



Eastover

ESTATE & RETREAT

A setting created for you and your group to
EXPLORE, CONNECT, RELAX AND LEARN.

The Berkshire's New Holistic Retreat Center

430 East Street, P.O. Box 2282, Lenox MA 01240 | Phone: (866) 264 5139 | www.eastover.com



Eastover - Steward
of the 600-acre
sanctuary, only
minutes from
downtown Lenox.

Eastover – a holistic retreat center dedicated to serving the greater holistic community – is a 600-acre sanctuary located only minutes from downtown Lenox, Kripalu Center, Tanglewood Music Center and other cultural venues in the Berkshire Mountains in Massachusetts. Eastover offers spacious workshop and program rooms with multiple meeting and studio facilities for teachers, groups, company retreats and trainings. The Estate is designed around an evocative “Summer Cottage” to immerse you in a contemplative and holistic environment from the moment you enter its grounds: from its courtyards and terraces overlooking English and Japanese gardens, to its sun-drenched Terrace Café and its inviting mix of manicured lawns and meadows, woodland trails and breathtaking views of the Berkshire Mountains. Eastover offers a wide variety of spacious and comfortable overnight accommodations to fit everyone’s budget, from rustic, to contemporary to luxurious.

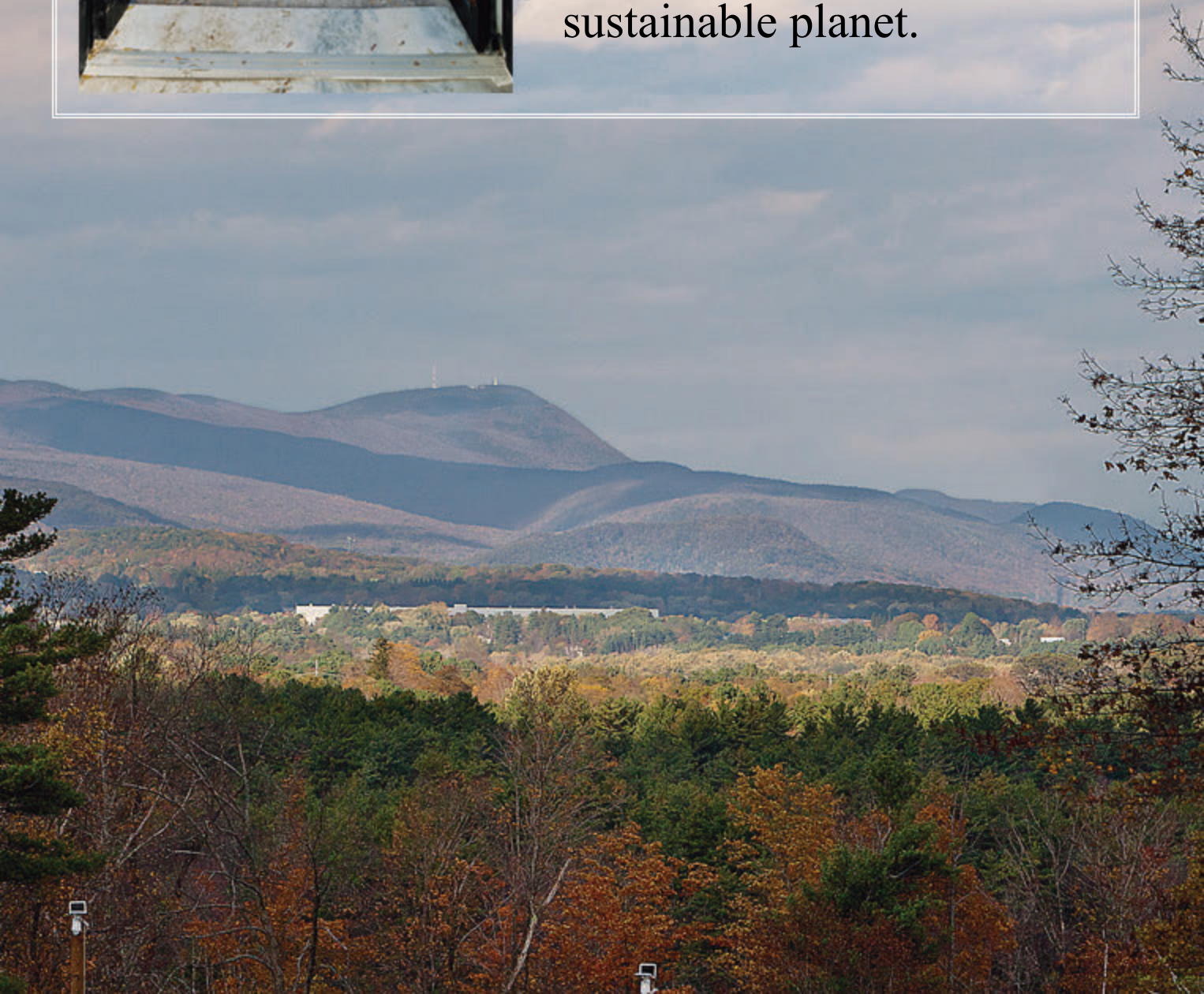
More than four years of cleaning
and healing the woodland:



