



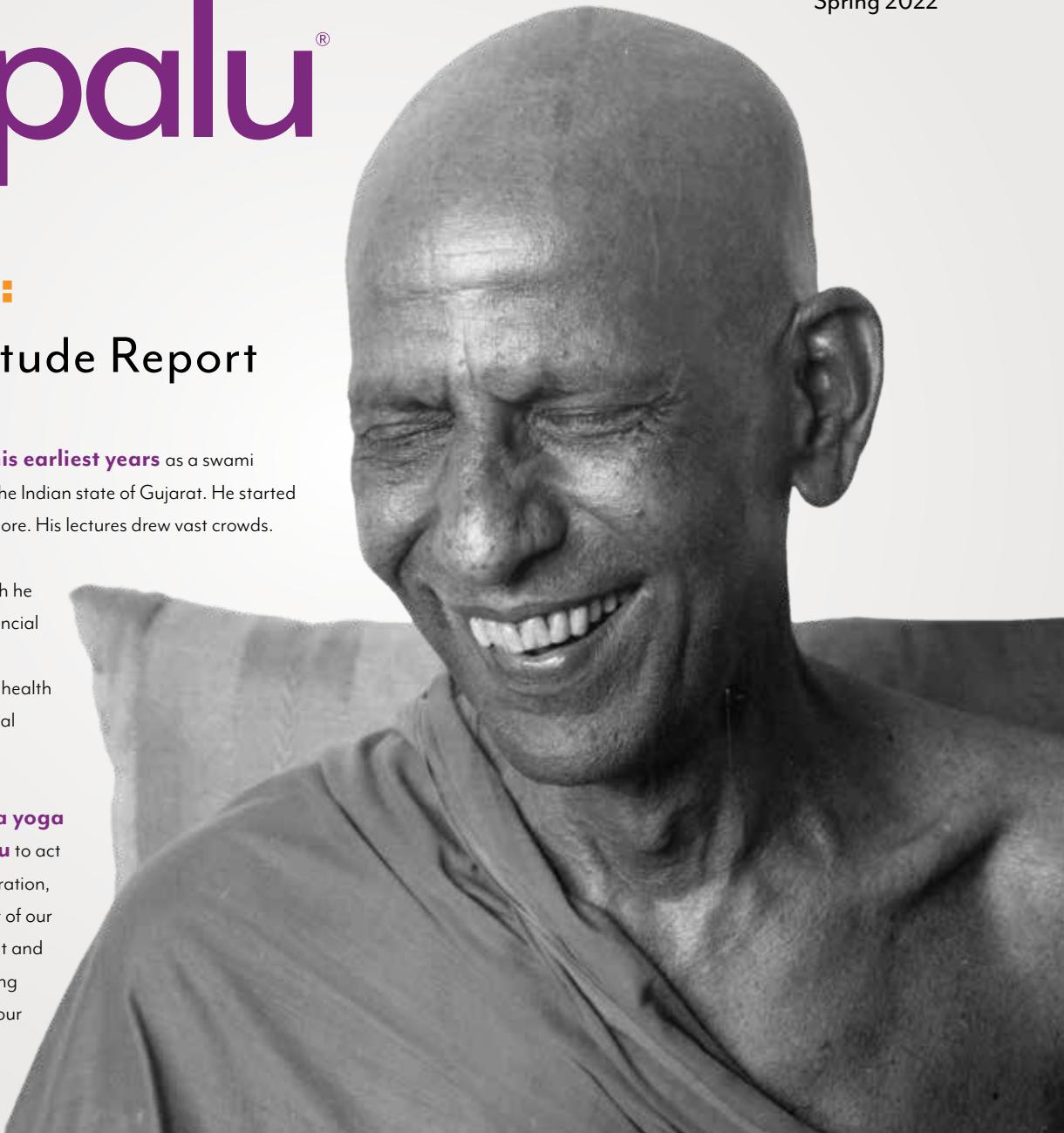
Spring 2022

IMPACT: 2021 Gratitude Report

Swami Kripalu spent his earliest years as a swami along the Narmada River in the Indian state of Gujarat. He started a school, followed by many more. His lectures drew vast crowds.

