

alleyCat Pilgrimage to Kripalu: R & R + LovingKindness Retreat

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

Itinerary 2	Program Name	Presenter
Sunday to Friday	<i>R & R Retreat</i>	Kripalu Center Faculty
Friday-Sunday	<i>The Practice of Loving Kindness Retreat</i>	Sharon Salzburg & Stephen Cope

Program Cost	*Room Cost	Accommodation	Total Cost*	<i>*20% Discount applied on Housing when 5 or more guests register</i>
750	668	Dormitory Hall Bath	1418	
750	872	Shared Room Hall Bath	1622	
750	1501	Shared Room Private Bath	2251	
750	Options available	Private Room Private Bath	from 2300	
* 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
- Outdoor Guided Hikes and Activities-morning and afternoon
- Access to the spa and grounds
- Kripalu programming in the evening
- R & R Only Workshops and Programs
- Restorative Yoga

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

What is not included:

- body work and ayurvedic treatments
- transportation from airport Shuttle Available Shuttle \$75 each way
- airfare or Group Rental Car Group car rental price will vary

Important Links:

- Housing <https://kripalu.org/accommodations-and-meals>
- R & R <https://kripalu.org/stay/rr-retreats>
- R & R October <https://kripalu.org/content/kripalu-rr-october-schedule>
- Yoga and Deep Re <https://kripalu.org/presenters-programs/yoga-and-deep-relaxation-retreat-gift-divine-sleep-yoga-nidra>
- 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>