–SUNDAY

Mindfulness-Based Eating Awareness (MB-EAT) Training Jean Kristeller and Andrea Lieberstein

FOR everyone; no previous meditation experience is required. CE credits.

Experience a new approach to eating, one that cultivates inner wisdom through a variety of mindful eating practices and guided meditations. National Institute of Health–funded research has shown Mindfulness-Based Eating Awareness to be a powerful approach to addressing mindless eating that leads to struggling with weight, obesity, and disordered eating patterns.

In this workshop, you learn

- A way to eat that is more attuned to your body's needs
- To experience the full pleasure and taste of food without overeating
- Ways to release the guilt and struggle often associated with dieting.

This weekend includes sitting meditation, eating meditations, group discussion, and gentle yoga exercises to heighten awareness and deepen understanding of mindfulness as it applies to eating and joyful living. You also explore current nutrition and exercise guidelines. The tools you take home can help you make more balanced and healthy choices in your life and be truly nourished by the food you eat.

TUITION \$230. Add 2 weekend nights room & meals; page 116. (web code MBEAT-121)



Jean Kristeller, PhD, clinical and research psychologist with a doctorate from Yale, has been developing the MB-EAT program using meditation-based elements for eating disorders and obesity for more than 20 years. www.indstate.edu



Andrea Lieberstein, MPH, RD, directs mind, body, and spirit programs at Kaiser Permanente San Francisco and is a health educator, mindfulness meditation instructor, nutritionist, and wellness coach. www.inspirecoaching.vpweb.com

CE credits find out more on page 118

bring the kids



July 27–29 FRIDAY–SUNDAY

YogArts for Kids Craig Hanauer

FOR kids ages 5–11.

Calling all kids who love to collect things outdoors, do art projects, and make new friends. Come learn yoga, get your face painted, swim, and play. In this workshop, we walk on trails in the woods, find cool things near the lake, and make new discoveries everywhere we go.

Craig Hanauer's YogArts is a unique weekend program for children that integrates the creative arts, yoga, and outdoor fun. Parents, don't be surprised if your kids refuse to leave!

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

ALSO OFFERED July 6–8, August 10–12, and August 31–September 3.

TUITION \$200. Add 2 nights children's housing; see Kripalu's website or call for rates. (web code CPYA-123)



See full biographical information for Craig Hanauer on page 64.

healing arts get inspired on page 14

July 27–29 FRIDAY–SUNDAY

Let Your Yoga Dance® Festival for Women in Wisdom Years Megha (Nancy Buttenheim) with Diane Kovanda

FOR women. CE credits.

Run like the wind to this moving celebration of spirit! Designed especially for women ages 35 and up, this festival is a fabulous, fun-filled, yoga-dancing event. We are reinventing the conversation about aging!

Who are we as women in our wisdom years? We are power mamas, wisdom keepers, street-dog scrappers. We are energy-infused world changers, and peace-making earth keepers.

Join together with like-minded women for a weekend that promises

- Daily Let Your Yoga Dance and Kripalu Yoga sessions for joy, bliss, power, strength, and flexibility
- Body love and appreciation
- Being in nature, connecting with inner and outer beauty
- Self-care through creativity, self-created poetry, song, and music
- An evening fire ceremony dancing to Mother Earth
- A new, powerful way to live in your wisdom years.

Open your eyes to the power goddess you are and the grace all around you. This festival with Megha and Diane Kovanda is an event whose time has come!

TUITION \$220. Add 2 weekend nights room & meals; page 116. (web code YDF-121)

✦ COMBINE THIS PROGRAM with Let Your Yoga Dance® Teacher Training for Special Populations, July 29–August 3, for a 10 percent tuition discount for each program.



See full biographical information for Megha (Nancy Buttenheim) on page 38.



Diane Kovanda, MEd, E-RYT 500, is the founder and director of training at Kind Yoga School in Cape Cod, Massachusetts. Diane's teaching of yoga is informed by her longtime practice of vipassana (mindfulness) and metta (loving-kindness) meditation. www.kindyoga.com

register online kripalu.org

July 27–29 FRIDAY–SUNDAY

Expect Miracles: Create Subtle Shifts for Radical Change

Gabrielle Bernstein

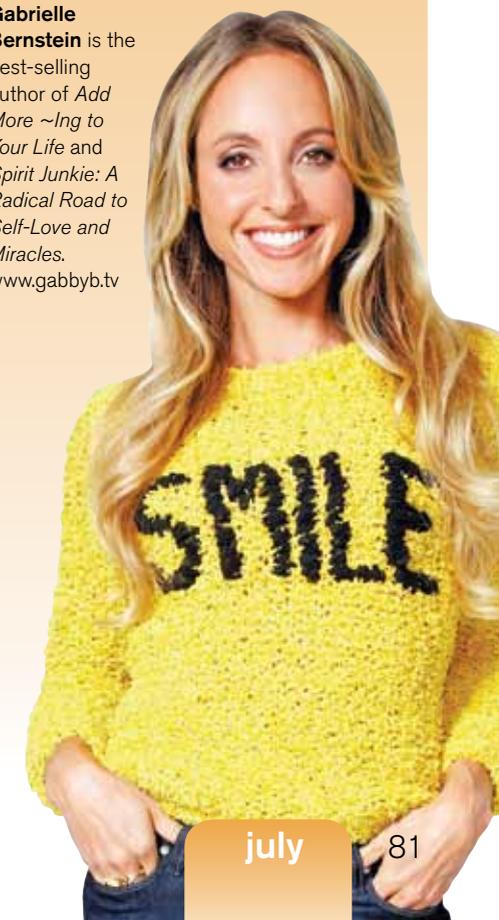
Join best-selling author Gabrielle Bernstein for a workshop designed to help you overcome fearful patterns and create positive change to last a lifetime. Gabrielle offers up practical tools for spiritual growth—a transformational mind cleanse that can weaken fear and strengthen your faith in love. Each exercise is backed by principles from the metaphysical text, *A Course in Miracles*.

ELLE magazine said of Gabrielle that she “is doling out inner peace and self-love for the postmodern spiritual set.” Begin experiencing positive results immediately using her methods. Based on Gabrielle's forthcoming book, this program teaches simple yet powerful tools that bring miraculous changes in a short period of time.

Reprogram your thoughts and awaken a miracle mindset in a fun workshop with practical applications and useful take-home tools.

TUITION \$215. Add 2 weekend nights room & meals; page 116. (web code RRSL-121)

Gabrielle Bernstein is the best-selling author of *Add More ~Ing to Your Life* and *Spirit Junkie: A Radical Road to Self-Love and Miracles*. www.gabbyb.tv

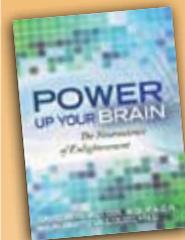




July 27–29 FRIDAY–SUNDAY

You Can Rewire Your Brain for Bliss

David Perlmutter and Leize Perlmutter



CE credits.

Enlightenment is not reserved for the deeply spiritual—it's a sacred gift for all to experience. Discover for yourself how specific lifestyle choices allow the brain to become more receptive to directed

change, resulting in an unprecedented ability to rewire your consciousness. With your brain primed for change, shamanic and guided imagery experiences pave the way for you to shift your perception of your life stories and remove self-imposed limitations.

This workshop explores

- Advances in neuroscience showing that lifestyle choices can dramatically change neural pathways
- Traditional shamanic practices and imagery techniques
- The joy of accessing positive emotions in daily experience and relinquishing your past connection to negativity.

Change your brain and create a blissful existence in a program that blends neuroscience and shamanic practices, drawing on the most powerful tools from each discipline.

RECOMMENDED READING David Perlmutter and Alberto Villoldo, *Power Up Your Brain: The Neuroscience of Enlightenment* (Hay House).

TUITION \$235. Add 2 weekend nights room & meals; page 116. (web code RYBB-121)

David Perlmutter, MD, FACN, ABIHM, is a board-certified neurologist, fellow of the American College of Nutrition, and an extensive contributor to world medical literature. www.powerupyourbrain.com and www.drperlmutter.com

Leize Perlmutter is a senior staff member of the Four Winds Society, a graduate of the Healing the Light Body School, and an Eidetic Imagery Coach.



July 27–29 FRIDAY–SUNDAY

Rhythmic Rejuvenations: Yoga and Hand-Drumming with Members of KDZ

Allison Gemmel Laframboise and Shaun Laframboise

FOR everyone.

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

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

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

You also have the option to move your body to live drumming by KDZ during noon dance sessions. Come unearth your inner beat! No drumming or yoga experience is necessary.

NOTE If you have a drum, bring it. If not, be sure to let us know when you register that you need a drum, so that we can reserve one for you. Bring an audio recorder if you wish.

TUITION \$215. Add 2 weekend nights room & meals; page 116. (web code RRYD-121)



Allison Gemmel Laframboise and Shaun Laframboise thrive on sharing drumming and yoga with others. Founders of handsdown.org and members of KDZ: The

Kripalu Drummers, the duo leads retreats and drum circles, plays at weekly noon dance sessions, and performs with KDZ as a part of the Saturday night concert series at Kripalu. www.handsdown.org

July 27–29 FRIDAY–SUNDAY

How to Grow a Yoga Practice Randal Williams

FOR all levels, especially beginners. CE credits.

Explore how to grow your yoga practice in a weekend retreat that is ideal for beginners and seasoned practitioners alike. Randal Williams draws from 20 years of professional teaching experience to help you cultivate a practice that revitalizes your body, deepens your breath, quiets your mind, heals your heart, and benefits all your relationships.

This retreat is for people who want to

- Enjoy yoga
- Experience deep, restorative relaxation
- Explore mindful movement and breathing
- Bring meditation into daily life
- Create a personal yoga sequence for home practice
- Foster wellness and vitality
- Live more mindfully and authentically.

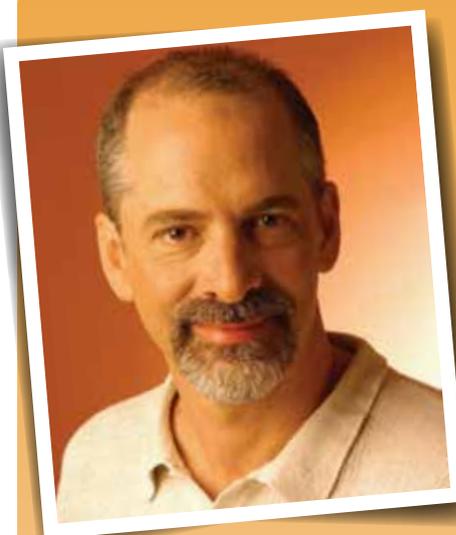
Cultivating a yoga practice is a lifelong project that can provide enjoyment every step of the way. Learn foundational yogic philosophy, how to set your personal intention, and other techniques to inform your life path.

NOTE Wear comfortable clothing for movement. Invite a friend or family member to accompany you so you can support each other at home. Tuition includes a manual, a journal, and a take-home audio of guided practice.

TUITION \$225. Add 2 weekend nights room & meals; page 116. (web code YMB-121)



See full biographical information for Randal Williams on page 42.



July 27–29 FRIDAY–SUNDAY

Yoga for Emotional Health: Focus on Anxiety and Depression

FOR yoga therapists, yoga teachers, and everyone working with anxiety and depression; no yoga experience necessary. CE credits.

Emotional health is fundamental to the maintenance of overall health and well-being. The ancient sages understood emotion as a complex interaction between mood, cognitive processes, behavior, and physiological responses. Master teacher Gary Kraftsow presents these teachings in contemporary language so that the wisdom and practices of yoga can be employed to reduce suffering and cultivate higher human potential.

In this workshop, you

- Explore models of integrated personality that emerge from Vedic teachings
- Discover how the science of pranayama, mantra, and meditation can be applied for emotional healing
- Learn to recognize the direct influence that thoughts and emotions have on our biochemistry
- Develop and cultivate practices that transform negative qualities of mind and promote well-being.

Each day of this program includes lecture, discussion, and practices that integrate asana, pranayama, chanting, mantra, and meditation.

RECOMMENDED READING AND VIEWING See this program on Kripalu's website.

TUITION \$265. Add 2 weekend nights room & meals; page 116. (web code YFAD-121)

Gary Kraftsow, author of two yoga books, has been a pioneer in the transmission of yoga for health, healing, and personal transformation for 30 years. www.viniyoga.com

Gary Kraftsow

July 29–August 1 SUNDAY–WEDNESDAY

Tantric Yoga of Inner Transformation

CE credits.

Go deeply into the inner teachings of yoga for personal transformation. This workshop with yoga pioneer Gary Kraftsow helps you

- Build and free energy so that it can be directed inward
- Optimize physiology to stabilize and clarify the mind
- Reframe thoughts and emotions to transform behavior
- Realign actions with priorities
- Take steps to manifest your intentions
- Illumine the mind to allow the True Self to emerge.

Explore the nature of human experience at every level and the means and methods that help in overcoming suffering, achieving your goals, and realizing your true nature. These methods evolved from the yogic and tantric traditions and were designed to function in an integrated way.

Gary uses a comprehensive set of yoga techniques, including asana, pranayama, chanting, meditation, mantra, visualization, inquiry, and ritual. His teachings are drawn from the Upanishads, the Sankhya Karika, Patanjali's Yoga Sutras, and the *Hatha Yoga Pradipika*.

TUITION \$350. Add 3 midweek nights room & meals; page 116. (web code TYIT-121)

August 1–3 WEDNESDAY–FRIDAY

Stress Management

FOR all levels. CE credits.

In a recent study, 75 percent of yoga students reported attending yoga classes for stress management, while 15 percent were using yoga specifically for depression or anxiety. Stress and disturbing emotions play a primary role in disease. It follows naturally that emotional health and the skills needed to relieve stress are fundamental to the physical body's well-being. Yoga has tremendous potential for assisting people in reducing stress and the effects of stress-related diseases.

This workshop is designed to

- Relieve musculoskeletal tension and headaches
- Improve sleep
- Increase feelings of well-being
- Improve coping strategies for dealing with stressful events and the subsequent negative symptoms of stress
- Help with strategies for home and office.

Gary Kraftsow developed a successful 12-week stress-management program for Aetna Insurance Company staff. Learn the simple tools for managing stress presented in that program, including asana, pranayama, relaxation, and mental techniques.

RECOMMENDED VIEWING See this program on Kripalu's website.

TUITION \$265. Add 2 midweek nights room & meals; page 116. (web code SMW-121)

COMBINE two back-to-back programs or all three of these programs for a 10 percent tuition discount.



July 29–August 3 SUNDAY–FRIDAY

Prajna Yoga: Healing Practices for a Vital Body

Tias Little

and Surya Little

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

Yoga practice promotes vital functioning and health in the body's internal organs. When those organs perform optimally, we experience radiant health, vitality, and sustained energy. Unfortunately, many of us suffer from stagnation in the body due to excess sitting, dietary imbalances, and emotional holding. This can lead to digestive disorders, ovarian and uterine cysts, and sluggishness in the liver and kidneys.

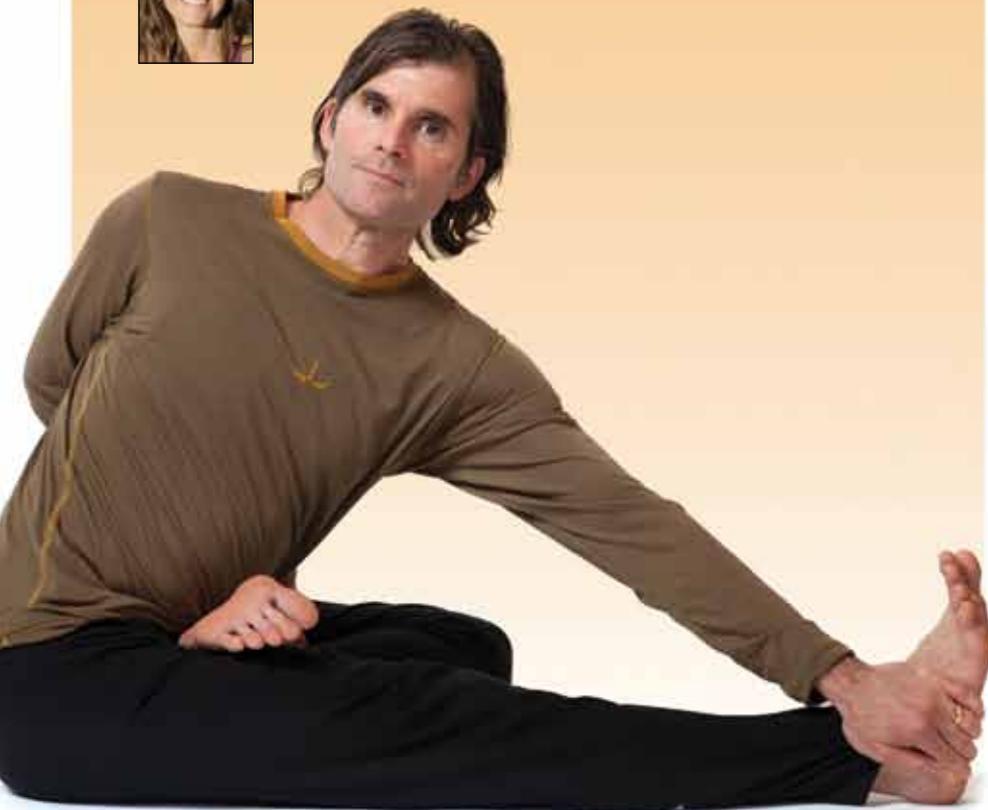
This unique yoga program aims to do more than stretch muscles and connective tissue. Tias and Surya Little offer specific techniques to optimize the flow of prana (life force) through the internal organs. We look at the positioning and function of each organ—lungs, large intestine, spleen, stomach, bladder—and utilize yoga postures to promote circulation and health in each organ. Morning practices in this workshop are dynamic, while afternoons involve gentle and deeply restorative postures and movements.

TUITION \$350. Add 5 midweek nights room & meals; page 116. (web code PYHP-121)

Tias Little is trained in Iyengar and Ashtanga Yoga and has been a student of Tibetan Buddhist Dzogchen practice since 2003, studying with Tsoknyi Rinpoche. www.prajnayoga.net



Surya Little has been a devoted student and teacher of yoga, macrobiotic healing, and meditation for more than 20 years. Her teaching is dynamic and devotional. www.prajnayoga.net



July 29–August 3

SUNDAY–FRIDAY

Let Your Yoga Dance®: Teacher Training for Special Populations Megha (Nancy Buttenheim)

FOR teachers and practitioners of many backgrounds: yoga, dance, physical therapists, and bodyworkers. **CE** credits

There are thousands of people who yearn to move their bodies, dance, and do yoga. The elderly, people with Parkinson's, MS, breast cancer, arthritis, Alzheimer's, and others with special needs may be prevented from moving as freely as they would like. Yoga Dance in a chair is a fabulous workout, a delightful experience, tempered for each student's needs, that provides therapeutic benefits on all levels: physical, mental, emotional, and spiritual.