Swami Kripalu's audiences showered him with gifts, which he gave to the villagers, and financial donations, which he used to establish community centers, health clinics, libraries, and vocational schools.

Swami Kripalu's karma yoga inspires today's Kripalu to act as a center of well-being, liberation, and service. With the support of our community, we provide retreat and inspiration while contemplating and addressing the needs of our fellow citizens.



PLANT THE SEEDS OF JUSTICE

Leah Penniman co-founded Soul Fire Farm in Grafton, NY with the mission to end racism in the food system and reclaim ancestral connections to land. She is the author of *Farming While Black*, and used her donor-supported Activist in Residence retreat at Kripalu to complete a couple chapters of her next book, *Black Earth Wisdom*.

"Thank you for SEEING us and valuing all that we contribute to community," she wrote after her retreat. "BIPOC organizers rarely have a day off, much less several days to recharge, renew, and focus. It is a big part of healing justice to make these opportunities available. Thank you."



2021 & 2022 SUMMARY

Kripalu re-opened its campus for R&R retreats in August 2021, and returned to full programming, seven days a week, in early March 2022. We have filled 229 staff and faculty positions, many with returning employees, and have reestablished cherished Kripalu practices while also developing new programs. Your support has made so much possible—thank you.

Following is a summary of what you helped accomplish last year—and how your support in 2022 will create a new era of Kripalu's impact and service to you and the wider community.

2021

- Served nearly 8,000 on-site retreat guests, and 7,000 students online
- Welcomed 12 Activists in Residence to Kripalu for retreat and reflection
- Provided six Schwartz Teaching for Diversity (TFD) grants totaling \$28,000 to yoga teachers working in partnership with Global Majority-led organizations to serve communities in need
- Established a full-time faculty squad of senior teachers
- Launched a new Meditation Teacher Training program ... one of many new programs rooted in Kripalu's traditional practices

- Elected six new trustees, increasing the board's collective skill set and diversity
- Supported 497 frontline workers through free or reduced-price RISE resiliency training
- Provided consciousness training for all staff and trustees and established an internal Equity Team to guide policies and practices
- Made Kripalu a temporary home for refugees from Afghanistan, and prepared to host more people in crisis if the need arises again
- Made facility upgrades, including air filtration and heating/cooling improvements in the Main Hall

2022

Our plans for 2022, already underway, align with the four goals of our strategic vision. To succeed, these initiatives will rely on your support:



Shape the Dialogue on Well-Being, Liberation, and Service

- Launch and continue the Amplify Voices of the Global Majority online series, conversations on community connection and healing open to all at no cost
- Offer 52 weeks of residencies for activists working for change
- Conduct two free onsite Transformational Leadership Retreats for 40-plus non-profit leaders
- Lead a donor-supported online meditation training for faith leaders
- Provide over \$50,000 in financial support, mentoring and training via Schwartz Service Practicums, community impact projects led by yoga teachers serving diverse audiences in partnership with Global Majority-led organizations
- Establish an environmental stewardship task force to reduce Kripalu's ecological footprint
- Launch a donor-supported 200-hour Yoga Teacher Training led exclusively by and for students identifying as Black, indigenous or people of color

Serve with Kripalu's sacred blend of education and hospitality

- Hire a Chief Learning Officer to oversee all aspects of the retreat and learning experience
- Mentor and train faculty continually for sustained excellence and consistency

LETTER FROM OUR CEO



Dear friends:

Time and again, I turn to the Bhagavad Gita for inspiration and guidance. There's one pearl in particular that shines so brightly right now for Kripalu and our community:

"You are what you believe in. You become that which you believe you can become."

