

Join us for two special events at our Tall Barn for the turning of this new year!

• REGISTER VIA [thebarns@troutbeck.com](mailto:thebarns@troutbeck.com)

• FOR ADULTS (18+)

• PLEASE BE PREPARED TO MOVE IN BARE FEET

• MASKS ARE REQUIRED FOR ALL INDOOR EXPERIENCES AT TROUTBECK



**NEW YEAR'S EVE  
FRIDAY DECEMBER 31ST  
2021**

## Kinesoma Experience

with Sandrine

**10 - 11AM**

A festive KINESOMA dance-based experience with our Wellness Director, Sandrine. Come and re-inspire pleasure in your movement practice through a guided journey in strength, coordination, flexibility, and enjoyment. With an international playlist, you're invited to a celebratory romp for the new year!

*No experience with dance is needed to join us.*

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



**NEW YEAR'S DAY  
SATURDAY JANUARY 1ST  
2022**

## Flow into this New Year!

with Sandrine

**9 - 10:30AM**

Come and begin 2022 with a peaceful and powerful practice combining movement flows and mindfulness meditation to embody grace and focus for the new year. Sandrine offers a 90-minute experience to bring dynamic energy through your heart, mind, and body.

*No experience with movement or meditation is needed to join us.*

**FREE FOR MEMBERS  
\$30 FOR GUESTS**



**THE  
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