In this training, you learn how to

- Work with special populations
- Create movement sequences from a chair
- Provide a rich, complete, and powerful yoga dance class for someone who needs to stay seated
- Use the chakras as the foundation for your class
- Focus on the individual needs of each participant.

Join Megha and learn how to bring Yoga Dance to people with special needs.

NOTE Tuition includes a manual.

RECOMMENDED PRE- OR POST-REQUISITE Part 1 of Let Your Yoga Dance teacher training.

TUITION \$555. Add 5 midweek nights room & meals; page 116. (web code KDGM-121)

✦ COMBINE THIS PROGRAM with Let Your Yoga Dance® Festival for Women in Wisdom Years, July 27–29, for a 10 percent tuition discount for each program.



See full biographical information for Megha (Nancy Buttenheim) on page 38.





July 29–August 3
SUNDAY–FRIDAY

Using EMDR as a Contemporary Psychotherapy: An Advanced Course for Mental Health Professionals

Deany Laliotis

FOR mental health clinicians who have completed the Basic Course in EMDR. **CE** credits.

Are you a mental health therapist interested in deepening your Eye Movement Desensitization and Reprocessing (EMDR) skills and integrating this powerful and effective approach into your clinical practice? This EMDRIA-approved advanced course helps practitioners apply EMDR theory and practice to clients who have suffered early developmental trauma and have attachment issues that manifest in pervasive difficulties with self and others.

- This program teaches
- A deep appreciation of the “art” of EMDR psychotherapy
- The ability to successfully integrate EMDR into your theoretical orientation
- Ways to work on your own formative experiences as a means of optimizing your learning in this retreat setting.

Deany Laliotis uses lecture, discussion, videotape of clients, and live demonstrations. She invites you to experience firsthand the transformative power of EMDR to change your life as well as your practice.

RECOMMENDED READING Francine Shapiro, *Eye Movement Desensitization and Reprocessing: Principles, Protocols, and Procedures*, 2nd edition (Guilford Press).

TUITION \$675. Add 5 midweek nights room & meals; page 116. (web code UECP-121)

See full biographical information for Deany Laliotis on page 41.

July 29–August 3
SUNDAY–FRIDAY

Yoga for Seniors Teacher Training
Kimberly Carson and Carol Krucoff

FOR yoga teachers with min. 1 year yoga experience. **CE** credits.

Learn sound strategies for adapting yoga practice to older minds, bodies, and spirits in a training that combines the best contemporary, scientific knowledge about the physiology of aging with yoga’s traditional wisdom. Seniors represent the fastest-growing sector of the population, creating an increasing demand for well-trained yoga teachers.

- Each day of this training involves
- A balance of lecture, movement, small-group work, practice-teaching sessions, and discussion
- Yoga sessions geared for senior bodies, including chair-based practices and appropriately modified postures for those able to get down and up from the floor
- Learning about common ailments affecting older adults and how to respond to students’ complex medical challenges
- Conceptual models for skillfully adapting postures and practices.

In a safe and effective teaching environment, students earn Yoga Alliance CEUs and have the opportunity to integrate with a larger community interested in what it means to age well.

RECOMMENDED READING AND VIEWING See this program on Kripalu’s website.

NOTE Tuition includes a manual.

TUITION \$520. Add 5 midweek nights room & meals; page 116. (web code TYSTT-121)

✦ COMBINE THIS PROGRAM with Ease Into Yoga for Chronic Pain, July 27–29, for a 10 percent tuition discount for each program.



See full biographical information for Kimberly Carson and Carol Krucoff on page 80.



Kripalu healthy living immersion program

July 29–August 3
SUNDAY–FRIDAY

Preventing and Reversing Diabetes

Kathie Madonna Swift and Mark Pettus

Don’t let diabetes control you; take charge of your health and life.

CE credits.

If you have type 2 diabetes, or are pre-diabetic and are serious about changing your health and living a longer, more vibrant life, then don’t miss this program.

Type 2 diabetes is a serious chronic disease that affects your heart, kidneys, brain, eyes, and nervous system. But it can be prevented, managed, and in some cases even reversed through lifestyle change. Learn how to reclaim your health from experts in integrative health, nutrition, diabetes education, yoga and meditation, and lifestyle change.

During your stay, enjoy three healthy meals each day, workshops, daily movement classes, cooking classes, and plenty of time to connect and share. In this program, you

- Learn how a nutrient-dense, whole-foods diet can influence the course of the disease and how to adopt this way of eating
- Understand the effects of physical activities on blood sugar control and identify the best kind of exercise for your lifestyle
- Understand how stress reduction assists diabetes management and learn to elicit the relaxation response
- Explore alternate strategies and new responses in order to break limiting patterns that cause imbalance and disease
- Create your own personal goals and plan for supporting healthy lifestyle changes.

Return home empowered and inspired, with a plan, a new outlook, and the support of new friends.

TUITION \$490. Add 5 midweek nights room & meals; page 116. (web code RRLD-123)

FIND OUT MORE ➔ about Kripalu Healthy Living immersion programs on page 16.



See full biographical information for Kathie Madonna Swift on page 40.



See full biographical information for Mark Pettus on page 79.

CE credits find out more on page 118



July 29–August 3
SUNDAY–FRIDAY

The Sun in Your Heart Is Rising: Activating Your Embodied Awakening, Wholeness, and Unique Purpose
Saniel Bonder and Linda Groves-Bonder

FOR all levels.

Are you hungry to awaken spiritually or intensify your skills in embodying an awakened life? Light your heart-fire and fan the flames of your whole-being transformation in this immersion in the Waking Down in Mutuality work with renowned teachers Saniel Bonder and Linda Groves-Bonder.

- Using spiritual transmission, dance, physical exercises, meditative investigation, and small-group sharing, this retreat helps you to
- Seamlessly blend spiritual practice with everyday life, saving time and reducing stress
- Directly access your infinite nature
- Integrate your deep shadow material, outgrowing its chokehold on your spirit
- Relate to others with an authentic integrity you never knew was possible
- Deepen your compassionate love for all beings
- Discover and express your unique gifts for serving life as never before.

Upgrade your understanding of life and spirituality, accelerate your personal growth and contribution to humanity, and meet some remarkable people who could become friends for life.

RECOMMENDED READING/VIEWING/LISTENING See this program on Kripalu’s website.

NOTE Please bring a notebook.

TUITION \$325. Add 5 midweek nights room & meals; page 116. (web code AEA-121)



Saniel Bonder and Linda Groves-Bonder have helped hundreds of people awaken into embodied identity with divine spirit. Saniel is the founder and Linda is a leading senior teacher of the Waking Down in Mutuality work. www.sanielandlinda.com

healing arts get inspired on page 14

July 29–August 5
SEVEN-DAY PROGRAM

Yoga Ed.™ K–8 Instructor Certification
Julie Sorichetti

FOR yoga teachers and educators with strong yoga experience. **CE** credits.

This certification program opens the door to teaching yoga in public, private, and parochial schools. No matter what your current level of experience, gain the skills, resources, and confidence you need to successfully share the benefits of Yoga Ed. with students and their teachers. Upon completion of this training, you will be certified to teach two Yoga Ed. programs:

- The Yoga Ed. K–8 Curriculum as physical education for students. Your training includes 36 weeks of lesson plans, an illustrated teacher’s guide, a book of games and visualizations, and other resources and handouts
- The Yoga Ed. Tools for Teachers program as professional development for classroom teachers. This program enables teachers to incorporate yoga-based activities such as breathing, simple poses, games, relaxation, and visualization into their daily schedule.

Join Yoga Ed. trainer Julie Sorichetti for this weeklong opportunity to immerse yourself in the Yoga Ed. curriculum and add new skills to your yoga-teaching repertoire.

REQUIRED AND RECOMMENDED READING Please see this program on Kripalu’s website.

NOTE There is a \$200 materials fee for the 36-week Yoga Ed. Curriculum and Tools for Teachers training manual that is payable to the presenter at the first program session. This program qualifies for CEUs from Loyola Marymount University; visit www.yogaed.com for more information.

TUITION \$700. Add 5 midweek nights and 2 weekend nights room & meals; page 116. (web code YETC-121)



Julie Sorichetti, the first Yoga Ed.™ trainer in Canada, has taught at the Ontario Physical and Health Education Association, the Ontario Database for Daily Physical Activity, and the Ministry of Education’s Registry of Bullying Prevention Programs. A certified Kripalu Yoga teacher and Kripalu Yoga-Dance instructor, she is a child and youth worker.

register online ➔ kripalu.org



did you know?

In 2011, Kripalu’s Professional Trainings Scholarship Program awarded \$250,000 in scholarships to students attending the Kripalu School of Yoga and the Kripalu School of Ayurveda, allowing more individuals and communities to experience the healing benefits of yoga and Ayurveda.

support kripalu initiatives like this

kripalu.org/makeagift

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12	13	14	15	16	17	18
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26	27	28	29	30	31	

August 3–5 FRIDAY–SUNDAY

Yoga and Meditation Retreat

Stephen Cope

CE credits.

Join Stephen Cope for a weekend of delightful contemplative practice—a time of “coming home” to yourself. Author of *Yoga and the Quest for the True Self* and *The Wisdom of Yoga: A Seeker’s Guide to Extraordinary Living*, Stephen has created a retreat that weaves together

- Periods of deep, flowing, classic Kripalu Yoga
- Sitting and walking meditation
- Loving-kindness meditation
- Chanting
- Short dharma talks based on the wisdom of both the Buddhist and yoga traditions.

Choose to slow down. Breathe. Dive deep. The emphasis of this weekend is on the development of self-compassion and the simple power of the practice of being present.

NOTE Participants must have at least a year of regular practice of hatha yoga in any tradition. No meditation experience is required.

TUITION \$295. Add 2 weekend nights room & meals; page 116. (web code YMR-121)

Stephen Cope, MSW, LICSW, is a psychotherapist, senior Kripalu Yoga teacher, Director of Kripalu’s Institute for Extraordinary Living, and creator of *The Gentle Yoga Kit*.



register by phone 800-741-7353



August 3–5 FRIDAY–SUNDAY

Partner Yoga for Couples
Ann Greene

FOR couples. 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 that you can take home and share together.
- 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 a variety of partner yoga forms, including doubles yoga, partner-assisted yoga, and contact yoga.
- Discover the highly therapeutic and elegant alignment principles of Anusara Yoga®.
- Celebrate and honor each other’s uniqueness while connecting with the one spirit that unites you.

This program is suitable for couples of all sexual orientations and all levels of yoga experience. 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; page 116. (web code CPAY-121)



Ann Greene is a certified Anusara Yoga® teacher. She and her husband, Todd Norian, coteach Anusara Yoga immersions and teacher trainings.

www.deepeaceyoga.com

CE credits find out more on page 118



August 3–5 FRIDAY–SUNDAY

Karma, Relationship, and Transformation: Exploring the Ways of Karma and How it Helps Us Evolve
Sally Kempton

FOR all levels.

The Eastern traditions say that karma is the most powerful force in life. Your character, the way your mind works, and even your ability to practice yoga are said to be the result of karma. Yet, contrary to popular lore, karma is never fixed. Your karma is fluid, and the more you understand how to work with it, the more you are able to turn difficult situations into blessings.

- This workshop brings the yogic teachings on karma to life, showing you how to
- Chart the workings of karma in your life and relationships
 - Understand the distinction between the karma you’re born with and the karma you create
 - Work with the relationship between karma and awakening
 - Explore practices for transforming karmic difficulties, the nature of karmic agreements, and how yoga and meditation interact with karma.

Designed to give you insights into your life’s journey, this program includes powerful tools for transformation, including meditation, self-inquiry practices, and group work.

TUITION \$235. Add 2 weekend nights room & meals; page 116. (web code KRT-121)

Sally Kempton is a master teacher of meditation and transformative wisdom. A former swami in the Vedic tradition, she is author of *Meditation for the Love of It*.

healing arts get inspired on page 14



I always incorporate something new that I learned at Kripalu into my life.”

—Angela T., holistic nurse, Wells, Vermont

August 3–5 FRIDAY–SUNDAY

Yoga and Kayaking
Greg DiLisio and Johnny Snyder

CE credits.

Take the plunge! Explore a whole new side of yourself and find out what makes kayaking in the Berkshires so magical.

Join the dynamic team of Greg DiLisio (certified yoga, tai chi, and qigong teacher, and popular Kripalu program leader), and Johnny Snyder (world-class kayaker and professional guide) for flat-water adventures combined with basic yoga and qigong techniques. With Greg and Johnny as your guides, you experience

- The joy of kayaking beautiful lake waters
- Serene floating meditations
- The calm of qigong and yoga
- The magical camaraderie created around a bonfire under the stars.

This blend of yoga, qigong, and kayaking has you enjoying newfound peace, vitality, and maneuverability.

NOTE Please see this program on Kripalu’s website for important information, including what to bring and kayak rentals.

ALSO OFFERED July 13–15 and August 31–September 3.

TUITION \$240. Add 2 weekend nights room & meals; page 116. (web code YAK-122)



See full biographical information for Greg DiLisio on page 55 and Johnny Snyder on page 69.

register online kripalu.org



Kripalu schools of yoga and ayurveda

August 3–12 FRIDAY–SUNDAY

Kripalu school of yoga
500-Hour Certification:
Module Three
Devarshi Steven Hartman and Vidya Carolyn Dell’uomo
FIND OUT MORE on page 22.



add a day to your stay

Treat yourself to a signature R&R retreat after your program—a day just for you, to do whatever you want and get ready to make a smooth transition home. Or come a day early to settle in, find your way around, and relax. An extra day is a great way to fit in a Healing Arts appointment or two. Why not take advantage of the fact that you’ll already be here?

Kripalu R&R retreat

come home to yourself.
Find out more on page 12.

bring the kids



August 3–5 FRIDAY–SUNDAY

YogaGroove for Kidz: Hip-Hop, Break Dance, and Yoga **Beth Furman**

FOR kids ages 5–11.

Each day of this fun-filled program begins with yoga warm-ups, breathing exercises, and yoga-inspired movement. Then we kick it up a notch as hip-hop music provides the backbeat for group and individual dance, play, and creative movement.

- In this workshop, you
- Dance and play within a safe, nurturing, nonjudgmental environment
- Choreograph original dances through “choreography-play”
- Hone listening skills through exposure to an eclectic mix of music
- Swim with your new friends at the Kripalu beach
- Participate in a dance share for parents.

NOTE You'll get sweaty, so bring plenty of comfortable clothes, a swimsuit, and sneakers along with your favorite music to share with the group. Children in this program must be accompanied at Kripalu by a parent/adult who is registered for a program or a signature R&R retreat. Kids meet for morning and afternoon sessions while parents are in their programs. Families are together at meal times, in the evenings, and overnight.

ALSO OFFERED August 17–19.

TUITION \$200. Add 2 nights children's housing; see Kripalu's website or call for rates. (web code YGKT-121)



Beth Furman, MALS, E-RYT, has studied yoga, dance, and other forms of movement, including hip-hop and African dance. A certified yoga teacher, she holds a degree in dance/movement studies. She currently teaches yoga to adults and children, integrating hip-hop and other forms of dance and cultural expression.



August 3–10 SEVEN-DAY PROGRAM

Psychology of the Chakras: A 7-Day Intensive

Anodea Judith and Selene Kumin Vega

FOR all levels. **CE** credits.

Are you ready for an initiatory journey into the sacred centers of yourself? Are you prepared to cross the archetypal rainbow bridge that connects everything into one indivisible whole?

This transformational intensive explores the psychology of your chakras. By immersing yourself for one whole day in the theme of each center, you touch the essence of your own shakti energy.

- In this weeklong retreat, you
- Encounter yourself through deep trance journeys
- Learn yoga postures, breathing techniques, and partner poses for each chakra
- Explore your psychological history in the context of the chakras
- Engage in ceremonies to reclaim power and acknowledge divinity
- Celebrate with song, dance, laughter, art, and sacred community.

This workshop is a pilgrimage, and participants over the past 25 years have described it as life changing. No experience is necessary, but the willingness to open and change is a must.

NOTE Tuition includes a manual. See this program on Kripalu's website for more information and a message from the presenter.

TUITION \$750. Add 2 weekend nights and 5 midweek nights room & meals; page 116. (web code POC-121)

Anodea Judith, PhD, is a leading authority on the chakra system and its application to a Western lifestyle. www.sacredcenters.com



Selene Kumin Vega, PhD, LMFT, is a licensed psychotherapist who has been leading individuals and groups into the realms of psyche and spirit since 1972. www.spiritmoving.com

August 3–12 NINE-DAY PROGRAM

Insight Yoga Teacher Training Intensive: Yin/Yang/Mindfulness

Sarah Powers

FOR teachers and dedicated practitioners; min. 2 years yoga experience and a strong interest in meditation. **CE** credits.

Deepen your understanding of the experiential, philosophical, and practical application of yoga and Buddhist meditation. This intensive draws from Sarah's book *Insight Yoga* and trains you in both a receptive yin style and an active slow flow, or yang, style of yoga. It also focuses on the theory and practice of mindfulness meditation. The training explores

- How, why, and when to practice Yin Yoga safely and effectively
- Ways to balance the yin style with a yang practice
- Physical and subtle alignment in yogic postures
- Yin Yoga sequences for organ health
- The four foundations of mindfulness meditation
- Cultivation of the breath body
- Assisting those with injuries
- The use of touch and hands-on adjustments
- Skillful verbal instruction
- Subtle body anatomy according to yogic and Chinese philosophy
- Buddhist psychology.

Please come with a basic understanding of Insight Yoga practices by reviewing the required reading and viewing materials before the training begins.

NOTE Please see this program on Kripalu's website for required reading and viewing, and other important information.

TUITION \$1,025. Add 4 weekend nights and 5 midweek nights room & meals; page 116. (web code IYTT-121)

Sarah Powers blends the insights and techniques of yoga and Buddhism into an integral practice influenced by Viniyoga, Ashtanga, Iyengar, vipassana, and Dzogchen teachings. www.sarahpowers.com



register by phone **800-741-7353**

CE credits find out more on page 118

Qigong instructors Deborah Davis—an acupuncturist and medical intuitive—and Ken Nelson—a leader in mind-body practices who also teaches yoga, meditation, and bodywork—share their personal connections to qigong and discuss its benefits.

What exactly is qigong?

Deborah Davis Qigong is an ancient system of self-healing that's been around for 2,000 years. It's a practice that's meant to help your body heal itself naturally.

Ken Nelson “Qi” means *energy* and “gong” means *to cultivate*. It's an umbrella term for any energy/movement work, such as martial arts and tai chi. Qigong is one of the four pillars of Chinese medicine.

What brought you to qigong?

DD I was introduced to qigong in 1988 while in acupuncture school. On our breaks, martial arts students would lead us in simple energy exercises. I was working full time and going to school at night, so I craved the extra boost. I found that with 10–15 minutes of qigong, I didn't need caffeine to stay awake and focused. That same year, I met a

what is qigong?

by Ashley Winseck

qigong master from China. I was mesmerized and wanted to learn how he had mastered his internal energy, so when I moved to California to continue my schooling, I found my present teacher, a qigong master.