October Mountain - Massachusetts' Largest State Forest



Unaffiliated with any specific spiritual tradition, its eclectic open-hearted receptivity aims to support the continuing emergence of holistic and ecological ideas capable of renewing our culture and leading the way to a sustainable planet.



Being at Eastover is an experience in itself,
offering you a sense of peace and tranquility in
a setting that is both intimate and expansive.





History



In 1910, Harris Fahnstock, a stockbroker from New York City, built what was then referred to as a “Summer Cottage” for his family on 1,500 acres, which he named Eastover. He retained the architectural firm of Hoppin & Koen (architects for

author Edith Wharton’s home, *The Mount*) to design the buildings for the Estate, which included the brick Georgian Mansion, a stable (which has since been renovated into the Berkshire’s largest open meeting space), a chauffeur’s home, an eight-car garage and a pump house used to store 20,000 gallons of water for use on the property. The family was tended to by 65 servants.

In 1941, the heirs of Harris Fahnstock sold Eastover at auction. It served briefly as the Duncan School for Boys, and then sold to George Bisacca in 1946. The Estate, by that time, had been reduced to 500 acres. For the next 62 years, Eastover served as a year-round recreational family resort, housing one of the largest Civil War collections in the country, and becoming a fixture in Western Massachusetts and host to generations of graduation parties, corporate picnics, as well as serving as a popular BYOB dance and music venue.





The property again changed hands in 2010 with the current owners purchasing what was by then a 400-acre estate, and they have been extensively renovating the property ever since. They started by replacing 12 roofs and bringing all

structures up to code; replacing all of the sewer lines and water mains; and upgrading the primary electric and gas lines. Renovations included upgrading the overnight guest accommodations, including the magnificent guest rooms located on the second floor of the Mansion; the building housing the indoor pool and sauna; the historical old stable building Tally Ho; and the design and installation of Japanese and English gardens. It has been nothing less than a complete makeover to turn Eastover Estate & Retreat into the Berkshire's newest home for holistic, group and personal retreats, corporate training programs and conferences, and an oasis of peace for those simply seeking rest and rejuvenation in a tranquil and supportive environment.



The pristine and expansive natural surroundings of Eastover create a tranquil setting that provides organizations and participants an opportunity to step away from the demands and minutiae of everyday life to review and reflect upon their priorities and strategies.



R&R groups

From the peace and solitude of a private 600-acre estate to the Boston Symphony Orchestra and Jackson Browne... from hiking trails and mountain streams to the world-renown Jacob's Pillow Dance Festival... from daily yoga and qi gong classes to world-class theater and film festivals... And, in the winter, why not end your day of skiing by luxuriating in Eastover's indoor heated swimming pool, sauna or hot tub? There is something for everybody year round.

You can begin and end your day – or spend the entire day – on Eastover's spacious grounds, spending quiet moments in the Japanese and English gardens, enjoying delicious natural cuisine and socializing in our Cafe. Choose from a variety of daily movement classes and weekly workshops, ink brush calligraphy practice, outdoor activities and spa services, or make use of our amenities: indoor pool, sauna, hot tub and Wimbledon-style clay tennis courts... all against the backdrop of Mt. Greylock, October Mountain and the Appalachian Trail. Your time can be as structured or as unstructured as you desire.



