

Dancing Goose LLC Meadowgrass Sauna & Cold Plunge Details 2026

Dancing Goose Sauna Experience

The Dancing Goose Sauna Experience offers sign-up time slots for a 50 minute Community Sauna and Cold Plunge or Private Sessions. Pay at sign-up to reserve your spot.

Community Sauna/Cold Plunge: Share the space with up to 8 people as you receive tips and encouragement from trained staff. Hop in the sauna to just warm up, or stay for the whole 50 minutes. Enjoy amenities like personal storage, changing space, an outdoor shower, & lounge area. Community Sauna is offered at various times throughout the day, including early morning, and even a midnight snack session.

Details: Cold plunge contains naturally treated anti-microbial water, and is drained twice daily. Sauna cleaned between sessions. Parent attendance required with youth under 18. No alcohol or drugs permitted in the sauna, or patrons under the influence. Clothing, towel & water bottle required. Sauna shorts/Towel Rentals available.

Prices:

Community Sauna Sesh: \$30 cash/Venmo/Zelle, \$33 credit card 50 min session

Private Sauna Sessions \$125-170 50-60 min sessions

-Guide Me: Guided Sauna/Cold Plunge (Private parties of 1- 3 people) \$120/50 min.

-Open Me: Guided Meditation & Breathwork (Private parties of 1- 3 people) \$120/50 min.

-Melt Me: Sauna Massage & Assisted Stretch (1 person) \$120/50 min.

-Send Me: Combo of all 3: Guided sauna/cold plunge, meditation/breathwork, massage & stretch (1 person) \$170/60 min.

Available to Rent: Towel \$8

Sauna shorts: \$10

Available to Purchase: Lg Coconut water \$9, Sm Coconut water \$6

Sweet Sauna Deal: Towel/Coconut water/Sauna: \$39 cash/Venmo/Zelle, \$42 CC

Hours:

Friday 5/22: *Community & Private Sessions: 6-10:30p*
Midnight Snack: 11p-12:30a (Community Sessions)

Saturday 5/23: *Sunrise Sauna 7-7:50a (Community Sesh)*
Morning Meditation 8-8:50a (Community Sesh)
Community & Private Sign-ups: 10:30a-12:30p, 4-6p, 7:30-10:30p
Midnight Snack: 11p-12:30a (Community Sessions)

Sunday 5/24: *Sunrise Sauna 7-7:50a (Community Sesh)*
Morning Meditation 8-8:50a (Community Sesh)
Community & Private Sign-ups: 10:30a-12:30p, 4-6p, 7:30-10:30p
Midnight Snack: 11p-12:30a (Community Sessions)

Monday 5/25: *Sunrise Sauna 7-7:50a (Community Sesh)*

Thursday 5/21/26 4pm Load-in/set up.
8pm- Test run sauna/cold plunge for vendors and staff. Discounted rate: \$20

Marketing:

Did you know Sauna clears out toxins, rejuvenates skin and organs, & even mimics a cardio workout for your heart? Regular sauna use even increases metabolism! Dancing Goose Therapeutics has partnered with Colorado Sauna Co. to bring a top notch mobile Sauna Experience to Meadowgrass Music Fest! Up the benefits with a cold plunge, free with every sauna sesh. Get even more with guided group sessions for newbies, or customize your own one-on-one or private group session with options for breathwork, assisted stretching, sauna massage, or meditation.

About Dancing Goose Therapeutics:

Dancing Goose Therapeutics supports those on a path to rediscover their wholeness, optimal functioning, and overall spark through transformational modalities that bring one's Psychology, Spirituality and Body into sacred alignment. Kara Stutzman of DGT coaches clients through the process of changing brain and body patterns with LENS Neurofeedback, Yoga, Sauna, and various types of Body, Breath, and Energy work to create real and lasting change. She leads Retreats, Sauna Experiences, and Workshops in the Colorado Springs and surrounding areas.

DancingGooseTherapy.com
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