



# Kripalu®

## HEALING ARTS



### TOUCH THERAPY

#### **Kripalu Meditative Massage (On Campus)** ● ● ● ● ● ● ● ● ● ● ● ●

Our signature massage practice incorporates energy centering and breathwork to bring the entire being into greater harmony.

- **Light-to-moderate pressure**  
50 minutes: \$115 | 80 minutes: \$165
- **Moderate-to-deep pressure**  
50 minutes: \$130 | 80 minutes: \$185
- **Pregnancy Massage**  
50 minutes: \$115 | 80 minutes: \$165

#### **Therapeutic Massage (On Campus)** ● ● ● ● ● ● ● ● ● ● ● ●

A firm-pressure massage that focuses on specific areas of discomfort rather than the whole body.

- 50 minutes: \$130 | 80 minutes: \$185

#### **Kripalu Footwork (On Campus)** ● ● ● ● ● ● ● ● ● ● ● ●

This reflexology-inspired treatment begins with a scalp massage and warm foot compress, followed by a focused massage for your feet to bring greater relaxation and balance to your whole body.

- 50 minutes: \$120

#### **Kripalu Master-Level Massage (On Campus)** ● ● ● ● ● ● ● ● ● ● ● ●

The Master-Level Massage incorporates all the signature elements of our Meditative Massage into a customizable session with one of our highly skilled practitioners.

- 105 minutes: \$225

#### **Kripalu Acupressure (On Campus)** ● ● ● ● ● ● ● ● ● ● ● ●

Restore the flow of energy with this unique treatment that addresses acute or chronic pain.

- 50 minutes: \$120 | 80 minutes: \$175

#### **Positional Therapy (On Campus)** ● ● ● ● ● ● ● ● ● ● ● ●

A gentle technique for increasing range of motion and relieving muscular discomfort. Positional Therapy is effective in the treatment of pain due to injury, stress, repetitive strain, postural distortion, and chronic neuromuscular conditions.

- 50 minutes: \$120 | 80 minutes: \$175

#### **Positional Therapy Specialist (On Campus & Virtual)** ● ● ● ● ● ● ● ● ● ● ● ●

Sessions with one of our Positional Therapy Specialists

- 50 minutes: \$130 | 80 minutes: \$185 | Virtual 50 minutes: \$125

### ACUPUNCTURE

#### **Acupuncture (On Campus)** ● ● ● ● ● ● ● ● ● ● ● ●

Acupuncture provides stress relief and promotes an overall feeling of vitality. Fine needles are inserted into specific points on the body to balance your energy, promote relief, and support your whole being.

- 50 minutes: \$130 | 80 minutes: \$195

### ENERGY WORK

#### **Crystal Energy Work (On Campus)** ● ● ● ● ● ● ● ● ● ● ● ●

Experience a unique chakra crystal enhanced energy work session to help balance and align the energy centers of the body, move congested emotional energy within and around the body to help its systems feel more expanded and aligned. Crystal energy work services include the Chakra Crystal giftbox set following the service. Crystal Energy Work services include *Reiki, Energy Balancing, IET, and Master Level Energy.*

- 50 minutes \$130 | 80 minutes \$180 | 110 minutes \$245

#### **Kripalu Energy Balancing (On Campus)** ● ● ● ● ● ● ● ● ● ● ● ●

Promote deep relaxation through this Kripalu-created, polarity-inspired flow, which supports overall well-being by enabling your body to function more efficiently.

- 50 minutes: \$110 | 80 minutes: \$160

#### **Reiki (On Campus)** ● ● ● ● ● ● ● ● ● ● ● ●

Through a series of gentle hand placements, major systems of the body are given concentrated life-force energy, melting away tension, stress, and pain and enhancing the body's inherent power to heal.

- 50 minutes: \$110 | 80 minutes: \$160

#### **Integrated Energy Therapy (On Campus)** ● ● ● ● ● ● ● ● ● ● ● ●

Integrated Energy Therapy (IET) is an attunement-based energy healing modality, which helps to clear physical, mental, emotional, and spiritual blockages safely and gently. Practitioners create a "heart link" to connect to the angelic realm and channel Integrated Energy to their client. This process helps to release emotions from their client's cellular memory map and imprint those areas with positive emotions.

- 50 minutes: \$110 | 80 minutes: \$160

#### **Craniosacral Therapy (On Campus)** ● ● ● ● ● ● ● ● ● ● ● ●

Your therapist's sensitive touch locates blocks in the craniosacral system and gently eases restrictions, allowing all systems to flow more freely and encouraging the body's natural healing processes.

