

Breathe. Connect. Move. Discover.

# Explore the power of you.



Are you interested in exploring ways to manage stress, learn about healthy eating and movement, and the mind-body connection? Join us as we travel to a renowned center for holistic living just a few hours' drive from NCC! Kripalu Center for Yoga & Health is a nonprofit educational organization which, for more than 40 years, "has been teaching skills for optimal living through education for the whole person: body, mind, heart, and spirit. It is the largest and most established retreat center for yoga, health, and holistic living in North America."

- Try a variety of yoga and other movement classes at the level that best suits you (first time beginner to experienced practitioner)
- Enjoy high-quality, all-natural foods at their kitchen buffet
- Take a variety of workshops on subjects such as meditation, creativity, music, etc.
- Use the sauna, fitness room, private lakefront beach, walking and hiking trails, kayaks and paddleboards, and more.



“  
Come back from Spring Break feeling  
relaxed, rejuvenated, and inspired!  
”

Dr. Gina Turner is an Associate Professor of Psychology at Northampton Community College. She was a research fellow at Mt. Sinai School of Medicine in Manhattan, investigating psychological factors in physical illness. Dr. Turner is a certified yoga instructor and Wellness Coach, and serves on the board of directors for CONTACT of Mercer County, NJ, which provides telephone and online active listening services, crisis intervention, and suicide prevention. Dr. Turner brings a holistic approach to the classroom, focusing on the mind-body connection.



Dr. Ken Burak is a Professor of Philosophy at Northampton Community College. He completed his PhD in 2004 from DePaul University in Chicago and his Masters in Belgium. He has been practicing yoga and meditation for over twenty years and has extensively studied Indian philosophical traditions. Most recently he spent several months at the East-West Comparative Philosophy Institute at the University of Hawaii and then travelling in India where he learned yoga and meditation from some of the world's leading masters and teachers. In the words of his students, "Ken is the bomb and you must take his class!"

## Course Description

This one credit course introduces students to stress management, healthy eating and movement, and the mind-body connection. The course will bring students for a three-night retreat to the Kripalu Center for Yoga and Health, the largest and most established retreat center for Yoga in North America. Surrounded by more than 100 beautiful acres, Kripalu sits on a hilltop, with exquisite views of surrounding woodlands, hills, valleys, and the serene Lake Mahkeenac. This course is capped at 10 students and will fill quickly. Approval required from instructor.

**Credits: 1**

**Course start: 02/01/2019**

**Travel: 03/11/2019 to  
03/14/2019**

**Workshop: 03/27/2019**

## Program Costs

Program fee: \$665

Program fee includes:

- Transportation
- Lodging at Kripalu retreat dormitory
- All meals included while on Kripalu campus
- 24/7 support
- Full access to Kripalu drop-in programming
  - Yoga and meditation
  - Ayurveda and healthy living
  - Mindful team-building
  - Tools for stress management
  - Mind-body nutrition
  - Fitness and outdoor activities

*Program fee does not include health insurance, immunizations, meals during travel, personal spending money. Students must be 18+ years old.*

## Payment Schedule

- Deposit amount: \$200 – due at time of registration. Not refundable.  
*Deposit secures your spot in the course. The deposit will be applied to the program fee.*
- Full payment due: January 2, 2019 OR on NCC tuition plan

## Refund Schedule

If you withdraw from the program:

- After registration, but before January 2, deposit not refundable, remaining program fee fully refundable. Tuition fully refundable.
- After January 2, 5:00 PM: No refund of program fee. Tuition refunded according to Academic Calendar.

*Tuition is not included in the program cost. Tuition will be assessed according to current tuition rates, viewable online: <https://northampton.edu/admissions/tuition--financial-aid-scholarships/tuition-and-fees.htm>*

*Please note: Your student account will be billed on registration. Students are responsible for full payment of the program fee according to the study abroad payment and refund schedule. Students who withdraw from the course after the refund deadlines will be responsible for payment.*

[Apply Online](#)

[www.northampton.edu/studyabroad](http://www.northampton.edu/studyabroad)

**Follow us on Instagram!**



**@northamptonstudyabroad**