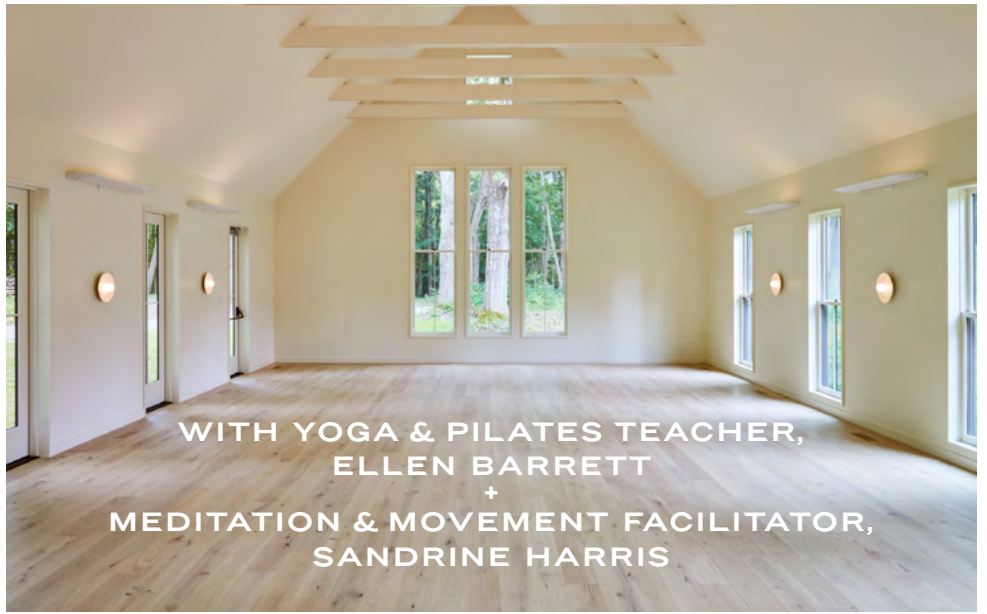




RESILIENCE

A SPRING EQUINOX
WEEKEND RETREAT
MARCH 19 - 21



WITH YOGA & PILATES TEACHER,
ELLEN BARRETT
+
MEDITATION & MOVEMENT FACILITATOR,
SANDRINE HARRIS

- YOGA
- KINESOMA
DANCE-BASED
MOVEMENT
- MINDFULNESS
MEDITATION
- GUIDED PERSONAL
WRITING TIME
- FOREST BATHING
- BONFIRE & SPECIALTY
COCKTAILS
- HEALTHFUL,
CHEF-PREPARED
MEALS
- PRIVATE
THERAPEUTIC
SESSIONS

**THE
BARNs**
AT
TROUTBECK

The **RESILIENCE** retreat celebrates the emergence of Spring, marked by the equinox on March 20th. This inspired weekend of pleasure and practice, brings together a beautiful balance of movement, meditation, time connecting with the natural world, healthful meals, and rest.

Join Ellen Barrett and Sandrine Harris for a weekend retreat open to adults (18+), with all levels yoga and *Kinesoma* dance-based movement, mindfulness meditation, forest bathing, chef-prepared meals, outdoor cocktails and bonfire, and more. **RESILIENCE** offers movement practices to reawaken your body after the winter months, meditations to bolster your resilience, and time on the beautiful property of Troutbeck to reconnect with your vitality.

This retreat is open to all Troutbeck guests, with a special weekend package rate including all activities and meals.*

*The pricing excludes alcohol consumed separate from the retreat cocktail hour on March 20th, and excludes additions such as private sessions in massage therapy, Somatic Experiencing®, or meditation coaching.

**Masks are required for all indoor activities.

FRIDAY, MARCH 19TH @ 4PM (CHECK-IN)
SUNDAY, MARCH 21ST @ 12PM (CHECKOUT)

ROOMS STARTING AT
\$1,450 SINGLE OCCUPANCY
\$2,000 DOUBLE OCCUPANCY

TO RESERVE YOUR SPOT, PLEASE CONTACT:
RESERVATIONS@TROUTBECK.COM



RESILIENCE

A SPRING EQUINOX WEEKEND RETREAT

FRIDAY,
MARCH 19TH
TO
SUNDAY,
MARCH 21ST
2021

Take time to recharge
your energy, rest and move
into the vitality of Spring.

Let us take care of you.

YOGA

KINESOMA DANCE-BASED
MOVEMENT

MINDFULNESS
MEDITATION

GUIDED PERSONAL
WRITING TIME

FOREST BATHING

BONFIRE &
SPECIALTY COCKTAILS

HEALTHFUL,
CHEF-PREPARED MEALS

PRIVATE THERAPEUTIC
SESSIONS

THE BARNs

AT
TROUTBECK

FRIDAY, MARCH 19TH

4 - 7:45PM Check-in/Arrival + free time + dinner at leisure
8 - 9PM Candlelight Retreat Welcome event (Tall Barn)

SATURDAY, MARCH 20TH

7 - 8:30AM Breakfast
9 - 10AM Rise & Shine Yoga (*open to all guests and members)
10:15AM - 12PM Meditation and Talk
12 - 1:30PM Chef-prepared healthy lunch (special menu)
2 - 4PM *Kinesoma* movement experience + guided forest
bathing {weather-permitting} + guided writing
exploration
4 - 6PM Free time or optional private sessions at add'l cost
(massage therapy, *Somatic Experiencing*[®],
meditation coaching)
6:15PM Cocktails & hors d'oeuvres (special menu) in the open
air environment of the Pole Barn
7 - 8:15PM Dinner (special menu) in the Manor House
8:30 - 9:15PM: Dance Party & Bonfire at the open air Pole Barn

SUNDAY, MARCH 21ST

7 - 8:30AM Breakfast
9 - 10:30AM Yoga & Pilates combined practice
10:40 - 11:30AM Meditation & Closing Circle
12PM Late checkout* (*for retreat guests only)

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