

Katherine Embirikou: The wellness journey with her son that reminded us what true connection means

Two days at the Kripalu Center for Yoga & Health became the most authentic reminder of presence and simplicity

Katherine Embiricos is one of those figures who moves between wellness, motherhood, and a more conscious way of life, sharing moments that escape the superficial image of social media. With an aesthetic that balances between the minimal and the meaningful, she often chooses to show sides of everyday life that have real depth.

This time, she shared a different kind of journey.

A mommy & me road trip with her son to the Kripalu Center for Yoga & Health, a place known for its philosophy of inner balance and connection with nature. For two days, she found herself in an environment that has nothing to do with performance or goals, but with allowing yourself to slow down.

The images she shared don't recall the classic wellness retreat.

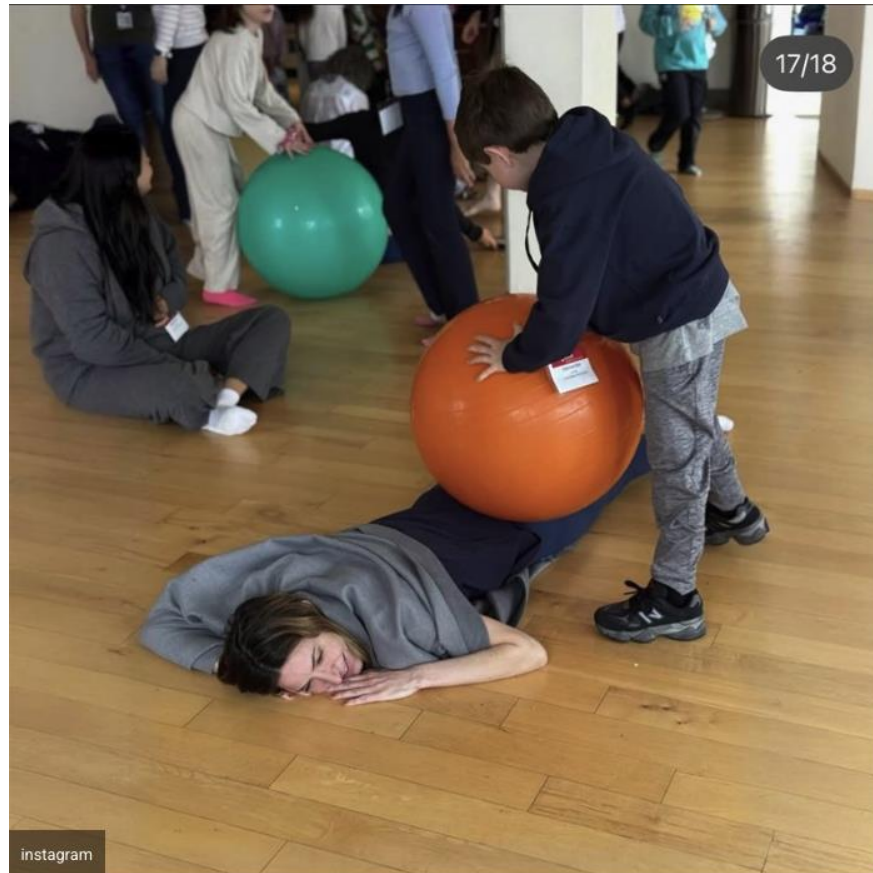
Children playing, drawing, discovering without pressure. A simplicity that seems almost rare today. In a space full of colors, handwritten messages, and small creations, the experience feels more like a return to something authentic than an organized activity.



The concept of "Deep Play for Kids," the method developed by Missy Brown, E-RYT 500, E-RCYT, YACEP, around which the program revolved, is based on the idea that children don't need goals in order to learn. They need space. And time.

Through play, creation, and physical presence, something more meaningful is cultivated: connection. Not only with each other, but also with their parents.

Katherine herself describes this experience as an opportunity to return to fundamental concepts. Breath. Presence. Contact. Nature.



In a daily life that often moves quickly, these concepts seem almost like a luxury. And yet, within these two days, they regain the space they deserve. But it's not only the children who benefit.

She speaks of a personal reset, spending time with other mothers, but also participating in activities like a writing class. A reminder that self-care isn't separate from motherhood, but can coexist with it.



The landscape around her? Open meadows, a sky shifting from sun to rain, something that reinforces this sense of transition. An experience that has nothing to do with perfection, but with being present in every moment. And perhaps in the end, this is the most important takeaway from this trip. Not where she went. But how she chose to live it.

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