- We know that Kripalu can shape our society's dialogue on well-being, liberation and service.
- We know that Kripalu's sacred roots in both education and hospitality give us a powerful opportunity to deepen our service to ALL people who seek liberation, well-being and a path of service.
- We know that Kripalu can, and must, become accessible to all, regardless of finances, culture, identity or geography. Liberation and well-being are everyone's birthright.
- We know that Kripalu's work will reach its highest effectiveness when we can serve you in the Berkshires, and serve wider society "off the hill."

This is what Kripalu believes in. It will not be easy, and we cannot do it alone. We need you—your belief, your commitment, and your generosity.

Our collective work is centered on love, and rooted in the knowledge that each of us is a unique individual, inextricably bound together in a unified whole. We are deeply grateful to our amazing community while we work, as one, to become all that we believe we can be.

In service,

Robert Mulhall, CEO

2021 & 2022 SUMMARY CONTINUED

- Develop new programs rooted in time-tested Kripalu content, including Kripalu Silent Retreat, RISE Teacher Training and the Essential Kripalu Retreat
- Explore means of restoring seva at Kripalu through volunteer programs

Become accessible to all regardless of finances, culture or geography

- Expand financial aid beyond the Kripalu Schools to all programming
- Provide 5,000 people with no-cost access to programs—up from partial scholarships for 2,000 students pre-pandemic
- Offer Kripalu as a temporary housing and retreat to people in need
- Host local non-profits for retreats and meetings
- Expand day-pass program for local people in our Berkshire community

Bring Kripalu's mission off the hill

- Promote nutritional and Ayurvedic education by creating a marketable line of Kripalu Kitchen products
- Re-establish Kripalu Yoga in the Schools in partnership with local districts
- Renew teaching certification program for Yoga in the Schools
- Deliver Kripalu programs in major metropolitan areas
- Continue online learning and livestreaming



A GIFT OF RETREAT MAKES HEARTS SING

Matt Butler, a New York-based musician and songwriter, has a longtime commitment to using his gifts as an instrument for social healing. For several years Matt “vagabonded” around the country with his guitar, performing in as many prisons and jails as would have him.

“A prison is a difficult place to be vulnerable,” he says. “Playing for the inmates can temporarily change the environment, help them reconnect with something, maybe initiate their own healing process.”

Matt was one of Kripalu’s first Activists in Residence. The program, funded by donors, offers retreat to people working for social change and healing. At Kripalu, Matt used his time to think about the future of his foundation, Art That Serves.

“It was an amazing gift,” he says, “an opportunity to reflect on what activism looks like, what it can look like, and what it means to me. I definitely felt a new sense of dedication to continuing the work.”

HELP KRIPALU LIFT EVERY VOICE

AMPLIFY VOICES OF THE GLOBAL MAJORITY Kripalu



Peggy Hill became a yoga teacher after a long corporate career. She participated in several sessions of the free Amplify Voices of the Global Majority online series, and was pleased that Kripalu is giving voice to emerging leaders and thinkers.

“They were impressive women,” she said of Seher Sikander and Eniafe Isis Adewale, who led her first workshop. “There was so much substance. It could be a whole weekend retreat.”

Peggy’s clients are currently in the Bronx, coming to her via employee wellness programs, community outreach centers, and the Veterans Administration. She says many of her first-time students are surprised to find their teacher is not a young white woman, but a Black woman with graying hair.

Kripalu is committed to becoming a community of belonging, where no one is surprised to see anyone. Your support for programs like Amplify and many others is essential to this journey.

THANK YOU Kripalu DONORS

We gratefully acknowledge these gifts received between January 1 and December 31, 2021. Please notify us of any errors or omissions at gillianp@kripalu.org.

