



## HOW TO HEAR YOUR INNER SELF A Proprioceptive Writing Immersion **Linda Trichter Metcalf and Ann Mullen**

### **The Kripalu Experience**

A stay at Kripalu immerses you in an experiential curriculum designed to bring vitality to your life from the inside out. You'll have time between program sessions to enjoy optional daily yoga classes, world-class natural-foods cuisine, Healing Arts, hiking and walking trails, a lakefront area, labyrinth, and extraordinary views.

### **Kripalu Yoga Classes**

Our yoga classes are offered at a variety of levels: gentle, beginner, intermediate, or vinyasa. Additional class times are added on check-in days and during the summer months.

### **Healing Arts**

In between program sessions and other activities, integrate your Kripalu experience with one of more than 35 services. Book your [Healing Arts](#) appointments before your arrival to ensure availability: 413.448.3214.

### **OPENING DAY**

2:00 pm	Check-in begins
4:45–6:00	Kripalu Yoga classes
5:30–7:30	Dinner
<b>7:30–9:00</b>	<b>Program Session</b>

### **DAILY**

6:30–8:00 am	Kripalu Yoga & Meditation classes
7:30–9:00	Silent Breakfast
<b>9:00–11:30</b>	<b>Program Session</b>
11:30 am–1:30 pm	Lunch
12:00–1:00	Integration Practice: Share Circle
<b>1:30–4:00</b>	<b>Program Session</b>
4:45–6:00	Kripalu Yoga classes
5:30–7:30	Dinner
<b>7:00–9:00</b>	<b>Program Session (Optional)</b>

### **CLOSING DAY**

6:30–8:00 am	Kripalu Yoga & Meditation classes
7:30–9:00	Silent Breakfast
<b>9:00–11:00</b>	<b>Program Session</b>
11:30 am–1:30 pm	Lunch and Departure

**Please note** Rooms are ready by 4:00 pm. You may store your bags in the Luggage Room until your room is available.

Dinner is served everyday 5:30–7:30 pm in July and August. Actual times and schedules may vary; please see the Guest Boards or the schedule provided upon check-in for details and room locations.



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#### SUNDAY

2:30 pm  
4:45–6:00  
6:00–7:30  
6:45–7:15  
**7:30–9:30**

Check-in begins  
Kripalu Yoga classes  
Dinner  
Guest Welcome Session  
**Program Session**

#### MONDAY

6:30–7:45 am  
7:30–9:00  
**9:00–11:30**  
11:30–1:00 pm  
12:00–1:00  
**1:30–4:00**  
4:30–5:45  
6:00–7:30  
**7:00–9:00**

Kripalu Yoga classes  
Breakfast  
**Program Session**  
Lunch  
Kripalu YogaDance®  
**Program Session**  
Kripalu Yoga classes  
Dinner  
**Program Session**

#### WEDNESDAY

6:30–7:45 am  
7:30–9:00  
**8:45–11:45**  
11:30–1:00 pm  
12:00–1:00  
**2:15–4:15**  
4:30–5:45  
6:00–7:30

Kripalu Yoga classes  
Breakfast  
**Program Session**  
Lunch  
Kripalu YogaDance®  
**Program Session**  
Kripalu Yoga classes  
Dinner

#### THURSDAY

6:30–7:45 am  
7:30–9:00  
**8:45–11:45**  
11:30–1:00 pm  
12:00–1:00  
**2:15–4:15**  
4:30–5:45  
6:00–7:30  
**7:15–8:45**

Kripalu Yoga classes  
Breakfast  
**Program Session**  
Lunch  
Kripalu YogaDance®  
**Program Session**  
Kripalu Yoga classes  
Dinner  
**Program Session**

#### FRIDAY

6:30–7:45 am  
7:30–9:00  
**9:00–11:30**  
12:00–1:00 pm

Kripalu Yoga classes  
Breakfast  
**Program Session**  
Lunch and Departure

**Please note** Rooms are ready by 4:00 pm. You may store your bags in the Luggage Room until your room is available.

Dinner is served everyday 5:30–7:30 pm in July and August. Actual times and schedules may vary; please see the Guest Boards or the schedule provided upon check-in for details and room locations.