

Kripalu[®] Groups

Meaningful retreats for organizations, teams and communities that foster connection and growth.

Set in the Berkshire Mountains of Massachusetts, Kripalu is North America's largest and most renowned yoga and wellness retreat center, offering a special environment where groups can step away from daily demands, gain perspective, and reconnect with what matters most.



Start Your Planning Today

Kripalu.org/Groups | Groups@Kripalu.org



Come Together at Kripalu

From leadership offsites to community gatherings, our team collaborates with you to design a retreat aligned with your goals.

Every group enjoys an all-inclusive setting: comfortable lodging, nourishing meals from the Kripalu Kitchen, and access to our daily schedule of yoga classes, outdoor activities, and wellness workshops. We partner with leading organizations across healthcare, education, yoga, wellness, and faith communities—and many more—to create retreats that fit their unique purpose.

Group retreats have a **15-guest minimum** and **450-guest maximum** and include **discounted housing options starting at 15%** based on volume and seasonality.

Every Group Experience Includes

- **Full access to Kripalu's Berkshire campus**, including 100+ acres of trails, an outdoor labyrinth, and private lakefront for walking, reflection, and relaxation.
- **Comfortable accommodations** with eco-friendly toiletries
- **Three nourishing meals** daily from the Kripalu Kitchen, plus coffee, tea, and juices
- **Access to daily yoga classes, outdoor activities and wellness workshops** all led by expert teachers
- **Indoor saunas and a 24/7 fitness center** with Peloton bikes, treadmills, and free weights
- **Peaceful indoor spaces**, including meditation rooms, quiet lounges, and sun room
- **Tech lounges and shared workspaces** with inspiring Berkshire views
- **A restorative environment** designed to support rest, presence, and renewal

3 Ways to Gather

Every group comes to Kripalu with a different level of **structure**, intention, and support in mind. To help you find the right fit, we offer three distinct ways to gather—each grounded in the same campus, amenities, and spirit of renewal.



1 Classic Group Retreats

The easiest way for groups to gather at Kripalu.

2 Private Group Retreats

A flexible venue-based experience where your group leads its own agenda.

3 Custom Group Retreats

A fully tailored experience that blends Kripalu programming with your group's goals.



Classic Group Retreats

Join the rhythm of Kripalu.



Classic Group Retreats offer the easiest way for groups to gather at Kripalu. With accommodations, nourishing meals, access to our beautiful Berkshire campus, and participation in our daily schedule of yoga classes, outdoor activities, and wellness workshops all included, your group can simply arrive and enjoy the experience.

Whether you're celebrating a milestone, strengthening relationships, or simply stepping away together, Classic Group Retreats provide a supportive environment that fosters individual well-being, shared growth and meaningful community.

Ideal for: teams, organizations, and communities.

Sample Schedule: Classic Group Retreat

Time	Activity
6:30–8:30 am	Kripalu Yoga or Meditation Classes (Gentle and Moderate Levels)
7:30–9:00 am	Silent Breakfast
9:30–11:00 am	Morning Workshop or Guided Outdoor Experience
12:00–1:00 pm	YogaDance®, Kripalu Yoga Class, or Guided Meditation
11:30–1:30 pm	Optional house activities and Lunch at the Kripalu Kitchen
2:00–4:00 pm	Afternoon Workshop or Guided Outdoor Experience
4:45–6:00 pm	Yoga Classes (Gentle, Intermediate, and Vinyasa Levels)
5:30–7:00 pm	Dinner
7:30–8:30 pm	Evening Guided Experience or Class

Please note: This is a sample schedule for a full R&R day. All activities are included in your stay but are always optional.

Classic Group Retreats have a minimum of 15 participants and a maximum of 450 participants. Day and Overnight Options are available.

Private Group Retreats

Bring your own agenda. We'll provide the setting.



A flexible venue-based experience where your group leads its own agenda.

We provide private meeting spaces, accommodations, meals, and on-site logistical support so you can focus on your content while we handle the setting.

Ideal for: leadership retreats and offsites, strategic planning sessions, professional development programs, conferences, and community gatherings

Private Group Retreats are offered as single day and multi-day experiences.

Unique Setting, Meaningful Connection

Between sessions, participants can enjoy campus amenities, explore the grounds, and take advantage of our renowned yoga and meditation classes, transformative workshops, and mindful outdoor activities. These experiences are instrumental in supporting your group to collaborate effectively, think creatively, and achieve meaningful outcomes.

