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Golfers Improve their Games with Yoga and other Spa Treatments at Cranwell Resort

Historic spa resort in the heart of the Berkshires in Western Massachusetts attracts golfers of all levels

Lenox, MA...(July 26, 2012) Golfers have discovered the Spa at Cranwell in the Berkshires for yoga to increase flexibility and enjoy improved fitness both on and off the course. They are also experiencing spa treatments that help repair the sprains and strains of golf and other athletic activities.

The “Union of Golf and Yoga” is a sampling for the never-before golfer and a reboot for the seasoned player. Golfers will enjoy fun and informative insights into the game of golf from inward awareness to outward expression. In this 80-minute class, they’ll learn practical applications of yoga for golf and for life, as well as experience a grounded golf stance and swing instinctively. Spa treatments have been steadily gaining popularity among the golfing set, as a way to prepare for a round. Cranwell Resort offers the Flow Body Wrap which stimulates and re-energizes the body and to relieve over-worked muscles or strains after golf, there is a variety of relaxing and therapeutic massages including Deep Tissue and Reflexology.

Cranwell, long known for its historic 18-hole golf course designed by Wayne Stiles and John Van Kleeck in 1926, features tree-lined fairways and naturally contoured greens which have been carefully preserved in the more than 80 years since the beautiful Berkshire course was built. Today, guests can stay on the “Unlimited Golf Getaway Package” which includes overnight room, a full day of unlimited golf including cart, a bucket of range balls and \$20 dining credit. Guests also have complimentary spa privileges including use of the indoor pool, whirlpool, sauna, steam room and fitness center. Summer prices start at \$250 per person, per night, double occupancy, excluding taxes, Sunday – Thursday and drop to \$150 per person beginning September 1, 2012. Guests can book online or at www.cranwell.com or call 800-272-6935.

ABOUT CRANWELL RESORT, SPA & GOLF CLUB

Cranwell is located just two and one-half hours from New York City and Boston in the historic New England village of Lenox, Massachusetts. This award winning resort features 114 distinctive guest rooms and suites, an 18-hole historic golf course set on 380 hilltop acres, and is home to one of the largest resort Spas in the Northeast. Guests also have complimentary spa use including the glass-enclosed heated indoor pool, whirlpools, saunas, steam rooms and fitness center. With three restaurants and spacious banquet rooms, Cranwell also hosts numerous year-round conferences, weddings and social events.

Cranwell Resort received the Condé Nast Traveler: 2011 Readers' Choice Award and is listed in Zagat's "Top U.S. Hotels, Resorts & Spas". Additional recognitions include SpaFinder Readers' Choice Award for one of "Best Spa Resorts for Golf" and the Wine Spectator Magazine Award for Excellence.

Cranwell is a partner with Stash Hotel Rewards®, an innovative hotel rewards program that enables travelers to quickly earn free nights at distinctive, independent hotels without blackouts or expiration date restrictions. The resort is a member of Small Luxury Hotels of the World™ brand and is also a long time member of Historic Hotels of America, which preserves the authenticity of over 200 of America's most prominent historic hotels and inns.

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