KN I began studying yoga and qigong during the Vietnam War, when I was drafted into the army and stationed in Korea. I wasn't drawn to the vigorous traditions of kung fu or karate. I enjoyed the softer, more flowing style of tai chi. But as I took up the study of bodywork and yoga more intensely, I found less time to devote to tai chi. Dividing my time between the disciplines was too challenging. Also, during my study of shiatsu, I found that practicing qigong helped me to feel the life force flowing through me and to be more present for the needs of the receiver.

Do yoga and qigong complement each other?

DD They're a good complement to each other yet differ in their benefits and intentions. Yoga is great for improving strength and balance and can be a path of spiritual development. Qigong is gentler and easier but it's very profound in its capacity to heal. Many women come to my qigong classes who can't do yoga because of injuries. When someone is ill, I offer qigong since it can be practiced in bed or in a wheelchair and can be effectively adapted for weaker patients.

Qigong and yoga are healing arts that can be practiced anywhere, anytime, whatever the circumstance. All you need is to breathe, move, and focus the mind on present-moment awareness. Both tone the physical body and provide healing benefits by calming the nervous system, increasing the release of endorphins, and reducing stress and chronic tension. They each have a positive effect on mood and behavior, slow the aging process, and enhance wholeness by aiming to integrate the body, mind, and spirit.

How can medical qigong heal?

DD The purpose of medical qigong is to prevent and treat illness of all types. It's important to harness your own life-force energy, and then you

can learn how to move it into different parts of your body for healing.

I've seen people recover from cancer, chronic fatigue, tumors, cysts, infertility, depression, and diabetes. In medical qigong, we treat the whole person and prescribe specific qigong exercises and meditations to address the organ and meridian system imbalances as well as the basic constitution of the person. Qigong involves not only gentle movements, but also stances to build stamina, immunity, meditation, self-massage, walking, healing sounds, and mudras.

Do you practice qigong and yoga?

DD I incorporate yoga into my weekly routine but I prefer a daily qigong practice. I feel more grounded and connected to my spirit after doing qigong. It both energizes and relaxes me. There's an internal qi flow and connection to nature and universal energies that's unique to qigong. I can also work on a certain organ system or emotion in my daily practice to create balance for my body, mind, and spirit. Healing sounds, stances, walking meditation, and self-massage are all part of my regular qigong practice.

KN I practice both, sometimes separately and sometimes together,

depending on how I feel. I can get better stretches in some yoga poses. On the other hand, I use qigong when I want to feel more flowing and fluid. I have integrated some qigong movements into my yoga practice and vice versa—not noticing sometimes which one I am practicing, but simply being moved by the energy.

Why are you passionate about teaching?

DD I'm passionate about helping women prevent and heal from disease. I focus on women's qigong because Western medicine has no protocol for maintaining agility, health, and grace as we age. Women go to doctors twice as frequently as men, yet many of their ailments, such as menopause, PMS, depression, fibromyalgia, and fatigue, can be alleviated with qigong. As an aging woman myself, I understand the needs of the feminine body and its challenges.

KN I have developed a few forms of qigong based on more traditional practices, and I'm passionate about teaching them because I know how these practices help people heal, grow, and awaken. They have awakened in me a call to service. ■

Don't miss Deborah Davis at Kripalu: *Women's Qigong for Health and Vitality, May 4–6 (see page 26); and Women's Qigong for Health and Self-Healing, May 6–11, (see page 26); and Ken Nelson teaching qigong at Kripalu in R&R retreat workshops.*

Also, see pages 49 and 107 for other qigong programs at Kripalu this summer.





“ I love being at Kripalu. It's always a homecoming for me.

—Ann S., yoga teacher, Homosassa, Florida

Kripalu **healthy living immersion program**

August 5–9 SUNDAY–THURSDAY

Women and Food: A Journey to Nourishment

Susan B. Lord

A personalized, small-group approach to creating positive change.

CE credits.

Do you want a healthy, happy relationship with food? Eating is one of our most essential human needs. The food we eat should nourish our bodies and minds and delight our senses and spirits. Yet for many women, food has become a source of shame, frustration, and self-blame and an enemy to do battle with.

Do you experience out-of-control eating, eat too much or too little, or make poor food choices? This program invites you to stop the struggle. Offering a personalized, small-group approach, integrative physician and nutritional health expert Susan B. Lord guides you in a holistic experience of making positive changes in your relationship with food. Through meditation, group work, writing, and discussions you explore

- Precisely how your personal psychology, emotional patterns, and biology are affecting your eating behavior
- Practical tools for mindfulness, self-compassion, and self-inquiry
- Ways to make what you eat a source of deep nourishment.

Susan has a gift for guiding each member of the group on a personalized journey of self-discovery and healing. Join her for a rich and transformational experience of nourishment.

TUITION 325. Add 4 midweek nights room & meals; page 116. (web code RRWF-122)

FIND OUT MORE about Kripalu Healthy Living immersion programs on page 16.



Susan B. Lord, MD, graduated from Case Western Reserve University School of Medicine, completing her residency in family practice. From 1996 to 2007, she worked at the Center for Mind-Body Medicine in Washington DC. Since January 2008, she has been teaching and providing consultations at Kripalu.

August 5–10 SUNDAY–FRIDAY

Camp Kula: Five Days, Four Teachers, Total Immersion

Nikki Vilella, Alex Auder, Kevin Courtney, and Erin Dudley

FOR students with at least 2 years of regular yoga practice, and yoga teachers from all traditions. CE credits.

Most of us are so consumed by our busy lives that we find it hard to fit in a 90-minute yoga class. When we do make it to class, it might include a little chanting, some pranayama, or a brief meditation, but the practice is mostly physical.

These four talented teachers from Kula Yoga Project in New York City know that yoga's esoteric teachings have so much more to offer. They are thrilled to lead this immersion at Kripalu to help dedicated practitioners and teachers deepen their practice.

Kula Flow is a vigorous, highly creative vinyasa form, focusing mainly on asana. In this workshop, we explore the workings of the physical and subtle self in 12 workshops examining such diverse topics as bandhas, kriyas, Vedantic philosophy, pranayama, yoga nidra, meditation, and chakra studies, and bring it all together in two sweaty Kula Flow classes daily. We even make time for a hike to the lake for a swim and a bonfire.

TUITION \$325. Add 5 midweek nights room & meals; page 116. (web code KYHI-121)



Nikki Vilella is codirector of Kula Williamsburg in Brooklyn.



Alex Auder currently teaches out of her West Village space and at Kula Yoga Project. www.westvillageyoga.com



Kevin Courtney is a senior teacher at the Kula Yoga Project in New York City. www.yogahappens.com



Erin Dudley leads asana flows influenced by vinyasa, kinesthetic anatomy, and the Yoga Sutras.

August 5–10 SUNDAY–FRIDAY

The Comedian's Way: A Creative Path for Writers, Performers, and Other Humans



Develop your writing and performance skills for page, stage, or life with comedy gurus Beth Lapidés and Greg Miller, who combine spiritual insights with comedy writing and performance pointers.

This workshop focuses on

- Storytelling and public-speaking skills
- Generating original content
- Integrating creative work with other aspects of self-study
- How to stay light about enlightenment
- Illuminating comedy as a personal, self-revelatory art form and craft
- Using comedy as a tool to handle life in these crazy, changing times.

Exercises, dialogue, and personalized writing assignments lay the foundation for understanding your comic persona and leave you inspired, uplifted, and laughing.

It's important to take yourself seriously, but it's equally important to take yourself lightly. When you can do both at the same time, that's a gift. When you share that gift with others, you are practicing the comedian's way.

TUITION \$275. Add 5 midweek nights room & meals; page 116. (web code TCW-121)



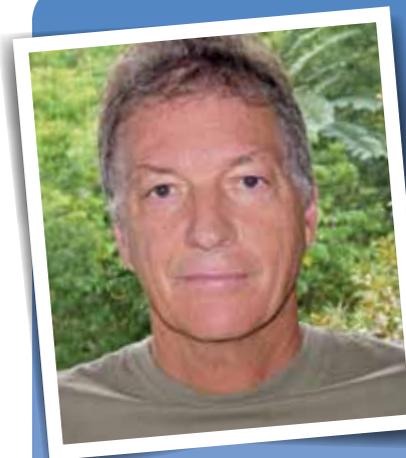
Beth Lapidés and Greg Miller have been living and working together for 25 years. Together, they created the groundbreaking alternative comedy phenomenon

Un-Cabaret (Comedy Central). Beth is a writer and actress (*Sex and the City*); Greg is a creative consultant, producer, and writer.

evening event

Saturday, August 11, 8:00 pm
100% Happy 88% of the Time, with Beth Lapidés and Greg Miller

Seating is limited. For details visit kripalu.org/eveningevents.



Joseph Le Page

Integrative Yoga Therapy Professional Yoga Therapist Training Program

SPECIAL PRICING + Combine two of the Le Page's back-to-back August–September programs or all three of them for a 10 percent tuition discount for each program. Please see Kripalu's website.

August 5–18
TWO-WEEK PROGRAM

**Module 1
with Lilian Le Page, Maria KaliMa, Beth Gibbs, and Debra Jensen**

FOR yoga teachers who have completed or are nearing completion of a 200-hour Yoga Alliance–registered program. CE credits.

Immerse yourself in one of the most established yoga therapy training courses available, focusing on the use of yoga as a true healing art. Yoga therapy can be applied in a wide variety of mainstream settings, including hospitals and health-care offices.

- This foundational training includes
- The philosophy and psychology of yoga therapy
 - Yoga practices, benefits, and contraindications for each system of the body and for specific health conditions
 - The use of asana in healing musculoskeletal injuries
 - Evaluation skills for assessing imbalance at the physical, energetic, psychological, and spiritual levels
 - Movement techniques for developing strength and flexibility
 - The essential principles of Ayurveda for yoga therapy
 - In-depth exploration of the energy body
 - Practical skills for supporting clients at the psychoemotional level, including stress management, relaxation, concentration, meditation, and yoga nidra
 - Yoga-based awareness methods such as body mapping, mandala drawing, and guided imagery.

This two-week module introduces specific Integrative Yoga Therapy programs and sets you on the path toward certification.

NOTE Please see Kripalu's website for important information.

TUITION \$1,880. Add 10 midweek nights and 3 weekend nights room & meals; page 116. (web code PYTO-121)

August 18–31
TWO-WEEK PROGRAM

**Module 2
with Lilian Le Page, Maria KaliMa, and Cathy Prescott**

FOR yoga teachers who have completed a 200-hour Yoga Alliance–registered program and Module 1 of the Integrative Yoga Therapy training program. CE credits.

Deepen your understanding of yoga therapy and learn practical applications of Integrative Yoga Therapy principles and techniques. Use the skills you learn here to work in professional settings and begin a private yoga therapy practice.

- In Module 2, you
- Use a variety of formats for evaluation and body reading so you can respond with appropriate yoga practices for optimal healing
 - Receive in-depth instruction in selecting and adapting yoga therapy tools and techniques to provide a complete therapeutic practice for each individual, including asana, pranayama, mudra, affirmation, meditation, and yoga nidra
 - Understand how to develop and implement a complete yoga therapy program directed toward the most common health conditions such as high blood pressure, type 2 diabetes, arthritis, and back pain
 - Learn therapeutic sequences that apply the principles of Ayurveda in yoga therapy and balance the subtle body
 - Develop listening and dialogue skills to assist in opening clients to their own inner healing resources
 - Observe one-on-one yoga therapy sessions by master therapists.

NOTE Please see Kripalu's website for important information.

TUITION \$1,795. Add 10 midweek nights and 3 weekend nights room & meals; page 116. (web code YTTT-121)



Joseph Le Page is the founder of Integrative Yoga Therapy. In the past 13 years, he has trained more than 3,000 teachers and therapists throughout the world. www.iytyogatherapy.com



Lilian Le Page has practiced yoga for 23 years and taught for 18. Her teaching focuses on pranayama, mudra, bandha, and meditation. www.iytyogatherapy.com



Maria KaliMa, RN, MS, E-RYT 500, is both a Structural Yoga Therapist and an Integrative Yoga Therapist. She has practiced yoga for 30 years.



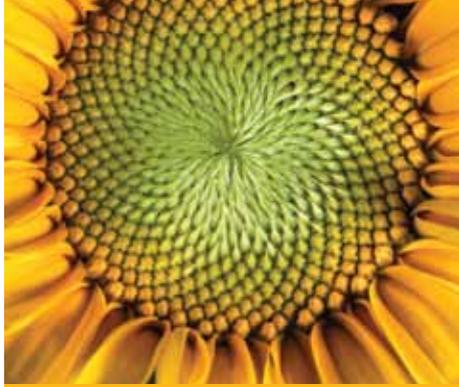
Beth Gibbs is the director of the Professional Yoga Therapist Internship Program and holds a master's degree in yoga therapy and mind/body health.



Debra Jensen, PTA, E-RYT 500, CHC, is a certified health counselor and Integrative Yoga Therapist and holds a faculty position at Yoga Darshana Center's 200-hour teacher training program on Long Island, New York.



Cathy Prescott is director of Integrative Yoga Therapy's Home Study Program and serves as mentor of the Professional Yoga Therapist Internship Program.



Kripalu healthy living immersion program

August 5–10 SUNDAY–FRIDAY

Rejuvenate and Reclaim Life After 40

Maria Sirois and Healthy Living Faculty

Crafting a meaningful, passionate, healthy life.

CE credits.

Are you looking at the second half of your life and wondering what's next? Ready to reinvigorate your life with joy and health?

Midlife can be a challenging, yet powerfully creative time, letting go of old identities and moving into new territory. It's a time of adventure and reinventing ourselves with the benefit of all the experience, confidence, and wisdom we've acquired over the years.

In this program led by an exceptional group of teachers, including a psychotherapist, nutritionist, fitness professionals, life coach, and senior-level yoga teachers, discover how to cultivate health—body, mind and spirit—and create a life that is deeply meaningful and joyous.

Learn how to

- Enhance physical energy, mental clarity, and emotional balance
- Reconnect to your dreams and inner joy to help you fall in love with life
- Decrease stress and increase harmony in your life
- Reduce the risk of the chronic diseases of aging, including heart disease, diabetes, cancer, and dementia
- Age with energy and vitality through nutrition and mindfulness.

Create an inspired plan for the second half of your life.

TUITION \$450. Add 5 midweek nights room & meals; page 116. (web code RRMH-124)

FIND OUT MORE about Kripalu Healthy Living immersion programs on page 16.



See full biographical information for Maria Sirois on page 45.



August 10–12 FRIDAY–SUNDAY

Asana Adjustments with Lotus Palm Thai Massage for Yoga Instructors

Eléonore Piquet

FOR yoga teachers and practitioners. CE credits.

Thai massage is a dynamic bodywork therapy based on yoga and Ayurveda born many centuries ago in the temples of Thailand. 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. The art of Thai massage is practiced as a duet: 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."

The Lotus Palm Thai Yoga Massage School has designed asana adjustments that are invaluable for yoga instructors to use in class and with their private clients. In this workshop, you learn to

- Adjust yoga postures to make them more profound
- Design a one-on-one yoga class
- Take your teaching skills to the next level with the "Thai touch."

Empower your students—and yourself—to go deeper into yoga postures and practice. Yoga teachers and practitioners alike learn to spot misalignments and make adjustments with safety and confidence.

TUITION \$220. Add 2 weekend nights room & meals; page 116. (web code AATM-121)



Eléonore Piquet, MBA, is a certified yoga teacher and licensed Thai massage therapist. She is the personal yoga instructor of Kam Thye Chow, founder of Lotus Palm, the foremost school of Thai massage. Eléonore helps students tap into the inner space where their full potential can flourish.

August 10–12 FRIDAY–SUNDAY

Reboot: Mindful Summer Hiking and Deep Yoga Relaxation

Randal Williams

FOR all levels. CE credits.

Refresh the vital realms of body, mind, and breath on this magical getaway complete with masterful guidance. Connect with summer in the beautiful Berkshires. Celebrate your being and open to your place in nature with mindful hiking that features fresh, revitalizing air to breathe and rich, cool ground to touch.

After hiking, you head indoors, turning inward with a simple, supported, and deep yoga relaxation and meditation experience.

In this program, you learn

- Mindfulness exercises
- Breath and movement coordination
- Healing yoga postures.

Refresh, renew, and revitalize as you open to the beauty of your inner and outer worlds.

NOTE Hikes vary according to group abilities. Bring rain gear, hiking boots or sturdy walking shoes, a hat, sunscreen, layered outside clothing, a small backpack, insect repellent, and a water bottle.

ALSO OFFERED June 15–17.

TUITION \$250. Add 2 weekend nights room & meals; page 116. (web code YHR-123)



See full biographical information for Randal Williams on page 42.



did you know?

Kripalu's Teaching for Diversity program supports teachers who bring yoga to underserved populations, including at-risk youth, elders with physical disabilities, trauma survivors, and children with special needs.

support kripalu initiatives like this

kripalu.org/makeagift

register by phone 800-741-7353

CE credits find out more on page 118

August 10–12 FRIDAY–SUNDAY
Sweet Sweaty Sukha Flow
Cyndi Lee

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

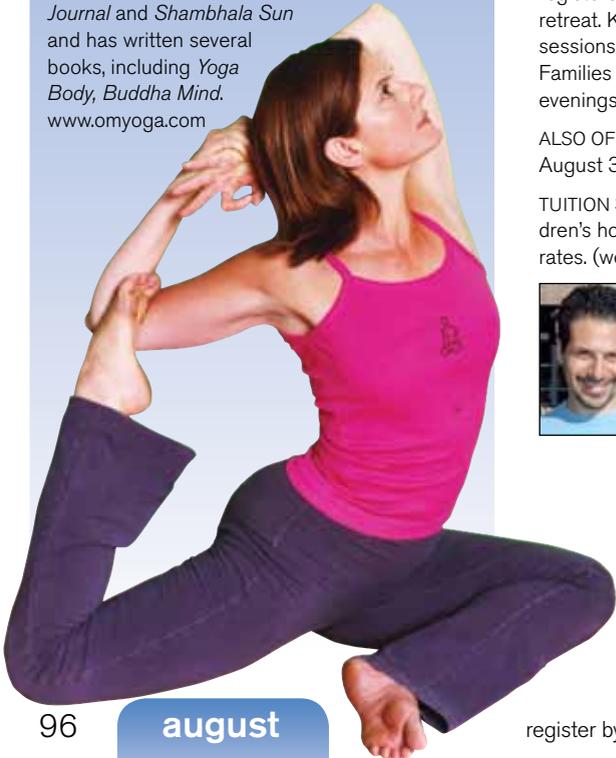
You know that feeling at the end of a great yoga class—the sweaty goodness of juiced-up muscles, the refreshing sensation of being cleansed from the inside out, the clarity of mind and breath? That is sukha! In Sanskrit, sukha, or “good space,” is the opposite of dukha, the day-to-day experience of chafing, dis-ease, or struggle. Yoga, meditation, and pranayama are time-tested antidotes to dukha because they reverse the momentum of our habits.