- 50 minutes: \$110 | 80 minutes: \$160

#### **Kripalu Master-level Energy Work (On Campus)** ● ● ● ● ● ● ● ● ● ● ● ●

Experience what each master-level energy therapist has to offer from their individual toolboxes. Our therapists are skilled in an extensive range of Eastern and Western modalities that help clear, strengthen your energy field, and aid you in accessing your inner wisdom.

- 110 minutes: \$225

### CONSULTATIONS

#### **Ayurvedic Health Consultations (On Campus & Virtual)** ● ● ● ● ● ● ● ● ● ● ● ●

Receive a one-on-one Ayurvedic consultation to address your overall health and well-being, including personalized diet and daily routine recommendations. *Please note that this service does not include diagnosis or treatment of specific conditions.*

- 50 minutes: \$120 | 80 minutes: \$170

● **Our Kripalu Signature Services:** *Rooted in our methodology and developed by our own faculty. Through compassionate self-exploration and a mindful one-on-one approach, you can soften, relax, and tune in to your body's inner wisdom.*

● **Virtual Services Available:** *Our most popular metaphysical services and one-on-one consultations are now available online. Experience personalized, private virtual sessions from the comfort of home.*

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

● **Essential Oil Blends:** *Add one of these therapeutic oil blends to enrich your massage experience: \$10*

● **Full-Spectrum CBD:** *Add CBD oil to enrich your massage experience: \$15*

More Options →

## AYURVEDIC BODYWORK

### Marma Balancing (On Campus) ●

Soothe and align the physical and etheric bodies with this powerful and gentle energy point massage using herbally infused oils application to energy points on the body (Gentle-to-light pressure).

- 50 minutes: \$130 | 80 minutes: \$190

### Abhyanga (On Campus) ●

Long, flowing rhythmic strokes help restore balance and vitality, nourishing the body, relaxing the nervous system, and enhancing circulation using herbally infused oil to help balance your dosha. Garshana is a dry silk glove exfoliation which can be incorporated into the 80-minute Abhyanga (Light-to-moderate pressure).

- 50 minutes: \$130 | 80 minutes: \$190 | w/ Garshana 80 minutes: \$205

### Vishesh (On Campus) ●

A firm and flowing Ayurvedic massage treatment which supports the relief of muscular tension and fatigue, balances the nervous system, and enhances circulation while using herbally infused oil to help balance your dosha. (Moderate-to-firm pressure).

- 50 minutes: \$130

## FACIALS

### Dr. Hauschka Facial or Body Treatment (On Campus)

This treatment leaves you feeling serene, centered, and radiant. A certified Dr. Hauschka esthetician applies rhythmic touch, lymph stimulation, aromatherapy, and gentle exfoliation, all with the help of the Dr. Hauschka pure botanical skin-care line.

- Facial 60 minutes: \$130 | Body 60 minutes: \$130

### Solavedi Ayurvedic Facial or Body Treatment (On Campus) ●

Incorporates a traditional, unchanging sequence of steps that activates healing + integration through the 7 layers of skin tissue—into the entire body organism— affecting the healthy flow of Prana from the brain to the nervous system, and beyond. This ancient Indian therapy includes a skincare ritual called Facial Oleation, during which your face is gently massaged with attention given to pressure points called Marma points.

- Facial 60 minutes: \$130 | Body 60 minutes: \$130

### Green Envee Facial or Back Treatment (On Campus)

By combining the proven science of plant-based cosmetic actives with the added benefits of aromatherapy, the use of Ayurveda and Chinese healing in both skin + body products help to balance the mind and body connection. Using proprietary blends of plant actives and high potency herbs that work from the inside out to produce science-based performance with Mother Nature's more gentle touch.

- Facial 60 minutes: \$130 | Back 60 minutes: \$130

## METAPHYSICAL

### Akashic Record Reading (On Campus & Virtual) ●

Gain deep insight, guidance, and direction into the nature of your soul. The Akashic Records contain all human events, thoughts, words, emotions, and possibilities existing in the past, present, or future—a database encoded on the etheric plane. By accessing the Akashic Records, you confirm that you have the power to make your own choices and create your own experience.

- 50 minutes: \$135 | 80 minutes: \$200

### Family Constellations (Virtual) ●

Explore Family and Systemic Constellations in a one-on-one setting. Each session invites you to break conscious or even unconscious patterns and blocks that you are experiencing in your everyday life, by delving into the depth of your inner "soul-scape". Constellation work is energy work that is connected to one's ancestry and the healing happens through guided movements in the soul. Please bring a clear intention/or area of concern to work on.

