

WELLNESS CALENDAR FEBRUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:30 - 10:30AM Restorative Yoga with Samantha Free</p> <p>Come and restore through a gentle and nurturing practice to bring ease to your mind and comfort to your body.</p>	<p>10 - 11AM Yoga Flow with Samantha Free</p> <p>Start your week with an energizing, all-levels flow for vitality.</p> <p><i>All levels are welcome. No experience needed to attend.</i></p>	<p>9 - 10AM Fitness on the Mat with Danny Binstock</p> <p>Begin your day with a refreshing full-body workout. Learn how to move the power of your own body's weight, to increase muscle mass, and fortify your flexibility and balance.</p>	<p>10 - 11AM Midweek Reset Yoga with Kendra Lacroix</p> <p>Join us for a mid-week practice to bolster resilience and renew your energy.</p>	<p>9 - 10AM Functional Fitness with Danny Binstock</p> <p>With dynamic flows designed to build strength and work with your whole body, you will learn how to incorporate movement from Pilates, boxing, and more into your workout.</p>	<p>10 - 11AM Pilates Mat with Ellen Barrett</p> <p>This mat class utilizes controlled movements, minimal repetitions, and intelligent sequencing to tone your whole body. This method promotes balance by equally emphasizing strength and flexibility.</p>	<p>9 - 10AM Rise & Shine Yoga with Ellen Barrett</p> <p>Starting off gently in a seated position, get grounded and connect to your breath. Then explore a standing vinyasa series to invigorate from head to toe.</p>

<p>FRIDAYS 5 - 6PM Guest Instructor Series</p> <p>Please join for a unique offering each week from our exceptional instructors and practitioners to start your evening and weekend off with balance.</p> <p>FEBRUARY 2, 9, 16, 23</p>	<p>FEBRUARY 2 5 - 6PM Family Astrology Group Reading with Kathryn Andren</p> <p>Reveal the cosmic connections with the people who matter most. For Family, Friends or Business Associates: explore charts of children, parents, partners, siblings, or team members.</p>	<p>FEBRUARY 9 5 - 6PM Yoga Nidra and Meditation with Kendra Lacroix</p> <p>A comforting, restorative yoga practice, ending with yoga nidra, a meditation and conscious relaxation practice, a perfect reset to begin your weekend.</p>	<p>FEBRUARY 16 5 - 6PM Grounding and Centering Meditation with Clea Alsip</p> <p>Hear about the current astrological energies and be guided on a gentle meditation surrounding these aspects to ground and focus the mind, body, and spirit.</p>	<p>FEBRUARY 23 5 - 6PM Therapeutic Yoga with Kendra Lacroix</p> <p>Conjur a healthy outlook, confidence and relief. Reduce joint and muscle tension, improve sleep, and minimize fatigue through fluid movements and breathwork. Focus on lower back and sacroiliac joint relief.</p>		
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THE BARNs AT TROUTBECK

All levels welcome in all of our classes. No experience needed to attend.

ALL CLASSES ARE FREE FOR TROUTBECK MEMBERS AND \$25 FOR GUESTS

PRIVATE SESSIONS

Looking for some “me” time to nurture your wellbeing?

- MASSAGE THERAPY
- ACUPUNCTURE
- FACIAL ACUPUNCTURE + GUA SHA
- SOMATIC EXPERIENCING®
- ASTROLOGY
- TENNIS LESSONS
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PRIVATE CLASSES

Would you like individualized attention for your practice? Would you like to mark a special occasion with your loved ones through a private group class?

- YOGA
- MEDITATION + MEDITATION COACHING
- KINESOMA DANCE EXPERIENCE

For more information on private sessions and classes, and to book your experience, please contact:

thebarns@troutbeck.com

Tel. (845) 789-1567

ALL CLASS REGISTRATIONS AND PRIVATE SESSION BOOKINGS CARRY A 48HR CANCELLATION POLICY.