

Kripalu Center for Yoga and Health

Stockbridge, MA About 4.5 hrs from Portland.

Great Biking, Tanglewood music Ctr. next door, camping available as well

Getting there:

Amtrak offers one train daily from Boston, arriving in Pittsfield, nine miles from Kripalu. Preregistration required. Contact Amtrak at 800.872.7245. Please note that this train is often late and a taxi to Kripalu costs around \$25.

Bus Service from Boston on Peter Pan/Bonanza Bus Lines: 800.343.9999,
www.peterpanbus.com.

- Buses arrive at Lenox Town Hall; Kripalu shuttle service (\$7 each way) available between 8:00 am and 9:30 pm. Reserve ahead.

Kripalu Shuttle

- Kripalu provides a shuttle to and from the Lenox bus stop daily between 8:00 am and 9:30 pm.
- The cost for the shuttle is \$7.00 and is nonrefundable.
- You must prebook this service with our Registration Department at 866.200.5203.
- If you arrive or depart outside of these times, you may wish to call Tobi's Limousine Service

Accommodations:

Kripalu offers you simplicity and comfort. In the tradition of retreat-style housing, our accommodations are designed to support your program experience, without the distraction of televisions, telephones, etc. We offer a range of housing options that enable a wide variety of people to participate in our programs. Room costs appear on each program page.

Pittsfield State Forest camping, Massachusetts

1041 Cascade St. Pittsfield, MA 01201

(413) 442-8992

pittsfield.forest@state.ma.us

Pittsfield State Forest is located in the central Berkshires in western Massachusetts.

Tanglewood Music Center. (almost across the street from Kripalu)

Between Lenox and Stockbridge. Berkshire County of western Massachusetts