

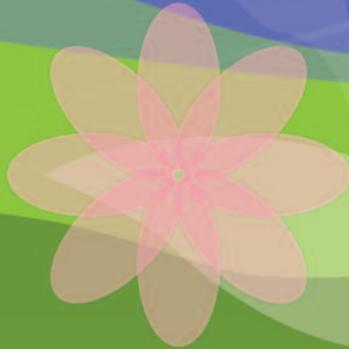
KRIPALU CENTER FOR YOGA & HEALTH

Stockbridge (MS)

12-14 July, 2019

Meditation Weekend

with **Ron Young**



This meditation retreat is open to all who are called, and those who have dived deeply into the yogic practices of asana and pranayama.

With time, these yogic practices generate a radical restructuring, regeneration, and realignment of the spiritual, noetic, psychical, and material bodies of the spiritual-human field. This restructuring is not achieved solely through your own effort. Additionally, and most importantly, in the inner yogic traditions there is a magnified, corresponding response and grace opening through the creative intelligence of Sacred Mother and Cosmic Father within.

The inner work reveals our spiritual nature as the compassion-wisdom heart/mind from which we each emanate, opening us beyond form and concept into the vastness of our nature. With this opening, the greater challenge of this work is the willingness to enter into the service of life, which is to serve everything. This service is a surrendered offering of the fullness of our nature through both inner presence and outer action.

LOCATION

Kripalu Center for Yoga & Health
57 Interlaken Road, Stockbridge, MA 01262

SCHEDULE

Friday, July 13

2:15 pm: Check-in begins
5:30 pm: Dinner
6:45 pm: Guest Welcome Session
7:30 pm: Training

Saturday, July 13

6:30-7:30 am: Meditation/Movement class
9:30 am - 12:30 pm: Training
2:45 - 6:00 pm: Training
8:15 - 9:15 pm: Training

Sunday, July 14

6:30-7:30 am: Meditation/Movement class
9:30 am - 12:30 pm: Training
Lunch is included in your last day stay.
Room check-out is at noon.

FEES

• **Training Fee:** \$350.

• **Accommodations:**

Kripalu offers a range of accommodations, from the dormitory to the single room, in the main building or in the Annex, just a short walk away. You will be asked to book your stay when registering online for the training.

It is possible to find less expensive accommodations outside of Kripalu if you search early. In the summer there is greater difficulty due to the local Tanglewood Music Festival. If you find lodging outside of Kripalu, the daily fee for meals and using the site is \$55.00 per day in addition to the training fee.

ONLINE APPLICATION ONLY AT

<https://kripalu.org/presenters-programs/meditation-weekend>