

August 24–29 SUNDAY–FRIDAY

Passion, Life, and Dance

A Soul Motion™ Retreat

Jovinna Chan

FOR everyone, regardless of physical ability, fitness, or dance experience.

Discover yourself as you dance! This is the invitation of inspired movement teacher Jovinna Chan and her Soul Motion retreat. Offering transformation and fun in equal measure, this workshop is designed for seasoned dancers and self-proclaimed “non-dancers” alike. Soul Motion is an effective and accessible practice that opens the mind, relaxes the body, and awakens the soul of everyone who steps onto the dance floor.

In this retreat, our dance community explores the varied terrains of dance—from solo self-expression to duets and larger group dynamics. Using creative-movement inquiries, Jovinna guides you to

- Get fully into your body
- Release fear, inhibition, and judgment
- Cultivate awareness, presence, and stillness
- Make meaningful contact with yourself and others
- Express yourself spontaneously and authentically
- Move in ways that feel nourishing and supportive.

Through dance, learn how to honor your own essence and stay open to inspiration. Dance can also be your connection to the Divine when you allow movement to bring sacredness to everyday life. Practice living passionately in safe and joyful community, and dance yourself back home.

TUITION \$295. Add 5 midweek nights room & meals; see the Kripalu website. (web code SMDP-141)

Jovinna Chan, E-RYT 500, is a 200- and 500-hour Kripalu Yoga teacher trainer and a certified transformational facilitator for Soul Motion™, founded by movement master Vinn Martí. www.jovinna.com



Jovinna Chan



August 24–29 SUNDAY–FRIDAY

A Buddhist Healing Ritual

Dakini’s Heart-Essence Chöd and Empowerments

Lama Migmar Tseten

FOR everyone.

Healing Chöd is an ancient Buddhist ritual known for its power to alleviate physical, emotional, and mental illness and suffering. There are no instructions to follow or techniques to learn. One simply lies down, rests, and receives

healing. Healing Chöd is suitable for everyone, including those with chronic and mild illnesses.

Healing Chöd rituals consist of music, prayers, and mantras in the sacred sounds of Sanskrit and Tibetan, transformative mudras and offerings, and meditation to cut through destructive emotions and repel negative energies and obstacles. Empowerments are given to further increase healing blessings.

Dakini’s Heart-Essence Chöd, led by Lama Migmar Tseten, is based on the female Buddha, Vajrayogini. It originated with the 10th-century Indian yogi and mystic, Mahasiddha Naropa. This healing tradition was passed down to Lama Migmar’s guru, the great master Chogye Trichen Rinpoche, renowned worldwide as a powerful healer. Chogye Trichen Rinpoche was also the guru of His Holiness the Dalai Lama.

TUITION \$295. Add 5 midweek nights room & meals; see the Kripalu website. (web code BHR-141)

Lama Migmar Tseten was born in Tibet in 1956. He is Buddhist chaplain at Harvard University and director of the Sakya Institute in Cambridge, Massachusetts. www.lamamigmar.net

August 24–29 SUNDAY–FRIDAY

Internal Family Systems Therapy

Embodying the Healing Wisdom

Richard C. Schwartz and Sarah Stewart

FOR everyone wanting to learn more about the IFS model, therapists and non-therapists alike. **CE** credits.

All the world’s religions teach that there is an untarnished essence within each of us, a Self from which wisdom, healing, and spiritual energy flow. We rarely experience this Self directly because it is obscured by self-protective psychological mechanisms, or lost in the fear, pain, and shame of past trauma.

The Internal Family Systems (IFS) model provides a way to help you access the Self and bring its natural compassion and confidence into daily life. People who have used IFS report profound shifts in the feelings and beliefs that previously constrained them. IFS introduces you to a detailed map of your psyche, including all parts or subpersonalities and their inner conflicts. The Self then forms healing relationships with each of them.

Open to therapists, non-therapists, and seasoned IFS practitioners who want to deepen their skills or do more personal work, this program offers the opportunity for transformative inner exploration and learning.

TUITION \$525. Add 5 midweek nights room & meals; see the Kripalu website. (web code IFS-141)

Richard C. Schwartz, PhD, LMFT, is a licensed marriage and family therapist, author, and creator of the Internal Family Systems model. www.selfleadership.org



Sarah Stewart, PsyD, is a nationally recognized expert in trauma and addiction with a unique interest in nature and the interconnectedness of all sentient beings.

