

# Summer *in* Session

JUNE – SEPTEMBER HAPPENINGS



CANYONRANCH®  
LENOX

RATED NEW ENGLAND'S #1 SPA RESORT











Discover wellness rituals inspired by the rhythms of the season, treatments rooted in nature, and exclusive experiences that celebrate New England's seasonal wonderland. Your special summer getaway promises outdoor adventures, sun-kissed afternoons, and moments of connection at our Two Michelin Key spa and wellness resort. Escape to the Berkshires this season — where being well feels like a breath of fresh air.

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JAMES BEARD  
CHEF DINNERS

200+

WEEKLY  
ACTIVITIES

1,800

HOURS OF  
SUNLIGHT

1,200

MILES OF  
HIKES

# *Experience Summer Magic*



Summer in  
Lenox is your  
season to soar,  
stretch, and  
explore.

From Aerial Yoga  
in the trees and  
wildflower bouquets  
to sunlit hikes, tennis  
matches, and drift  
boat fly fishing on  
local lakes, play  
where nature leads  
the way.

2025



## Fresh Flower Fridays

EVERY FRIDAY THIS SUMMER

Our elegant flower cart offers freshly gathered blooms to bring a touch of seasonal beauty to your stay. Select a bunch of tulips, lilies, or other florals to brighten your room, your day, or someone else's.



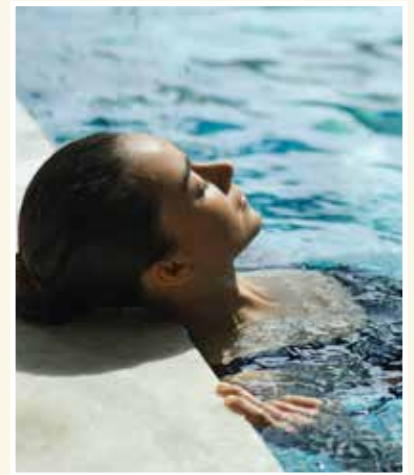


*Your  
Enchanted  
Escape*

**NEW**

## Natural Sanctuaries for Ritual and Renewal

Two outdoor tents, one serene setting, endless ways to connect. The Aura is your private hideaway for solo rituals, while The Mystic invites you to enjoy group magic — think sound baths, tea ceremonies, and tarot under the trees. Step in, tune out, and let nature do the rest.



SEE ALL SUMMER EVENTS AND HAPPENINGS at [CANYONRANCH.COM/LENOX-SUMMER](https://canyonranch.com/lenox-summer)



## Find Your Way to Well-Being

Transformation awaits in every moment — with offerings for everyone. Embrace your strength as you grip the final handhold on our climbing wall. Experience satisfaction as your tennis serve perfectly connects under the guidance of our experts. Feel the calm of a morning spent paddleboarding on the water. Let the vibrations of a sound bath unite sound and soul, or notice how a micro-adjustment in your Pilates form connects you to your body's power. All available with the new well-being credit.

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PICKLEBALL &  
TENNIS COURTS

All Inclusive

MEALS  
AND SNACKS

250+

SERVICES TO  
CHOOSE FROM

Endless

SUMMER  
MEMORIES



# Announcing Our New \$300 Well-Being Credit

CHOOSE FROM 200+ SERVICES FOR MIND, BODY, AND SPIRIT ON US



All guests now receive an extra \$300 Well-Being Credit to use on over 200 services for any Stay Your Way package of three nights or more.

That's on top of the usual \$200 Spa Credit, which means you're unlocking more of the Canyon Ranch experience than ever before. Picture private Pilates sessions, life-changing health insights with DEXA scans, or whatever your heart desires. It's the perfect excuse to treat yourself to something you've never thought to try — and feel amazing doing it. Be the first to experience this all-new perk in the Berkshires this summer.

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# June

## Great Lawn Supper Series

Presented in partnership with the James Beard Foundation, these exclusive supper series wine dinners on our Great Lawn celebrates the art of outdoor dining with inspired dishes crafted from the finest local ingredients and culinary talent.

JamesBeard  
Foundation  
FRIENDS OF JAMES BEARD BENEFITS



### James Beard Award Winner – SEAN BROCK | JUNE 19

Experience an unforgettable evening as James Beard Award winner Sean Brock presents elevated Southern cuisine — honoring the Appalachian roots he showcases at his flagship restaurant, Audrey, in East Nashville.



### James Beard Award Winner – MIKE BAGALE | JULY 18

Dine with chef Mike Bagale, the visionary former executive chef of Chicago's three Michelin-starred Alinea. He now leads Super Food Concepts, crafting global dining experiences with artists and brands.



### Michelin Starred Chef – CHARLIE MITCHELL | AUG. 21

Enjoy an exclusive dinner with Chef Charlie Mitchell, a James Beard winner and NYC's only 2024 honoree, who leads the city's two Michelin-starred Saga.



### James Beard Award Winner – SUZANNE CUPPS | SEPT. 18

Chef Suzanne Cupps will present her signature blend of Southern and Pan-Asian flavors, fresh from her buzzy NYC restaurant, Lola's. Hailed by New York Magazine as "a chef's chef," Cupps has led some of the city's most celebrated restaurants.



## Summer Solstice Celebration

JUNE 16 – 22

Embrace the vibrant energy of summer with a weekend of soul-stirring rituals, joyful movement, and nature-infused experiences — from labyrinth walks to paddleboarding, painting, and seasonal superfoods.



