



TROUTBECK EXPERIENCES

We are so glad you have chosen Troutbeck for your R&R time.

Our experiences are a wonderful way to explore the property and recharge your body and mind.

**LET US
TAKE CARE OF YOU
AND
YOUR GUESTS**

To manage your expectations, please check in with our Barns team thebarns@troutbeck.com in advance of your booking for the latest policies for health and safety, regarding indoor mask-wearing and other requirements.

PERSONAL SESSIONS

Massage
Reiki
Somatic Experiencing®
Soul Pattern astrology sessions
Cosmic Connections
relationship readings
Acupuncture + facial Gua sha +
Celluma light treatment

PRIVATE GROUP CLASSES

Yoga Flow
Rest & Reset Restorative Yoga
Begin The Bliss Mindfulness Meditation
Strengthen & Lengthen Pilates mat
Dance It Out KINESOMA
Move Smart Functional Fitness
Forest Bathing meditation walk
Tennis lessons

ADVENTURES

Archery
Falconry
Axe throwing

PERSONAL SESSIONS

BOOKED IN ADVANCE, BY RESERVATION

MASSAGE THERAPY sessions are offered for individuals, in our serene treatment rooms. Sessions are tailored to your needs, including light touch and deep tissue restorative care.

60MINS \$ 200 | 90MINS \$ 300

Male and female therapists available

**For your convenience, there will be a 20% service fee added to each treatment*

REIKI sessions are a deeply restful experience with presence and energy healing at the center of your wellness. Your practitioner offers a kind and caring approach to working with energies that transform and soothe, with no physical contact.

60MINS \$ 200

Female practitioner

SOMATIC EXPERIENCING® is a deeply connective conversation which includes working with how thoughts and emotions live in the body. This gentle and nurturing session offers a mix of talking and guided body-sensing, with no physical contact. Perfect for working with stress patterns, challenging life situations, and trauma healing.

60MINS \$ 275

Female practitioner

SOUL PATTERN SESSION: YOUR MAP FOR LIFE

Discover how your personal astrology chart reveals soul growth through your lifetime - where you've been, where you are presently & where you are going. Learn how to best understand your personal gifts and challenges.

60MINS \$ 275

Female practitioner

**Reading includes detailed research before your session, plus copy of your personal chart.*

COSMIC CONNECTIONS: RELATIONSHIP READINGS

For family members, married couples, lovers and friends. Love astrology supports understanding at any stage of relationship. Discover what matters most to you, both individually and together.

90MINS \$ 375

Female practitioner

**Reading includes detailed research for 2 people before your session, plus copies of your personal charts.*

ACUPUNCTURE + FACIAL GUA SHA + CELLUMA LIGHT TREATMENT

Receive the ancient healing benefits of whole body acupuncture. Our practitioner also offers Gua sha massage for the face, to drain fluids and stimulate the lymphatic system. If you want an extra boost, request the additional Celluma light rejuvenating treatment.

