


Kripalu



spring 2011

March-May

come alive!

Discover inspiring approaches to living a truly fulfilled life through experiential programs in yoga, mind-body health, personal growth, spiritual practice, and more.

healthy living changes

find out how good you can feel
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continuing education

learn. experience. enjoy.
and earn ce credits!

plus

bo forbes
on the yoga
of emotions

(and other great reading)

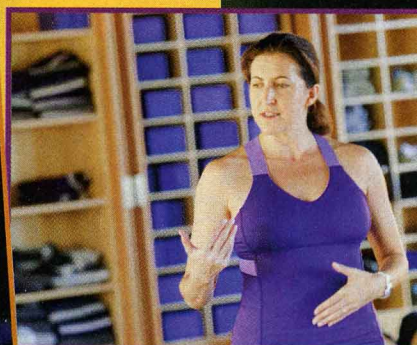
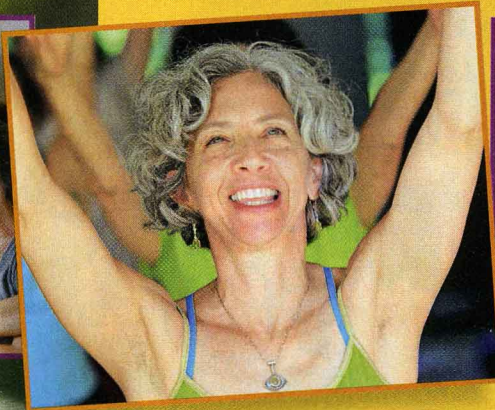
Kripalu

center for yoga & health

Stockbridge, Massachusetts

800.741.7353

kripalu.org



this spring, try something new at Kripalu.

Come rediscover yourself. The nation's most established center for yoga and holistic living, for the past 30 years Kripalu has been teaching people skills for optimal living through experiential education for the whole person—body, mind, and spirit.


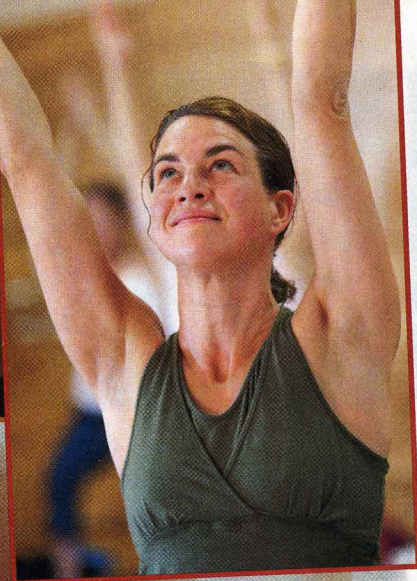
Why do 30,000 people come to Kripalu each year?

Like you, they are committed to creating deeply fulfilling lives that celebrate and integrate all of who they are and what they love to do. Kripalu guests come to

- **pursue personal growth**
- **renew and revitalize**
- **cultivate health**
- **delve into spiritual practice**
- **explore creative pursuits**
- **develop professional skills.**

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.

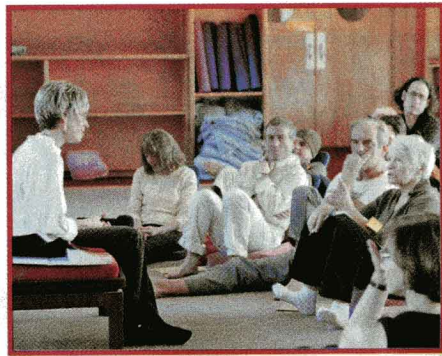
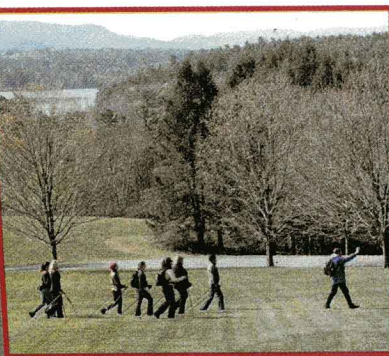
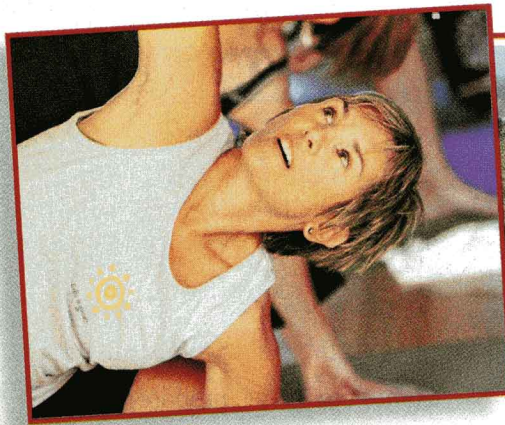


