

Kripalu®

FUEL UP WITH FEELING Reclaim Your Inner Resources for Healing and Happiness
Jonice Webb, Ph.D. and Joyce Davis, LICSW

Friday, Saturday & Sunday, May 3-5, 2019

Friday 7:30–9:00 pm; Saturday 8:30–11:30 am and 1:45–3:45 pm; Sunday 9:00–11:00 am

A stay at Kripalu immerses you in an experiential curriculum designed to bring vitality to your life from the inside out. While you are here, we invite you to enjoy daily yoga classes, our world-class natural-foods cuisine, Healing Arts, hiking and walking trails, a lakefront area, sauna, a labyrinth, and extraordinary views—all in the natural beauty of the Berkshires of western Massachusetts.

The Fuel Up With Feeling Retreat will consist of lecture, written exercises, and small and large group work.

Friday

2:15 pm -- Check-in begins; rooms are ready by 4:00 pm. You may store your bags in the Luggage Room until your room is available.

5:30-7:30 p.m. Dinner

6:45–7:15 – Guest welcome Session

7:30–9:00 – Take the Emotional Neglect Test and discuss your results. Learn how Childhood Emotional Neglect (CEN) happens, why it's so often invisible, and how it affected you as a child. Discuss how it has played out in your adult life.

Saturday

7:00-8:30 am – Breakfast

8:30-11:30 am – All about emotions. Learn special techniques to access and understand your feelings.

11:30-1:45 pm – Lunch

1:45-2:45 pm – Learn a special technique for managing and using your emotions

2:45-3:45 pm – 3 ways to increase your self-knowledge, self-worth and self-acceptance

Sunday

7:30-9:00 Breakfast

9:00-10:00 – Practice exercises to help you feel more valid. Practice applying your new skills to your relationships.

10:00-11:00 – Small group and large group work. Questions and goal-setting to continue work at home.

11:00 am – Lunch and check-out

Extras For Your Free Time all Weekend

* Kripalu Yoga classes (optional): beginner, gentle, intermediate, and vigorous

* Kripalu YogaDance®

* Healing Arts sessions.

Actual times and schedules may vary; please see the Guest Boards or the schedule provided upon check-in. *Please note* Book your Healing Arts appointments before your arrival to ensure availability 888.738.1822.