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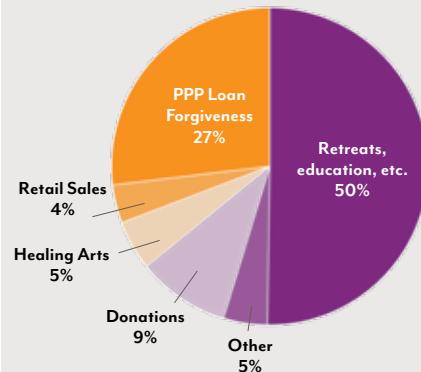
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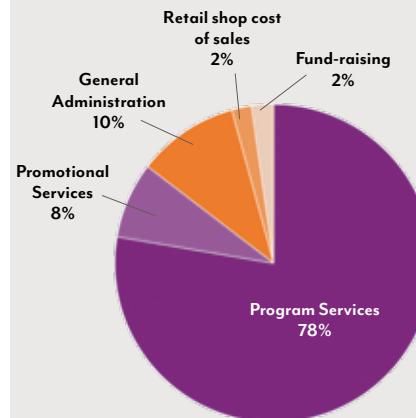
2021 FINANCIAL SNAPSHOT

These summaries are drawn from internal accounting. Kripalu's audited financial statements will be available after October 15, 2022.



FY2021 SOURCES OF FUNDS

Retreats, education, etc.	\$6,274,658
Retail sales	\$488,504
Healing Arts	\$632,807
Donations	\$1,177,086
PPP Loan Forgiveness	\$3,356,932
Other	\$559,136



FY2021 USE OF FUNDS

Program Services	\$9,644,941
Promotional Expenses	\$959,493
General Administration	\$1,284,604
Retail shop cost of sales	\$249,531
Fund-raising	\$277,616

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Nora Krevans	Barbara Marasco	Gale Moore	Susan Phife	Nancy Sanks	Mimi Solaire
Nancy and Jay Krevsky	Lisa Marberblatt	Leigh Morant	Molly Pickett	Pauline Santello	Phyllis Solar
David Krogman	Aleta Margolis and Michael Brodsky	Paige Morganti	Kerry Pinkham	Dr. Sam Sanzone	Kirsten Solomon
Daniel Kush	Gwen Mariani	Larissa Morgenthau	Nancy Pirosky	Francine Sapone	Carissa Spada
Claire Lachance	Jean Marketkar	Annette Mergese	Pitney Bowes	Sherri Sargent	Lisa Spencer
Catherine Ladd	Kathleen Marks	Kate Morrissey	Marisa Pizzuto	Mary Satti	Clare Spillane
Jessica Ladd	Susan Marples	Irene Motyl-Mudretzkyj	Heilke Podack	Tamara Saverine	Hayley Spizz
Adrienne Lakes	Maureen Martin	Jill Mudge	Barbara Polowy	Amy Scaramucci	Shannon and Nathan Sprague
Jane Lambert	Linda M. Martin	Karen Mudrick	Cindy Murray	Elizabeth Scarchilli	Shelley St Jean
Jessica Lamont	Niti and Tim Martin	Alexandria Murray	Margaret M. Murtha	Monya Scherzer	Roseanne Staab
Richard Lamont	Hilary Martin	Jean Musacchio	Jeanne Post	Dr. Amy Schneider	Michelle Stakutis
Stewart J. Landers	Angela Masciale and Daniel Zampino	Pamela Myers-Kinney	Vijaya Potnuru	Deborah Schneider	Rose Stanfel