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[CE]

credits at Kripalu
integrate your life, your
career, and your practice.

CE credits available for

- athletic trainers (BOC)
- certified counselors (NBCC)
- massage therapists (NCBTMB)
- nurses* (RN)
- physical therapists (PT)
- psychologists (PSY)
- registered dietitians (RD)
- social workers** (SW)

Take approved workshops with expert faculty who teach innovative ideas and practices not found in most career-development programs.

Look for CE credits with program descriptions designating approved courses, and check online for the number of hours granted: kripalu.org/cecredits. There is a \$20 charge for CE certificates.

Information on Yoga Alliance CE credits is available online: kripalu.org/cecredits.

*Nursing Continuing Education Credits provided through Berkshire AHEC.

**All SW programs are also approved through California BBS for LCSWs and MFTs.

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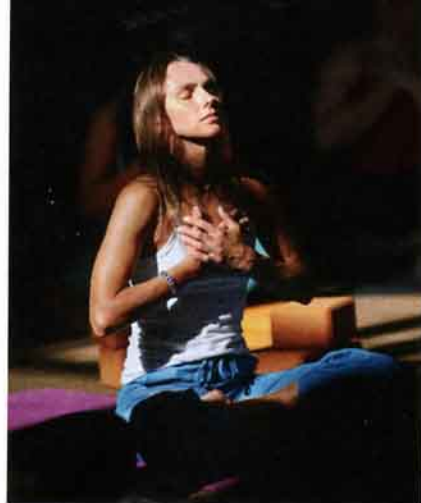


Kripalu healthy living programs

Create positive lifestyle changes through a holistic approach to health and well-being.

See pages 12-15 for more information.

- **NEW!** Gardening Immersion: From the Seed to Supper
- Integrative Weight Loss
- **NEW!** Creating Health and Harmony: An Ayurvedic Retreat
- Detox for Health and Healing
- Digestive Health: A Holistic Approach
- Fitness and Yoga Retreat
- Nutrition and Cooking Immersion
- Rejuvenate and Reclaim Life After 40
- **NEW!** Thrive in Life: Skillful Living with Diabetes
- Transforming Stress: Mindful Living and the Art of Nourishment
- Women and Food: A Journey to Nourishment
- Yoga for Life



March 20–25

Sunday–Friday

Advanced Yoga Practices: Deep Meditation Training and Retreat

**Katrine Kristiansen and
CarsonZi**

For everyone, from beginners to advanced practitioners. **CE** credits (YA, BOC).

Are you looking for a complete yoga system based on traditional teachings? Would you like to start or expand a daily practice of inner silence? Could you use support as you learn, including an online community, free lessons, audiobooks, and more?

Developed by long-time American yoga practitioner and author Yogani, the Advanced Yoga Practices (AYP) approach is based on the eight limbs of yoga. This retreat with two leading AYP instructors will include a balanced daily practice of deep meditation, spinal breathing, and a basic asana routine. Training will be geared toward the needs of the individual and customized to each student's level of experience. Instructions for establishing a daily home practice will also be provided so that abiding inner silence, creativity, and happiness can continue to expand in all areas of your life.

There is a growing AYP presence in many local communities. No previous yoga or meditation experience is required; beginning, intermediate, and advanced yoga students are all welcome.

Recommended reading Yogani, *Deep Meditation* (AYP Publishing).

Note Wear comfortable clothes for yoga postures and meditation, and bring a watch or clock for timing meditation sessions.