Contemplative Holistic Environment



Group Rentals

Eastover has raised the bar on retreat accommodations. The contemplative environment with its gardens and walking trails, daily complimentary classes, overnight accommodation and amenities, the Terrace Café, weekend evening entertainment and nutritious meals... all arranged to allow you to focus on your program and students while we attend to their comfort and enjoyment. Holding a retreat or workshop at Eastover offers you an opportunity to both fully engage with your students and explore and enjoy all that Eastover has to offer, as well as the greater Berkshires.





Company Retreats or Training

As the world faces increasing energy and resource challenges, ecological mindfulness practices in a corporate setting are a must for any company that wishes to remain both relevant and at the forefront of holistic corporate governance. In addition, Eastover's anticipated state-of-the-art water reclamation system will provide an inspirational and informative environment for exploring the latest ecological ideas.

The Eastover Mansion offers distinctive meeting rooms equipped for conferences, professional trainings, workshops and executive meetings.

Contact us at events@eastover.com to discuss group rental dates and rates, and let us help you create the perfect mindfulness training or send your CEO and human resource personnel to join one of our designed training sessions.



Mansion Lobby & Art Gallery

Holistic Programs and Workshops:

Our serene setting with spacious program rooms, walking trails and gardens support group communication, relaxation and learning.



The Eastover Mansion is also a provocative gallery of Asian art and antiques that were sourced from Asia.

Eastover is open to all those seeking renewal, awakening, and enjoyment, and is unaffiliated with any specific path; a friendly and welcoming atmosphere that is open-hearted, inviting and designed to encourage personal connections.



We Offer Everything You Need for a Transformational Experience

Company Retreats:

Choose from a variety of historic and contemporary meeting spaces for corporate retreats to further, renew, or innovate around, mission and core values.



The four treasures of Chinese literature, Chinese medicine, Asian philosophy in garden design, and the arrangement of space and the decorative arts are vividly presented in this contemplative and holistic environment.

Corporate Mindfulness Training:

A program tailored to your specific needs, or join others in Eastover's unique corporate mindfulness trainings.



Classes and Activities:

Meditative ink brush art practices, weekly well being classes like *Sustainability 101* and *Diet & Health*



Nutrition and Cooking Workshops:

We offer two fully equipped commercial kitchens for cooking classes and demonstrations

Accommodations



Our guest rooms are simple, well-appointed bedrooms with private bath. Many of these rooms are adjoining, which is very accommodating for families and friends.

Our most luxurious rooms are located in the Mansion, the spacious 100-year old main house that is the jewel among all of the estate buildings. Each of a limited number of Mansion guest rooms has been carefully renovated to provide the amenities of the best contemporary hotel brands while preserving the simple, beautiful lines of the original architecture. The furnishings have been carefully selected to create an uncluttered, elegant sense of tranquility.

All of Eastover's rooms are well appointed and designed for guests attending R&R retreats and holistic workshops. We have approximately 20 private or couples rooms, the rest are shared. Our bedrooms in the Mansion are furnished with the concept of simple lines and a sense of spaciousness, placing you in an uncluttered and liberating space.

Because of the range of room styles and amenities (Ranch, East Colonial, West Colonial, South Gables, the Bunkers and the Mansion), we invite you on a virtual tour of our accommodations on our web site so you can select the room that best suits your needs.

- 1 East Colonial
- 2 West Colonial
- 3 Bunkers
- 4 Ranch House
- 5 Mansion Bedroom
- 6+7 Mansion Bathroom



Mansion: Meeting & Workshop Spaces



Historical Mansion Restoration

The turn-of-the-century Mansion has been restored to its former glory, with great attention paid to its historical details. Its grand lobby and hall that was converted into a kitchen prep room in the 1960s is now recovered and restored, leading to the tea room and book store. The beautiful East Porch that was covered by knotty pine and divided into two offices is restored with original glass panels and doors overlooking the newly designed English and Japanese gardens. Today, the Mansion reflects the years of collaboration with architects and artisans to preserve and respect the integrity of the original architecture.

Besides the cafe/tea room, book store, and the sun-drenched terrace dining room, the Mansion also offers distinctive meeting rooms equipped for conferences, professional trainings, workshops, and executive meetings.



