

WELLNESS CALENDAR **APRIL 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>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>SATURDAYS 4:30 - 5:30 PM Guest Instructor Series</p> <p>Join for a unique offering each week from our exceptional practitioners to start your evening and weekend off with balance.</p> <p>APRIL 6, 13, 20, 27</p>	<p>APRIL 6 4:30 - 5:30 PM Candlelight Flow with Kendra LaCroix</p> <p>Warming flow by candlelight class will incorporate gentle movements, grounding techniques and warming from the inside out will improve flexibility and increase circulation while gently releasing tension.</p>	<p>APRIL 13 4:30 - 5:30 PM Restorative Yoga with Kendra LaCroix</p> <p>Self-care is essential. We will set up postures functionally for maximum openness and practice breathing techniques to create interior space to feel refreshed and centered.</p>	<p>APRIL 20 4:30 - 5:30 PM Family Astrology Group Reading with Kathryn Andren</p> <p>Reveal the cosmic connections with the people who matter most. Explore charts of children, parents, partners, siblings, or team members.</p>	<p>APRIL 27 4:30 - 5:30 PM 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>		

PRIVATE SESSIONS

Looking for some "me" time to nurture your wellbeing?

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thebarns@troutbeck.com

Tel. (845) 789-1567

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



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

ALL CLASSES ARE FREE FOR TROUTBECK MEMBERS AND HOTEL GUESTS

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AT
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