



Get outside. Go within.

Mindful connection with the outdoors is crucial for cultivating a balanced, inspired, and fulfilled life. Let yourself be guided...

For your body: Release stress, breathe fresh air, and get moving.

For your mind: Settle your awareness on nature's soothing atmosphere.

For your spirit: Venture into the woods to gain inspiration from the living earth.

Kripalu Mindful Outdoor Guides offer powerful nature-based experiences—combining forest bathing, Ayurveda, meditation, and practical outdoor skills—for people of all ages and backgrounds. With the average American spending 11 hours a day on a screen and 90 percent of their lives indoors, now's the time to step outside and feel the difference!