Eastover offers spacious workshop and program rooms with multiple meeting and studio facilities, including well-equipped commercial kitchens ideal for all styles of cooking classes. There is a wide range of overnight accommodations to fit everyone's budget, from rustic, to contemporary, to luxurious.

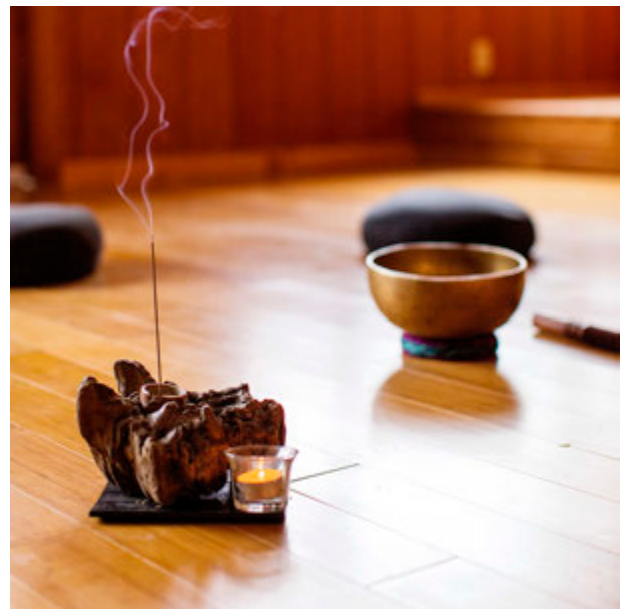




Mohawk Studio



The Mohawk Room can be easily divided into two or three studios for yoga, tai chi, qigong, or other movement classes. It offers panoramic views of October Mountain and Eastover's recreation field and farmland.



Heritage Room



The Heritage Room is a spacious lounge with lots of character, including a magnificent fireplace and the rich, heavy timber that provides a warm and old-world feeling. The Heritage can be used for intimate workshops or large group gatherings. It can also serve as a game room. Two large workshop spaces are located there, and each space offers panoramic views of October Mountain and Eastover's farmland.



Spa & Heated Pool

Wellness consultations and treatments including Traditional Chinese Medicine.

Massage, bodywork, sauna, hot tub and a spacious indoor swimming pool.

Organic, local produce and natural cuisine.

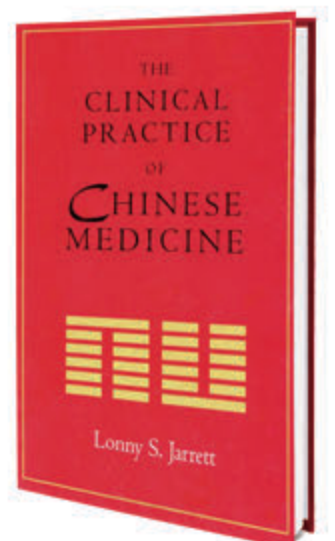


The Long-Term “Side Effects” After a Stay at Eastover

Eastover's core belief in alternative medicine, healthy diet and wellbeing – particularly its close working relationships with the Berkshire's renown alternative medical practitioners like Lonny Jarrett and others – will offer your group a hands-on experience of the efficacy of integrated medicine. Returning home, and returning to the workplace, after a stay at Eastover – equipped with the practical tools and knowledge for better self-care and healthy lifestyle practices – your clients will reap the financial benefits of reducing long-term health care costs by promoting their overall health.

Eastover Offers

- Two fully equipped commercial kitchens for cooking classes.
- Spacious workshop and program rooms for teachers, company retreats, trainings and special events.
- Well-appointed accommodations to suit everyone's budget.
- A friendly and welcoming atmosphere that is open hearted, and designed to encourage personal connections.
- Beautiful English and Japanese gardens for strolling and relaxation.
- Building a state-of-the-art water reclamation system featuring an indoor greenhouse that cleans water naturally.
- Solar and wind powered outdoor lighting.





Our heated indoor pool building has been totally renovated, including a sauna and a new changing area with showers for guest use.

