

**Claim Your Ancestral Gifts
5 Day Intergenerational Bloodline Healing Intensive
Kripalu Center for Yoga & Health
July 6th-10th, 2014**



Welcome to a truly transformative event in the nestled lakes of the Berkshires, MA at Kripalu. This packet is to inform you of the necessary arrangements for our workshop.

In order to guarantee you a spot at the workshop, be sure to Register directly with Kripalu online, kripalu.org key word search “Bloodline”

http://kripalu.org/program/view/IGB-141/intergenerational_bloodline_healing_embrace_your

**OR Register by Phone:
866.200.5203**

A Workshop Briefing by phone is also required to enter the workshop. Please call George Kamana Hunter at 646-296-2194 to schedule a time. It will require about 25 minutes to complete.

The Bloodline Healing Project is an innovative learning community which seeks to heal the residual effects of history. Our families and communities are often molded by major historic events. Some of the historic burdens we carry from these events can also hinder us from reaching our full potential in our current lives. Our Bloodline Healing workshops offer a safe environment

to explore your own family tree, while encouraging brave community members to speak their truth and become a changing force in society.

Our workshops involve group support, cathartic release techniques, family tree sharing, simple multicultural ceremonies centered on forgiveness and honoring, as well as a rare opportunity to face the legacy of your ancestors. Our staff has been trained in various modalities of healing and education in order to hold these often life-changing events.

The Bloodline Healing approach was originally inspired by the work I did with Jewish families that survived the Holocaust. Since that initial discovery of the Invisible Burden which history leaves behind, we quickly discovered that all families, regardless of ethnic heritage, can inherit unfinished stories from their ancestors. **Every family has a history and this workshop is open to all peoples from all religious and cultural backgrounds. There is room for everybody's healing.**

Let us help you to be the **Free** member of your family!

Aloha,

George Kamana Hunter

G. K. Hunter
Executive Director
The Bloodline Healing Project
From Family Trees to Finally Free

Ghunter199@aol.com
Cell: 646 296 2194
GKHunter.com

Meet your Facilitator

For this workshop, you will be working directly with George Kamana Hunter, the main founder of the work. Teaching assistants will be added as needed.



George Kamana Hunter is a Healer of Mohawk descent who has been honored as a Spiritual Teacher by an ancient Native Hawaiian family in Kaneohe. His middle name, Kamananuio'keola means Great Spirit of Life in Hawaiian. He is Founder of Bluestone Institute for Healing Arts, a school for Intuitive Healers. His memoir, "The Invisible Burden," demonstrates how his Bloodline Healing approach cleanses generational patterns using ceremonial contact with ancestors. His clients include Jewish Holocaust Survivors, Native Americans, the homeless, veterans, physicians, actors, and high powered entrepreneurs. Trained as an Intertribal sacred singer, he shares the music featured in workshops on his album titled, "Haven". George has been featured at Cornell University, NPR, and the United Nations Permanent Forum for Indigenous Issues.

To Learn More about **George Kamana Hunter** and his new Book the Invisible Burden, please visit:

www.GKHunter.com

Agenda

(*subject to minor changes as needed)
Program Room TBA

	Sunday		Activity		Room	
	4:15 pm		Kripalu Yoga		See guest information board	
	5:15 pm		Kripalu Yoga		See guest information board	
	5:00–7:30 pm		Dinner		Dining Hall–2nd floor	
	6:45–7:15 pm		Welcome orientation		Forest Room–2nd floor	
	7:30–9:00 pm		Program session		TBA	
	Monday–Wednesday		.		.	
	6:30 am		Kripalu Yoga		See guest information board	
	7:00–9:00 am		Breakfast (silent dining)		Dining Hall–2nd floor	
	9:00 am–12:00 pm		Program session		TBA	
	11:30 am–2:00 pm		Lunch		Dining Hall–2nd floor	
	12:00 pm		Noon Dance		See guest information board	
	12:15 pm		Vigorous vinyasa		See guest information board	
	2:00–5:30 pm		Program session		TBA	
	4:15 pm		Kripalu Yoga		See guest information board	
	5:15 pm		Kripalu Yoga		See guest information board	
	5:00–7:30 pm		Dinner		Dining Hall–2nd floor	
Please See guest information board for details on our various evening events.						
	Thursday		.		.	
	6:30 am		Kripalu Yoga		See guest information board	
	7:00–9:00 am		Breakfast (silent dining)		Dining Hall–2nd floor	
	9:00 am–12:00 pm		Program session		TBA	
	11:30 am–2:00 pm		Lunch		Dining Hall–2nd floor	
	12:00 noon		Check-out time		Leave luggage in luggage room	
	12:00 pm		Noon Dance		See guest information board	
	12:15 pm		Vigorous vinyasa		See guest information board	

You are welcome to stay and enjoy the amenities for the afternoon. This is another great opportunity for Healing Arts.