## Get On the Water

ALL SUMMER

Drift into golden afternoons all summer long on a paddleboard or canoe as you glide across our tranquil waters surrounded by sweeping mountain vistas and the sweet summer air.



## Meet Dr. Brewer

Our Integrative  
Medicine Expert

JUNE 2 – 6 | AUG. 11 – 15

Our renowned integrative medicine expert and medical director, Dr. Stephen Brewer, is in residence in the Berkshires this summer. Don't miss the chance to elevate your health with his guidance during select weeks.



## From Meadow to Mansion

ALL SUMMER

Say hello to Belle Fontaine — our newly adopted calf named after our historic estate — at High Lawn Farm, a beloved local dairy. Take in the stunning views, bond with Belle, and indulge in a scoop — or two — of craft ice cream.

SEE ALL JUNE EVENTS [HERE](#)

# July



40+ Services, Endless Spa Opportunities

## Unlimited Spa Treatments

**ALL SUMMER** | Limited Spots Per Day

Indulge in nonstop pampering with our All You Can Spa package — unlimited treatments, all day long. Enjoy as many spa services as you desire, unlock a secret spa menu upon arrival, and receive a personalized Skin Authority® AI Skin Analysis along with a skincare set to keep you glowing. No limits. Just endless spa indulgence.



## Wine, Dine & Bocce

**EVERY FRIDAY OF SUMMER**

As the sun sets over the mountains, indulge in a Friday evening of bocce and Bordeaux. Savor curated wines, artisanal charcuterie, and the barefoot luxury of the Berkshires during this weekly gathering.





## Adult Summer Camp

JULY 4 – 6

Celebrate the Fourth of July with a grown-up getaway featuring a twist on camp classics like sunrise paddleboarding and croquet on the lawn, as well as live music and starlit evenings in the heart of the Berkshires.

## An Intimate Concert with Amy Grant

JULY 31

Join us for an unforgettable evening featuring an exclusive, intimate concert with six-time Grammy winning singer-songwriter Amy Grant set against the serene beauty of the Berkshires.



## Train with Kira Stokes

JULY 17 – 19

Join trainer Kira Stokes – creator of the Stoked Method – for a three-day fitness retreat that blends energizing workouts with restorative spa time and unforgettable group experiences.

## Summer Glow Up Beauty Discovery Week

JULY 7 – 13

Discover expert skincare techniques, explore the latest beauty tools, and indulge in self-care rituals that energize and restore. Enjoy personalized, one-on-one consultations with our skilled makeup and skincare professionals, who will share tailored tips to enhance your natural beauty.



# August



## Forest Shower

ALL SUMMER

Refresh and renew beneath our lush tree canopy in our new outdoor shower. Let the gentle water wash away the day as you immerse yourself in this perfect escape for the senses.



## M/Power

*The Canyon Ranch Menopause / Perimenopause Retreat*

AUGUST 21 – 24

Empower your menopause and perimenopause journey with the tools you need to thrive. This expert-led program brings together a thoughtful balance of traditional medicine, alternative medicine, mental health, and spirituality.





## Broadway in the Berkshires

AUGUST 11 – 14

Experience an exclusive weekend of intimate performances, cocktail hours, and behind-the-curtain conversations with celebrated stars of the stage.



## A Retreat with “The Class”

AUGUST 14 – 17

Embark on a transformative journey led by Jaycee Gossett of The Class by Taryn Toomey, where somatic movement, breath, and sound converge to unlock healing and self-discovery in our world-class resort setting.



## Tranquil Tuesdays

ALL SUMMER

Join us every Tuesday evening as we move through grounding yoga poses, take a meditative labyrinth walk, and engage in a fire ritual to release the past and spark new intentions.

# Deepak Chopra

*The Awakened Life Retreat*

AUGUST 24-27



Join bestselling author Deepak Chopra for an enlightening exploration of consciousness and its transformative potential.

LIMITED AVAILABILITY



# September



## Chakra Recharge Service

ALL SUMMER

Recharge your  
chakras with this  
elemental treatment  
in our mystical tents in  
the meadow.



## Appalachian Trail Discovery Week

SEPTEMBER 15 – 21

Join us for an exhilarating adventure along a breathtaking  
section of the famed Appalachian Trail that winds through  
the Berkshires, guided by our outdoor experts.



## Elemental Reiki Under the Tent

ALL SUMMER

Experience the soothing embrace of Elemental Reiki in the sanctuary of our private tents – where the gentle energy of nature harmonizes with your spirit, promoting profound relaxation and renewal.



## Building Muscle with Mike Siemens

SEPTEMBER 11 – 17

Power your strongest self during this longtime guest-favorite event, which focuses on developing lean muscle, enhancing your power, and equipping you with the knowledge to sustain a strong, resilient body.



## Fit with Coco

SEPTEMBER 18 – 21

Join fitness superstar Courteney Fisher — creator of the Fit with Coco Method — for an immersive wellness experience blending strength training and Pilates with private sessions, luxurious spa treatments, and exclusive group dinners.

A close-up, low-angle shot of a person's legs from the knees down, walking through a field of tall, green grass. The person is wearing brown leather hiking boots with black laces and thick, treaded soles. They are also wearing grey, ribbed socks. The background is a soft-focus field of green grass with some small white and yellow flowers. The lighting is warm and golden, suggesting late afternoon or early morning. The overall mood is peaceful and adventurous.

*A world away has never been closer.*

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LENOX

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