Tally Ho



Another special venue for socializing is Eastover's own entertainment center, Tally Ho. Equipped with a full kitchen, bar, theatrical lighting and a state-of-the-art digital sound system, Tally Ho offers the largest indoor space in Berkshire County, where any event can be managed, from teamwork trainings, lectures and workshops to use as a music and dance venue, to company banquets and get-togethers. A space perfect for any company function or large workshop program.





The spacious country-style Tally Ho - also affectionately known as the Old Stable - is the perfect event hall for large gatherings and workshops. It boasts an enormous stone fireplace, high rafters, full theatrical stage and generous dance floor. Big enough for any event, its 4,800 square feet allows seated dining for 350 guests with a total capacity of 475 guests. A complete onsite large kitchen can be used for cooking classes or for preparing fresh food. There is also a separate standing bar with its own spacious seating. With a character straight out of a Victorian hunting stable, the thick wooden bead-board and antique barn hardware are all authentic reminders of a bygone era.



Even deeper into the Old Stable are former horse stalls that have been converted into a night club area with booth seating. Roomy enough to seat 10 per booth, the night club has its own small performance stage, providing a unique opportunity for you to host a large event while also catering to a quieter more intimate conversation area with its own separate entertainment venue or breakout space. As a way to reach out to the local holistic community and a broader audience, workshop presenters can use Tally Ho to offer single-session presentations to the general public.



Weddings:

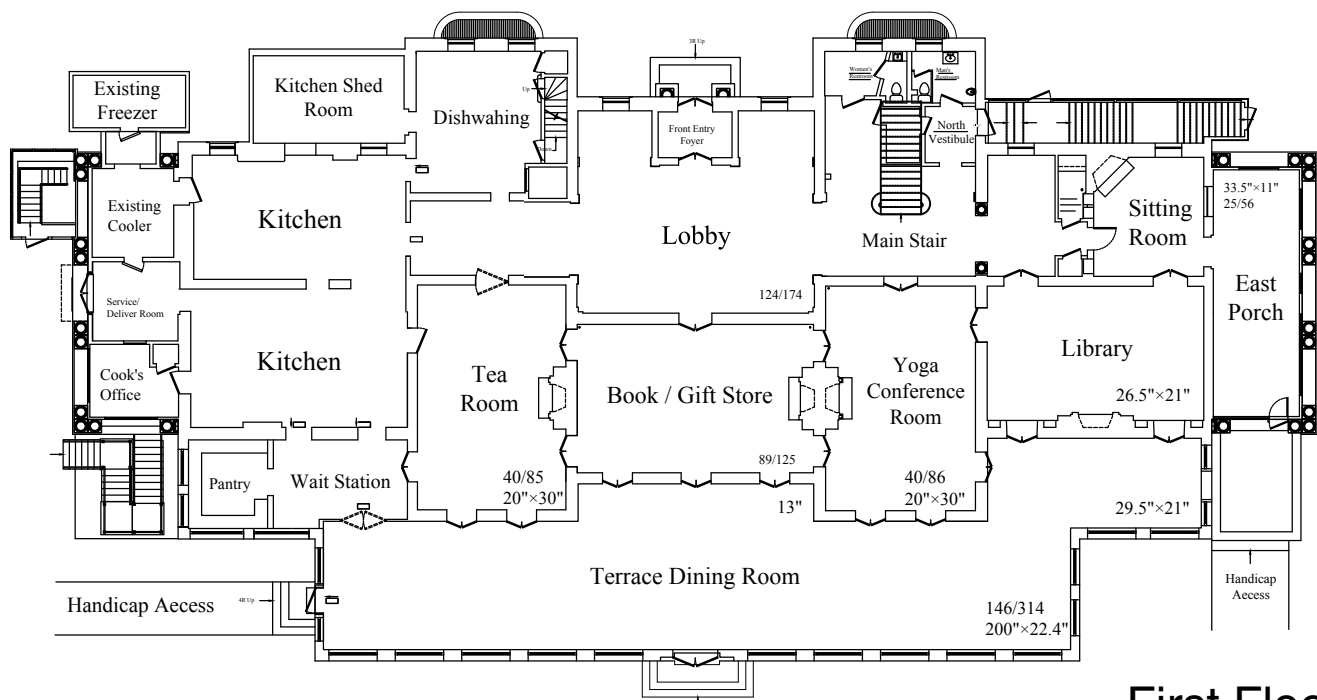
Complete with Kitchen and bar, converted horse stall tables, bride suite/bedrooms and guest rooms, for an exclusive old barn wedding, the Old Stable is a destination wedding location with character.