Susanne (Lalantika) Langdon, Jessye	Melissa Maslin	Birgit Nagle	Anne Potts	Elisabeth Schramm	Ann Stanley
Langdon & Shanti	Massachusetts Superior Court Clerk's Association	Joanna Natale	Kathleen Powell	Debra Schuler	Elizabeth Starmann
Langdon-Rourke	Diane Massey	Lindsay Navarino	Daniela Pozzo	Andrea Schulman	Melissa Starr
Joy Lara	Carly Mattson	Bobbe Navia	Jillian and Brad Pransky	Gregory Schumacher	Katrina Steiling
Jenna Larkin	Michael Matuza	Trisha Neiger	Susan Prasch	Kathy Schuster	Jennifer Haeseler Steiner
Robin Larocque	Sarah Maurer	Allison Neilson	Lily Prellezo	Alice Anne Schwab and Bob Garrett	Patton Stephens
Maria Lasala	Valerie Maurer	Ken Nelson	Cammie Presler	Patricia C. Schwarzblander	Jim Epstein and Susan Sternburg
Heather Laskowski	Debra McCallen	Laura Nese	Jacquie Presly	Suzanne Scallon	Stephen and Susan Stetson
Doug La Tulipe	Jenna McCarthy	Dennis and Jane Neslusan	Brigitte Pruzinsky	Georgia Scura	Michelle Stewart
Kathleen Emery Laux	Mary McCarthy	William Hong and Camilla Nestor	Miriam Pye	Barbara Seiber	Elizabeth M. Stites and Kevin C. Randall
Melanie Lavelle	Emett McCaskill	Leslie Nestor	Kate Quigley	Kimberly Seeburger	Beth Stormer
Marcelle T. Lawas DDS	Ian McCauley	Lynn Newenhisen	Mary Racinowski	Leslie Seidman	Jean Stoutenborough
Gregory Leach	Thomas McCusker Jr.	Jeffra Nicholson	Elizabeth Ramme	Lisa Seischab	Leila Strachan
Lorie Leavy	Prof. Deborah McDaniel	Diane and Tod Nicolai	Deborah Raptopoulos	Liza Seltzer	Richard Strunk
Debra Leclair	Ian McCauley	Sian Nimkoff	Elaeine Ravelson	Leanne Shafner	Frances Strychaz
Meredith Lederer	Thomas McCusker Jr.	Annika Noren	Cynthia and Denis Read	Diane Shaldone	Laurie Sturma
Douglas Lee	Prof. Deborah McDaniel	Pamela Normandeau	Suzanne Reed	Jane Shapiro	Diana Stutz
Richard Leeds	Alexandra McDonald	Jennifra Norton	Randi Reichel and John Benner	Maureen Reilly	
Mary Lemoine	Susan McEachen	Lisa Nowell			
Linda Leonard	Leslie McGann-Sturgeon				
Tamura Leso	Kathleen McGinness				
Ashley Lester and David					

