



# The great tranquil escape

Embrace nature's beauty and hit the reset button with the Kripalu Center in the beautiful Berkshires

New Yorkers spend an immense amount of time indoors, staring at computer screens, ordering in, bingeing on Netflix and generally avoiding sunlight. With summer nearly here, we've been rediscovering the delights of warm-weather outings in the city, but occasionally it's nice to have a rejuvenating escape to the great outdoors. That's why the Kripalu Center for Yoga & Health, a nonprofit educational organization dedicated to promoting yoga as a tool for empowerment and self-discovery for all, shines as an enriching getaway.

Nestled on a hilltop in Stockbridge, Massachusetts, just three hours from New York City, the Kripalu Center boasts 300 acres of lush grounds, providing magnificent vistas of Lake Mahkeenac as well as New England's stunning mountainous pride, the Berkshires. Upon arrival, you can indulge in the tension-relieving signature meditative massage—your body and mind will thank you—or choose from an array of healing arts on offer. Feeling reinvigorated, you then can join a guided hike



and contemplative walk through peaceful nature trails or take a refreshing dip in the pristine lakefront beach.

You don't have to be a seasoned yogi to partake in all the action—the Kripalu Center is a welcoming, compassionate and diverse community, highlighting only the finest practices in wellness for all. With the Kripalu R&R retreat, guests have the freedom to design

their own unique stay. On any given day, you may find yourself participating in a medley of daily classes, such as indoor and outdoor yoga, mindfulness meditation or noon dance, along with programs and workshops on holistic living led by Kripalu faculty. In addition, as the largest retreat center for yoga and holistic living in the U.S., the Kripalu kitchen makes eating well easy by providing all-natural delicious meals, cooking with only the finest locally sourced ingredients.

Expect regular expert presentations by world-renowned wellness teachers and spiritual thought leaders like Shiva Rea, Deepak Chopra and Gabrielle Bernstein. For those looking to deepen their practice and wisdom, the Kripalu Schools of Yoga and Ayurveda offer certification programs for yoga teachers and Ayurveda counselors. With a scenic setting and a supportive community, the Kripalu Center is a refreshing alternative for anyone seeking a relaxing break from life's hectic pace, whether looking for a simple way to unwind or an escape for quiet reflection.