

WELLNESS CALENDAR NOVEMBER 2021

MONDAY

10 - 11AM

Yoga Flow with Staff Teacher

Start your week with an energizing, all-levels flow for vitality. This class is an invitation to invigorate your practice and fortify your body-mind connection.

**All are welcome and no prior experience with yoga is needed to attend*

**FREE FOR MEMBERS
\$25 FOR GUESTS**

TUESDAY

10 - 11AM

Fitness on the Mat with Danny Binstock

Begin your day with a refreshing full-body workout, for all levels. Learn how to move the power of your own body's weight, to increase muscle mass, and fortify your flexibility and balance. Guided movement flows on the mat include a blend from Pilates, yoga, functional fitness, and strength-building.

**FREE FOR MEMBERS
\$25 FOR GUESTS**

WEDNESDAY

10 - 11AM

Midweek Reset Yoga with Staff Teacher

Join us for a mid-week practice to bolster resilience and renew your energy. This is a chair-optional class for all levels.

**All are welcome and no prior experience with yoga is needed to attend*

**FREE FOR MEMBERS
\$25 FOR GUESTS**

THURSDAY

9 - 10AM

Functional Fitness with Danny Binstock

Join us for this heart-pumping class sharing a holistic approach to movement through the lens of greater function and less bad habits. 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. Come and work hard so that you can move well in your daily life.

**All levels are welcome!*

**FREE FOR MEMBERS
\$25 FOR GUESTS**

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.

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

**FREE FOR MEMBERS
\$25 FOR GUESTS**

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.

**FREE FOR MEMBERS
\$25 FOR GUESTS**

10:15 - 11AM

Mindfulness Meditation with Sandrine Harris

This class is a wonderful invitation to slow down, tune into how you're doing, and learn practices that you can carry into your daily life. With a range of approaches offered in each class, you'll find moments of quiet presence, relaxation, renewed energy, and appreciation for the moment.

**All are welcome and no prior experience with meditation is needed to attend*

**FREE FOR MEMBERS
\$25 FOR GUESTS**

SUNDAY

10 - 11AM

Restorative Yoga with Staff Teacher

Come and restore through a gentle and nurturing practice to bring ease to your mind and comfort to your body. This all-levels class is a warm invitation to take care of yourself and grow your practice of rest.

**All are welcome and no prior experience with yoga is needed to attend*

**FREE FOR MEMBERS
\$25 FOR GUESTS**

PRIVATE SESSIONS

Would you like more "me" time?

We offer several types of private sessions at our Long Barn:

- MASSAGE THERAPY
- ACUPUNCTURE
- FACIAL ACUPUNCTURE + GUA SHA
- SOMATIC EXPERIENCING®

Let us take care of you.

PRIVATE CLASSES FOR INDIVIDUALS OR SMALL GROUPS

Are you seeking an experience to celebrate a birthday, special event, or get some individualized attention for your practice?

We offer private experiences at our Tall Barn studio space and tailor them to your interests.

- YOGA
- MEDITATION + MEDITATION COACHING
- KINESOMA DANCE EXPERIENCE

**Masks & temperature checks are required for all indoor activities at Troutbeck*

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

thebarns@troutbeck.com

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

ALL WEEKLY CLASSES ARE FREE FOR TROUTBECK MEMBERS



**THE
BARNs
AT
TROUTBECK**