

Lenox: Kripalu offers free day passes for Berkshire area residents

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Kripalu Center for Yoga and Health, in partnership with Berkshire Bank, Lee Bank and Greylock Federal Credit Union, is offering up to 250 scholarships for free day passes for its Retreat & Renewal offering to Berkshire residents.

This initiative runs Nov. 1 through Feb. 28, 2025, providing locals the opportunity to experience Kripalu's yoga classes, workshops, food, and facilities for one day at no cost.

These offerings are open to any resident within a 45-mile radius including towns in Berkshire County and the surrounding area, including Albany and Schenectady, N.Y., Amherst, Bennington, Vt., and more.

Visit tinyurl.com/yhbhukdn to claim a free day pass.

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