

NOVEMBER 13-15 ~ KRIPALU

RETREAT ITINERARY

Take a break from the noise. Reconnect with yourself at Kripalu ~ where peace meets nature.



DAY 1

Arrival & Relaxation

- ➞ 2:00-5:00 Arrive & Check In
- ➞ 4:45-6:00 Kripalu Yoga Class (optional)
- ➞ 5:30-7:00 Dinner
- ➞ 7:15-8:30 Introductory Women's Circle
- ➞ Chat with others and head off to bed

Explore Nature

- ➞ 6:30 Kripalu Yoga Class (optional)
- ➞ 7:30-9:00 Silent Breakfast
- ➞ 9:00-9:30 Check in Circle
- ➞ 10:00-11:30 Guided Hike or free time
- ➞ 11:30-1:30 Lunch
- ➞ 1:30-4:30 Guided Walk or free time
- ➞ 4:30-5:30 Special Event TBD
- ➞ 5:30-7:00 Dinner
- ➞ 7:30-8:30 - Evening Class or Free Time
- ➞ Connect with others and head off to bed

DAY 2



DAY 3

Inner Peace

- ➞ 6:30 Kripalu Yoga Class (optional)
- ➞ 7:30-9:00 Silent Breakfast
- ➞ 9:00-10:00 Pack and Exit Room
- ➞ 10:00-12:00 Mindful Outdoor Experience & Closing Circle
- ➞ 12:00-1:30 Lunch
- ➞ 1:30 - Visit the Kripalu Shop and head home