Sample Schedule: Private Group Retreat

Arrival	
2:00 pm	Arrival + check-in, accommodations ready by 4pm
4:30–6:00 pm	Optional house activities
5:30–7:00 pm	Dinner at the Kripalu Kitchen
7:30–9:00 pm	Gather in Private Meeting Space

Full Day	
6:30–7:45 am	Optional house activities
7:30–9:00 am	Silent breakfast at the Kripalu Kitchen
9:00–11:30 am	Gather in Private Meeting Space
11:30–1:30 pm	Optional house activities and Lunch at the Kripalu Kitchen
1:30–4:00pm	Gather in Private Meeting Space
4:45–6:00 pm	Optional house activities
5:30–7:00 pm	Dinner at the Kripalu Kitchen.
7:30–8:30 pm	Optional house activities

Departure	
6:30– 7:45 am	Optional house activities
7:30– 9:00 am	Silent breakfast at the Kripalu Kitchen
9:00– 11:30 am	Gather in Private Meeting Space
11:30– 1:30 pm	Optional house activities and lunch at the Kripalu Kitchen
2:00 pm	Departure

*Schedules are customizable to fit your group's needs. Exclusive use of program room is guaranteed outside of program sessions.

Our Program Rooms

Our 12 dedicated program rooms are thoughtfully equipped to support your gathering. From our renowned Main Hall to our intimate Moonrise Room, each unique space includes yoga props, flexible seating, conference tables, basic office and art supplies, and built-in audiovisual technology—including a PC, microphones, audio mixer, and projector/screen or TV—so you can focus on your program while we provide the setting and support.



Main Hall

A large space accommodating 60 – 300 guests.



Sunrise

A medium space accommodating 26 – 40 guests.



Elmview

A large space accommodating 41 – 60 guests.



Moonrise

A small space accommodating 15 – 25 guests.

Private Group Retreats have a minimum of 15 participants and range up to a maximum of 450 participants. Day, Overnight and Buyout Options are available.



Choose Your Experience

Designed around your goals. Guided by Kripalu.

A fully tailored experience that blends Kripalu programming with your group's goals. Choose from yoga and meditation offerings and signature Programs such as the Kripalu Essential Retreat and Kripalu's evidence-based resilience training, RISE, to create a retreat designed around your intended outcomes.

Whether you're looking to strengthen team culture, cultivate resilience, support leadership development, promote well-being, or deepen community connection, our team partners with you to design an experience that meets your group where it is—and supports where it wants to grow.

Ideal for: mission-driven organizations, healthcare teams, educators, leadership cohorts, and groups seeking deeper transformation.

Choose Your Experience

Private R&R

Incorporate private versions of Kripalu's daily yoga, meditation, mindfulness practices, and restorative workshops. These experiences bring the essence of Kripalu into your retreat in a flexible, accessible way that supports presence, rest, and renewal.

Signature Programs

Engage more deeply with Kripalu's signature programs, including the Kripalu Essential Retreat and Kripalu's evidence-based resilience training, RISE. Developed in partnership with researchers at Brigham and Women's hospital and funded by the National Institute of Health, RISE has served thousands of frontline professionals from leading healthcare, education and human service organizations across the country with essential practices to live and work with greater clarity and ease.

These Kripalu signature offerings are tailored to your unique group, following a guided learning arc designed to support meaningful personal and professional development over the course of your retreat.

Full Support, Start to Finish

From program design and facilitation to logistics and flow, our team handles the details so your group can stay focused on what matters most—connection, learning, growth, and renewal.



Sample Schedule: 3-Night Custom RISE Retreat

Arrival	
2:00 pm	Arrival + check-in, accommodations ready by 4pm
4:30–6:00 pm	Optional house activities
5:30–7:00 pm	Dinner at the Kripalu Kitchen
7:30–9:00 pm	Welcome + Intention Setting

Full Day	
6:30–7:45 am	Optional house activities
7:30–9:00 am	Silent breakfast at the Kripalu Kitchen
9:00– 11:30 am	Introduction to the RISE Model of Resilience
11:30–1:30 pm	Optional house activities and Lunch at the Kripalu Kitchen
1:30–4:00pm	Embodying Calm
4:45–6:00 pm	Optional house activities
5:30–7:00 pm	Dinner at the Kripalu Kitchen.
7:30–8:30 pm	Optional house activities

Full Day	
6:30–7:45 am	Optional house activities
7:30–9:00 am	Silent breakfast at the Kripalu Kitchen
9:00– 11:30 am	Cultivating Clarity
11:30–1:30 pm	Optional house activities and Lunch at the Kripalu Kitchen
1:30–4:30pm	Deepening Connection
4:45–6:00 pm	Optional house activities
5:30–7:00 pm	Dinner at the Kripalu Kitchen.
7:30–8:30 pm	Optional house activities

Departure	
6:30– 7:45 am	Optional house activities
7:30– 9:00 am	Silent breakfast at the Kripalu Kitchen
9:00– 11:30 am	Action Planning + Integration
11:30– 1:30 pm	Optional house activities and lunch at the Kripalu Kitchen
2:00 pm	Departure

*Schedules are customizable to fit your group's needs. Exclusive use of program room is guaranteed outside of program sessions.