Programming:

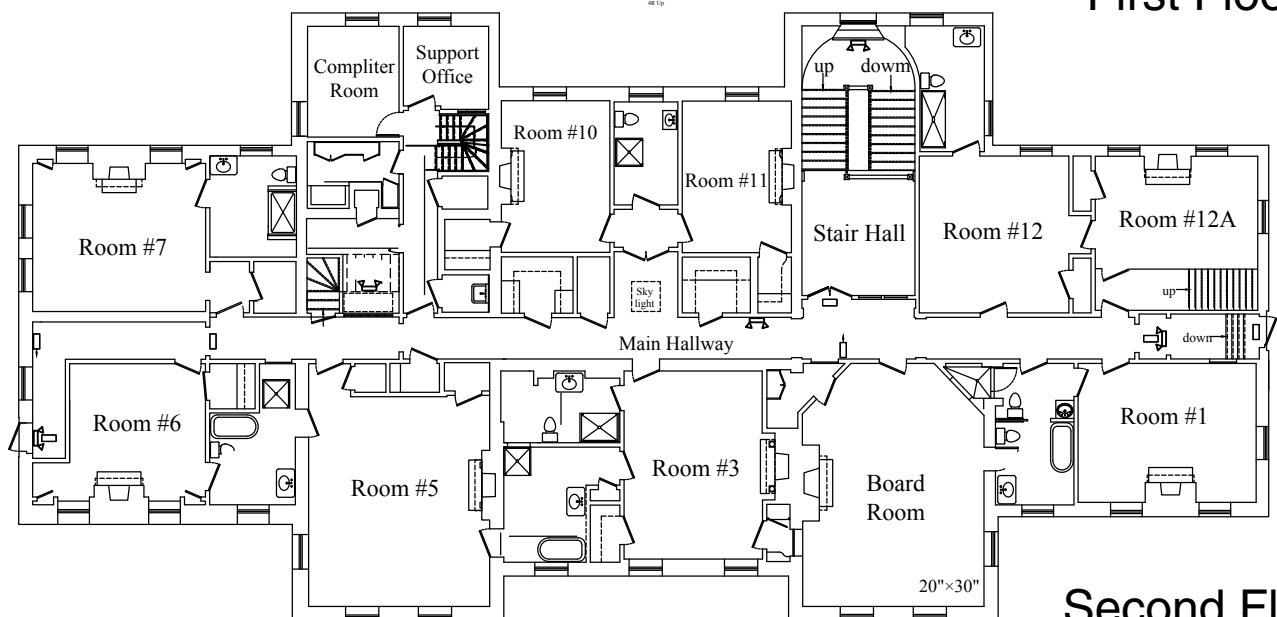
Whether your program calls for tables and chairs or ample room to move about – or both – the Old Stable is perfect for your needs. In addition, just past sliding stable doors is a juice and liquor bar and meeting space that can serve as a breakout room as well.

Perfect for large public festivals, large yoga programs or workshops, or as boisterous dance ball with a state of the art sound system and stage lighting.