Massages and Healing at Kripalu

There are a variety of bodywork and energy work options to enjoy at Kripalu. Book your Healing Arts appointments before your arrival to ensure availability. Call for styles, available practitioners, and pricing: **888-738-1822** or http://kripalu.org/healing_arts/13

Workshop Cost

The workshop tuition for the 5 day intensive is \$350. The room options are chosen separately.

Room Options at Kripalu

Kripalu offers you simplicity and comfort. In the tradition of retreat-style housing, our accommodations are designed to support your program experience, without the distraction of televisions, telephones, etc. We offer a range of housing options that allow a wide variety of people to participate in our programs. Room costs appear on each program page.

Accommodations at Kripalu are in the main building, Shadowbrook, and our new environmentally green Annex, still just a short walk away from everything.

Standard Plus Rooms (includes the Annex)

These rooms are perfect for those who want a real retreat. The rooms include simple décor, a double or queen-size bed, or twin beds. Some rooms are situated near hall bathrooms, while others include a private bath. All rooms in the Annex come with a private bath.



Standard Rooms

These simple, peaceful rooms are a great midrange option. They measure 8' x 12' and include a double or queen-size bed or platform twin beds. Hall bathrooms are nearby.

Note We have a limited number of

full- and queen-size beds for the above rooms; please register early to ensure bed choice.



Dormitory

These accommodations provide an opportunity to meet people from all over. The dorms allow for 5–22 people per room, and offer simple bunk beds and nearby hall bathrooms. Each dorm bed comes with your own alarm clock, reading light, and a safe to store valuables. Unfortunately, we cannot guarantee lower bunks. If you cannot use an upper bunk please choose another type of housing. Dorm housing sells out quickly; please register early.



To Reserve your Room, go to:

http://kripalu.org/program/view/IGB-141/intergenerational_bloodline_healing_embrace_your

Or Call 866.200.5203

Room & Meals Prices

Each program page includes the tuition and accommodations fee for that program. The accommodations fee includes all your meals, daily yoga classes, non-ticketed evening events, and the use of Kripalu's facilities (fitness room, trails, labyrinth, sauna, etc.)

Dormitory rooms start at \$344 for the 5 day stay. Upgraded rooms are available at higher rates viewable on Kripalu.org

You can determine the price of your stay by selecting the register button from your program page and choosing your accommodations.

Please contact Registration for pricing and availability for family accommodations.

Directions

From North

- Take Route 7/20 South from Pittsfield.
- Take Route 7A for 1.2 miles to Lenox Town Monument. Turn right onto Route 183.
- After 1.6 miles, at Town of Stockbridge sign and junction with Richmond Mountain Road, bear left; the entrance to Kripalu Center is immediately on your right.

From East or West

- Take Exit 2 (Lenox, Lee, Pittsfield) off the Massachusetts Turnpike (Interstate 90).
- Take exit ramp onto Route 20 West.
- After 4 miles, Route 7 merges with Route 20.
- 100 yards past the merge, turn left at the traffic light onto Route 183.
- After 1 mile, you will be at the monument in the center of Lenox.
- Bear left at the monument to stay on 183 for another 1.6 miles.
- At the Town of Stockbridge sign and junction with Richmond Mountain Road, bear left: the entrance to Kripalu Center is immediately on your right.

From South

- From New York City, take the Taconic Parkway or New York State Thruway (Interstate 87) North to Interstate 90 East.
- Proceed as “from east or west” above.

Driving Times (in hours)

- Albany 1.25
- Boston 2.5
- Hartford 1.5
- Montreal 5
- New York City 3
- Providence 2.5

Online Travel Directions

For online travel directions, use one of the following maps for your destination:

Yahoo [Map](#)

Google [Map](#)

By plane

Albany Airport

- Albany Airport is the nearest airport to Kripalu.
- Kripalu offers transportation Thursday, Friday, Sunday, and some holidays from Albany Airport to Kripalu at 1:30 pm and again at 5:00 pm and from Kripalu to Albany Airport at 12:00 pm and again at 3:30 pm
- Cost for the shuttle is \$65 each way. A full refund is available if you cancel at least 3 days (72 hours) in advance. No refund is available if less than 3 days notice is given.
- Please call Kripalu Registration for rates and to register. You must preregister at least 48 hours in advance for the regularly scheduled shuttle that runs on Thursday, Friday, and Sunday with the Kripalu Registration staff.
- For any other times, contact Tobi's Limo service at 413.637.1224.
www.tobislimo.com

Bradley International (Hartford, CT/Springfield, MA)

- Take a taxi into Springfield. Peter Pan/Bonanza Bus Lines travel from Springfield to Lenox several times daily.