Tuition \$325. Add 5 midweek nights room & meals; page 108. (web code DMTR-111)



Katrine Kristiansen is a classically trained flautist, vocalist, homeopathic healer, and teacher. In the 1990s, arthritis and cancer revealed within her the formless consciousness that shines through all of life. Healed through macrobiotics and meditation, Katrine has been engaged in teaching and healing work, anchored in inner silence, since 1996. www.inner-silence.com



CarsonZi, RYT, is a former touring musician and recording studio owner. He began using the AYP system in 2008, and credits it with healing his addictions. A Yoga Alliance–certified yoga instructor, he teaches in Calgary, Canada. www.blissedyoga.com



March 20–25

Sunday–Friday

Radiant Night: Longing and Transformation

Mirabai Starr

Engage the power of longing as a transformational tool. This contemplative retreat balances the passion and language of spiritual love with deep quiet. Alternating readings from the mystics of many spiritual traditions with meditation, guided writing exercises, and group discussion, this retreat will guide you in cultivating the connection between personal sorrow and the universal yearning for reconnection to the sacred source. In the process, you will have the opportunity to experience the answering response of love that pours into your heart even as you cry out for the Divine.

Appropriate for students of all levels and backgrounds of spiritual practice, this gathering is especially suited for those who have glimpsed the spiritual dimension of profound loss. Mirabai Starr is a certified grief counselor, skilled in offering support as people navigate the emotions that arise from a deep exploration of spiritual longing.

Tuition \$300. Add 5 midweek nights room & meals; page 108. (web code RN-111)



Mirabai Starr writes fiction, creative nonfiction, and contemporary translations of sacred literature. A teacher of philosophy and world religions at the University of New Mexico–Taos, she speaks widely on contemplative practice, grief, and loss, and has received critical acclaim for her revolutionary new translation of *Dark Night of the Soul*. www.mirabaistarr.com

March 20–23

Sunday–Wednesday

Sacred Yogic Spaces: The Master's Eye

Kim Valeri

For all levels, from beginners to yoga teachers. **CE** credits (YA, BOC).

Bringing the internal invisible into daily awareness offers precious possibilities for living a full and cherished life. Join Kim Valeri for a yoga program to awaken perception and enliven spiritual awareness through asana, kundalini tantric inner practices, lecture, group exercises and contemplation of life's sacred sound current.

When our buttons get pushed, we experience habitual reactions (vrittis) caused by past impressions (samskara). These buttons are the underlying expression of inherent desires and tendencies created over time. Only when we perceive ourselves from a larger point of view can we arrest these reactions. Ajna (vision) is the intuitive witnessing center, where one can see the hidden essence underlying all visible appearances, and where the transcendence and creation of expressive words begins.

As we develop intuitive capacities, the veil of illusion dissolves, and intuition is transformed into knowingness.

Recommended reading Swami Satyananda Saraswati, *Kundalini Tantra* (Yoga Publications Trust).

Note Please see Kripalu's website for important 200- and 500-hour yoga teacher training requirements.

Tuition \$275. Add 3 midweek nights room & meals; page 108. (web code MSS-111)



Kim Valeri, RYT, founder of Yogaspirit® studios, is a gifted transformational healer who works with people to raise conscious understanding and awareness. Kim's teaching blends spiritual compassion with technical proficiency, inspiring students with her strength, grace, and service.

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Special thanks to Bo Forbes, Deb Morgan, Annie B. Kay, Vinn Marti, Tom Gillette, Zivia Gover, Ken Benson, Tresca Weinstein, Karen Moisuk, Breanne Creed, and makeup artists Ramona Kelly and Dana Litvin. Our gratitude to Be Present, DonnaM Yoga clothes, Satya Jewelry, and Hyde Yoga Clothes. (www.yogahyde.com).

Photography

Cover photographer: Paul Conrath.
David Agnello, Douglas Baz, Denise Barack, Maureen Cotton, Lydia Ann Douglas, David Ellingsen, Marc Gordon, Derek Hansen, Lisa Levart, Adam Mastoon, Ellen Michelson, Andrew Schaff, Mary Schjeldahl, David Scull, and Jeanny Tsai.

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on the cover

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