Abstract: Let $G$ be a compact connected Lie group and $K \subseteq G$ a closed connected subgroup. We show that the isotropy action of $G$ on $G/K$ is equivariantly formal and (thus) that the space $G/K$ is formal in the sense of rational homotopy theory whenever $G/K$ is a $Z_2 \times Z_2$ symmetric space. If $G/K$ is a symmetric space, we reprove that the isotropy action of $K$ on $G/K$ is equivariantly formal using an algebraic model for the equivariant cohomology of such actions.