By Train

- Amtrak offers one train daily from Boston, Albany and Springfield, arriving in Pittsfield, nine miles from Kripalu. Preregistration required. Contact Amtrak at 800.872.7245. Please note that this train is often late and a taxi to Kripalu costs around \$25. Please plan accordingly if you plan to arrive via Amtrak.
- Metro North provides service daily from Manhattan to Wassaic, New York. To contact Metro North, call 800.638.7646.

Metro North Shuttle

- Kripalu offers transportation from New York State's Wassaic, Metro North Station to Kripalu at 4:15 pm Thursday, Friday, Sunday, and some holidays.
- Cost for the shuttle is \$70. Fee is nonrefundable if service is cancelled with less than 3 days (72 hours) notice.
- Return service to Wassaic is offered Thursday, Friday, Sunday, and some holidays at 2:30 pm.
- You must prebook this service at least 48 hours in advance with our Registration Department at 866.200.5203.
- Times subject to changes in Metro North schedule.

By Bus

- Service from Springfield, Boston, Albany, Providence, and New York City's Port Authority on Peter Pan/Bonanza Bus Lines: 800.343.9999, www.peterpanbus.com.
- Buses arrive at Lenox Town Hall; Kripalu shuttle service (\$7 each way) available between 8:00 am and 9:30 pm.
- Reserve ahead.

Kripalu Shuttle

- Kripalu provides a shuttle to and from the Lenox bus stop every day between 8:00 am and 9:30 pm.
- The cost for the shuttle is \$7.00 and is nonrefundable.
- You must prebook this service with our Registration Department at 866.200.5203.
- If you arrive or depart outside of these times, you may wish to call Tobi's Limousine Service (see phone numbers below).