60MINS

ACUPUNCTURE - \$ 230

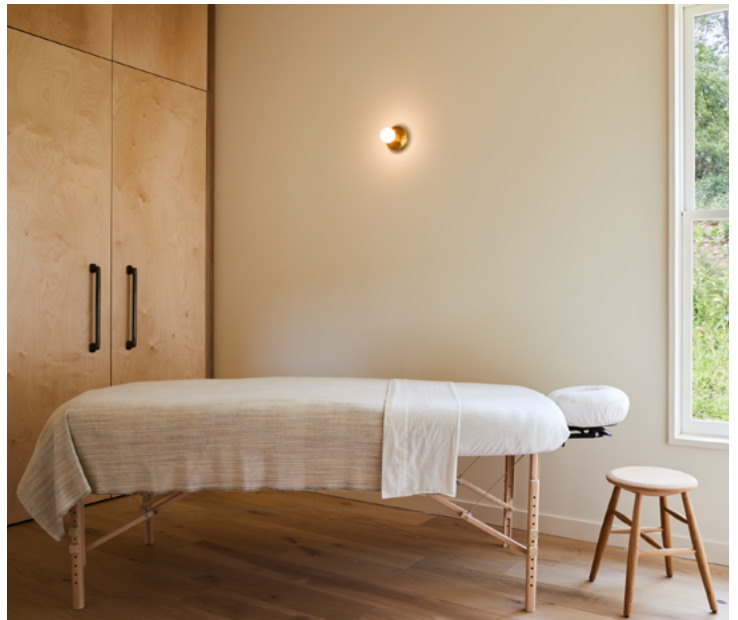
90MINS

ACUPUNCTURE + FACIAL GUA SHA - \$ 300

90MINS

ACUPUNCTURE, + FACIAL GUA SHA + CELLUMA LIGHT - \$ 350

Female practitioner



PRIVATE GROUP CLASSES

BOOKED IN ADVANCE, BY RESERVATION

YOGA FLOW

An energizing flow of practices accessible to all adults (no experience with yoga is needed to attend), with a skillful in-house facilitator guiding you into more mobility, strength, and breath.

60MINS \$ 350

REST & RESET RESTORATIVE YOGA

Invite a restful, guided practice of slowing down and deepening postures that reduce stress and tension in the body and mind, through the use of supportive props. This is a perfect session for those looking to relieve chronic pain and invite more ease.

60MINS \$ 350

BEGIN THE BLISS MINDFULNESS MEDITATION

Take time to slow down, recharge, and soothe your mind and body with a gentle process of brief guided meditations, talking and sharing, and exploring pathways to enrich your daily life.

No experience with meditation is needed and guidance is offered throughout this peaceful process.

60MINS \$ 350

STRENGTHEN & LENGTHEN PILATES MAT

Explore the integrity of the Pilates system that encourages healthy posture, movements with strength and coordinated flow, and that creates length through your body. All levels are welcome. This guided process is fun and mindful.

60MINS \$ 350

DANCE IT OUT KINESOMA

Join in a dance-based movement experience for joy, fun, and rockin' out to celebrate this time together! Guided through slow and gentle floor warm ups, into faster dynamic movements around the studio space, you'll move to music from all over the world, and wind down with a meditative moment.

No background or experience with dance is needed.

60MINS \$ 350

MOVE SMART FUNCTIONAL FITNESS

Wanna get some dedicated training time in while you're here? This class is an energizing and demanding process using your own body weight. Movement flows from Pilates, fitness training, and boxing are combined to offer you a dynamic whole body workout tailored to your needs and interests.

60MINS \$ 350

FOREST BATHING MEDITATION WALK

Experience the ancient practice of forest bathing, immersed in the natural splendor at Troutbeck. Wear shoes suitable for outdoor walking and enjoy a guided process of walking meditation in relationship with Nature.

60MINS \$ 250 FOR 1-2 PEOPLE | \$ 750 FOR 3-10 PEOPLE

**Outdoors, weather-permitting. This experience is available throughout the year, and in the event of inclement weather, join us inside the Tall Barn for a walking meditative journey with views to the wilderness through the large picture windows.*

TENNIS LESSONS

Shape up your tennis skills in this experience with one to four of your guests on our open-air tennis courts. A skilled pro teacher will offer you tips to improve your game and create effortlessness.

60MINS \$ 300 FOR 1-4 PEOPLE (MAX)

**Outdoors, weather-permitting.*



ADVENTURES

ARCHERY

Learn the subtle art of archery in a serene outdoor setting, with an instructor nearby to keep you inspired. This experience for adults (ages 18+) is an enjoyable way to learn focus and accuracy, while taking in the fresh air!

60MINS \$ 175 PER PERSON | MAX OF 6 PEOPLE \$ 500

**Outdoors, weather-permitting.*

FALCONRY

An all-ages adventure awaits! Join in an unforgettable encounter with majestic creatures including falcons, owls and hawks. Keepers offer moments for safe, up-close observation and handling of birds. Children of all ages are welcome, accompanied by adults at all times.

60MINS \$ 1,250 (10 PEOPLE MAX)

**Outdoors, weather-permitting.*

AXE THROWING

How about some stress relief mixed with fun? This adult-only activity is facilitated by axe-throwing pros who offer tips and technique as you try your hand at throwing. A great outdoor activity for this festive time!

4HRS | 25 GUESTS \$ 1,250

8HRS | 50 GUESTS \$ 2,250

Two people may throw at a time, taking turns with others in your group.

**Outdoors, weather-permitting.*

