

THE EQUINOX

GOLF RESORT & SPA

EST. 1769



THE SPA AT THE EQUINOX

Wellness Workshops

Connect optimal wellness into everyday living.

Join us for our Wellness Workshops, held monthly for two hours. Each session features a rejuvenating yoga practice, guided imagery meditation, group health coaching, goal setting, nutritious meals, and the opportunity to connect with others. Embrace your well-being journey with the Equinox Golf Resort and Spa.

\$150 per person

3567 Main Street | www.equinoxresort.com | 802.362.7881