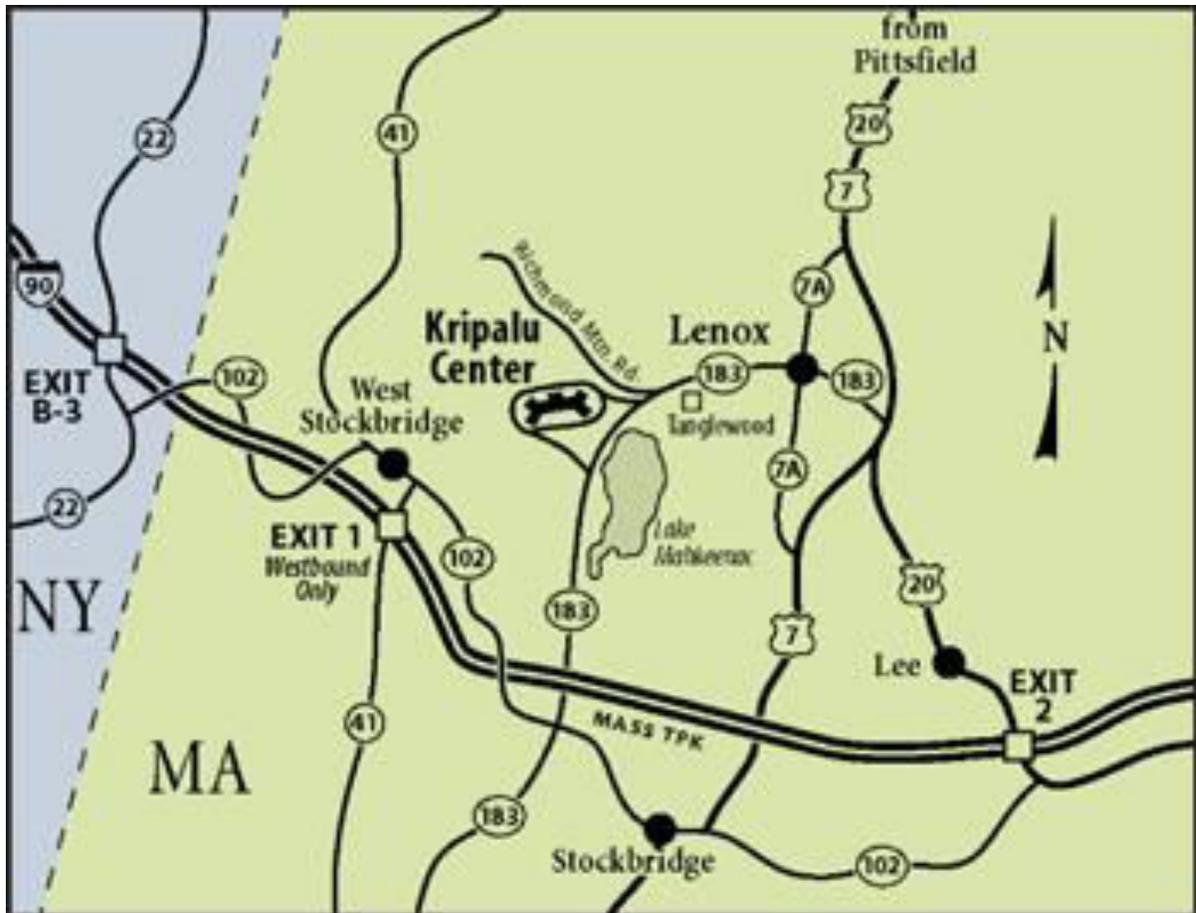
By Limo

Limo service is available from all airports and door-to-door from any location in the Northeast.

- Tobi's Limo Service: 413.637.1224 www.tobislimo.com
- Abbott's Limousine: 413.243.1645 www.abbottslimo.com

Note These are independent service providers. Providing the above contact information is not an endorsement of their services.

Maps



Family Tree Form

A family tree is required for the workshop. Now, before you get nervous, it's important to realize that many people do not know much about their family trees. There are often holes and missing pieces of information. Don't worry about that. In fact, many people find ways to fill in some of those blanks as a result of attending the workshop. There is almost always a reason why information is missing, and that will often come to light during the workshop. Just do the best you can do while completing the form.

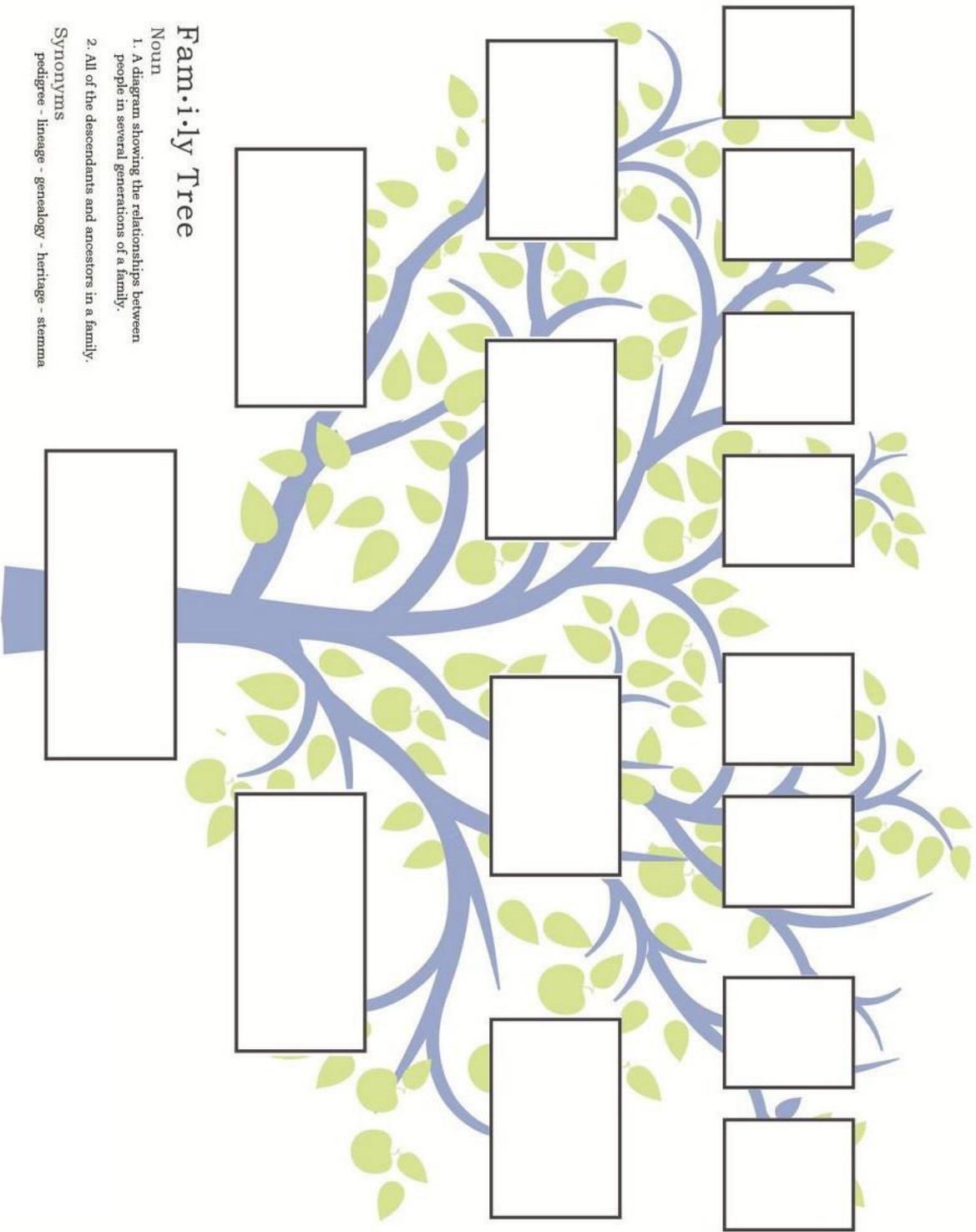
Just make the effort to fill in your parents and grandparents. If you know about your great grandparents, then that's a bonus! Very often, the act of filling out the family tree opens up important conversations with your family that leads to pieces of work for the workshop.

