

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Walking Garden Meditation Pillar and Post Rosary Garden 8:00am – 9:00am Gentle Flow Yoga Pillar and Post Niagara Room 9:00am – 10:00am	1 Wine Cellar Tour Prince of Wales 4:30pm-5:30pm Yoga/Yoga Nidra Pillar and Post Niagara Room 6:00pm — 7:30pm	2 Mixology Class Queen's Landing Bacchus Lounge 3:30pm-4:30pm	Tea Tasting Prince of Wales 10:30-11:00am Whisky Wednesday Charles Hotel 4:00pm-5:00pm	4 Yoga/Yoga Nidra Pillar and Post Niagara Room 6:00pm- 7:30pm	Gentle Flow Yoga Pillar and Post Niagara Room 5:00pm-6:00pm	Gentle Flow Yoga Pillar and Post Niagara Room 9:00am — 10:00am
Walking Garden Meditation Pillar and Post Rosary Garden 8:00am — 9:00am Gentle Flow Yoga Pillar and Post Niagara Room 9:00am — 10:00am	Eclipse Garden Party Pillar and Post Gardens 1:00pm-5:00pm Yoga/Yoga Nidra Pillar and Post Niagara Room 6:00pm - 7:30pm	Mixology Class Pillar and Post Cannery Dining Room 3:30pm-4:30pm	Tea Tasting Prince of Wales 10:30-11:00am Whisky Wednesday Queen's Landing Bacchus Lounge 4:00pm-5:00pm	Yoga/Yoga Nidra Pillar and Post Niagara Room 6:00pm- 7:30pm	Gentle Flow Yoga Pillar and Post Niagara Room 5:00pm-6:00pm	Gentle Flow Yoga Pillar and Post Niagara Room 9:00am — 10:00am
14 Walking Garden Meditation Pillar and Post Rosary Garden 8:00am — 9:00am Gentle Flow Yoga Pillar and Post Niagara Room 9:00am — 10:00am	Wine Cellar Tour Prince of Wales 4:30pm-5:30pm Yoga/Yoga Nidra Pillar and Post Niagara Room 6:00pm — 7:30pm	Mixology Class Queen's Landing Bacchus Lounge 3:30pm-4:30pm	Tea Tasting Prince of Wales 10:30-11:00am Whisky Wednesday Pillar and Post Cannery Dining Room 4:00pm-5:00pm	Yoga/Yoga Nidra Pillar and Post Niagara Room 6:00pm- 7:30pm	Gentle Flow Yoga Pillar and Post Niagara Room 5:00pm-6:00pm	Gentle Flow Yoga Pillar and Post Niagara Room 9:00am — 10:00am
21 Walking Garden Meditation Pillar and Post Rosary Garden 8:00am – 9:00am Gentle Flow Yoga Pillar and Post Niagara Room 9:00am – 10:00am	Wine Cellar Tour Prince of Wales 4:30pm-5:30pm Yoga/Yoga Nidra Pillar and Post Niagara Room 6:00pm – 7:30pm	Mixology Class Pillar and Post Cannery Dining Room 3:30pm-4:30pm	Tea Tasting Prince of Wales 10:30-11:00am Whisky Wednesday Charles Hotel 4:00pm-5:00pm	Yoga/Yoga Nidra Pillar and Post Niagara Room 6:00pm- 7:30pm	26 Gentle Flow Yoga Pillar and Post Niagara Room 5:00pm-6:00pm	Gentle Flow Yoga Pillar and Post Niagara Room 9:00am — 10:00am
28 Walking Garden Meditation Pillar and Post Rosary Garden 8:00am — 9:00am Gentle Flow Yoga Pillar and Post Niagara Room 9:00am — 10:00am	Wine Cellar Tour Prince of Wales 4:30pm-5:30pm Yoga/Yoga Nidra Pillar and Post Niagara Room 6:00pm — 7:30pm	30				

^{*}Please reserve your spot via Front Desk or the Spa Concierge Team as space is limited for the Resort Activities