



**JULY 31 – AUGUST 2, 2026**  
**STOCKBRIDGE, MA**

# CHILDREN'S YOGA RETREAT

KRIPALU CENTER FOR  
YOGA & HEALTH

## **Welcome**

I'm so excited you're considering joining us for this special weekend at Kripalu. After spending time there myself, I couldn't stop imagining what it would feel like for all of us to finally be together, not in a lecture-style setting, but in a relaxed, nourishing space where we can move, breathe, connect, and simply be.

This retreat is a heartfelt invitation for children's yoga educators, teachers, therapists, and wellness professionals to gather in person to share ideas, enjoy meaningful conversations, rest deeply, spend time in nature, and reconnect with the purpose that brought you to this work in the first place.

I truly can't wait to experience this weekend with you!

Giselle | Kids Yoga Stories





# Why We're Gathering

We've long dreamed of creating a retreat that balances deep connection and personal nourishment. After I visited Kripalu last summer, it became clear that this is the space we've been looking for.

Together, we'll create a weekend filled with:

*"After spending time at Kripalu, I couldn't stop imagining what it would feel like for us to simply be together.*

*Not in a lecture or rushing through an agenda, but in community. A space to connect, restore, and let what's next unfold naturally."*

*-Giselle Shardlow*



## Community

Meet like-minded educators and yogis working with children



## Connection

Enjoy rich conversations, shared stories, and creative sparks



## Clarity

Reflect on your path and refresh your vision



## Rest & Renewal

Give yourself space to breathe, move, and just be



# What to Expect

## What to Expect

This isn't a lecture-style training. It's a gentle, collaborative space to connect and reset.

Expect:

- Morning movement and nature time
- Guided group discussions and open sharing
- Creative brainstorming + resource exchange
- Time to enjoy Kripalu's offerings (lake, trails, yoga, sauna)
- Personal downtime for rest, reflection, or journaling

## Where You'll Stay

You'll stay onsite at Kripalu in the beautiful Berkshires of Western Massachusetts. You'll book your own room directly with Kripalu (price ranges from \$129-\$599 per night). Choose the space that works best for your needs and budget:

### Explore rooms and pricing here:

[kripalu.org/visit/accommodations](https://kripalu.org/visit/accommodations)

Options include:

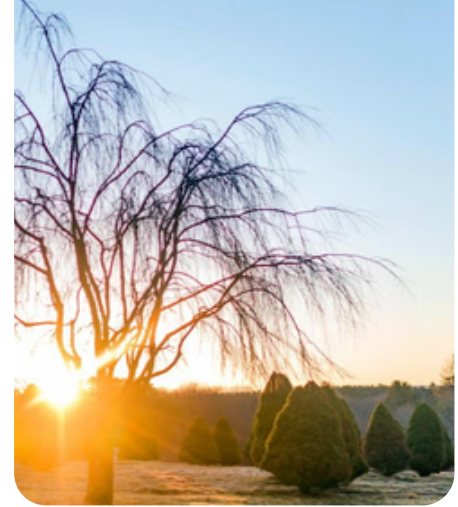
- Shared or private rooms
- Hall or private bathrooms
- Rooms with or without lake views

All accommodations include access to Kripalu's amenities, including yoga classes, lakefront beach, sauna, fitness room, walking trails, and wholesome meals.

## Who It's For:

- ✓ Kids yoga teachers
- ✓ Classroom educators
- ✓ Pediatric therapists
- ✓ SEL specialists and school leaders
- ✓ Homeschoolers, parents, or caregivers
- ✓ Anyone passionate about children's wellness and mind-body learning





# The Weekend at a Glance

## DATES & SCHEDULE

### Friday, July 31

- 2:00 PM – Arrival and Check-In
- 4:00 PM – Room Access
- 4:30–6:00 PM – Optional Kripalu Activities
- 5:30–7:00 PM – Dinner
- 7:30–9:00 PM – Opening Gathering (Private Group Space)

### Saturday, August 1

- 6:30–7:45 AM – Optional Kripalu Activities
- 7:30–9:00 AM – Silent Breakfast
- 9:00–11:30 AM – Morning Group Session (Private Group Space)
- 11:30–1:00 PM – Lunch and Free Time
- 1:30–4:00 PM – Afternoon Group Session (Private Group Space)
- 4:45–6:00 PM – Optional Kripalu Activities
- 5:30–7:00 PM – Dinner
- 7:30–9:00 PM – Evening Group Gathering (Private Group Space)

### Sunday, August 2

- 6:30–7:45 AM – Optional Kripalu Activities
- 7:30–9:00 AM – Silent Breakfast
- 9:00–11:30 AM – Closing Session (Private Group Space)
- 11:30–1:00 PM – Lunch and Farewells
- 2:00 PM – Departure

## Investment Breakdown

### Kripalu (paid directly to Kripalu later):

- Chosen room type (prices vary)
- Daily tuition: \$99/night

### Kids Yoga Stories (paid separately now):

- Retreat program + private meeting space: \$299





# Stay Connected & Secure Your Spot

## Registration is open!

To reserve your spot for the Children’s Yoga Educators retreat, please submit the **\$299 Kids Yoga Stories program fee**, which secures your place on the participant list.

Once your program fee is received, we will send you a **unique accommodation link** to register directly with Kripalu. You’ll be able to choose from a variety of room options to best suit your needs and preferences.

The retreat is **capped at 30 participants**, so submitting your program fee early is the best way to ensure a space.

If you have any questions, please contact us at **[giselle@kidsyogastories.com](mailto:giselle@kidsyogastories.com)**

**Contact Us:**  
Giselle Shardlow  
[giselle@kidsyogastories.com](mailto:giselle@kidsyogastories.com)  
[www.KidsYogaStories.com](http://www.KidsYogaStories.com)

