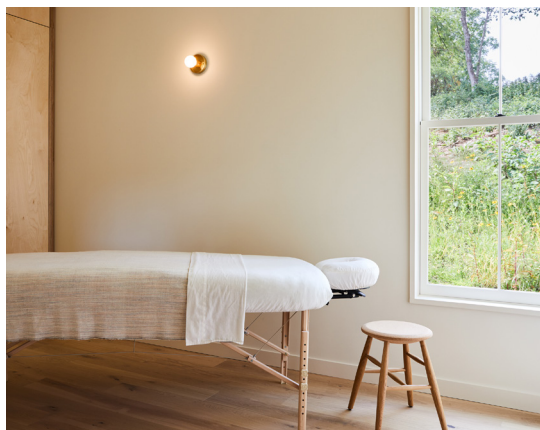


WELLNESS CALENDAR JANUARY 2024

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><i>All levels are welcome. No experience needed to attend.</i></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>FRIDAYS 5 - 6PM Guest Instructor Series</p> <p>Please join for a unique offering each week from our exceptional instructors and practitioners to start your evening and weekend off with balance.</p> <p>JANUARY 5, 12, 19 & 26</p>	<p>JANUARY 5 5 - 6PM Meditation on Energies of the New Year with Clea Alsip</p> <p>Hear about some of the astrological themes surrounding the start of this new year and be guided on a gentle meditation to set intentions for your year ahead.</p>	<p>JANUARY 12 5 - 6PM Your Map for Life with Kathryn Andren</p> <p>Natal astrology chart is your map for life. Discover your soul pattern: where you've been, where you are & where you are going. Understand your purpose. Identifies past & present tendencies. Explores supportive strategies for the road ahead.</p>	<p>JANUARY 19 5 - 6PM Yoga Nidra and Meditation with Kendra Lacroix</p> <p>A comforting, restorative yoga practice, ending with yoga nidra, a meditation and conscious relaxation practice, a perfect reset to begin your weekend.</p>	<p>JANUARY 26 5 - 6PM Grounding and Centering Meditation with Clea Alsip</p> <p>Meditate for peace and groundedness to refocus your mind, body, and spirit on new year's intentions and release what you want to leave behind to step into the new year ahead.</p>		



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

ALL CLASSES ARE FREE FOR TROUTBECK MEMBERS AND \$25 FOR GUESTS

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

thebarns@troutbeck.com

Tel. (845) 789-1567

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