

Fitness & Fun

“Plunge boldly into the thick of life”

Equani Spa offers many creative outdoor activities to stimulate and activate the mind, body and soul.

Learn about our Native American history by participating in a meditation and enjoy alone time navigating the Labyrinth and experience the unique healing benefits of the Fire Pit

Bring your swimwear and plunge into the thermal pool and relieve tension and stress under the waterfall spillways. A spa attendant will cater to your towel and beverage needs. Afterwards relax on the chaise lunge without a care, and lose yourself in the breathtaking views of the Blue Ridge Mountains. A perfect end to a golf day, corporate workshop or horseback riding along the local trails.

Please call the spa concierge for availability 706-379-2336.

Mind Body Rituals:

- ✿ Yoga
- ✿ Qi Gong
- ✿ Meditation

Spa Cuisine Nutrition Class:

- ✿ Achieving Energy and Wellness through Nutrition
- ✿ Spa Cuisine Preparation Class

Native American Rituals:

- ✿ Native American Medicine and Healing
- ✿ Fire Pit
- ✿ Labyrinth

*Please refer to the Calendar of Events and Classes available the Spa Reception Desk.
Contact an Equani Spa Concierge for more information.*