

THE FOUR WINDS SOCIETY

NEW ENGLAND: KRIPALU CENTER

P.O. Box 309

Stockbridge, MA 01262

www.kripalu.org

Kripalu Center

Located in an exquisite natural setting in the Berkshire Mountains of western Massachusetts, Kripalu provides an ideal sanctuary environment for our work.

RESERVATIONS

To reserve your room at Kripalu call (800) 741-7353. When making your room reservation, indicate that you are with The Four Winds and what session you will be attending.

Travel

AIRPORTS

The nearest airport to Kripalu is Albany Airport. Pre-arrange a taxi or limo (below) to meet you at the airport. You can also fly into Bradley International (BDL), which is located in the Springfield/Hartford area. Rental cars are available at the airport or you can take a taxi to Springfield. Peter Pan buses travel from Springfield-Lenox several times daily.

BY BUS

Service from Springfield, Boston, Albany, Providence, and New York City's Port Authority on Bonanza (800) 556-3815 or Peter Pan Bus Lines (800) 343-9999.

BY TRAIN

Amtrak offers one train daily from Boston, Albany, and Springfield arriving in Pittsfield, nine miles from Kripalu. Reservations are required. Contact Amtrak at (800) 872-7245. Metro North provides service daily from Manhattan to Wassaic, New York. To contact Metro North, call (800) 638-7646. Reserve a taxi in advance to bring you from the train station to Kripalu.

BY TAXI AND LIMO

Abbotts Taxi & Limo Service: (413) 243-1645 or (800) 551-5509
Tobi's Limo Service: (413) 637-1224 or (800) 662-1224
"Tanglewood" is the best location to use at online travel direction sites such as mapquest.com. The address is 297 West Street, Lenox, MA 01240

Driving Directions

FROM THE WEST:

Take Exit B-3 (Route 22, Austerlitz/New Lebanon) off Interstate 90. Follow Route 22 South for 0.7 miles and turn left onto Route 102 East. Stay on Route 102 for 2.5 miles onto West Stockbridge. Continue another 3.5 miles to the junction of Routes 102 and 183, turn left onto 183. The entrance to Kripalu is 3.8 miles north of this intersection on the left.

FROM THE NORTH:

Take route 7/20 South from Pittsfield. Take route 7A for 1.2 miles to Lenox Town Monument. Turn right into Route 183. After 1.6 miles, at "Town of Stockbridge" sign, bear left; entrance is on the right.

FROM THE EAST:

Take Exit 2 (Lenox, Lee, Pittsfield) off the Massachusetts Turnpike (I-90). Take the right fork off the exit ramp onto Route 20 West. After 4 miles, Route 7 merges with Route 20. A hundred yards past the merge, turn left at the traffic light onto Route 183. After 1 mile, you will be at the monument in the center of Lenox. Follow signs to Tanglewood, staying on 183 for another 1.6 miles. At the "Town of Stockbridge" sign, bear left: the entrance to Kripalu Center is on your right.

The Four Winds Society:

US: 888.437.4077

UK: 800.081.1523

or 001.435.647.5988

Questions? Email us.

fourwinds@thefourwinds.com