Peaceful Accommodations

Where simplicity supports transformation.



Your stay at Kripalu is an invitation to unplug—from noise, from screens, from the nonstop rhythm of everyday life. Here, simplicity is sacred. Our accommodations are intentionally minimal to give you space for rest, reflection, and renewal.

Whether your group prefers the privacy of a single room or the connection of shared space, or a mix of both, our rooms are designed to help you disconnect from distraction and reconnect with what matters. **Group housing discounts start at 15% based on volume and may vary due to weekends and seasonality.**



Private Room with Hall Bath - “Standard”

Enjoy the solitude of your own room, balanced with shared amenities located in our historic Shadowbrook building.

Bathroom

Bathrooms are located in the hallway and shared with nearby rooms.



Private Room with Bath in Shadowbrook - “Classic”

A quiet, cozy space in our historic Shadowbrook building. Available with queen or two twin bed options.

Bathroom

Includes a private en-suite bathroom for your exclusive use.



Private Room with Bath in the Annex

A quiet, simple space in our eco-friendly Annex, a newer building connected to our main Shadowbrook building. Available with queen or two twin bed options.

Bathroom

Includes a private en-suite bathroom for your exclusive use.



Meal Times

Monday-Thursday:

Breakfast

7:30–9:00 am

Lunch

11:30 am–1:30 pm

Dinner

5:30–7:00 pm

Friday & Saturday:

Breakfast

7:30–9:00 am

Lunch

11:30 am–1:30 pm

Dinner

5:30–7:30 pm

Sunday

Breakfast

7:30–9:00 am

Lunch

11:30 am–1:30 pm

Dinner

5:30–7:00 pm

The Kripalu Kitchen

Nourishment That Supports Your Retreat

At Kripalu, food is more than fuel—it's an essential part of the retreat experience. Rooted in balance, simplicity, and joy, our meals are inspired by Ayurvedic principles and whole-food traditions, inviting your participants to slow down, reconnect, and savor every bite.

Inspired by Yoga. Made with Love.

The Kripalu Kitchen serves whole grains, vegetables, and legumes as the foundation of every menu, with fresh poultry, fish, and dairy offered as optional protein sources. Participants can enjoy a vibrant salad bar, a variety of house-made dressings, and our renowned freshly baked breads. The Ayurveda-inspired Buddha Bar features simple, nourishing preparations of legumes, grains, vegetables, and an assortment of flavorful condiments.

All meals are served buffet-style, with every dish clearly labeled with a complete ingredient list. Our culinary team thoughtfully accommodates a variety of dietary preferences and common food sensitivities, offering options for guests who are gluten-free, dairy-free, nut-free, and more, so everyone in your group can dine with confidence.

Silent Starts

Kripalu offers opportunities for quiet reflection alongside shared connection. Breakfast is served in silence, creating a peaceful way to begin the day with intention and presence.

What's Included

An Environment That Supports Transformation

Set in the Berkshire Mountains, the natural surroundings, intentional spaces, and nourishing meals all work together to create the ideal conditions for rest, renewal, and meaningful engagement.



Campus + Amenities

Welcome to your group's sanctuary.

Explore our on campus amenities—including fitness and meditation spaces, our carefully curated shop, healing arts services, technology lounges, sauna, and more.

At Kripalu, every corner of our campus invites you to slow down, breathe deeply, and reconnect—with yourself, with nature, and with each moment. From serene lounges to movement studios, our thoughtfully curated spaces support improvisation, restoration, and everyday renewal.

Fitness Room

Support your participants' well-being with access to Kripalu's 24-hour fitness room, offering opportunities for movement and mindful exercise throughout their retreat. Equipped with Peloton bikes, treadmills, and free weights, the space makes it easy for participants to maintain their personal wellness routines on their own schedule.





Sauna

Invite your participants to unwind and rejuvenate with access to Kripalu's gender-specific saunas, offering a peaceful way to relax between sessions or at the end of the day.



Tech Lounges

While Kripalu encourages an "Unplugged at Kripalu" experience, we recognize that some participants may need to stay connected during their retreat. Designated Tech Lounges provide comfortable spaces for mindful email check-ins, light work, and digital connection without disrupting the restorative atmosphere of the campus.



Personal Meditation & Yoga Rooms

Nestled within the Shadowbrook building, these peaceful studios offer your participants the perfect setting for quiet reflection, intentional rest, or guided personal practice.



