A stay at Kripalu immerses you in an experiential curriculum designed to bring vitality to your life from the inside out. While you are here, we invite you to enjoy daily yoga classes, our world-class natural-foods cuisine, Healing Arts, hiking and walking trails, a lakefront area, sauna, a labyrinth, and extraordinary views—all in the natural beauty of the Berkshires of western Massachusetts.

Arrival Day
2:15 pm Check-in begins; rooms are ready by 4:00 pm. You may store your bags in the Luggage Room until your room is available.
6:45–7:15 Guest Welcome Session
7:30–9:00 Opening program session

Daily Yoga
6:30–7:45 am Kripalu Yoga classes (optional): gentle and intermediate
12:00–1:00 pm Kripalu YogaDance®
4:15–5:30 pm Kripalu Yoga classes (optional): beginner, gentle, intermediate, and vigorous

Friday and Sunday Only
5:00–6:15 pm Kripalu Yoga classes (optional): beginner, gentle, intermediate, and vigorous

Saturday Only
5:15–6:30 Kripalu Yoga classes (optional): beginner, gentle, intermediate, and vigorous

Meals
7:00–8:30 am Breakfast
11:30 am–1:30 pm Lunch (including your day of departure)
5:30–7:00 Dinner

Evenings
7:30–9:00 Evening events and activities or solo time—another great time period to schedule Healing Arts sessions.

Actual times and schedules may vary; please see the Guest Boards or the schedule provided upon check-in.

Please note Book your Healing Arts appointments before your arrival to ensure availability 888.738.1822.

View the Kripalu Guest Guide.
In Yoga we combine movement, breath, meditation, and sound to calm the mind, stretch and strengthen the body, and bring a sense of well-being and joy to our souls. Read more | Why Is Yoga Good For Us? | Very welcoming. I now take two classes a week. One of which is a combination of yoga and weight training. Very rigorous and I'm the only guy in the class. I must say my flexibility, strength and balance have all improved. Sound Yoga International School of Singing Bowls was found in 2013 by two healing experts Ekaterina and Ivan Konovalov. Since 2010, the couple has been travelling around Europe, Asia and Russia, improving in the sphere of yoga and sound therapy. Studying effective techniques and methods of natural healing, our trainers formed a strong system of mental and physical health rehabilitation. In 2015, the project entered the international market. In 2017, professional sound therapy studio was found in Goa, India. In 2018, the school started producing high-quality ecological bowls. The amount of our