- 80 minutes: \$220

### Integrative Divination (On Campus) ●

This session combines divinatory tools from a variety of traditions including the Chinese systems of I Ching, Qi Men Dun Jia, and 60 Pillars, as well as Western systems of Tarot, Oracle cards, and dowsing to provide insight and life guidance on matters of importance to the querent.

- 50 minutes: \$140

### Psychic Medium (On Campus & Virtual) ●

Reach your fullest potential by manifesting your desires and releasing old patterns. Begin with a short meditation connecting you to spirit guides, angels, and/or loved ones on the other side. A psychic reading can help you with

family and relationship issues, personal and professional goal setting, and more.

- 25 minutes: \$75 | 50 minutes: \$140

### Soul Path Astrology (On Campus & Virtual) ●

This powerful reading offers intuitive depth into your being, with a focus on the path your soul selected for this lifetime, along with the challenges and lessons it has chosen to learn. Please plan to provide your date, time, and place of birth for best accuracy.

- 25 minutes: \$70 | 50 minutes: \$110

### Sound Therapy session with Tibetan Singing Bowls 50 minutes & Sound Therapy and Soul Path Astrology 80 minutes (On Campus)

Healing with sound can support and offer relief from ailments such as stress, depression, anxiety, trauma, addiction, pain and moodiness. The bowls will be placed on and around the body to bring you into balance. The immediate benefit of sound healing is an elevated mood, the effects of which can be felt for up to a week. Our 80-minute reading offers intuitive depth into your being with a focus on the path your soul chose in this lifetime, along with the challenges and lessons it has chosen to learn, followed by a sound therapy session to heal trauma and gain clarity and overall wellbeing. Please plan to provide your date, time and place of birth for best accuracy.

- 50 minutes \$120 | 80 minutes \$160

### Spiritual Chinese Astrology (On Campus)

This reading reveals your spiritual gifts and talents, how to grow them, and most importantly how to incorporate them into your life. It will also give you insight into your karmic life lessons in order to transcend them. You will also discover your personal best directions to align with spiritual energies for spiritual cultivation and personal empowerment.

- 50 minutes: \$140

### Tarot Readings (On Campus & Virtual) ●

Tarot readings use a system of archetypal cards to help you delve into the collective subconscious, reflect on possibilities and perspectives, and access your intuitive wisdom. This process can unlock deeper levels of self-awareness, creating a more holistic approach to navigating your personal journey and help in deciphering the questions you pose.

- 25 minutes: \$70 | 50 minutes: \$110

Services are by appointment only. Book now by calling 413.448.3214 or by visiting [kripalu.org](http://kripalu.org). Prices subject to change.

On Campus and Virtual services are offered Monday – Sunday 9:30am – 8:30pm

**Payment and Cancellation Policy** Payments taken at the time of booking and is fully refundable for rescheduling and cancellations up to 24 hours before your service. Rescheduling or canceling treatments within 24 hours will result in a 50% forfeiture fee. The remaining balance of the treatment price will be issued as a nonrefundable credit to your Kripalu account which will be held for one year from the date of issue. If you fail to show up for your treatment, the full charge will apply.

**Sick Policy** If you need to reschedule or cancel your Healing Arts treatment within 24 hours due to illness resulting in rescheduling, canceling, or leaving your scheduled visit to Kripalu early, Healing Arts will waive the cancellation fee.

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

#### Healing Arts Current Safety Guidelines

For the health and safety of all, Healing Arts continues to monitor and follow State and Federal guidelines and recommendations.

- Guests in Healing Arts who are not registered as a day or overnight guest at Kripalu are welcome; proof of vaccination or negative test within 72 hours is required for any on campus service.
- Gratuity can be handled directly with your practitioner or anytime by visiting the Reception Desk.
- Masks will be worn by all practitioners in the treatment rooms.
- Treatment rooms and touched surfaces are cleaned and sanitized routinely and following each service.

- Each treatment room has windows for fresh air and/or AC during the warmer weather as well as air purifiers year round.
- Masks will be worn by all guests in treatment rooms except; when face down during treatment, while receiving massage on the face and during facial treatments.
- In order to offer services to a person under 18 years of age on campus at Kripalu, a parent or legal guardian must be present for the duration of the treatment as minors must be accompanied by a parent or legal guardian at all times while at Kripalu.