

SPRING BREAK R&R RETREAT

for students, staff, faculty, alumni, partners, spouses, and friends

at the Kripalu Center for Yoga and Health

March 18th - 20th Stockbridge, MA

The Wellness Center brings you an immersion experience at Kripalu, a retreat center with spaces and workshops for experiencing and exploring different practices to support wellbeing.

Choose from a variety of experiential and educational workshops, outdoor activities, yoga, and movement classes. Focus on self care and enjoy introspective workshops, gentle movement classes, and solo time, or jump start a new fitness routine, learn nutritional tips, or try tai chi for the first time!



R&R Retreat package includes:

- Accommodations (dorm style, single, or shared two person room)
- Kripalu's delicious all-natural meals
- Optional Kripalu faculty-led workshops & guided activities (at least 3 classes/day)
- Daily yoga and noon dance classes
- Evening events
- Use of amenities: sauna, fitness room, hiking trails, a private beach, and more

Enjoy a Dartmouth Group discount on your reservation! Special Dartmouth prices start as low as \$332 (reduced to \$300 with more signups) Prices vary for dorm style, singles, and shared 2-person rooms.

Student Health Promotion and Wellness is also offering merit-based financial assistance for Dartmouth Students. Stop by 3rd Floor Robo to pick up an application.

To learn more and to sign up, contact Maria Sperduto
at Christina.M.Sperduto@dartmouth.edu