



## THE FUNDAMENTALS OF LONGEVITY

The Art and Science of Breathwork, Cold Water Immersion, and Wellbeing

### Sam Whiting

#### 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. Additional class times are added on check-in days.

#### 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: 413.448.3501.

#### OPENING DAY

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

#### DAILY

6:30–7:45	Kripalu Yoga class
7:30–9:00 am	Silent Breakfast
<b>9:00–12:00</b>	<b>Program Session</b>
12:00–1:30 pm	Lunch
<b>2:00–4:00</b>	<b>Program Session</b>
4:45–6:00	Kripalu Yoga class
5:30–7:30	Dinner
<b>7:30–9:00</b>	<b>Program Session (Camp fire, Saturday only)</b>

#### CLOSING DAY

6:30–7:45	Kripalu Yoga class
7:30–9:00 am	Silent Breakfast
<b>9:30–12:00</b>	<b>Program Session</b>
12:00–1:30 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. On the day of departure, room check-out time is 10:00 am—you may remain on campus and take part in workshops until 2:00 pm. Actual times and schedules may vary; please see the Guest Boards or the schedule provided upon check-in for details and room locations.