Cozy Lounges & Shared Spaces

Throughout the campus, softly appointed lounges offer reading nooks, serene views, and spaces to pause between classes. Curl up with a journal or simply soak in the stillness.

The Kripalu Cafe*

Whether you're grabbing a quick pick-me-up between sessions or taking a moment to relax, the Kripalu Café offers a welcoming space to recharge throughout your retreat. Featuring a variety of fresh, nourishing, and delicious Kripalu favorites, the café serves light snacks, freshly baked items from the Kripalu Bakery, organic coffee and teas, cold beverages, and more.

Open daily: 10:00 am–8:00 pm



Healing Arts*

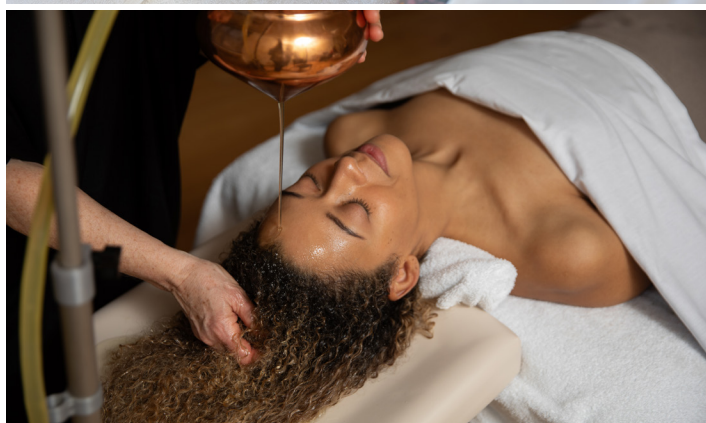
Nurture. Connect. Transform.

Enhance your group's Kripalu experience with **Healing Arts services** designed to support rest, renewal, and personal transformation. Rooted in compassion and delivered by our skilled practitioners, these individualized treatments give participants the opportunity to turn inward, recharge, and deepen their retreat experience in a way that feels meaningful to them.

Groups can explore a wide range of services—from yoga healing arts and bodywork to massage, facials, sound healing, specialized Ayurvedic-based treatments, and more. Each offering is thoughtfully designed to meet participants where they are and complement the overall retreat journey.

For added convenience, group organizers can purchase Healing Arts credits in advance for participants. Credits can be distributed as part of your program, allowing each participant the flexibility to book the treatment or service that best supports their individual needs during their stay.

*Cost not included in stay.





The Shop*

Take the Kripalu Experience Home

The Kripalu Shop is more than a store—it's an extension of your group's retreat experience. Thoughtfully curated by our team, every item is selected to inspire, educate, and support continued well-being long after your program ends. Whether participants are looking for practical tools, meaningful gifts, or lasting reminders of their time at Kripalu, they'll find a wide selection of thoughtfully chosen items, including:

Yoga & Meditation Essentials: Mats, bolsters, cushions, and props used in Kripalu programs to support a home practice.

Books & Learning Resources: Faculty favorites and timeless titles on yoga, mindfulness, Ayurveda, poetry, and personal growth.

Wellness & Self-Care Products: Herbal teas, aromatherapy, skincare, and other items to nourish body, mind, and spirit.

Apparel & Accessories: Comfortable clothing for yoga and everyday wear, along with jewelry, scarves, bags, and other mindful lifestyle accessories.

Local & Artisan Goods: Unique products created by Berkshire-based and regional artisans, supporting our local community.



Testimonials

“As a yoga retreat organizer, I highly recommend Kripalu for hosting group retreats. The staff is exceptionally professional, responsive, and experienced in supporting group leaders, making the entire planning and on-site experience smooth and stress-free. The beautiful natural setting, well-maintained yoga spaces, nourishing food, and peaceful atmosphere create the perfect environment for both deep practice and meaningful connection. Our guests consistently left feeling restored, inspired, and eager to return.”

—Minji Cho, Inner Dimension CVO

“Kripalu was an incredible partner in bringing our group retreat to life. What made the experience especially memorable was how seamlessly our programming blended with everything else Kripalu has to offer. Our participants loved having the freedom to explore yoga, spend quiet time in nature, and enjoy delicious, nourishing meals throughout their stay. It created an atmosphere where everyone could truly unplug, recharge, and return home feeling renewed. We couldn't have asked for a better setting for our community.”

—Alex Gruver, Co-founder at Jhourney

Bring Your Vision to Life

Whether you're gathering to learn, lead, connect, or renew, Kripalu provides the setting, support, and expertise to help your group thrive. We look forward to welcoming you to our campus and partnering with you to create a retreat experience that's meaningful, memorable, and uniquely yours.

We look forward to hosting your group at Kripalu.



Contact us to get started today!

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Kripalu
Groups