This weekend, Cyndi Lee leads you in creative, inspiring, and fun practice sessions designed to help you find your personal path toward a more sukha-filled life. You experience OM Yoga, a practice that combines the cleansing sweat of vinyasa with satisfying, precise alignment; the centering effect of mindfulness; and the heart-opening element of compassion.

Active sessions include standing and balancing poses, twists, and hip and shoulder openers to help you feel more pliant and alive. This work is balanced with restorative postures, nourishing pranayama, meditation, and time for questions and discussion. You leave with fun homework and journaling exercises.

TUITION \$225. Add 2 weekend nights room & meals; page 116. (web code SSSF-121)

Cyndi Lee is the founder of OM Yoga. Her frequent media appearances include *Good Morning America*, the *New York Times*, *Newsweek*, and *Vogue*. She has been a columnist for *Yoga Journal* and *Shambhala Sun* and has written several books, including *Yoga Body, Buddha Mind*. www.omyoga.com



bring the kids



August 10–12 FRIDAY–SUNDAY
YogArts for Kids
Craig Hanauer

FOR kids ages 5–11.

Calling all kids who love to collect things outdoors, do art projects, and make new friends. Come learn yoga, get your face painted, swim, and play. In this workshop, we walk on trails in the woods, find cool things near the lake, and make new discoveries everywhere we go.

Craig Hanauer's YogArts is a unique weekend program for children that integrates the creative arts, yoga, and outdoor fun. Parents, don't be surprised if your kids refuse to leave!

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

ALSO OFFERED July 6–8, July 27–29, and August 31–September 3.

TUITION \$200. Add 2 weekend nights children's housing; see Kripalu's website or call for rates. (web code CPYA-124)



See full biographical information for Craig Hanauer on page 64.



August 10–12 FRIDAY–SUNDAY

The Joy Is in the Journey:
Enhancing Body, Mind,
and Spirit with Yoga in
Midlife and Beyond

Liliias Folan

FOR all levels. **CE** credits.

Midlife is an ideal time to restore health and vitality and soften the impact of the aging process. This is the perfect program for everyone looking for a practical way to incorporate the benefits of yoga into their lifestyle. Under the expert guidance of Liliias Folan, you explore key postures, breathing practices, guided relaxation, and meditation.

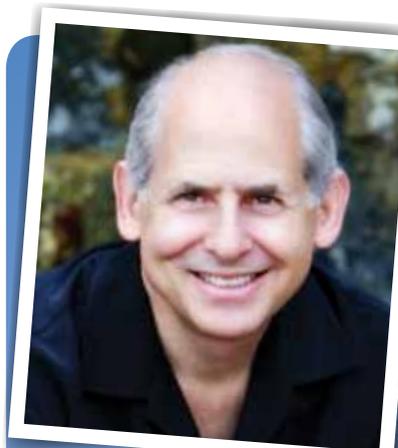
Whatever your fitness level, this program enables you to

- Learn painless ways to create or restore flexibility and strength
- Enhance balance and confidence in your body
- Increase your “contentment connection”
- Quiet the mind, inspire your heart, and awaken to your Witness Self and Inner Smile, the permanent peace within.

Return home refreshed and energized with practical tools for maintaining your health and well-being through your own personal yoga practice. Men and women of all shapes and sizes are welcome.

TUITION \$225. Add 2 weekend nights room & meals; page 116. (web code JJHY-121)

Liliias Folan is one of the country's best-known and beloved yoga teachers. Her TV series aired on PBS for more than 25 years. She is the author of *Liliias! Yoga: Your Guide to Enhancing Body, Mind, and Spirit in Midlife and Beyond*.



August 10–12 FRIDAY–SUNDAY

Use Your Brain to
Change Your Age

Daniel G. Amen

FOR all levels. **CE** credits.

Do you want to feel more fit, energized, and mentally sharp? You can! The fountain of youth is literally between your ears. A healthy brain is the key to staying vibrant and alive for a long time.

In this workshop, medical doctor Daniel G. Amen shares 10 steps to boost your brain, help you live longer, look younger, and dramatically decrease your risk for Alzheimer's. Based on the approach that has helped thousands of people at the Amen Clinics, he shows you how to

- Boost your memory, mood, attention, and energy
- Eat to live long
- Reduce the outward signs of aging and make your skin more beautiful
- Promote the healing of brain damage due to injury, stroke, substance abuse, and toxic exposure
- Dramatically increase your chances of living longer and looking younger.

By adopting the brain-healthy strategies detailed in this program, you can outsmart your genes, put the brakes on aging, and even reverse the aging process.

RECOMMENDED READING Daniel G. Amen, *Use Your Brain to Change Your Age* (Crown Archetype).

TUITION \$325. Add 2 weekend nights room & meals; page 116. (web code MBAA-121)

Daniel G. Amen, MD, is a psychiatrist, brain-imaging specialist, best-selling author of 28 books, and CEO of the Amen Clinics. www.amenclinics.com

August 12–14 SUNDAY–TUESDAY

Use Your Body to
Heal Your Mind
Henry Grayson

CE credits.

In his research, psychologist Henry Grayson has found that despite people almost universally saying they desire a healthy and happy life, virtually everyone subconsciously feels they're not worthy of being fully happy or healthy. This negative mindset has a direct impact on our ability to resist and overcome chronic illness, disease, and unhappiness.

Drawing from quantum physics, neuropsychology, world spiritual traditions, research on the effects of negative and positive emotions, and powerful new trauma treatment methods, Henry teaches highly effective ways to

- Identify, confront, and eliminate self-destructive frames of mind
- Clear common obstacles to healing, health, and happiness
- Get to the root causes of problems, not just the symptoms.

While it has long been known that the mind plays a primary role in healing, Henry has developed a revolutionary new approach to achieving optimal health based on removing old, encoded negative experiences, paving the way for dramatically improved health and emotional stability.

RECOMMENDED READING See this program on Kripalu's website.

TUITION \$215. Add 2 weekend nights room & meals; page 116. (web code UBHM-121)



Henry Grayson, PhD, is a pioneer in spiritually-based energy psychology. He founded the National Institute for the Psychotherapies in New York City. www.henrygrayson.com



Kripalu **healthy living
immersion
program**

August 12–16 SUNDAY–THURSDAY

Digestive Health:
A Holistic Approach
**Kathie Madonna Swift
and Annie B. Kay**

Restore your digestive health naturally.

CE credits.

Do you suffer from chronic gastrointestinal (GI) symptoms? Do you find yourself taking expensive medications or over-the-counter drugs just so you can eat without discomfort? If so, you may be among the one in five Americans who are challenged by gastrointestinal concerns.

This innovative Kripalu program helps you address your GI challenges and restore your health. Learn the connection between GI health, immune imbalance, inflammation, and common symptoms—pain, depression, fatigue, and rashes—that often have their origins in the gut. Also learn

- Ways to repair the gut with important nutrients and specific supplementation strategies
- How to remove GI toxins from your diet
- How to decrease inflammation and improve immune function
- How to replace digestive enzymes
- The value of reinoculation with pre- and probiotics to create a balanced GI “ecosystem”
- Strategies for managing celiac and gluten-related food sensitivities
- Mind-body techniques, meditation, yoga, and guided imagery.

This program is ideal for people who struggle with chronic gastrointestinal symptoms or those diagnosed with IBS (irritable bowel syndrome); IBD (inflammatory bowel disease), e.g., Crohn's or ulcerative colitis; GERD, or “reflux” disease; Celiac disease or gluten sensitivity; and many others.

TUITION \$340. Add 4 midweek nights room & meals; page 116. (web code RRDW-123)

FIND OUT MORE ➔ about Kripalu Healthy Living immersion programs on page 16.



See full biographical information for Kathie Madonna Swift on page 40.



See full biographical information for Annie B. Kay on page 40.

August 12–16 SUNDAY–THURSDAY

Facilitating Transformational Workshops: An Introduction to Group Dynamics **Ken Nelson and Lesli Lang**

FOR everyone interested in gathering and leading groups. **CE** credits.

Powerful groups have four pillars: a holistic view, mind-body practices, a group process, and a leader. Discover how mindful groups work as you gain confidence in being a guide for self-discovery and a steward of the common good.

In this training, you learn yoga-inspired tools that

- Empower individuals and ignite wisdom by helping people to trust their own abilities and find their own answers
- Link heart and mind, connect people to each other, and restore wholeness and well-being
- Make the group process easy by being present, not perfect
- Create a culture of cooperation based on insight, empathy, and conscious communication
- Hone your skills to listen, reflect, question, and help people to make meaning of their experience
- Spark creativity, transform negative beliefs, clear obstacles, and ease conflict.

Discover how to hold a safe and caring space for transformation as you receive support for your life's work.

NOTE Please see this program on Kripalu's website for more information.

TUITION \$310. Add 4 midweek nights room & meals; page 116. (web code FPEW-121)



See full biographical information for Ken Nelson on page 43.



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.

Read an interview with Ken Nelson on page 91.

get credit



Learn about the more than 150 programs that offer CE credits this season!

find out more [➔ kripalu.org/cecredits](http://kripalu.org/cecredits)



August 12–17 SUNDAY–FRIDAY

Anusara® Yoga: Creating a Radiant Heart, Sharp Mind, and Vibrant Body

Todd Norian and Ann Greene

FOR those with min. 6 months yoga experience; no Anusara experience required. **CE** credits.

When your heart is soft, your mind clear, and your body optimally aligned, you experience the ecstasy of being. Amazing grace becomes your reality. This program offers an opportunity to tap into your potential and explore the greatness and freedom already inside you.

Applying the life-enhancing philosophy and elegant alignment principles of Anusara Yoga, you are safely guided, step by step, from beginner into intermediate and advanced poses that open your world to radical new levels of transformation. You increase your strength, flexibility, and inner resolve to face the challenges of life with openness and insight. Learn how to transform obstacles into opportunities and expand your boundaries to know greater freedom and joy.

This course is for all levels of seriously playful students and teachers longing for a transformation of body, mind, and heart. Our sessions are complemented with ecstatic chanting, meditation, pranayama, relaxation, contemplation, and authentic small-group sharing within a supportive community.

NOTE Additional program information and recommended reading, viewing, and listening can be found on Kripalu's website.

TUITION \$450. Add 5 midweek nights room & meals; page 116. (web code ANY-122)

Todd Norian is one of Anusara® Yoga's most open-hearted and inspirational teachers. Combining personal insight, precise technique, and humor, he holds the deepest intention to awaken others to their true nature of unlimited joy. Todd offers workshops internationally and directs 200-hour Anusara Yoga teacher trainings. www.deepeaceyoga.com

See full biographical information for Ann Greene on page 88.

August 12–17 SUNDAY–FRIDAY

The Bliss Connection: Gentle Yoga and Yoga Nidra **Rudy Peirce**

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

The ancient yogis discovered dimensions of self beyond the tangible flesh and bones. Called the koshas, or sheaths, these realms include the breath body, the mental body, the belief body, and the bliss or joyful body. Each one holds a key to unlocking your natural state of unconditioned being.

The time-tested techniques of yoga can be experienced as a journey from the physical body into more subtle levels of awareness. This week, you are guided through gentle and accessible yoga practices and yoga nidra (yogic sleep) to fully access all of life's subtleties, gifts, and mysteries. Following Rudy's clear, compassionate instructions, you

- Touch the inner level of freedom that yoga reveals
- Resolve physical, mental, and spiritual confusion
- Digest what was once undigestible
- Interrupt and unravel the knots and stress patterns that cause disease, chronic pain, depression, and anxiety
- Heal disconnection, conflict, dissatisfaction, and suffering.

As you heal the imbalances in the bodymind, glimpses of your true self emerge. Discover how to embody your bliss and live in harmony with life as it is.

TUITION \$325. Add 5 midweek nights room & meals; page 116. (web code APNM-121)



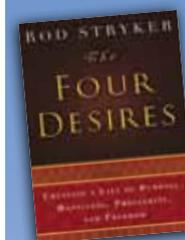
See full biographical information for Rudy Peirce on page 54.



August 12–17 SUNDAY–FRIDAY

The Four Desires: The Yoga of Fulfillment

Rod Stryker



FOR all levels. **CE** credits.

Yoga is the ultimate science of fulfillment. Drawing on the teachings of yoga and tantra, this program is a deep, practical approach to living your best life possible. Based on Rod Stryker's

new book, *The Four Desires*, this course is a road map to uncovering and unlocking your soul's calling to greatness. We explore the keys to fulfilling your worldly and spiritual potential, achieving your ultimate destiny, the theory of sankalpa—the science of bringing thought into form—the practice of yoga nidra, and the power of fulfilling your dharma.

You also learn to

- Understand the role of desire in spiritual life
- Access intuition, self-awareness, and omniscience
- Undo the beliefs and tendencies that sabotage fulfillment
- Transform through deep relaxation and new life-affirming intentions
- Use all life experiences for greater freedom.

This retreat includes daily yoga and meditation sessions, visualization, pranayama, journaling, and self-inquiry exercises, empowering you to create a life rich in meaning and means.

REQUIRED COURSE MATERIALS Rod Stryker, *The Four Desires: Creating a Life of Purpose, Happiness, Prosperity, and Freedom* (Delacorte) (also required reading for ParaYoga® certification).

NOTE All participants are eligible to receive a certificate of completion, but attendance at all sessions and completion of all contact hours is required. Certificates can only be issued on the basis of hours completed at the close of the training.

TUITION \$695. Add 5 midweek nights room & meals; page 116. (web code YOFF-121) Register by June 29 and receive \$45 off the cost of tuition.

Rod Stryker is the founder and creator of ParaYoga® and widely considered one of the country's leading yoga and meditation teachers. He has taught worldwide for nearly 30 years, transmitting an ancient tradition that has been handed from teacher to student for literally thousands of years. www.parayoga.com

August 14–17 TUESDAY–FRIDAY

YogaSlackers Adventure Summer Camp **Adi Carter and the YogaSlackers**

CE credits.

Remember the excitement of summer camp, of being outdoors, learning and exploring with great guides, and interacting with new friends? Good news! Your fun isn't over—the YogaSlackers are experts at teaching adults to rediscover the exhilaration of play and experimentation.

This year's Adventure Summer Camp at Kripalu emphasizes building awareness of your body while having fun. Daily yoga practice will engage your body and mind and take you to new physical heights. Structured activities will provide safety in your adventures, and there will be plenty of time for smaller group activities, including slacklining, AcroYoga, trail running, time spent by the lake, and winding down at night with Thai massage.

Adventure Summer Camp is the perfect place to become a kid again while retaining the freedom of adulthood. Pack your sense of adventure, embody the spirit of play, and we'll take care of the rest. Adi will be joined by fellow YogaSlackers teachers for additional one-on-one instruction and support.

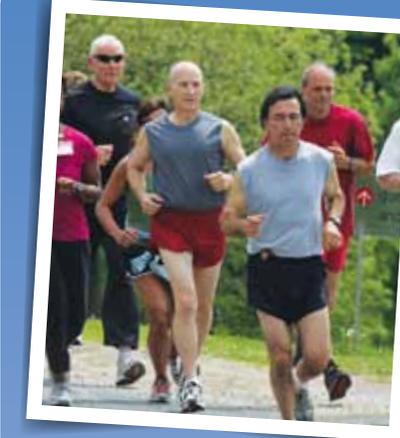
NOTE Six months of yoga experience is encouraged. Please contact instructors if you have had major injuries or recent surgery.

TUITION \$250. Add 3 midweek nights room & meals; page 116. (web code YSSC-121)



Adi Carter is a lifelong student of yoga off the mat, especially when it involves being outdoors. Her passion for movement and the environment have taken her on countless adventures around the world and her environmental initiatives and yogic adventures have been featured in many national publications. Adi currently travels and teaches as part of the YogaSlackers. www.adicarter.com

The YogaSlackers are a small group of yogi-adventurers who are forging into previously unexplored realms through their work on the slackline, acrobatics, climbing, and extreme-endurance expeditions such as the nationally recognized To Cross the Moon (2XtM) snow-kiting journey. www.yogaslackers.com



August 16–19 THURSDAY–SUNDAY

ChiRunning®: The Mindful Practice of Effortless, Injury-Free Running

Danny Dreyer



FOR those able to run 1 mile without stopping. **CE** credits.

Running is one of the oldest and most natural of human activities, but many of us experience it as an activity that takes a toll, causing sore muscles, knee injuries, hip pain, or shin splints. As Danny Dreyer, founder of ChiRunning, says, "It's not running that hurts your body—it's the way you run that does the damage."

Learn a revolutionary running technique that combines the inner focus of tai chi with running. Blending body alignment with relaxation, you learn to run with chi instead of depending on your leg strength, transforming running from a sport to a mindful practice.

Designed for everyone from total beginners to seasoned vets, this weekend teaches you to move with a fraction of the effort you currently use. Danny's teaching style makes the ChiRunning experience fun and easy to grasp. Run with more energy than ever and less potential for injury, no matter how you run now.

RECOMMENDED READING Danny Dreyer, *ChiRunning* (Fireside).

TUITION \$300. Add 1 midweek night and 2 weekend nights room & meals; page 116. (web code CHR-122)



Danny Dreyer, creator of ChiRunning® and ChiWalking®, is a nationally ranked ultramarathoner and an esteemed running coach with 33 years of experience. www.chirunning.com

August 17–19 FRIDAY–SUNDAY

Emotional and Mental Clarity: A Phoenix Rising Yoga Therapy® Approach Michael Lee

FOR all levels. CE credits.

Mind your body and mend your mind isn't just an aphorism. Learn skills and processes based on Phoenix Rising Yoga Therapy from its founder, Michael Lee. This weekend, you have the opportunity to

- Gain greater mental clarity and emotional stability
- Become the navigator of your life again
- Reconnect with your unique internal compass
- Partner with your body in becoming more aware of all aspects of yourself as a human being.

Michael leads yoga-based, easy to follow experiences using Phoenix Rising's unique "dual process" so that your own body very quickly becomes your best teacher. Learn how to apply and integrate this new awareness into your life and keep the process alive when you go home.

Give thanks to your body for all it has done for you and for guiding you to this one-of-a-kind workshop with a master teacher. It just might transform your life.

RECOMMENDED READING Michael Lee, *Turn Stress into Bliss* (Fair Winds Press).

TUITION \$230. Add 2 weekend nights room & meals; page 116. (web code PRY-121)



Michael Lee, MA, is the founder of Phoenix Rising Yoga Therapy®, author of two books, a keynote speaker, international workshop leader, and

long-time Kripalu teacher.
www.pryt.com

August 17–19 FRIDAY–SUNDAY

Divine Play: Hoop, Yoga, Dance, and Create into Bliss Coby Kozlowski

FOR all levels. CE credits.

Uplift your spirit and tap into the pulse of life as you celebrate, play, move, and create like never before! Indulge yourself with hula-hoops, dance, art, yoga, and more. This joy-filled weekend provides the space for everyone to explore and enjoy creative movement and expressive arts.