First Floor



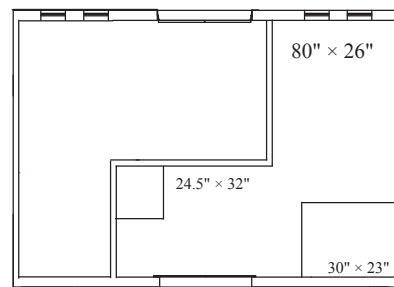
Second Floor

Floor Plans

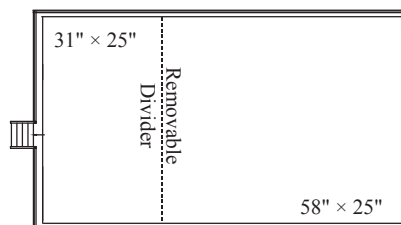
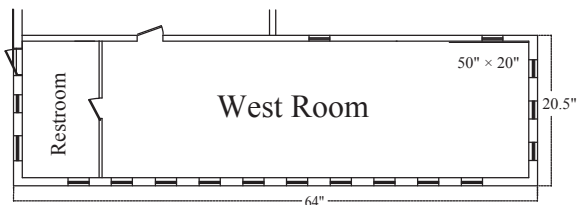
Mansion	Dimentions	Reception	Dinner
Terrace Dining Room	200"×22.4"	314	146
Yoga Conference Room	20"×30"	86	40
Tea Room	20"×30"	85	40
East Porch	33.5"×11"	56	25
Lobby		174	124
2nd Flr Board Rm	20"×30"	85	40
Kitchen Cooking Class	20"×40"		



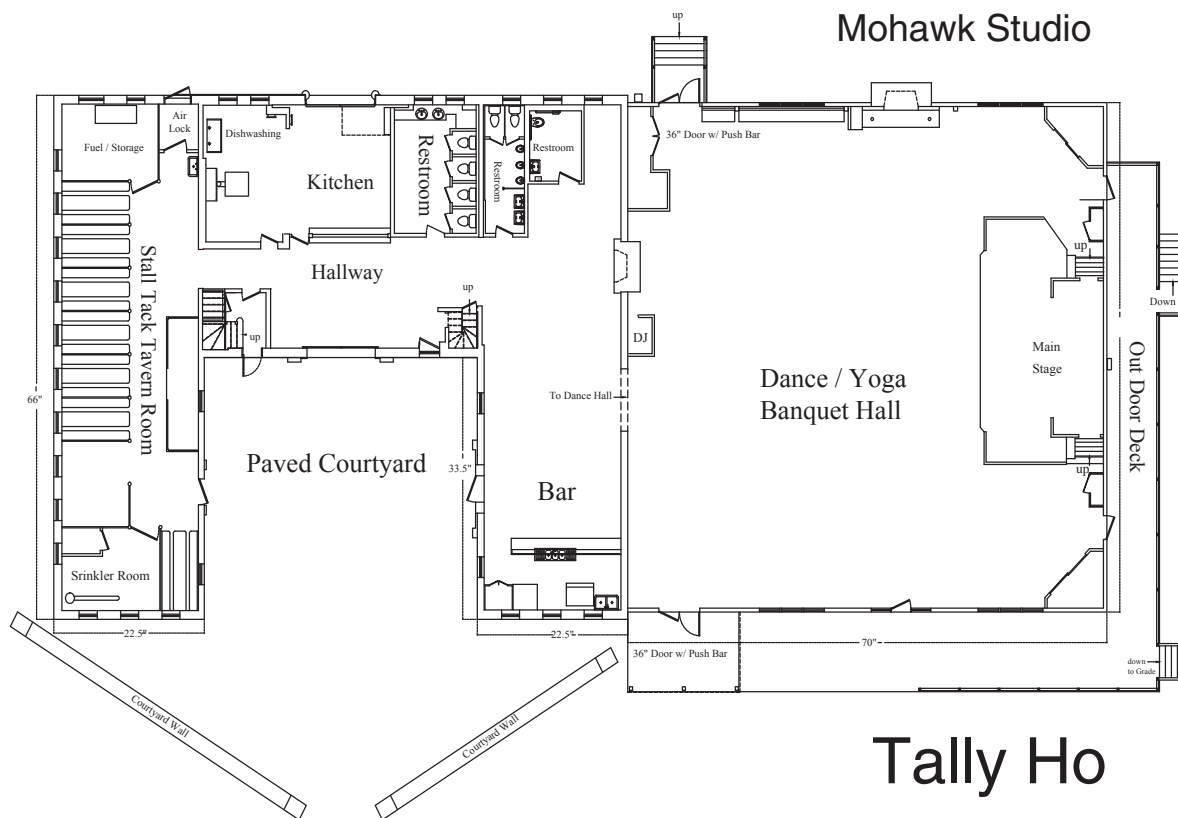
Tally Ho Second Floor



Heritage



Mohawk Studio



Tally Ho

	Conference	As Bedroom	Dimintions	Table & chair
2nd Flr West Room	49	19	50"×20"	49
2nd Flr East Room	49	15	42"×20"	49
Tally Ho Banquet Hall	477		70"×70"	280
Tally Ho Bar	60		35"×22"	40
Stall			60"×22"	70
Heritage	99		80"×26"	99
Mohawk	200		89"×25"	124