Directions:

Begin filling out the Family Tree by writing your name in the bottom box (on the trunk of the tree) with the year you were born and the place you were born. Do the same for the next two boxes above your name with your Mother on the LEFT box above your name and Father on the RIGHT box above your name. The next level of four boxes is for your maternal and paternal grandparents. The top level of boxes is for your great grandparents (if known). Be sure to include the full name of each known ancestor, including middle names and nicknames, to the best of your ability.

Adoptions:

If you happen to be adopted, please fill out a family tree form for the family you grew up with. This will help shine light on what you have inherited from the family who raised you. If you happen to also know anything about your birth family, then please fill out a second family tree with whatever knowledge you have of your bloodline. Very often, you will see similar dynamics between both families. Fill out what you know, and don't worry about having blanks on your family trees.



Fam·i·ly Tree

Noun

1. A diagram showing the relationships between people in several generations of a family.
2. All of the descendants and ancestors in a family.

SYNONYMS

pedigree - lineage - genealogy - heritage - stemma

Family Tree Form

Reminder about your Family Tree: DON'T WORRY about blanks in the family tree! Just do it! Put the effort forth, even if you feel hesitant or resistant. Moving through these feelings is part of the work, which happens to begin before the workshop commences. When working on your family tree, we encourage you to consult an elder in your family who may have already put this information together. We have even had participants who had not talked with their family for many years find benefit from getting in contact for this information. The contact can lead to some highly rewarding work in the workshop. Please be sure to fill out this form, even if you have a prepared family tree, as it is easier to follow during workshop activities than more complicated trees. Bring both of them to the workshop.

What to Bring

Items to bring with you to the retreat:

- Sunblock
- A Bathing Suit for Sauna
- A Journal
- A completed Family Tree Form (included in this packet. Do the best you can.)
- Photos of your Ancestors (people bring photos to put on the honor tables)

REFUND POLICY: Please contact Kripalu directly. **866.200.5203**

Food

Delicious meals are available for your dietary needs. Please contact Kripalu for detailed dietary information. **866.200.5203**

Amenities

- Bodywork and other Healing Arts available
 - Fitness Room
 - Sauna
- Daily Yoga and Dance Classes
 - Hiking Trails
 - Meditative Labyrinth

Bloodline Healing Staff Members



From Left to Right: Aviva Shira Bernat MD, George Kamana Hunter, Jessica Gelson MFT (back), Dina Bernat-Kunin LCSW, Anna Molitor

The Bloodline Healing Project began when Dr. Aviva Shira Bernat MD invited Healer George Kamana Hunter to work with her community in Los Angeles. After encountering clients whose families had survived the Holocaust, he began to develop innovative ways to help release survivor guilt and inherited grief. G. K. Hunter observed similar residual emotional marks left on families from other cultures as well. He called this the “invisible burden” to describe the secret pain and historic aftermath that families can hold from wars, famines, atrocities, and even the early death of family members.

With the added help of Dina Bernat-Kunin, Jessica Gelson, and Anna Molitor, the Bloodline Healing workshops formed a set of tools designed to release historic burdens carried by family members of all different backgrounds and nationalities.

Our team offers a combination of solid credentialed Medical and Therapeutic expertise with the innovative spirit of newer forms of group facilitation. On many occasions, our participants have expressed that they were spiritually moved and inspired by the workshop experience.