Divine Play is both a journey and an experience of living life fully. It's a weekend to embrace all aspects of life—play, exploration, dance, laughter, and sharing—and soak in the bliss of being.

Experience what it's like to

- Hula-hoop through the chakras
- Dance in the forest
- Spin staff and poi
- Create art through nature
- Meditate and flow through yoga poses.

Life is saying it's time to have fun again, so get your soul shining, your spirit moving, and live the life you were meant to have.

TUITION \$225. Add 2 weekend nights room & meals; page 116. (web code HYD-121)



See full biographical information for Coby Kozlowski on page 36.

Read an article featuring Coby on the next page.

August 17–19 FRIDAY–SUNDAY

The Joy of Living Meditation Retreat, Level 1 Tim Olmsted

FOR all levels. CE credits.

Created by the brilliant Tibetan meditation master Mingyur Rinpoche, the Joy of Living Meditation Retreat shows you how meditation can help create a peaceful mind and a joyful heart. Gifted senior instructor Tim Olmsted blends guided meditation, discussion, and presentations on the key points of meditation practice with video teachings by Rinpoche. With characteristic clarity and wit, Tim demonstrates how any experience, even powerful emotions and chronic pain, can be transformed into a source of joy.

During this retreat, learn how to

- Rest in open awareness, a state of spacious and alert presence
- Work skillfully with physical pain, difficult emotions, and destructive thought patterns in meditation
- Transform everything that you encounter during your day—sights, sounds, tastes, and sensations—into a perfect support for meditation
- Use meditation as the basis for a lifelong path of awakening.

This retreat is suitable for people of all faiths, and for both beginning and experienced meditators. These meditation techniques are a perfect accompaniment and enhancement to yoga practice and training.

TUITION \$220. Add 2 weekend nights room & meals; page 116. (web code JLM-122)



Tim Olmsted has been a teacher and student of meditation for 35 years. He travels internationally, presenting Mingyur Rinpoche teachings, and is the president of the Pema Chödrön Foundation.

How the simplest of childhood pleasures can reinvigorate the mind, body, and spirit

power of play

Summer is a time for fun, play, and being adventurous; it can bring us back to the freedom of childhood, when summer meant school-free, carefree days. But as adults, finding the time to be carefree is a challenge. That's why play can be so powerful: Activities such as hula-hooping and dancing are ways to cultivate a sense of wonder, spark the imagination, release self-judgment, and rediscover childlike enthusiasm. And they're powerful agents of the mind-body connection: The visceral experience of physical expression can act as a doorway to opening our hearts and freeing our emotions.

Kripalu Yoga teacher Coby Kozlowski, who leads the program Divine Play: Hoop, Yoga, Dance, and Create into Bliss, is a firm believer in finding inner freedom through play. "Our natural state is to be happy," she says. "The joyful, playful side of the inner journey often gets overlooked. There's often guilt in joy because there's so much suffering in the world, so a lot of people are resistant to it." But once you open up to the possibilities of joy, acknowledging the light as well as the dark, inspiration can strike.

The Sanskrit word *leela*, which means "divine play," is an essential component of Coby's teachings; the idea is based on a process she calls joyful self-inquiry. The modalities Coby uses include vinyasa yoga and hula-hooping, an activity she sees not just as a fun throwback, but also as a yogic tool for self-empowerment. "Hooping awakens the chakras," she says. "It opens up the inner channels, awakening the body, awakening the breath." Stimulation through hooping's circular motions can release "stuck" places in our bodies and emotions, creating a space in our being that allows self-expression to flourish. One of the beautiful things about play, Coby says, is that it gives people the opportunity to celebrate life just for the sake of it, not reserving it for birthdays and holidays.

Erin Maile O'Keefe, who cofounded CircusYoga®—a spirited program for kids and adults that melds basic circus skills with yoga and mindfulness practices—with her husband, Kevin, sees play as a process of finding the childlike wonder that erodes as we get older. "Kids are more connected with play as a vehicle for learning," says Erin. "They're curious and engage with the world through experimentation: the learning process is more organic; it isn't dictated." As we grow up, Erin explains, we move away from those experiences, so play is a way to rediscover our curiosity with the world around and within us. Thus, opening up to curiosity can be a profound practice. Being playful and open to learning allows us also to cultivate Beginner's Mind, which, as Erin says, "is the mind that engages what's before us in an inquisitive way, finding new ways to approach things." Erin incorporates yoga, movement, theater, dance, and circus arts as playful tools for profound investigation: Whether on a tightwire or in Tree pose, for example, we're exploring balance, how we relate to gravity. As Erin explains, it's not about *mastering* balance, but rather engaging in the *exploration* of balance. "Play is about taking risks—we discover something new about ourselves," she says. "It teaches us about our willingness to be fearless. We take fewer and fewer risks as adults, so through play we unleash our habits and what holds us back. In CircusYoga, self-discovery is fun, with no judgments—nobody makes mistakes in play."

Toni Bergins, creator of JourneyDance™ and copresenter (along with chant artist Wah!) of Divine Journey: A Chant and JourneyDance Weekend, and a popular teacher of Kripalu's noon dance classes, teaches play through dance. "Joy comes out of physically unleashing what's blocked," she says, and this joy can be expressed in everything from gentle movements to deep pulsations. Letting go of tension and apprehension through playful, unbridled movement is a hallmark of Toni's teaching. During her JourneyDance class, dancers embark upon what she calls "funky connections"—dancing up to a random person while expressing affirmations to one another ("You're so funky! You're so wild!"). It's light, silly, and fun for sure, but it's also an opportunity to build trust, connect with others, and find appreciation. Being uninhibited is something we don't often allow ourselves in our daily lives, Toni notes, and this repression can cause stress, anxiety, and depression. "When you dance, you feel new areas of your being open up," she says. "The blood starts to flow, you are present, and endorphins are released. We hold onto so much stress in our bodies. Dance releases that stress." In her class, people rely on their intuition, drop out of the thinking mind and tune into sensation and music, which enlivens the senses and allows for greater self-expression.

Keeping open to the possibilities of play can keep your perspectives fresh and your spirit light, no matter what life may bring, and it's a great way to greet the summer. "People want to feel free, they want to feel alive," Coby says. "By making space for play, we also create a place to find freedom in our lives." ■

by Jonathan Ambar

Dance Dance Revolution

Dance and play are intrinsically linked, and noon dance, Kripalu's popular daily lunchtime dance class, is led by many different teachers with unique styles that integrate yogic, somatic, and shamanic principles into dance. Along with noon dance, each of these three teachers offers a full range of workshops and training programs.

Let Your Yoga Dance®



Megha (Nancy Buttenheim) calls Let Your Yoga Dance "the first chakra-yoga-dance fusion of its kind, a healing through joy, grace in motion, and dance prayer."

Shake Your Soul®



Shake Your Soul was inspired by Dan Leven's desire to create a movement experience where everyone feels safe to reconnect with one's sense of joy and power.

JourneyDance™



Toni Bergins' JourneyDance weaves expressive movement, guided imagery, ritual, voice, and affirmation to create a powerful dance experience.

Don't Miss

Coby Kozlowski at Kripalu: Divine Play: Hoop, Yoga, Dance, and Create into Bliss, August 17–19 (see page 100) and Toni Bergins at Kripalu: Divine Journey: A Chant and JourneyDance™ Weekend, June 29–July 1 (see page 54).





August 17–19 FRIDAY–SUNDAY

Awaken Your Passion: A Women's Retreat

Ruth Morehouse

FOR all women. **CE** credits.

Do you love your partner but want more passion in your relationship? Are you a single woman looking to explore your erotic and sensual potential? This retreat builds on the energy, self-challenge, and camaraderie that occurs when women gather to develop their sexual/emotional selves.

Although hormonal and physical explanations account for some sexual desire and intimacy issues, the surest way to enhance your sexual potential is by increasing self-validation and expanding your ability to hold onto yourself in important relationships. This workshop focuses on the powerful role that self-differentiation and personal integrity play in improving intimacy. This retreat offers

- An explanation of the Crucible Four Points of Balance
- A new understanding about lower desire/higher desire dynamics in committed relationships
- An opportunity to get your questions answered by a highly regarded expert in women's sexuality.

Understand yourself and your relationships in a whole new way as you expand your emotional and sexual potential.

RECOMMENDED READING David Schnarch, *Intimacy and Desire* (Beaufort Books).

NOTE Bring a small musical instrument—traditional, unconventional, or homemade—such as small drums, cowbells, cymbals, tambourines, clickers, or harmonicas.

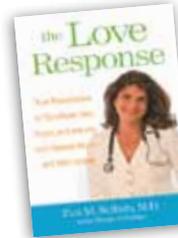
TUITION \$235. Add 2 weekend nights room & meals; page 116. (web code APWR-121)

Ruth Morehouse, PhD, is a certified sex therapist, a licensed clinical psychologist, and codirector of the Marriage and Family Health Center. www.crucible4points.com

August 17–19 FRIDAY–SUNDAY

Nature and Nurture: Discover Your Natural Resilience

Eva Selhub



CE credits.

Spending time in nature reminds you of your innate purpose, your resilience, and your ability to heal. Connecting with nature also taps into your capacity for love and sets off a series of physiological

events that help you adapt to life's challenges, reverse disease, and maintain health.

Medical doctor Eva Selhub provides the practical tools and techniques needed to rid the body of the negative impacts of stress. Using guided visualization, qigong, mindfulness meditation, group discussion, journaling, and journeys through nature, this workshop focuses on

- Understanding the stress response and its relationship to health and disease
- An exploration of the Love Response® as an antidote to stress
- The connection between nature and love
- Learning how to deliberately change your physiology to create balance and clarity
- The concept of resilience in mind, body, and spirit.

The techniques that Eva offers can help you cope better, think more clearly, become more creative, and turn obstacles into opportunities for success.

TUITION \$225. Add 2 weekend nights room & meals; page 116. (web code DNR-121)



Eva Selhub, MD, is the senior staff physician at the Benson-Henry Institute for Mind/Body Medicine at Massachusetts General Hospital and an integrative health specialist.

www.theloveresponse.com



bring the kids



August 17–19 FRIDAY–SUNDAY

YogaGroove for Kidz: Hip-Hop, Break Dance, and Yoga

Beth Furman

FOR kids ages 5–11.

Each day of this fun-filled program begins with yoga warm-ups, breathing exercises, and yoga-inspired movement. Then we kick it up a notch as hip-hop music provides the backbeat for group and individual dance, play, and creative movement.

In this workshop, you

- Dance and play within a safe, nurturing, nonjudgmental environment
- Choreograph original dances through "choreography-play"
- Hone listening skills through exposure to an eclectic mix of music
- Swim with your new friends at the Kripalu beach
- Participate in a dance share for parents.

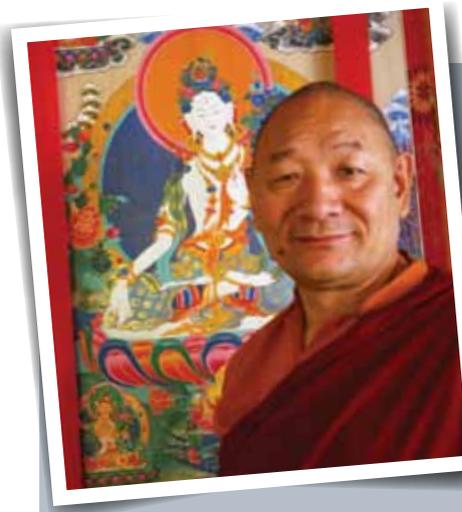
NOTE You'll get sweaty, so bring plenty of comfortable clothes, a swimsuit, and sneakers along with your favorite music to share with the group. Children in this program must be accompanied at Kripalu by a parent/adult who is registered for a program or signature R&R retreat. Kids meet for morning and afternoon sessions while parents are in their programs. Families are together at meal times, in the evenings, and overnight.

ALSO OFFERED August 3–5.

TUITION \$200. Add 2 weekend nights children's housing; see Kripalu's website or call for rates. (web code YGKT-122)



See full biographical information for Beth Furman on page 90.



Lama Migmar Tseten

August 17–19 FRIDAY–SUNDAY

Mangalam Yantra Yoga: Tibetan Yoga and Meditation with Ben Booth

FOR all levels (min. 1 year yoga experience). **CE** credits.

Yantra Yoga is designed to help you awaken fully to your Buddha nature through the use of physical postures (asana), breath-awareness exercises (pranayama), and meditative practices. Introduced to Tibet by the Mahasiddha Virupa in the 10th century, the practice of Yantra Yoga can help reduce your stress, improve your health, and deepen your meditative experience through techniques that positively affect your body and mind.

This workshop is led by Lama Migmar Tseten of Harvard University, and Ben Booth, founder of the nonprofit Dharma Voyage. You take part in a traditional Yantra Yoga initiation ceremony and learn to work directly with the body's energy systems by using Yantra Yoga postures, breathing exercises, and mantras.

Yantra Yoga was traditionally considered a secret teaching, offered to initiates of Vajrayana Buddhism only after many years of intensive preparation and meditation. For this reason, it has rarely been offered in the West. Given the nature of these teachings, at least one full year of yoga experience is required to participate.

NOTE This workshop is not appropriate for expectant mothers or people with major injuries.

TUITION \$215. Add 2 weekend nights room & meals; page 116. (web code YY-121)



Ben Booth, founder of the nonprofit Dharma Voyage, is committed to increasing our cultural connection to the natural world and expanding the parameters of mind-body training.

www.dharmavoyage.org

August 19–21 SUNDAY–TUESDAY

A Buddhist Healing Ritual: Dakini's Heart-Essence Chöd

Healing Chöd is an ancient Buddhist ritual known for its power to heal physical, emotional, and mental illness and suffering. There are no instructions to follow or techniques to learn. One simply lies down, rests, and receives healing. Healing Chöd is suitable for everyone, including those with chronic and mild illnesses. Healing Chöd rituals consist of music, prayers, and mantras in the sacred sounds of Sanskrit and Tibetan, transformative mudras and offerings, and meditation to cut through the destructive emotions and repel negative energies and obstacles.

Dakini's Heart-Essence Chöd, led by Acharya Lama Migmar Tseten, is based on the female Buddha Vajrayogini. It originates with the 10th-century Indian yogi and mystic Mahasiddha Naropa. This healing tradition was passed down to Lama Migmar's guru, the great master Chogye Trichen Rinpoche, renowned worldwide as a powerful healer. Chogye Trichen Rinpoche was also His Holiness the Dalai Lama's guru.

TUITION \$195. Add 2 midweek nights room & meals; page 116. (web code BHR-121)

Lama Migmar Tseten, Harvard University's Buddhist chaplain, is also the founder of the Sakya Institute in Cambridge, Massachusetts. After receiving a traditional and contemporary education in India, he supervised the editing and publication of more than 50 rare volumes of Sakya literature. He leads retreats and workshops throughout North America.

⊕ COMBINE THESE PROGRAMS for a 10 percent tuition discount.

August 19–24 SUNDAY–FRIDAY

Tai Chi Easy™ Practice Leader Training: A Healing Revolution Certification

Roger Jahnke

FOR all levels. **CE** credits.

The Tai Chi Easy Practice Leader Training is a 25-hour training that empowers individuals to share compelling and fun self-care practices. Tai Chi Easy blends a simple medical qigong technique with carefully chosen tai chi exercises.

This practice includes

- Body practices such as posture alignment and gentle movement
- Breathing practices
- Self-applied massage
- Relaxation and meditation practices.

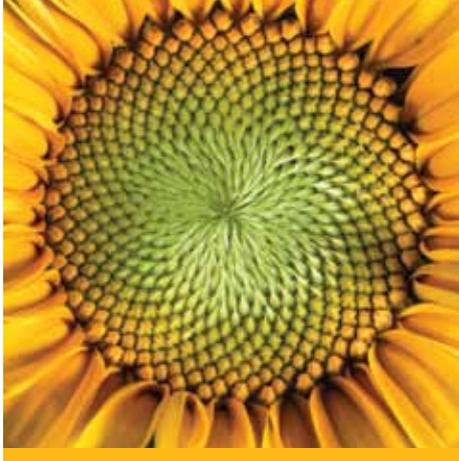
Tai Chi Easy is a carefully developed approach that makes tai chi fun and beneficial right away. These simple practices can be done in a stationary, standing position or while seated, and can also be combined with Tai Chi Walking. The resulting therapeutic practice can be applied in a rehabilitative, medical, or healing context, as well as for spas, gyms, and social service agencies. Tai Chi Easy is especially suited for those who wish to add tai chi and qigong to their work as professional wellness providers.

NOTE Tuition includes a training manual and a DVD.

TUITION \$485. Add 5 midweek nights room & meals; page 116. (web code TCE-121)

⊕ COMBINE THIS PROGRAM with Healer Within™ Practice Leader: Mind-Body Energetics Certification in Medical Qigong, August 24–26, for a 10 percent tuition discount for each program.

Roger Jahnke, OMD, is a doctor of Chinese medicine with 30 years of clinical practice and 45 years as a teacher of qigong and tai chi. www.feeltheqi.com and www.iigt.org



Kripalu healthy living immersion program

August 19–24 SUNDAY–THURSDAY

Integrative Weight Loss Aruni Nan Futuronsky and Annie B. Kay

Lose weight and maintain a healthy body naturally.

CE credits.

If you know that going on another diet isn't the solution, come nourish yourself and invite changes that will continue to unfold long after you return home. Kripalu's Integrative Weight Loss program offers a comprehensive curriculum that supports a healthy, long-term weight-reduction process. Guided by an exceptional faculty that includes a holistic physician, nutritionist, fitness professionals, life coach, and senior-level yoga teachers, you learn how to shift into a natural, balanced relationship with your body.

You learn

- Why diets don't work and how to naturally lose weight and keep it off
- How to develop healthy life skills
- Tips on how to maintain a healthy weight
- The importance of metabolism and nutrition for healthy weight management
- How to develop a more positive body image
- The best strategies for your personal goals and lifestyle.

Explore your weight issues in a caring and supportive environment, and leave feeling rejuvenated, motivated, and full of hope.

TUITION \$490. Add 5 midweek nights room & meals; page 116. (web code RRMW-1210)

FIND OUT MORE [➔](#) about Kripalu Healthy Living immersion programs on page 16.



See full biographical information for Aruni Nan Futuronsky on page 49 and Annie B. Kay on page 40.



August 19–24 SUNDAY–FRIDAY

Ashtanga Mela: The Power of Community David Swenson, David Williams, and Danny Paradise

FOR all levels. CE credits.

Calling all Ashtanga yogis and yoginis to this summer's Ashtanga gathering—a coming together of old and new friends. Take advantage of this opportunity to practice with kindred spirits, share experiences and insights with teachers and practitioners steeped in the Ashtanga tradition, and explore what it means to be a 21st-century yogi.

Following in the footsteps of past Ashtanga Melas, this gathering features practice, stories, and history with three teachers who were pivotal in bringing the teachings of Pattabhi Jois to millions. David Swenson, David Williams, and Danny Paradise have spent more than 30 years practicing, teaching, traveling, and sharing their experiences. Skilled at adapting their teaching to the needs of the group, they see the following possibilities for this magical week of practice and celebration:

- Primary series with derivative poses, variations, and modifications
- Mysore classes
- Adjustment classes
- Introduction to 2nd and 3rd series
- Pranayama classes.