A setting to Relax and Rejuvenate

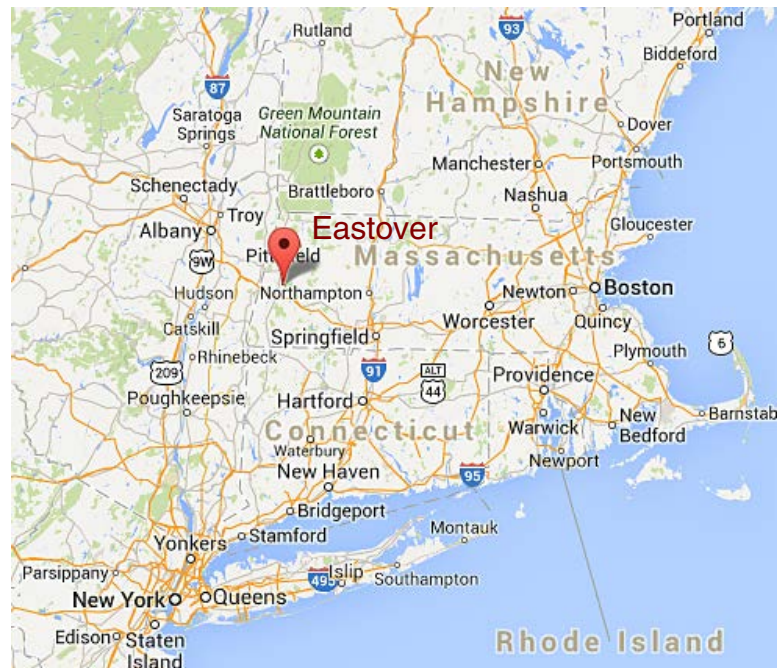
Eastover Estate is the Berkshires' newest home for holistic, group and personal retreats and offers outstanding accommodations, meeting rooms and other facilities for groups, businesses and workshop leaders seeking a peaceful, restorative and inspiring setting for their work.

Set on 600 serene acres offering inspiring views, Eastover is located in the cultural heart of the Berkshires, just five minutes from the center of Lenox and close to Tanglewood and Jacob's Pillow. Three hours north of New York, two hours west of Boston, 50 minutes south of Albany and just west of Hartford.

Groups and Corporate Retreats: Unlike hotels and conference venues, Eastover is designed to immerse you in a contemplative and holistic environment from the moment you enter its grounds: from its courtyards and terraces overlooking English and Japanese gardens, to its inviting mix of manicured lawns and meadows, woodland trails and breathtaking views of the Berkshire Mountains. Eastover offers you a seamless experience in the contemplative life. The extensive natural surroundings of Eastover create a tranquil setting that provides all participants an opportunity to step away from the demands and minutiae of everyday life to relax and reflect. You can bring your own program or let us tailor the program for your mindfulness training.

R&R: To enjoy a personal retreat, choose from a variety of daily movement classes and weekly workshops, ink brush calligraphy practice, outdoor activities and spa services, or make use of our amenities: indoor pool, sauna, hot tub and Wimbledon-style clay tennis courts... set against the backdrop of Mt. Greylock, October Mountain and the Appalachian Trail. Your time can be as structured or as unstructured as you desire.

We offer overnight accommodations suitable for everyone's budget, from rustic to contemporary to the most luxurious.



Tally Ho: Eastover has its own entertainment venue a short distance from the main mansion with the largest meeting space in Berkshire County. This is suitable for conferences, receptions and community gatherings of all kinds.

If you need

*A Contemplative Environment and
Oasis of Nature to Explore, Connect,
Relax and Learn, Eastover is the site.*

Directions: If coming from the South: Routes 7 or 8, then Route 20 to Lee and Lenox. From the East or West: Highway 90 (Mass Turnpike) to Exit 2 (Lee and Lenox).

We invite you to contact us to find out more about Eastover's unique offerings. Please contact the Program Department at (866) 264 5139 or e-mail: events@eastover.com
Also, visit us at: www.eastover.com