

Lifestyle



# Turn Inward & Find the Universe

Silent retreats, yoga intensives, and other “me time” musts.

Published: Jul 1, 2024



## 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 its offerings go way beyond sun salutations, incorporating tarot immersion, transformational couples workshops, queer affinity circles, and healing retreats for men of color at its 125-acre campus set in a former Jesuit monastery. Whatever your creative expression (dancing, drawing, drumming), whatever your self-care needs (coping with a sudden loss, overcoming patterns of self-sabotage), there’s a plan calling your name.

[kripalu.org](http://kripalu.org)

BOOK NOW ON TRIPADVISOR

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.—**Lonka Jenkins, Oprah Daily Insider**



## 2024 Oprah Daily Hotel O-Wards

[Click Here for the Full List](#)

**Photo Credits:** Le Monastère des Augustines in Quebec City: Andre Olivier Lyra (1), Golden Door: Tanveer Badal Photography (3), Ojai Valley Inn: Sara Prince (2)

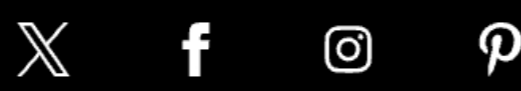
### Let's Talk!

Be the first to comment...



About Us

Newsletter



Contact Us

Press Room

Subscribe

Give a Gift

Customer Service

Being Green

HEARST

LIFESTYLE AND DESIGN GROUP

We may earn commission from links on this page, but we only recommend products we back.

©2024 Oprah Daily LLC. All rights reserved.

[Privacy Notice](#) [Your CA Privacy Rights/Shine the Light](#) [DAA Industry Opt Out](#) [CA Notice at Collection](#) [Terms of Use](#) [Site Map](#)

YOUR PRIVACY CHOICES: OPT OUT OF SALE/TARGETED ADS