The week also includes optional group swims at the lake between sessions, an intimate musical gathering with Danny and friends, and ongoing opportunities to integrate four decades of Ashtanga Yoga in the West.



RECOMMENDED READING/LISTENING/WATCHING

David Swenson, *Ashtanga Yoga: The Practice Manual*; Danny Paradise, *River of the Soul* (CD and DVD) and *Travelers, Magicians & Shamans* (CD).

TUITION \$475. Add 5 midweek nights room & meals; page 116. (web code AMG-121)



David Swenson began practicing yoga in 1969 with his brother, Doug. David later traveled to India to learn the full Ashtanga system from K. Pattabhi Jois. Author of *Ashtanga Yoga: The Practice Manual*, David has released five DVDs, three CDs, and a series of practice cards. www.ashtanga.net



David Williams has been practicing yoga daily since 1971. In 1973, he became the first non-Indians to be taught the complete Ashtanga Yoga system of asanas and pranayama directly by K. Pattabhi Jois. David subsequently taught the Ashtanga system to many of today's leading teachers. www.ashtangayogi.com



Danny Paradise has been practicing Ashtanga Yoga since 1976 and teaching worldwide since 1979. A student of David Williams, Nancy Gilgoff, and K. Pattabhi Jois, he was in one of the first groups of Westerners to learn all the classical Ashtanga sequences. www.dannyparadise.com

August 19–24 SUNDAY–FRIDAY

Wild Hips, Gypsy Heart: Belly Dance as Self-Empowerment Melina of Daughters of Rhea

FOR women; beginners are welcome. CE credits.

Unleash your primal energies and learn to move your hips in a million ways as Melina shares her family's ancient belly-dance secrets. Using poetic yet precise instruction, somatic storytelling, chakra imagery, rhythm response, and principles of ancient Greek dance, Melina teaches beautiful and empowering belly-dance movements. You learn strong and graceful meditative poses; wild, sublime shimmies; snake-like undulations; graceful hands and arms; traveling steps; and body isolations galore.

Each day, Melina introduces fun, easy-to-follow belly-dance combinations in her signature Greco-Turkish style. This workshop includes

- The basics of belly dance with an emphasis on energizing breath
- Proper posture and body alignment
- How to divinely present and balance a prop on your head
- Artful whirling with veils
- How to play finger cymbals and tambourines while dancing.

No previous dance experience is required, only bare feet, an open heart, and the readiness to celebrate life, creativity, community, and your vibrant self.

NOTE Eat lightly before opening night.

TUITION \$325. Add 5 midweek nights room & meals; page 116. (web code AABD-121)



Melina of Daughters of Rhea (Melinda Pavlata), PhD, is a second-generation belly-dance artist, circus performer, choreographer, writer, and cofounder of Daughters of Rhea Belly Dance Company. www.daughtersofrhea.com



August 19–24 SUNDAY–FRIDAY

Breath~Body~Mind® Training for Stress and Trauma Richard P. Brown, Patricia Gerbarg, and Heather Mason

FOR therapists and yoga teachers working with stressed and traumatized populations. CE credits.

Breath~Body~Mind integrates ancient and modern trauma-sensitive techniques to rapidly balance stress-response systems for self-care and healing others. Developed by medical doctors Richard P. Brown and Patricia Gerbarg, Breath~Body~Mind has proven benefits for health-care professionals, patients, military veterans, and survivors of mass disasters, including the Asia tsunami, 9/11, the Haiti earthquake, the Gulf oil spill, the Rwanda genocide, and slavery in Sudan.

Training and results include

- Movement, breathing, meditation, practice-teaching, neurophysiology, research, and clinical issues
- Unique techniques to calm central fear-processing networks and reduce physical/psychological symptoms of anxiety, depression, and post-traumatic stress disorder
- Improved mental focus, energy, productivity, sleep, empathy, connectedness and joy.

Breath~Body~Mind complements other mind-body programs, enhancing well-being, meditation, and transformation.

NOTE See this program on Kripalu's website for more information and a list of recommended readings and recommended practice.

TUITION \$700. Add 5 midweek nights room & meals; page 116. (web code BBMT-122)

Richard P. Brown, MD, is an associate clinical professor of psychiatry at Columbia University and a certified teacher of aikido, qigong, yoga, and meditation. www.haveahealthymind.com



Patricia Gerbarg, MD, assistant clinical professor in psychiatry at New York Medical College, practices Integrative Psychiatry and researches the efficacy of mind-body practices for post-traumatic stress disorder and survivors of mass disasters. www.haveahealthymind.com



Heather Mason, MA, is a yoga therapist, mindfulness teacher, and founder of Yoga for the Mind, an integrative approach for the treatment of depression, anxiety, and post-traumatic stress disorder. www.yogaforthemind.info



August 19–24 SUNDAY–FRIDAY

Lotus Flow™ Yoga Intensive: Radical and Poetic Dana Flynn and Jasmine Tarkeshi

FOR students with min. 1 year vinyasa experience. CE credits.

Reinvent your yoga practice so that it's fresh and alive each and every day. Lotus Flow Yoga merges radical, fluid asana; poetry; and music into a dynamic and devotional dance.

Unleash the asanas within as Dana Flynn and Jasmine Tarkeshi challenge you to go deeper, inspiring you to be bold and courageous, and to move like yourself. Be part of your own powerful and continuous evolution.

Immerse yourself in an intensive that includes

- Heart-expanding, mind-blowing Lotus Flow practices and innovative sequences
- Body mudras
- Phat beats
- Mindful alignment
- Breathing practices
- Meditation.

Dana and Jasmine believe that your personal and creative expression is the key to being happy and free. Join them for five days of body praying, spirit diving, mantra chanting, self-discovery, and freedom. Take refuge in these sacred yogic tools for waking up.

NOTE Please see this program on Kripalu's website for recommended reading list.

TUITION \$330. Add 5 midweek nights room & meals; page 116. (web code LFYSI-121)



Dana Flynn is known for her wildly poetic sequencing and her raw, generous energy. Her teachers include Sharon Gannon, Rodney Yee, and Jasmine Tarkeshi. www.laughinglotus.com



Jasmine Tarkeshi teaches classes that are inspiring, passionate, and devotional, enabling students to reveal and express their true essence as an instrument of divine love. www.laughinglotus.com

August 23–26

THURSDAY–SUNDAY

Swingolf: The Golf/Yoga/ Massage Motion Les Bolland

FOR golfers of all levels and ages, from the beginner to the seasoned player. CE credits. (web code GMM-124)

ALSO OFFERED June 28–July 1 and July 26–29. See page 79 for more information.

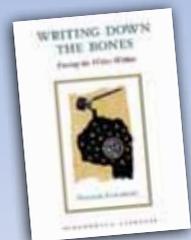


August 24–26 FRIDAY–SUNDAY

Writing Down the Bones: Freeing the Writer Within

Natalie Goldberg

with Sean Murphy



The book *Writing Down the Bones* transformed the way writing is viewed in this country. Come celebrate this groundbreaking book in a weekend with author Natalie Goldberg, who guides us in ways to

- Build a strong writing spine
- Cultivate confidence in our experience
- Believe that we have something to say and a way to say it.

The way Natalie sees it, the value of writing practice is backed by a long lineage of human experience in watching the mind. A writing practice is the foundation, whether you write—or want to write—essays, novels, memoir, office memos, or a letter to the editor. Come ready to trust your own mind and ready to write.

NOTE Bring a notebook and fast writing pens.

TUITION \$275. Add 2 weekend nights room & meals; page 116. (web code WNG-121)

Natalie Goldberg is an author, poet, teacher, and painter. She has written 11 books, including her latest, *Old Friend from Far Away*, and has the reputation of being a great teacher. Her paintings are on display at Ernesto Mayans Gallery in Santa Fe. www.nataliegoldberg.com



Sean Murphy has been a Zen meditation practitioner for more than 20 years. He teaches meditation, creative writing, and literature at the University of New Mexico-Taos and the Institute of American Indian Arts in Santa Fe. He leads writing and meditation workshops for a variety of conferences and organizations and is an award-winning author. www.murphyzen.com

August 24–26 FRIDAY–SUNDAY

Bhatki Yoga: A Weekend Exploration

Radhanath Swami

CE credits.

Steeped in the wisdom of ancient sages, the sacred text of the Ramayana has exerted a profound influence on India's artistic, cultural, and spiritual traditions. Its beautiful Sanskrit poetry tells the life of King Rama and his beloved consort, Sita. When Sita is abducted by a powerful demon, Rama embarks on a perilous quest to find and free her.

This weekend exploration of bhakti yoga through storytelling and kirtan is centered on this beautiful and uplifting tale of romance and high adventure. Learn about the transformative potential of genuine spiritual practice expressed as tangible action that brings about personal fulfillment and benefits the world. By adopting a spiritual outlook, life's hardships become opportunities for internal growth and both pleasure and pain become meaningful in the context of devotion.

A gifted guide, Radhanath Swami has devoted the last 40 years of his life to understanding the subtleties of the Ramayana and other devotional masterpiece, walking the path they prescribe and inspiring people to better their lives.

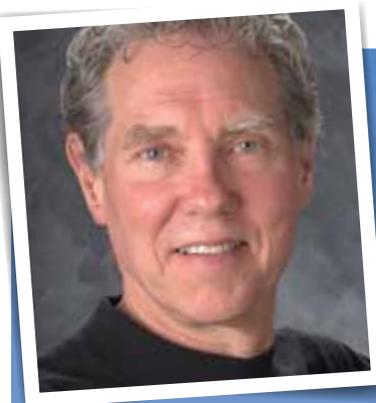
RECOMMENDED READING Radhanath Swami, *The Journey Home: Autobiography of an American Swami* (Mandala Publishing).

TUITION \$210. Add 2 weekend nights room & meals; page 116. (web code WEBY-121)



Radhanath Swami is one of the world's most prominent exponents of bhakti yoga. Author of the memoir, *The Journey Home*, he is the head of the RadhaGopinath Ashram in Mumbai, known

for its work in developing communities and food distribution to indigent children. He travels the world teaching devotional wisdom. www.radhanathswami.com



August 24–26 FRIDAY–SUNDAY

Healer Within™ Practice Leader Training: Mind-Body Energetics Certification in Medical Qigong

Roger Jahnke

FOR all levels. CE credits.

Learn to share Mind-Body Energetics in your community. Mind-body and energy-medicine methods—such as yoga, tai chi, qigong, and somatics—are growing rapidly in popularity, and not just in yoga centers and spas. Hospitals, schools, social-service agencies, corporations, the military, prisons, and faith-based ministries are all implementing the most accessible and replicable methods. Become a practice leader of the Healer Within system, a vitality-enhancing form of Chinese medical qigong Bu Zheng Qigong that can be woven into any existing practice, making it more powerful for healing and disease prevention.

In this weekend training, you learn to share

- Body practices—postures and movement
- Breathing practices
- Self-massage
- Meditation, visualization, and relaxation.

The Institute of Integral Qigong and Tai Chi has trained nearly 1,000 teachers and practice leaders from every walk of life throughout the United States and internationally. Reinvigorate your health by taking part in the mind-body practice revolution.

NOTE Tuition includes Roger's book *The Healer Within*.

TUITION \$255. Add 2 weekend nights room & meals; page 116. (web code THW-121)

✦ COMBINE THIS PROGRAM with Tai Chi Easy™ Practice Leader Training: A Healing Revolution Certification, August 19–24, for a 10 percent tuition discount for each program.

See full biographical information for Roger Jahnke on page 103.

August 24–26 FRIDAY–SUNDAY

Embodiyoga® Through the Fluid Body

Patty Townsend

FOR all levels. CE credits.

Experience and celebrate your spectacular fluid body, which pulses with clarity and awareness. Your fluid body offers deep reservoirs of vitality, wisdom, and presence. In this exciting journey, the nuanced imagery and movement of Embodiyoga is sure to deepen your understanding and practice.

Patty Townsend's breath- and awareness-centered teaching invites you to

- Discover the strength and integration of fluid movement
- Feel your entire body expanding, condensing, and yielding in asana and vinyasa practice
- Experience whole-body breathing
- Recognize the liquid light that flows within as your embodiment of Source.

Learn to integrate asana, pranayama, and meditation into a deeply fulfilling practice based on the inner circulation of life force, which supports the expression of even the most challenging yoga postures.

TUITION \$210. Add 2 weekend nights room & meals; page 116. (web code EAHP-122)



Patty Townsend, E-RYT 500, a master yoga teacher with more than 35 years' experience, is the director of Yoga Center Amherst and the developer of Embodiyoga®. www.yogacenteramherst.com and www.embodiyoga.com



August 24–26 FRIDAY–SUNDAY

Initiation into Power: How to be a Wild, Wise, and Witty Woman

Joan Borysenko and Karen Drucker

FOR women. CE credits.

Tired of being the "Grand Mistress of the Entire Universe"—doing, doing, doing, and being everything to everyone? Where are the joy, fulfillment, happiness, and fun? Having fun—with a sense of open curiosity, playful adventure, and spontaneity—is a sign of emotional maturity and spiritual development, as well as a good reason to stay alive. Fun is the gateway to the presence, peace, and power that exist in this moment.

- In this retreat, you
- Get rid of old guilt messages that keep spontaneity at bay
 - Have fun for its own sake as well as to be more productive and centered
 - Learn how to manage the mind so it quits attacking you and others
 - Develop a spiritual practice that feels right for you
 - Create sacred ritual and your own personal chant
 - Optimize your health and well-being
 - Understand the four quadrants of the feminine life cycle.

Spend this weekend with two wise women who know how to have fun!

TUITION \$245. Add 2 weekend nights room & meals; page 116. (web code WSR-121)

Joan Borysenko, PhD, is a Harvard-trained biologist, licensed psychologist, spiritual educator, best-selling author, and pioneer in mind-body medicine and psychoneuroimmunology. www.joanborysenko.com



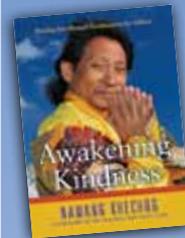
Karen Drucker has been called "a master of communicating presence and spirituality through music." She has recorded 14 CDs of her original inspirational music and is author of *Let Go of the Shore*. www.karendrucker.com



August 24–26 FRIDAY–SUNDAY

Awakening Kindness: Finding Joy Through Compassion for Others

Nawang Khechog



One of the marvels of being human is that we can choose to nurture and cultivate kindness, compassion, and love. The Dalai Lama wrote in his foreword to Nawang Khechog's book, *Awakening Kindness*, "I commend Nawang for his efforts to awaken others

to the understanding that, as a source of lasting happiness and joy, kindness and compassion are among the principal things that make our lives meaningful." His book has also been endorsed by three other Nobel Laureates, including Desmond Tutu.

In this retreat, Nawang draws on his experiences as a Buddhist monk and more than 20 years of living in the West and presenting his kindness workshop to teach the many ways we can enrich our lives by simply being kind to each other and ourselves. This workshop includes observing days of kindness, meditation, chanting, in-depth teaching, and the universal dance of kindness.

Nawang has been a collaborator for more than 10 years with the PeaceJam programs organized by 12 Nobel Laureates to share spirit, skill, and wisdom with young people around the world.

TUITION \$220. Add 2 weekend nights room & meals; page 116. (web code AKCL-121)

Nawang Khechog is a Grammy-award nominee and international recording and performing artist. A monk for 11 years and a hermit meditator personally guided and sponsored by the Dalai Lama, he is the author of *Awakening Kindness*, and has released more than a dozen albums. Nawang has taught kindness workshops since 1986. www.nawangkhechog.com

evening event

Saturday, August 25, 8:00 pm

An Evening of Awakening Kindness with Nawang Khechog

Seating is limited. For details visit kripalu.org/eveningevents.

August 24–26

FRIDAY–SUNDAY

Navigating Change: Integrating Endings, Initiating Beginnings Christine Warren

Often described as life-transforming by participants, this workshop teaches ways to navigate life's changes with wisdom, power, and grace. Through deep teachings and guided experiences, you consciously explore lessons from your past, wisdom offered in the present moment, and visionary potentials for your future. You learn to

- Gather strength and wholeness from each stage of your journey
- Complete your past and understand the transformational purpose of integrating endings
- Traverse the in-between time of "the mystery," where old forms have died and new ones have not yet been born
- Create an inspired life vision that is the natural expression of your innermost being
- Manifest your vision through intention, spiritual attunement, and the revolutionary teachings of quantum physics and metaphysics
- Move through transitions with inspiration and joy.

Journey into the deeper purpose of your life path. Group rituals in nature, music, movement, and a workshop community of loving support combine to create a transformational weekend of change.

TUITION \$225. Add 2 weekend nights room & meals; page 116. (web code NC-121)



Christine Warren was a founding member of Kripalu and has been a national trainer, transformational life coach, and counselor for 35 years. Her book, *Navigating Change*, is forthcoming.

www.christinewarrenworkshops.com

August 24–31

SEVEN-DAY PROGRAM

Shake Your Soul® Teacher Training: The Yoga of Dance Dan Leven

CE credits.

A favorite experience of many guests who visit Kripalu is taking noon dance with Dan Leven. People in his classes often say, "I've never had so much fun," "What a joyful way to exercise!," and "I wish this was offered in my community."

You can be the person who brings Shake Your Soul, the yoga of dance, to your community. It's a special calling to inspire others to get fit in body and spirit through dance. In this training, you learn

- A dynamic repertoire of fluid and powerful movements
- Improvisational themes that support students in discovering the natural dancer within
- A class format that takes the stress out of teaching
- The six fluid movement qualities that give richness and variety to your classes
- Music that connects the body to each of those qualities.

Join Dan for this Shake Your Soul training that offers everything you need to teach with confidence and joy.

NOTE Please see this program on Kripalu's website for more information.

TUITION \$995. Add 2 weekend nights and 5 midweek nights room & meals; page 116. (web code SYSTT-121)



Dan Leven, RMST, is a registered somatic movement therapist, director of Leven Trainings in Movement Therapy, and the creator of Shake Your Soul®.

www.shakeyoursoul.com and www.leveninstitute.com



August 26–29

SUNDAY–WEDNESDAY

Healing Through the Akashic Records Linda Howe



Are you interested in healing wounds that interfere with inner peace and limit your participation in the world? In this workshop, Linda Howe, leading expert in akashic studies, teaches how to transform your connection to wounding life experiences so you can heal your relationship with yourself, others, and the world.

The akashic records are a non-physical collection of wisdom about every soul's journey from the very beginning of its existence. This program explores

- How to access the akashic records as a spiritual resource for personal empowerment
- Strategies for healing patterns of self-abandonment
- Effective ways to transition from resentment to forgiveness
- Practices to improve your relationships with others
- How to practice unconditional self-love and extend unconditional love to others.

Working with the akashic records enhances your awareness of inner grace, generosity, and gratitude, and empowers you to honor your soul's truth and purpose.

