



Spring Break

R&R Retreat

brought to you by The Student Wellness Center

Kripalu Center for Yoga and Health · March 15-18 · Stockbridge, MA

Recharge
Refresh
Rejuvenate

...Retreat

De-stress and cultivate inner peace with a immersion experience at the Kripalu Center while exploring different practices for supporting wellbeing

Decide how to fill your day. Choose from...

Private Dartmouth lessons

3+ yoga classes per day

Qi Gong

Compassion

Sauna

Meditation

Tai chi

Concerts

Nutrition

Hiking trails

AND MORE!

Package Info

Prices start at \$398 for 3 nights + 4 days (meals included!) and vary for 2-person shared or single rooms.

The Student Wellness Center is offering financial assistance for students. Stop by 3rd Floor Robo to pick up an application!