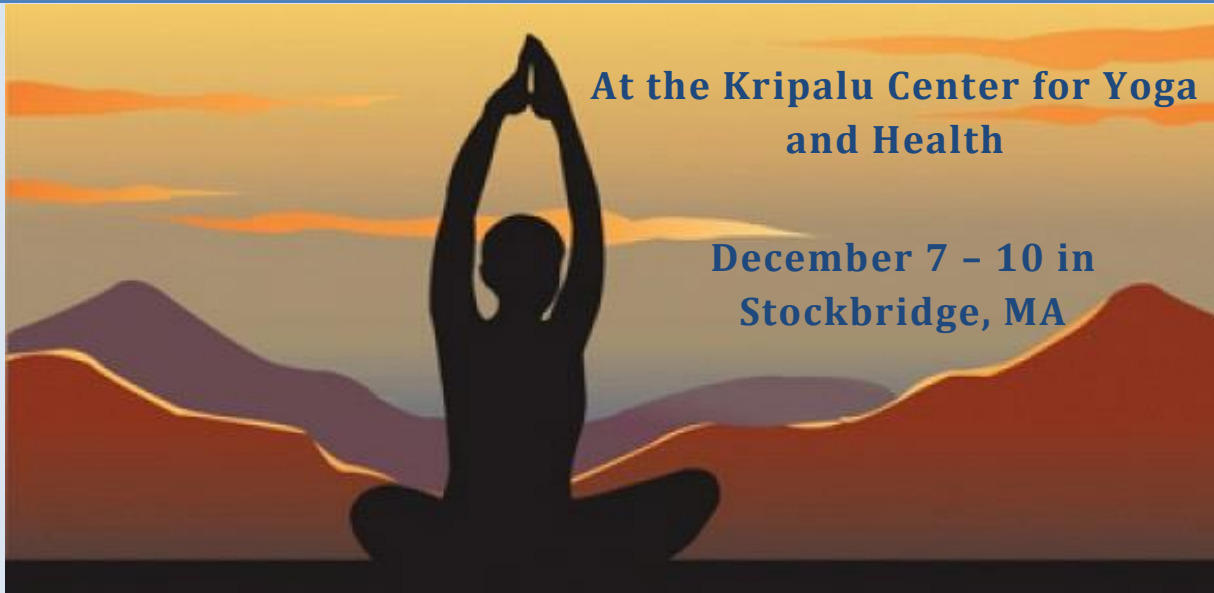


# The Dartmouth Winterim R&R Retreat



## The Dartmouth R&R Retreat

*Student Health Promotion and Wellness brings you an immersion experience at Kripalu, a retreat center that provides space and workshops to experience and explore different practices for improving wellness.*

### ***For students, staff, faculty, alumni, partners, spouses, and friends***

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

### **The R&R Retreat package includes:**

- ❖ Accommodations and Kripalu's delicious all-natural meals
- ❖ Optional Kripalu faculty-led workshops & guided outdoor activities
- ❖ Daily yoga and noon dance classes
- ❖ Evening events
- ❖ Use of amenities: sauna, fitness room, hiking trails, a private beach, and more

### ***Workshops with Dartmouth's own faculty***

*Sienna Craig PhD, Department of Anthropology*

*Aurora Matzkin PhD, The Dartmouth Institute for Health Policy & Clinical Practice*

*John Christopher PhD, Department of Psychiatry*

*will be offered along with opportunities to reflect on your experience with others from Dartmouth.*

Select the length and content of your stay. Enjoy a Dartmouth Group discount on your reservation! For all 3 nights, special Dartmouth prices start as low as \$386. Prices vary for dorm style, singles, and shared 2-person rooms.

Student Health Promotion and Wellness is also offering merit-based financial assistance (students only). Stop into Health Promotion (3<sup>rd</sup> floor Robo) to pick up an application.

*To learn more and to sign up, contact Maria Sperduto at [Christina.M.Sperduto@Dartmouth.edu](mailto:Christina.M.Sperduto@Dartmouth.edu)*