

alleyCat Yoga Pilgrimage to Kripalu: Yoga, Deep Restoration and Loving Kindness Retreat

Kripalu Center for Yoga and Health, Lenox Massachusetts
 Sunday October 20- Sunday October 27

Retreat Program Option 1

Days	Program Name	Presenter
Sunday-Friday	Oct 20-25 <i>Yoga and Deep Relaxation Retreat</i>	Jennifer Reis
Friday-Sunday	Oct 25-27 <i>The Practice of Loving Kindness Retreat</i>	Sharon Salzberg & Stephen

Program Cost	*Room Cost	Accommodation	Total Cost*	<i>*20% Discount applied on Housing when 5 or more guests register</i>
670	668	Dormitory Hall Bath	1338	
670	872	Shared Room Hall Bath	1542	
670	1501	Shared Room Private Bath	2171	
670	Options available	Private Room Private Bath	from 2200	
* Private Room Rates depend on specific room location				

What is Included:

3 amazing organic and locally grown meals per day
 Gentle, Intermediate or Vigorous Kripalu Yoga Classes
 6:30 am Gentle or Intermediate Yoga
 Noon Kripalu Vinyasa Yoga or YogaDance
 4:30 Gentle, Intermediate or Vinyasa Yoga

Access to the spa and grounds
 Kripalu programming in the evening
 Labyrinth and Lake Access
 Hiking Trails and Guided Activities

What is not included:

body work and ayurvedic treatments
 transportation from airport
 airfare

Shuttle Available
 or Group Rental Car

Reservations:

Kripalu Registration 866.200.5203

Group Code Must Be Given:
 alleyCat Yoga Pilgrimage to Kripalu
 50% required at time of registration
 Remaining balance applied the week of October 14
 *20% Room Discount will be applied at 2nd payment
If registration minimum is met

Please give the name of chosen roommate at the time of registration if selecting dorm or shared housing

Important Links:

Housing <https://kripalu.org/accommodations-and-meals>
 Yoga and Deep Relax <https://kripalu.org/presenters-programs/yoga-and-deep-relaxation-retreat-gift-divine-sleep-yoga-nidra>
 R & R <https://kripalu.org/stay/tr-retreats>
 Loving Kindness <https://kripalu.org/presenters-programs/practice-loving-kindness-meditation-and-yoga-weekend>
 Dining <https://kripalu.org/content/kripalu-kitchen>
 Healing Arts <https://kripalu.org/stay/healing-arts>