Amy Suardi	Dana Weinberg	Sherri Burchman	The light within us	C Cindy Swienton	Janet Haitoff
Rethakrplu K. Sueda	Kathleen and Jon Weisblatt	Susan Prasch	Momoyo Hori	Cheryl Smith	Alisa Haitoff
Rose Sulley	Rebecca Weitz-Shapiro	Erin Casperson	Sudha Carolyn Lundeen	Matthew Tift	Henry & Katie
Tim Sullivan	Erik Wenberg	Barbara A. Zelley	Mary S. Green	Lacie Stiewing	Emily Gardner
Nancy Sullivan Degregorio	Judeth Wesley	Janice Cohen	Sara Miller	Deborah Trevarrow	Marian Higdon
Jenna Susanke	Julia White	Holly Cohen	Gail Perlow	Caroline Trevarrow	Mary Giordano
Anandha K. Sutliff	Theresa and James Whitmore	Freedom & Jess Cole	Robert Mulhall's appointment as CEO	Renee Trudeau	Steve Houseknecht
Deborah Sutton	Becky Widschwenter	Ruth J. Cole	Adam Hawthorne	Valerie Fagin	Alice Houseknecht
Judith Swan	Sarah and Alexander Wiener	Those Lost to Covid 19	Dan and Trudy Murray	Barbara Vacarr	Kelley
Mary Sweetter	Midge Wilcke and Ruben Pollard	Jennifer Kane-McGee	Tara Knicos	Carey Samuels-Hochberg	Deborah McDaniel
Cynthia Swienton	Julie and Lee Wilcox	Sherylyn Culwell	Nikki Myers and Rolf Gates	Alexandra Walters	Kathleen Krevsky
Anne Tager	Joan H. Wiles	Hilary Martin	Gates	Gail L. Hammond	Nancy C. Krevsky
Susan Tahakjian	Elizabeth Wiley	Monique Dupont	Alexandria Murray	Kathy Weisblatt and Jennifer Norton	Cheryl Miller Kruse
Amy Tanner	Jenette Wilkinson	Evelyn Gonzalez	My Loyal Yoga	Kathleen Weisblatt	Jill Miller
Deborah Taubman	Holly Willett	Shari Engelbourg	Students and Thai Yoga	Iris Wyman	Renae Levin
Letitia Tayeby	Linda B. Williams	Laure Levin	Bodywork Clients	Priscilla Flynn Belisle	Christine Loebner
Anne Terp	Joanne Williams	Lily Epstein	My mother, Joan B. Genholt	Yoganand and Danna Faulds	Laura Malloy
Suzanne Thomas	Sue Williamson	Susan Sternburg	Daniel Genholt	Beth Bachmann	Thomas Magoon
Angela V. Thomas	Patsy S. Wilson	Aruni F.	My 2020 200-YTT		Cynthia Magoon
Ellen Thompson	Clea Wilson	Heidi Rotheim	Sangha		Charlene Megginson
Veronica Tichenor	Deb Wineman	Cathy Farrell	Aline Flower	Jules Bender, RYT	Felicia Megginson
Christine Tierney	Laura Winston	Eva McLeod	My Teachers	Edith Jason	Dev Mehra
Matthew Tift	Kerry Wolf	Mimi Farrelly	Jillian Pransky	Rosetta Bottum	Charlene Mehta
Lorraine Tinger	Rose and Jim Wolfe	Amy Foster	Ken Nelson	Diana Stutz	Carlotta Bernhardt
Anne M. Tirpak	Katherine Wolfram	Future YTT200	Sheryl C. Anderson	Audrey Brooks	Messana
Janis Tomlinson	Rebecca Wolin	Students	Cristie Newhart and Christopher Holmes	Paula Heitzner	Bettina Messana
Susan and Thomas Toms	Elizabeth Wonka	Anne Barnhart, Cindy Murray	Roseanne Clark	Ribbons Cafiero	Toni and Lou Michels
Bernadette S. Toomey	Shaila P. Wood	Lauren Gernady	Carol O'Neil	Kathi Cafiero	Debra Michels
Donna Torney	Mark Wooding	Global healing	Marina Berga, Christie Baskett, Catherine Batcho, Anne B. Grote, Marla Kannel, Gloria Lovett, Judith Mitchell, Karen Bechtel Perkins, Molly Pickett, Maria Polshin, Elaine Ravelson, Gitta Shuster, Nancy Smith, Christine L. Tierney, Carolyn Tracy, Linda B. Williams	Frances Coffey	Mom
Laura Torrado	Kimberley Woods	Rebecca H. Adler	Ann Otte	Rebecca Coffey	Kathleen Powell
Rebeca Torres-Rose	Steffi Wright	Zina Greene	Rudy Peirce and Sudha Lundeen	William G. Crane	Kathleen Moroney
Cathryn Towers	Amy E. Yentsch	Sharon L. Litsky	Nino Triolo	Colleen Bornstein	My father
Carolyn Tracy	Josephine Yim	Allison Harding	Rudy and Joyce Peirce	Lynn Denson	Stacey Gili
