



**A powerful addition to any Kripalu program,** Healing Arts help you access deeper levels of relaxation and understanding so the body can guide itself into healing. Your appointment is a learning experience that invites you to explore your mind and body with the guidance of our skilled practitioners.

## OUR MOST POPULAR PACKAGE!

### Restore Energy and Balance

Each session brings you a unique and satisfying experience for both your inner and outer bodies. \$387 | save \$43

- Kripalu Meditative Massage
- Abhyanga (80 minutes)
- Kripalu Energy Balancing
- Shankara or Dr. Hauschka Facial

## KRIPALU BODYWORK

### Kripalu Meditative Massage ☀️

Experience healing and rejuvenation through a fusion of revitalizing touch and soothing energy work. Along with renewing your physical body, Kripalu Meditative Massage brings the mind to a place of inner stillness, helping you connect to your intuitive wisdom. This is a light-to-moderate pressure massage. 50 minutes: \$80 | 80 minutes: \$130  
Deep pressure  
50 minutes: \$95 | 80 minutes: \$145  
Specific therapeutic work  
50 minutes: \$95 | 80 minutes: \$145  
Pregnancy Massage  
50 minutes: \$80 | 80 minutes: \$130

### Kripalu Master-Level Massage ☀️

Create a customized massage session utilizing the therapeutic and intuitive skills of a highly experienced therapist in a session designed to renew and refresh your body, mind, and spirit (or designed to address your specific needs/goals). 105 minutes: \$195

### ☀️ Shankara Essential Oils blends

*Add one of these therapeutic oil blends to enrich your massage experience. \$8*

**Kripalu Footwork** Unwind with a head massage, a warm foot compress, and focused work on your feet. This reflexology-inspired treatment leaves your entire body feeling balanced. 50 minutes: \$90

### Positional Therapy 🌀

Release deep-seated tension with this clothes-on therapy to relieve chronic pain from injury, stress, or repetitive strain. 50 minutes: \$90 | 80 minutes: \$145  
Positional Therapy Specialist  
50 minutes: \$105 | 80 minutes: \$160

**Aromatherapy Massage** Breathe deeply as you unwind with a gentle full-body, rhythmical application of custom-blended essential oils. 50 minutes: \$90 | 80 minutes: \$145

**Stone Therapy Massage** Become peacefully calm while 40 heated and smoothed stones massage and melt away tension. 90 minutes: \$180

### Kripalu Acupressure 🌀

Restore the flow of vital energy with this unique clothes-on session that uses palm and finger pressure along meridian lines to rejuvenate and relax your entire being. 50 minutes: \$90 | 80 minutes: \$145

### Thai Massage 🌀

Awaken your vital force through a flowing sequence of yoga-based stretches with rhythmic pressure along energy pathways. 50 minutes: \$90 | 80 minutes: \$145

🌀 *Please wear loose-fitting yoga clothes for these sessions.*

[More Options](#) ➔

**Healing Arts services are by appointment only. 888.738.1822**

PO Box 309, Stockbridge, MA, 01262-0309 | [kripalu.org](http://kripalu.org)



## ENERGY WORK

**Kripalu Energy Balancing** Promote deep relaxation, detoxification, and spiritual attunement through this gentle polarity-inspired flow.

50 minutes: \$80 | 80 minutes: \$130

**Reiki** Induce a healing state of mind, body, and spirit with this ancient healing technique.

50 minutes: \$80 | 80 minutes: \$130

**Integrated Energy Therapy**<sup>®</sup> Your therapist combines “angelic” energy with specific hand positions to clear accumulated energy blocks and lift suppressed cellular memory.

50 minutes: \$80 | 80 minutes: \$130

**Craniosacral Therapy** Gentle touch releases restrictions in the craniosacral system to encourage the body’s natural healing processes.

50 minutes: \$80 | 80 minutes: \$130

**Kripalu Master-Level Energy Work** Initiate a process of self-discovery and healing within the mental, emotional, physical, and soul realms.

110 minutes: \$195

## FOR THE FACE

**Shankara Ayurvedic Facial** A unique treatment that nourishes and refreshes the skin and brings harmonic balance.

60 minutes: \$110

**Shankara Ultimate Bliss** Includes a Shankara Ayurvedic Facial, a soothing and balancing foot treatment, and shirodhara—a warm-oil stream poured on the forehead.

120 minutes: \$195

**Dr. Hauschka Classic Facial** A certified Dr. Hauschka esthetician uses rhythmic touch, lymph stimulation, and gentle exfoliation.

60 minutes: \$110 | 120 minutes: \$185

## AYURVEDIC BODYWORK

**Ayurvedic Body Treatment** Bring new life to the body with a dry silk-glove exfoliation, warm herbalized oil, and full-body clay mask.

90 minutes: \$180

**Ayurvedic Marma Balancing** Soothe and align the physical and etheric bodies with this oil application energy points on the body.

50 minutes: \$90 | 80 minutes: \$145

**Ayurvedic Massage (Abhyanga)**

Experience the bliss of a full-body massage using warm, herbalized oils to balance and rejuvenate your unique constitution.

50 minutes: \$100 | 80 minutes: \$160

Abhyanga-Shirodhara—80 minutes: \$180

Abhyanga-Swedna—80 minutes: \$180

Add dry silk-glove exfoliation:

Abhyanga-Garshana—80 minutes: \$180

**Vigorous Herbal Oil Treatment (Vishesh)**

Revitalize and stimulate your immune system with this vigorous oil treatment technique.

50 minutes: \$100

Vishesh-Shirodhara—80 minutes: \$180

Vishesh-Swedna—80 minutes: \$180

**Ayurvedic Relaxation Treatment**

**(Shirodhara)** Balance and soothe your mental body through this application of a warm oil stream to the forehead. 45 minutes: \$105

**Skin and Lymphatic Detox (Udvaartana)**

Deeply detoxify with this penetrating and cleansing herbal paste application.

70 minutes: \$170

**Ayurvedic Steam Treatment (Swedna)**

Detoxify with this herb-enhanced steam treatment. Offered only in combination.

## CONSULTATIONS

**Ayurvedic Health Consultation** Address overall health including personalized diet and daily regime for greater vitality and balance.

50 minutes: \$90 | 80 minutes: \$145

**Life Coaching** Get guidance in making sustainable changes that improve your quality of life and invite maximum success.

50 minutes: \$90 | 80 minutes: \$145

**Private Kripalu Yoga Instruction**

Experience Kripalu Yoga one-on-one to begin or deepen your practice.

50 minutes: \$90 | 80 minutes: \$145

**Private Meditation Session**

Work one-on-one with an experienced meditation teacher to create a customized practice that is truly satisfying.

50 minutes: \$90 | 80 minutes: \$145

**Note** Many of the above services have limited availability; please reserve one to two weeks in advance.

**Cancellation Policy** Cancellations and changes can be made up to 24 hours in advance. For changes or cancellations less than 24 hours in advance, you will be charged a 50 percent forfeiture fee. If you fail to show up for your treatment, the full charge will apply.

**Please note** Treatment time is not extended for late arrivals (includes late arrivals due to programs running over their scheduled time.) Gratuities not included.