RECOMMENDED READING Linda Howe, *Healing Through the Akashic Records* and *How to Read the Akashic Records* (both from Sounds True).

TUITION \$325. Add 3 midweek nights room & meals; page 116. (web code HAR-121)



Linda Howe is the founder and director of the Center for Akashic Studies and an akashic records expert who empowers individuals by promoting personal awakening.

www.akashicstudies.com

August 26–31 SUNDAY–FRIDAY

The Body: A User's Guide Erin Burch

CE credits.

Not one of us came in with a "how-to" handbook when we were born, but wouldn't that be handy? Although most of us know very little about how the body works, there is nothing more empowering than partnering with it to move through life and express the soul's passion.

- In this workshop, you learn how to
- Connect with sensations that give vital information for healing
- "Profile" where you are in your body and use that as a platform to launch your partnership
- Use empowered posture to take a stand physically and metaphorically
- Apply the principles of alignment to your body
- Create and sustain the core container, a key to your essential self
- Begin a "joint venture" with your joints for pain-free movement.

Erin Burch teaches how to integrate this information into everything you do. Building a sustainable body is a form of mastery. Begin here!

TUITION \$300. Add 5 midweek nights room & meals; page 116. (web code BUG-121)



Erin Burch, PT, known to her clients as "the Body Whisperer," uses her physical therapy background and intuitive skills to go beyond physical therapy to physical clarity. www.limitlessbody.com

August 26–31 SUNDAY–FRIDAY

Internal Family Systems Therapy: Embodying the Healing Wisdom

Richard C. Schwartz

and Sarah Stewart

CE credits.

All the world's religions teach that there is an untarnished essence within each of us, a Self from which wisdom, healing, and spiritual energy flow. We rarely experience this Self directly because it's obscured by self-protective psychological mechanisms or lost in the fear, pain, and shame of past trauma.

The Internal Family Systems (IFS) model provides a way to help you access the Self and bring its natural compassion and confidence into daily life. People who have used IFS report profound shifts in the feelings and beliefs that previously constrained them. IFS introduces you to a detailed map of your psyche, including all parts or subpersonalities and their inner conflicts. The Self then forms healing relationships with each of them.

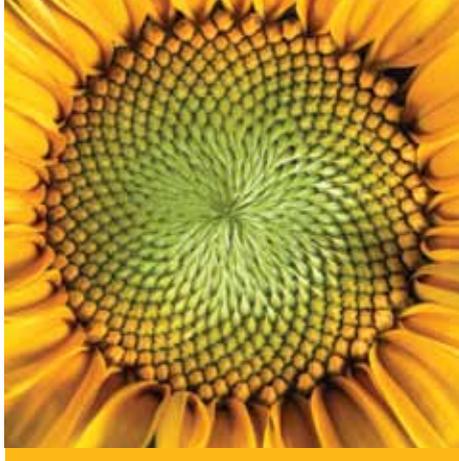
This workshop is open to anyone wanting to learn more about IFS and its benefits—therapists and non-therapists alike. Richard C. Schwartz and Sarah Stewart use presentations and exercises that offer the opportunity for deep inner exploration.

TUITION \$525. Add 5 midweek nights room & meals; page 116. (web code IFS-121)

Richard C. Schwartz, PhD, LMFT, is a licensed marriage and family therapist, author, and creator of the Internal Family Systems model. www.selfleadership.org



Sarah Stewart, PsyD, is a nationally recognized expert in trauma and addiction with a unique interest in nature and the interconnectedness of all sentient beings.



Kripalu **healthy living immersion program**

August 26–31 SUNDAY–THURSDAY

Fitness and Yoga Retreat
Janna Delgado and
Healthy Living Faculty

Outdoor exercise, yoga, and nutrition—the ultimate vacation getaway for active people.

CE credits.

This invigorating program offers a structured fitness experience in a retreat-like atmosphere. Learn how to incorporate yoga into your fitness routine and improve your energy through nutrition; be challenged by fun outdoor activities and classes. Tone your body and spirit while learning to live a healthier life—and have fun doing it.

This program is ideal if you want to

- Be challenged by hikes, kayaking and cycling excursions, and fitness classes
- Revitalize and step up your current fitness routine
- Incorporate yoga and mindfulness into your approach to fitness
- Immerse yourself in a challenging fitness experience and have time for self-care and reflection
- Learn nutritional information for more energy and stamina
- Develop core strength, cardiovascular health, and flexibility.

NOTE For everyone in good physical condition and able to hike three miles a day at a moderate pace.

TUITION \$425. Add 5 midweek nights room & meals; page 116. (web code RRMF-124)

FIND OUT MORE ➔ about Kripalu Healthy Living immersion programs on page 16.



See full biographical information for Janna Delgado on page 66.



Yoganand Michael Carroll

August 31–September 3
FRIDAY–MONDAY

The Universe Inside the Body of the Yogi: A Journey into the Chakras, Granthis, and Nadis

FOR intermediate students. **CE credits.**

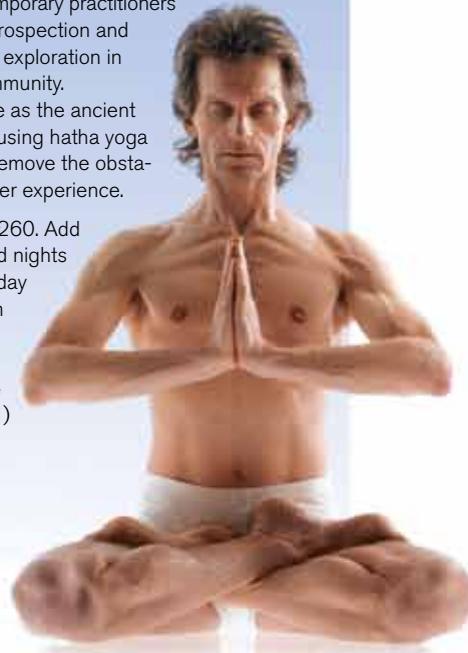
Ancient texts state that inside the body of a yogi are mountains, valleys, oceans, and rivers; the moon and stars move in that inner space. When practice took ancient seekers deep inside, they encountered an amazing world beyond rational thought. They used symbols to map this inner journey and, over time, those symbols became the esoteric chakras, granthis, and nadis of medieval hatha yoga.

Come and see what you find when you shine the light of kriya, asana, pranayama, bandha, and mudra into your inner world and look closely through the eyes of meditation. This program includes

- Asana and pranayama practice each morning
- Instruction and practice of esoteric hatha yoga techniques to activate and channel energy
- Study of yogic symbolism and how it applies to contemporary practitioners
- Deep introspection and personal exploration in safe community.

Practice as the ancient yogis did, using hatha yoga rituals to remove the obstacles to inner experience.

TUITION \$260. Add 2 weekend nights and 1 holiday night room & meals; page 116. (web code HQAL-121)



August 26–31 SUNDAY–FRIDAY

Understanding, Practicing, and Teaching Advanced Pranayama

FOR teachers and experienced students. **CE credits.**

The ancient writings on which modern yoga is based attribute great power to pranayama, emphasizing it above asana for physical and spiritual transformation. Come and learn how pranayama was taught and practiced in ancient times. Discover how its many techniques can be incorporated into your yoga practice today to increase benefits on all levels.

- In this workshop, you
- Practice and learn to teach classic pranayama techniques
- Study the philosophy behind pranayama to understand its original purpose and bring that understanding into your practice and classes
- Learn about the shat kriyas (esoteric nadi purification exercises)
- Engage in daily morning practices that illustrate how pranayama can be used in class settings
- Enjoy group practice and discussion.

This program is required for the Prana-kriya™ 500-hour yoga teacher training program, and is enlightening for teachers and committed students from any tantric hatha yoga tradition.

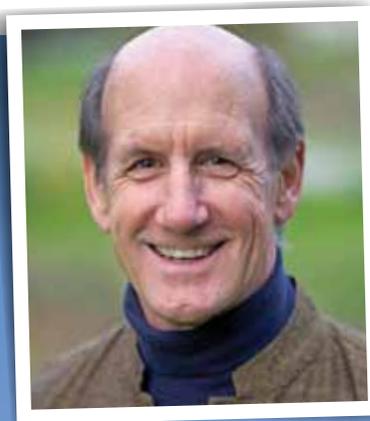
TUITION \$335. Add 5 midweek nights room & meals; page 116. (web code AYP-121)

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

Yoganand Michael Carroll, E-RYT 500, is a master-level teacher in the Kripalu Yoga tradition with a profound ability to teach advanced yoga techniques. www.pranakriya.com

register by phone **800-741-7353**

CE credits find out more on page 118



August 26–31 SUNDAY–FRIDAY

The Transformative Power of Being: The Nondual Yoga of Delight, Wonder, and Astonishment

CE credits.

Peace arrives when we cease trying to make this moment different and choose to live deeply, directly, and simply from what we are—the Mystery of pure Being. In this retreat, Richard Miller shares the path and teachings of Nondual Yoga so that our innate and ever-present well-being and compassionate loving-kindness can inform and transform every moment of our daily life. While the Mystery of Being can never be objectified, it can be realized and embodied in all our relationships. This is the realization of Nondual Tantric Yoga.

We learn how to

- Meet, greet, and welcome all that we are—body, senses, mind, and emotions
- Investigate the nature of the Mystery itself
- Dissolve our identification as a separate perceiver into the timeless Mystery of Being—the real power that transforms self and relationships.

The retreat includes periods of silent and guided meditation, gentle body- and breath-sensing yoga, co-meditation, dialogue, and pointing-out instructions. Only when we are willing to be the Mystery will we, and the world, be at peace.

RECOMMENDED READING See this program on Kripalu's website.

NOTE This program fulfills the 5-day retreat requirement for iRest® Yoga Nidra teacher certification.

TUITION \$450. Add 5 midweek nights room & meals; page 116. (web code ATP-121)

Richard Miller, PhD, author of *Yoga Nidra: The Meditative Heart of Yoga*, is a contemporary teacher of nondualism whose teachings emphasize the impact of pure awareness on well-being. www.irest.us

healing arts get inspired on page 14



August 29–31 WEDNESDAY–FRIDAY

Free Your Inner Rebel, Find Your Secret Superpowers

Lois Kelly

So many of us suppress our wild sides to be “good” employees, spouses, parents, and friends. We mute ourselves to fit in and not rock the boat. But when we release our native rebel spirits, we become free.

Take this opportunity to uncork your rebellious energy, triggering creativity, laughter, and the courage to lead your life with renewed purpose and passion. In this workshop, you use theme-triggered writing, storytelling, and music to

- Replenish the magic of your rebel spirit
- Unleash powerful, positive energy
- Find confidence in your ideas and the courage to express them
- Revel in your creative superpowers
- Connect your authentic rebel voice with your professional work in significant and positive ways.

Lois Kelly also shares her new research on how to tap into your inner rebel at work in ways that are valuable versus disruptive, idea-making versus trouble-making, and energy-giving versus energy-depleting.

TUITION \$225. Add 2 midweek nights room & meals; page 116. (web code HIR-121)



Lois Kelly is an award-winning author, leadership coach, and corporate rebel. Her superpower is helping people and organizations see new possibilities and accomplish great things. www.foghound.com

register online ➔ kripalu.org

August 29–31
WEDNESDAY–FRIDAY

August 31–September 3
FRIDAY–MONDAY

Conscious Riding

Paul Striberry

Join renowned horseman Paul Striberry to learn a holistic approach to horsemanship that encourages congruence in body, mind, and spirit. Paul's approach to Conscious Riding supports you in seeing your horse as an SUV—Spiritual Utility Vehicle—and understanding riding as a practice of meditation in motion on the path to awakening.

The core teachings of this program are grounded in yogic philosophy: feeling your natural balance and learning to watch your fears instead of getting caught in them. In this way, you learn to

- Ride beyond your edge
- Expand your abilities
- Meet new challenges.

In this program, riding takes place at Undermountain Farm, three miles from Kripalu. The facilities include indoor and outdoor arenas.

NOTE Tuition includes riding fees. Bring gloves, boots with heels, and a helmet, if you have one.

TUITION \$345. Add 2 midweek nights room & meals; page 116. (web code CR-123)

TUITION \$465. Add 2 midweek nights and 1 holiday night room & meals; page 116. (web code CR-124)



Paul Striberry is a lifelong professional horseman who trains horses and riders at Mileaway Farm in Southern Pines, North Carolina. He is a longtime student of yoga. www.consciousriding.com

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august

labor day weekend

Bring the whole family for a Labor Day of fun!



Kripalu healthy living immersion program

August 31–September 3
FRIDAY–MONDAY

Labor, Love, and Life: Get Balanced and Thrive!
Maria Sirois, Wendy Adam, Susan B. Lord, Aruni Nan Futuronsky, Annie B. Kay, and Jennifer Young

End your summer on a healthy note.

This Labor Day weekend, join an expert team of Kripalu health and lifestyle faculty and explore an integrative approach to life and health that transforms how you manage the competing demands of modern life to find peace and new ways to thrive. This program shows you how to restore your energy and vitality through mindfulness, lifestyle changes, conscious communication, and self-care, while avoiding chronic exhaustion, frustration, and feeling overextended.

As you transition from summer to autumn, take advantage of the opportunity to discover tools and techniques that empower you to integrate work, play, family, and your individual self into a balanced life that pulses with creativity and meaning.

In this program, you

- Learn to recognize indicators of imbalance that impact health and well-being
- Discover the vital role that nutrition plays in healing (or impairing) the body; learn what foods contribute to better health and overall balance
- Learn and practice tools for managing stress and supporting mindful living
- Explore what it means to you personally to live a balanced life; gain insight into identifying where your life is out of balance
- Apply journaling techniques for evaluating your life, making good decisions and contemplating pragmatic dilemmas
- Create a simple, clear, and viable plan for cultivating a more balanced, vibrant life

For parents in the program, we offer a special evening workshop that teaches how to use mindful parenting to cultivate presence, connection, and authenticity with the children in your life (of all ages), promoting a "moments matter" approach to these fundamental relationships.

You also don't have to leave the kids behind. We're offering a YogArts for Kids program at the same time, so that you and your children can share the Kripalu experience over the weekend. A full description is at the right.

TUITION \$150. Add 2 weekend nights and 1 holiday night room & meals; page 116. (web code RRLL-121)

⊕ COMBINE THIS PROGRAM with YogArts for Kids, August 31–September 3, for a 10 percent tuition discount for that program.

FIND OUT MORE → about Kripalu Healthy Living immersion programs on page 16.



bring the kids



August 31–September 3
FRIDAY–MONDAY

YogArts for Kids Craig Hanauer

FOR kids ages 5–11.

Calling all kids who love to collect things outdoors, do art projects, and make new friends. Come learn yoga, get your face painted, swim, and play. In this workshop, we walk on trails in the woods, find cool things near the lake, and make new discoveries everywhere we go.

Craig Hanauer's YogArts is a unique weekend program for children that integrates the creative arts, yoga, and outdoor fun. Parents, don't be surprised if your kids to refuse to leave!

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

ALSO OFFERED July 6–8, July 27–29, and August 10–12.

TUITION \$240. Add 2 weekend nights and 1 holiday night children's housing; see Kripalu's website or call for rates. (web code CPYA-125)



See full biographical information for Craig Hanauer on page 64.

August 31–September 3
FRIDAY–MONDAY

Radiant Health: A Weekend Retreat for Women Sudha Carolyn Lundeen

FOR women. CE credits.

Looking for the perfect getaway? Need to de-stress, rebalance, and reclaim your vitality?

Designed by certified holistic-health nurse and senior Kripalu Yoga teacher Sudha Carolyn Lundeen, this wellness retreat nurtures your body, mind, and soul in a relaxing, fun, and informative environment.

A blend of lecture and learning, this program includes

- Tips for strengthening your immune system
- Principles of stress reduction and quick relaxation techniques
- Yoga practices designed specifically for women
- Indoor labyrinth walk opening us to wisdom and insight
- Introduction to Ayurveda for women to help you make choices that support your individual constitution and needs
- Mindfulness techniques, yogic breathing, and healing meditations
- Practice with mindful eating
- Take-home tools for letting go of the small stuff and enhancing your life and well-being
- Laughter and lightheartedness.

Women of all ages are welcome. You'll leave with a renewed sense of wellness and vitality, and practices to keep health and balance alive in your life.

TUITION \$240. Add 2 weekend nights and 1 holiday night room & meals; page 116. (web code RHW-122)



Sudha Carolyn Lundeen, RN, E-RYT 500, is a senior teacher at Kripalu. Her *Kripalu Yoga: Gentle* DVD has won three prestigious awards. Sudha's personal experience with breast cancer, combined with 12 years in clinical nursing, lends a sensitivity and broad knowledge base to her teaching style, which is described as welcoming, humorous, and healing.

August 31–September 3
FRIDAY–MONDAY

Yoga and Kayaking Greg DiLisio and Johnny Snyder

CE credits.

Take the plunge! Explore a whole new side of yourself and find out what makes kayaking in the Berkshires so magical.

Join the dynamic team of Greg DiLisio (certified yoga, tai chi, and qigong teacher, and popular Kripalu program leader), and Johnny Snyder (world-class kayaker and professional guide) for flat-water adventures combined with basic yoga and qigong techniques. With Greg and Johnny as your guides, you experience

- The joy of kayaking beautiful lake waters
- Serene floating meditations
- The calm of qigong and yoga
- The magical camaraderie created around a bonfire under the stars.

This blend of yoga, qigong, and kayaking has you enjoying newfound peace, vitality, and maneuverability.

NOTE Please see this program on Kripalu's website for important information including what to bring and kayak rentals.

ALSO OFFERED July 13–15 and August 3–5.

TUITION \$355. Add 2 weekend nights and 1 holiday night room & meals; page 116. (web code YAK-123)



See full biographical information for Greg DiLisio on page 55 and Johnny Snyder on page 69.

August 31–September 3
FRIDAY–MONDAY

The Fundamentals of Brennan Healing Science® Melanie Roche

CE credits.

Back by popular demand, this transformational Brennan Healing Science® program teaches a system of energy work that combines hands-on healing techniques with spiritual and psychological processes.

Under the guidance of expert healer and teacher Melanie Roche, you learn

- To give a hands-on healing
- The anatomy and physiology of the human energy consciousness system
- How to read the aura
- How to sense people's energy issues through their personal objects
- Energy exercises to keep your own energy field healthy and balanced
- Self-healing techniques
- Brennan Healing Science chelation, a hands-on healing technique that clears, charges, and balances the energy field
- Ways of integrating these techniques into your daily life.

Through lecture, meditation, group work, and individual exercise, you open your latent ability to perceive the human energy field and return home able to sense how energy and consciousness are one and the same.

RECOMMENDED READING Barbara Brennan, *Hands of Light* (Bantam) or *Light Emerging* (Bantam).

NOTE Because this program may initiate a deep personal process, it may not be appropriate for individuals with certain emotional or physical illnesses, or who are taking psychotropic medications, and they may require a signed medical release letter. Participants must complete a mandatory workshop participation form on Melanie's website. Contact Melanie at melanie@melanieroche.com with questions. Wear comfortable clothing, preferably without nylon or other synthetic fibers.