Diane Traina	Fabriano Yu	Marilyn Apirian	Elaine Beane	Sandra Duncan	Victoria G. Pauline
Caroline Trevarrow	Cynthia Zarichak	Heartsong yoga instructors	Rudy Peirce	Linda Milia	Victoria F. Pauline
Nina Triolo	Jennifer Zaslow	Suzanne Reed	Michael E. Pulitzer Jr	Kermit Easton	Tao Porchon-Lynch
Sara Tripp	Kathy Zeckman Randall	Brian Henderson	R&R staff on Valentine's Day	Judith Shaw	Marcelle Lawas
Steven Troop	Ramzi A. Zeineddine	Ann Otte	Christine Bissonnette	Jonas Eberly	Lavena Ross
Jeffrey Trubisz	Lori Zeswitz	Jurian Hughes	Rei	Rachel Eberly-Ginsberg	Kirsten Solomon
Ann Trudnak	Harriet Zilber	Rhonda Brauer, Duane C. Hendricks	Beverly Silliphant	Earl R. Emery	Cyrus G. Shehan
Patricia Truitt	M. Zimiles	The inner peace I gained through Kripalu	Jennifer Reis	Kathleen E. Laux	Sherrill E. Ryan
Kelley Tucker	Andrea Zlotowitz	Laura Dutt	Catherine Brennan	Allister Etzel	Karen L. Simmons
Wendolyn Turkatte	Gary Zoellner	Jurian, Jovinna, LuAnn Fulbright	Sadia, Monique, and Jurian	Carol E. Silvaney	Dana Simmons-Greco
Joan Twigg	Rita Zoroglian	Julie Rogers	Stacy Wallace-Albert	Christine Eva	Mr. & Mrs. Bill Smith
Sara Tyburski	O Zotique	Dorothy Kim	Maria Sirios	Jennifer Johnson	Della Ewart
Kerri Ungaro	Pamela Zucco	Kathleen E. Laux	Justin Slawson	Marc Fears	James Spillane
Heidi Upson Ferris	Cathie Zusy and Sam Kendall	Susan Koleas	Marcia Fredricks	Emily Claire Fredricks	Clare Spillane
Victoria Valadão Napier		Ann Otte	Reiki	Laura Fredricks	Marian Straus
Donna Van Horn		Coby Kozlowski	Beverly Silliphant	Philip C. Fryberger	Deborah Raptopoulos
Sarah van Leer		Thomas Amelio	Bruce Andrews	Tracy Hart	Philip Strungis
Karyn Van Name		Katryna Andrusik	Kripalu Bridge Team	Judith E. Funkhouser	Ellen Thompson
Willow Vanderheyden		Liz Asti	Tad Ames, Anonymous	Ellen Carr	Swami Kripalu
Consuelo Vargas		Libby Barnett	Kripalu instructors	Carol Ann Gates	Ken Lichtenstein
Cybele Veitas		Rachel Becker, Roseanne Staab	Susan Hamilton	Zina G. Greene	Janice Uggioni
Lynette Velez		Hannah Baumgartner	Krishna Das	Jesse Glavez	Donna Ames, Deborah Ashjian, Thomas Connors, Phyllis Foley, Mary K. Hickey, Massachusetts Superior Court Clerk's Assoc., Thomas McCusker, Frances Strychaz
Sharon Vienneau		Gary Zoellner	Jo Anna Dvorak	Dr. Fred Gold	Jaroslav Vanek
Janet Villiers		Cecilia Beach	KSA 16	Marjory Epstein	Francis Vanek
Denise Vinogradre		Sylvia Bryant	Karen Appell	Ron Dyer, Govinda	Rama Jyoti Vernon
Jane Viscolosi		Priscilla Flynn Belisle	Sam (Cecily) Legg	George Muellner	Nancy Sanks
Maruta Z. Vitos		Shannon Sprague	Barbara Polowy	Darlene and Frosty Graham	Margaret Evans Warson
Lakshmi and Ganesh		Bhavani	Izzy Lenihan	Dawnell Graham	Marjorie Jordan
Becky Vollmer		Pamela Rosenlund	Stephanie Sobel	Donald Graham	Peggy Wright and Jillian Lowe
Julia Vona-Shea		Paul Browde, Rita Charon, Carol Gilligan	Joseph Le Page	Darlene Graham	Martha R. Zimiles
Barbara Vonnegut		Anne Terp	Beth Gibbs	Vincent E. Gulotta	Ziggy and Francis
Barbara Vosk and Howie Shareff			David Les Pierre	Katherine D. Gulotta	Rebecca Coffey
Deborah Waas			Tracey Les Pierre	Stephen Stetson	John N. Zinni
Traci Walker			Gerald Levesque	Liza Sullivan	Mary W. Groden
Stacy Wallace-Albert			Paula A. Levesque	Geri Denterlein	
Maureen Walsh					
Maureen Walsh					
Jennifer Walsh					
Louise Ward					
Sarah Ward					
Kimberly Warne					
Jennifer Webb					
Carol Webb					
Jeanine Webber					