

The Student Wellness Center brings you the Winterim

R&R Retreat

at the Kripalu Center for Yoga and Health

Dec 1-4 Stockbridge, MA

The Student 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.

Recharge, rejuvenate, & refresh with:

wellness workshops outdoor classes
introspective sessions self care time to yourself
nutrition movement classes yoga tai chi
& more

Take time to de-stress. Cultivate inner peace.

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 per day)
- Daily yoga and noon dance classes
- Evening events
- Use of amenities: sauna fitness room, hiking trails, a private beach, and more

Prices start at \$350 for 3 nights and 4 days! Prices vary for dorm style, shared 2 person rooms, and singles.

The Student Wellness Center is offering financial assistance for 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