

WELLNESS EVENTS CALENDAR

JANUARY 2021

MONDAY

10-11AM

Hatha Yoga
with Rebecca Cohen

A gentle practice to begin your week, slowly progressing through each pose.

MEMBERS \$0
GUEST \$25

WEDNESDAY

10-11AM

Chair Flow
with Rebecca Cohen

A chair-optional vinyasa class, accessible to all bodies.

MEMBERS \$0
GUEST \$25

FRIDAY

10-11AM

Pilates Mat
with Ellen Barrett

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. Start strong in 2021!

All fitness levels are welcome. The class is done barefoot.

**Class starts Jan. 8th*

MEMBERS \$20
GUEST \$25

SATURDAY

9-10AM

Rise & Shine Yoga
with Ellen Barrett

All levels. 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.

MEMBERS \$20
GUEST \$25

10:15-11AM

Mindfulness Meditation

with Sandrine Harris

Ease into your Saturday with practices to focus your attention, bring stress relief, and calm your body. All are welcome and no experience is needed to attend.

MEMBERS \$20
GUEST \$25

SUNDAY

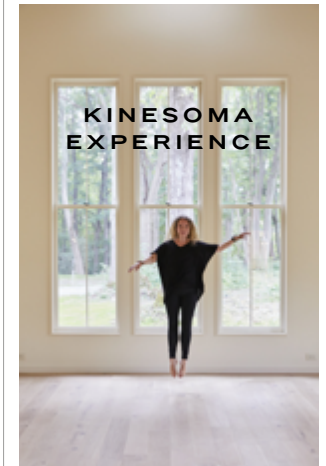
10-11AM

Restorative Yoga
with Rebecca Cohen

Begin with a seated series to settle in. Then, relax completely while gravity does the work through a series of restorative postures.

MEMBERS \$0
GUEST \$25

THE BARNs
AT
TROUTBECK



Announcing the **KINESOMA EXPERIENCE** launching Feb. 2021! A dynamic mix of mindful movement and dance, accessible to all, with an inspirational global playlist. Stay Tuned.

For private sessions at our Long Barn in massage therapy, acupuncture, facial acupuncture + Gua sha, or Somatic Experiencing® contact: thebarns@troutbeck.com

To schedule a private yoga or meditation experience at our Tall Barn contact: thebarns@troutbeck.com

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

