

WELLNESS CALENDAR MARCH 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</p> <p>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>MARCH 2, 9, 16, 23, 30</p>	<p>MARCH 2 4:30 - 5:30 PM</p> <p>Soundbath with Tim Love Lee</p> <p>Using techniques learned from world renowned teachers, musician-DJ Tim will guide you to a place of grounded calm and heightened sensitivity, leading to a sense of inner peace.</p>	<p>MARCH 9 4:30 - 5:30 PM</p> <p>Mindful Movement + Meditation with Sandrine Harris</p> <p>Join us for a weekend reset. With movements to calm your mind, and practical meditations to de-stress, this class is the perfect way to begin your Saturday evening.</p>	<p>MARCH 16 4:30 - 5:30 PM</p> <p>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>MARCH 23 4:30 - 5:30 PM</p> <p>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>	<p>MARCH 30 4:30 - 5:30 PM</p> <p>Warming March Flow by Candlelight with Kendra LaCroix</p> <p>This class will incorporate gentle movements, grounding techniques + warming from the inside out to improve flexibility and increase circulation while gently releasing tension.</p>	<p>SUNDAYS 11 AM - 11:45 AM</p> <p>Children's Yoga with Kendra LaCroix</p> <p>Children will practice the basics of breathing deep, stretching, positions and movement. A great foundational practice for future yogis.</p> <p>MARCH 3 + 24</p>

PRIVATE SESSIONS

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

- MASSAGE THERAPY
- ACUPUNCTURE
- FACIAL ACUPUNCTURE + GUA SHA
- SOMATIC EXPERIENCING®
- ASTROLOGY
- TENNIS LESSONS
- PERSONAL TRAINING

Let us take care of you

PRIVATE CLASSES

Would you like individualized attention for your practice? Would you like to mark a special occasion with your loved ones through a private group class?

- YOGA
- MEDITATION + MEDITATION COACHING
- KINESOMA DANCE EXPERIENCE

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.



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

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