TUITION \$245. Add 2 weekend nights and 1 holiday night room & meals; page 116. (web code FBHS-121)



Melanie Roche, MA, is a healer in private practice who works with clients worldwide, treating symptoms as a doorway to a joyful and creative life. www.melanieroche.com



healing arts get inspired on page 14

register online → kripalu.org

labor day weekend

August 31–September 3

FRIDAY–MONDAY

Kundalini Yoga Techniques to Practice Forgiveness
Krishna Kaur

FOR all levels. **CE** credits.

Even good people doing good things in the world can get stuck in pain, sorrow, guilt, and feelings of regret that disrupt the flow of prana and thwart healing. This rewarding workshop offers a wide range of techniques to guide you on the path to forgiveness, the first step toward self-healing.

Kundalini Yoga is a bright and blissful experience of postures, mantras, and breathing practices that release reservoirs of energy and light. In this workshop, you stretch, sweat, laugh, dance, and meditate to stimulate the glandular system, vibrate the chakras, clear out subconscious garbage, and balance the hemispheres of the brain. Opening yourself to forgiveness of self, others, and past situations is the starting point to releasing doubt, negativity, limitations, fear, and anxiety. It is the balm that transforms the cleansing process into a deep healing experience.

Using movement to explore self-talk, stillness, and the transformational power of letting go, you discover a profound connection with self and a constant flow of joy. Come touch the sensitive and courageous person you are and unfold your beauty as a being of spirit.

NOTE Wear loose, comfortable clothing, and bring a shawl or light blanket for meditation.

TUITION \$290. Add 2 weekend nights and 1 holiday night room & meals; page 116. (web code KYRF-121)



Krishna Kaur has passionately taught the art and science of Kundalini Yoga since 1970 and studied directly with Yogi Bhajan for 35 years. A master teacher trainer of Kundalini Yoga as taught by Yogi Bhajan, she conducts workshops nationally and internationally that open the way to freedom, clarity, and joy. www.yogaforyouth.org

get certified in positive psychology

Positive Psychology focuses on building skills that cultivate happiness. Kripalu's exclusive new program offers a groundbreaking combination of on-site and online programming over 10 months that culminates in a certificate in Positive Psychology.

find out more [➔ kripalu.org/cipp](http://kripalu.org/cipp)



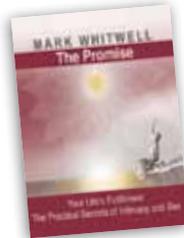
The whole atmosphere at Kripalu is so positive—it really helps me take stock of my life.”

—Kim C., professor of psychology/neuroscience, Middlebury, Vermont

August 31–September 3

FRIDAY–MONDAY

The Promise: Advanced Yoga for Everyone
Mark Whitwell



FOR all levels; no prior yoga experience needed. **CE** credits.

Yoga is not a linear process; it is direct intimacy with life, and it is available to everyone. This weekend, Mark Whitwell offers yoga's advanced practices

in a way that you can integrate and make your own, whether you are just beginning to practice or have years of experience.

This workshop involves an interwoven promise. You promise to practice yoga and, in return, you receive the promise of yoga's gifts, including health, intimacy, well-being, and joy. In order to experience these benefits, your yoga practice must be adapted to you, not you to yoga. With Mark's skillful and heartfelt guidance, you

- Explore the five principles of advanced personal practice
- Dive into asana, pranayama, and meditation as a seamless process
- Discover how yoga transforms life into an intimate celebration with everything
- Experience the nurturing principle as a constant in your life from now on
- Return home with understanding and the embodied felt sense of your own joyful practice.

This program is a juicy and joyful event that will continue to reverberate through your daily life in very practical ways.

RECOMMENDED READING Mark Whitwell, *The Promise of Love, Sex, and Intimacy* (Atria Books, forthcoming)

TUITION \$250. Add 2 weekend nights and 1 holiday night room & meals; page 116. (web code YPLI-121)

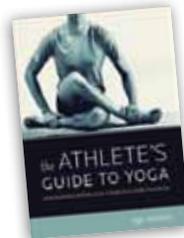


Mark Whitwell has studied in the home of Krishnamacharya since 1973, “the teacher of the teachers,” notably of B. K. S. Iyengar, K. Pattabhi Jois, and T. K. V. Desikachar. He edited Desikachar's book, *The Heart of Yoga*, and is the author of *Yoga of Heart* and *The Promise*. www.heartofyoga.com and www.thepromise.com

August 31–September 3

FRIDAY–MONDAY

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.

This Labor Day 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.

Weather permitting, we head out for a run one or both mornings, so bring running gear if you would like to join.

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

TUITION \$250. Add 2 weekend nights and 1 holiday night room & meals; page 116. (web code SFF-121)



Sage Rountree, PhD, E-RYT, a USA Triathlon, USA Cycling, and RRCA certified coach, is author of *The Athlete's Guide to Yoga* and *The Athlete's Pocket Guide to Yoga*. Creator of *The Athlete's Guide to Yoga* DVD, Sage is also a contributor to *Runner's World* and *Yoga Journal* Online. www.sagerountree.com

preview of fall 2012

september



Pandit Rajmani Tignait
September 14–16 Power of Mantra: Inner Healing in a Troubled World



Joseph Le Page
September 14–21 Integrative Mudra, Pranayama, and Bandha Teacher Training



David Deida
September 21–23 The Sexual Body and the Yoga of Light: A Weekend Workshop



Seane Corn
September 21–23 Empower Flow Yoga: An Invigorating and Soulful Vinyasa Workshop



Rajashree Choudhury
September 21–23 A Guide to Rajashree Choudhury's Pregnancy Yoga: Prenatal/Postpartum Yoga Intensive



Stanislav Grof and Tav Sparks
September 28–30 The Adventure of Self-Discovery: A Holotropic Breathwork™ Experience



Gregg Braden
September 28–30 Deep Truth: Igniting the Memory of Our Origin, History, Destiny, and Fate



Daniel J. Siegel
September 28–30 Interpersonal Neurobiology: Practices that Cultivate Connection and Well-Being



Tara Bennett-Goleman and Daniel Goleman
October 5–7 Emotional Alchemy



Panache Desai
October 5–8 The Vibration of Infinite Possibility



Kate and Joel Feldman
October 5–8 Sex, Pleasure, and Intimacy: A Retreat for Couples



Don (Brahmanand) and Amba Stapleton
October 5–8 Restore Inner Balance Through Self-Awakening Yoga

October 9–12

Kripalu's 21st Annual Yoga Teachers Conference:
Celebrating 40 Years of Kripalu Yoga in the West
Don (Brahmanand) and Amba Stapleton, Amy Weintraub, Stephen Cope, and more



Geneen Roth
October 12–14 Women, Food, and God: A Transformational Path



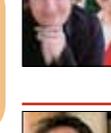
Anodea Judith
October 14–19 Opening the Inner Temple: A Chakra Yoga Teacher Training



Alberto Villoldo
and Q'ero Shamans of Peru
October 16–19 Soul Repair and Gathering in Prayer: Incan Wisdom for 2012 and Beyond



Sharon Salzberg and Stephen Cope
October 19–21 The Practice of Loving-Kindness: A Meditation and Yoga Weekend



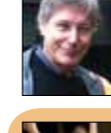
John Holland
October 19–21 Learn to Awaken Your Psychic Strengths



John Douillard
October 19–21 Healing the Cause of Anxiety and Depression with Ayurveda



Bessel van der Kolk and Dana Moore
October 26–28 Frontiers of Trauma Treatment: A Weekend Retreat



October 26–28
Yoga Fusion:
The Ultimate Fall Yoga Retreat
Jovina Chan, Simon Park, Jennifer Reis, and more



Maya Tiwari
October 26–28 Path of Practice: The Power of Healing and Love



Bo Forbes
November 2–4 Yoga for the Nervous System: Healing Anxiety, Insomnia, and Chronic Stress



Mona Lisa Schulz
November 2–4 The Intuitive Brain: Accessing Your Mystical Mind-Body Map for Intelligent Transformative Healing



Mike Dooley
November 2–4 The End Result: Getting What You Really Want!



Tara Brach
November 9–11 Radical Acceptance: Buddhist Practices that Heal Difficult Emotions



T. Colin Campbell and John Bagnulo
November 9–11 Transformation Through Nutrition: Beyond *The China Study*



Yang Yang
November 9–11 Evidence-Based Qigong (EBO) Certification: Nurturing Mind, Body, and Spirit



James S. Gordon and Amy Weintraub
November 9–11 Healing from Depression: Unstuck with LifeForce Yoga®



Sierra Bender
November 16–18 Goddess to the Core®: An Inspired Workout to Maximize Your Fitness, Beauty, and Power



Cyndi Lee
November 16–18 Breathe, Sweat, Sit, Rest: OM Yoga for Body and Mind



Shakti Gawain
November 16–18 Relationship as Teacher, Healer, and Guide



Harville Hendrix and Helen LaKelly Hunt
November 30–December 2 Getting the Love You Want



what's included...

- your choice of accommodations
- nutritious, all-natural meals
- daily yoga, meditation, and movement classes
- walking paths, lakefront beach area, and labyrinth
- hiking trails and fitness room
- relaxing sauna and whirlpool
- evening workshops and events
- the best views of the Berkshires!



r&r retreat all-inclusive pricing

For information about Kripalu's signature R&R retreat program, see page 8. Prices below include R&R retreat workshop-and-activity tuition, accommodations and meals, daily yoga classes, non-ticketed evening events, and use of Kripalu facilities (fitness room, trails, labyrinth, sauna and whirlpool, etc.). **The rates below are per person, per night**, with a two-night minimum.

May 28–September 3, 2012

time of stay	dormitory		standard room				standard plus rooms					
	hall bath		hall bath mountain side		hall bath lake side		hall bath lake side		private bath mountain side		private bath lake side	
shared* or private room			shared*	private	shared*	private	shared*	private	shared*	private	shared*	private
midweek**	\$168	\$194	\$278	\$209	\$293	\$253	\$342	\$272	\$362	\$291	\$389	
weekend and holidays***	\$186	\$215	\$311	\$230	\$326	\$282	\$383	\$304	\$406	\$326	\$437	

all other programs room & meals pricing

The rates below are per person, per night. To calculate the total cost of your stay, add the appropriate number of nights below (see program description) to the program tuition (indicated with the program description). Prices below include accommodations and meals, daily yoga classes, non-ticketed evening events, and use of Kripalu's facilities (fitness room, trails, labyrinth, sauna and whirlpool, etc.). Use this chart for programs on pages 26–114, unless special housing rates are specified with the description. For programs longer than 7 nights, please check online.

time of stay	dormitory		standard room				standard plus rooms					
	hall bath		hall bath mountain side		hall bath lake side		hall bath lake side		private bath mountain side		private bath lake side	
shared* or private room			shared*	private	shared*	private	shared*	private	shared*	private	shared*	private
midweek**	\$86	\$112	\$196	\$127	\$211	\$171	\$260	\$190	\$280	\$209	\$307	
weekend and holidays***	\$98	\$127	\$223	\$142	\$238	\$194	\$295	\$216	\$318	\$238	\$349	
value pricing												
midweek**†	\$82	\$106	\$186	\$121	\$200	\$162	\$247	\$181	\$266	\$199	\$292	
weekend	\$93	\$121	\$212	\$136	\$227	\$184	\$280	\$205	\$302	\$226	\$332	

* Shared rates reflect the per person, per night rate.

** Midweek includes the nights of Sunday through Thursday.

*** Fridays, Saturdays, and holidays. (Holiday nights include the nights of July 4 and September 2. Friday-night stays must include a Saturday night; no Saturday arrivals or departures.)

† Midweek value pricing applies to Sunday through Thursday nights on these dates: June 3–7 and June 10–14.

Please contact Registration for pricing and availability for family accommodations.



girlfriend getaways

We all know that spending time with the women in our lives is unbeatable. Kripalu's signature R&R retreat offers plenty of options for spending time with family members and friends, moms and daughters, sisters, colleagues, or classmates. Come to Kripalu and create new memories together.

Kripalu R&R retreat
come home to yourself.
Find out more on page 12.

how to register

choose your room type The cost of your stay varies according to the type of room you choose; please see the previous page for information about accommodations and pricing.

register for your program Once you have made your room choice, you may

- Register online 24/7 → kripalu.org
- Register by phone with our knowledgeable staff at **800-741-7353**.

Payment Full payment is due at time of registration and can be made with Visa, MasterCard, American Express, or Discover. For personal checks and money orders (U.S. dollars, drawn on U.S. banks), full payment must be received prior to processing your registration; please call Registration to arrange. There is a \$25 charge for checks returned for insufficient funds.

Senior Discount We offer a 10 percent discount on tuition and room & meals prices 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 program restrictions apply.

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 the workshop's arrival day, if you do not show up, or if you leave a program or event early for any reason.

Financial Assistance We strive to make our programs available to everyone, within the limits of our resources. Scholarships are by application only and are considered for those with an annual income of less than \$31,200 for individuals and \$42,000 for couples (add \$10,800 for each additional dependent). Deadlines do apply. There are also Diversity Scholarships for programs and Kripalu Professional Trainings. For information and applications, visit our website or call Registration.

Day Pass Benefit from a whole day of R&R. A Day Pass includes three meals and all R&R retreat activities from 7:30 am. Preregistration is required. Visit kripalu.org/daypass for cost and details.

Mailing List We occasionally share our mailing list with like-minded organizations. To request that your address not be shared, call Registration at 800-741-7353 or e-mail privacy@kripalu.org.

Offer Your Support Kripalu is a 501(c)(3) nonprofit educational organization whose mission is to teach the art and science of yoga. Each year, a significant portion of our income is provided through donations. Your generosity provides scholarships that make Kripalu accessible and supports our mission of bringing yoga to the world. For more information, visit kripalu.org/makeagift or e-mail development@kripalu.org.

accommodations

In the tradition of retreat-style housing, all of our rooms are simple, without the distractions of televisions, telephones, etc. We offer a range of housing options that allows a wide variety of people to participate in our programs. There are two buildings with housing: the main Shadowbrook building, which was formerly a Jesuit seminary, and the Annex, which is connected to the main building.



Rooms with shared baths

Dormitory 5–22 people per room; bunk beds. Shared hall bath. We cannot guarantee lower bunks or dorm size. Please choose another housing type if you cannot use an upper bunk. Dorm housing sells out quickly; please register early.

Standard* (pictured) primarily double occupancy; platform twin beds or queen-size bed. Shared hall bath. Some lake side rooms are available.

Standard Plus* modest decor; double or single occupancy; queen or twin beds. Shared hall bath. All rooms are on the lake side.



Rooms with private baths (includes the Annex)

Standard Plus* modest decor; double or single occupancy; queen or twin beds. Some rooms in the main Shadowbrook building

have lake side views; Annex rooms (pictured) are either lake side or mountain side.

* We have a limited number of queen-size beds; register early to ensure bed choice.

Solo Travelers If you are coming alone and register for a shared room, we will assign you a roommate (of the same sex). We offer special accommodations for solo travelers who snore; please ask when you register.



meals

All of your meals are included, beginning with dinner on your arrival day through lunch on your departure day. The Kripalu Kitchen is proud to provide an exceptional array of natural, organic, and local foods.

arrival information

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 evenings.

Front Desk Hours 7:00 am–10:00 pm.

Late Arrivals Dinner is served from 5:00 until 7:30 pm during the summer. You may want to eat on the way if you are arriving after this time. If you're unable to arrive before 10:00 pm, check-in instructions will be left for you at the Front Desk.

Guest Room Check-Out 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.



bring the kids

In general, Kripalu programs are open to participants 18 years of age and older.

Children 17 and under must be supervised at all times and must be accompanied by an adult who is also on-site at Kripalu. When offered, children's programs meet for morning and afternoon sessions, and families are together at meal times, in the evenings, and overnight. You are welcome to bring a caregiver; please call for rates. Visit kripalu.org/children for more information.

getting to kripalu

Travel Directions will be sent with your confirmation materials, and details on getting to Kripalu via car, limo, plane, train, bus, and Kripalu shuttles is available at kripalu.org/directions. Rideshare information is at kripalu.org/rideshare.



have a question?

Contact Kripalu Registration at **800-741-7353** or registration@kripalu.org

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on the cover

Pulad Tavakoli-poor and Anahita Moghaddam

experience our expertise.

Kripalu is the country's largest and most established center for yoga and holistic health, and our Healthy Living programs are led by our distinguished faculty.

During a Healthy Living immersion program, our integrative health-care professionals, including doctors, nutritionists, life coaches, and yoga teachers, guide you to de-stress and learn practical tools to bolster your long-term health. During your stay, you'll be able to take advantage of daily yoga classes, all-natural foods, Healing Arts, fitness room, hiking trails, and fresh air.

Our summer programs focus on managing diabetes, reversing heart disease, weight loss, healthy aging, cancer survivor wellness, and more.

See page 16 for details about our offerings.

Members of Kripalu's Healthy Living program faculty, from the left: Susan B. Lord, MD; Annie B. Kay, MS, RD, RYT; Kathie Madonna Swift, MS, RD, LDN; John Bagnulo, PhD; and Aruni Nan Futuronsky, RYT.

Kripalu **healthy living immersion programs**



key code

account #

this summer at kripalu...

register by phone **800-741-7353**
information and registraton ➔ kripalu.org

CE = continuing education credits available.



R&R RETREATS

A signature R&R retreat offers the ideal blend of getaway, discovery, and personal time. Learn more on page 12.

TRY SOMETHING NEW



☛ **Chris Martenson**
Strategies for uncertain times

Deany Laliotis CE
Transform your clinical health practice with EMDR



David Berceli CE
Learn trauma- and tension-releasing exercises

☛ **Saniel Bonder and
Linda Groves-Bonder**
Explore awakened consciousness



Roger Housden CE
Shift your perspective to find freedom

☛ **Michael Lee CE**
Mind your body to mend your mind

RETURNING FAVORITES



☛ **Daniel G. Amen CE**
Feel more fit, energized, and mentally sharp

Snatam Kaur
Experience the power of sacred chant



Gabrielle Bernstein
Become the happiest person you know

☛ **Natalie Goldberg**
Cultivate confidence in your writing

Dharma Mittra CE
Unleash your full energetic potential



☛ **Rod Stryker CE**
Unlock the keys to your soul's potential

CELEBRATING DIVINE PLAY



☛ **Wah! and Toni Bergins CE**
Dance, sing, chant, and celebrate

**Shiva Rea and
Donna De Lory CE**
Awaken to the heart-centered
practices of yoga



Camp Kula CE
Immerse yourself in Kula Flow

☛ **Ashtanga Mela CE**
Celebrate with the Ashtanga family

HEALTHY LIVING IMMERSIONS



☛ **Preventing and Reversing
Heart Disease CE**
Take an integrative approach to transforming
your current health trajectory

Digestive Health CE
Restore your digestive health naturally



☛ **Nutrition and Cooking
Immersion CE**
Transform health right in your kitchen