Turn Inward & Find the Universe

Silent retreats, yoga intensives, and other “沁心润肺” retreats.

Published: Jul 31, 2014

Kripalu Center for Center for Yoga & Health

Stockbridge, Massachusetts / A giant in the yoga world, the 52-year-old Kripalu books programming that appeals to yoga newbies, gurus, and everyone in between. But in offerings go way beyond sun salutations, incorporating a wide array of classes, therapeutic workshops, queer affinity circles, and healing retreats for men of color at its 115-acre campus set in a former Jesuit conveture. Whatever your creative expression (dancing, drawing, drumming), whatever your self-care needs (coping with a sudden loss, embracing patterns of well-being), there’s a plan calling your name. kripalu.org

ROOM NOW ON TRAVELER

I know how to manage the needs of many but not my own. I crave a moment of self-discovery, a week of peace and beauty, a breathtaking landscape, music that represents poetry to the soul, a mountain, the ocean, and people filled with love and joy. - Bronka Jenkins, Oprah Daily Insider

2024 Oprah Daily Hotel O-Wards

Click Here for the Full List

Photo Credits: La Morales des Auguchies in Quebec; City; Andre Olivier Leroy; Golden Door Thanh Biet Photography; DL Sipl Valley Inn; Sara Prince

Let’s Talk!

Be the first to comment...