

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	29 Wine Cellar Tour Prince of Wales 4:30pm-5:30pm Yoga/Yoga Nidra Pillar and Post Niagara Room 6:00pm – 7:30pm	30	1 Tea Tasting Prince of Wales 10:30-11:00am Whisky Wednesday Queen's Landing Bacchus Lounge 4:00pm-5:00pm	2 Yoga/Yoga Nidra Pillar and Post Niagara Room 6:00pm- 7:30pm	3 Gentle Flow Yoga Pillar and Post Niagara Room 5:00pm-6:00pm	4 Gentle Flow Yoga Pillar and Post Niagara Room 9:00am – 10:00am
5 Walking Garden Meditation Pillar and Post Rosary Garden 8:00am – 9:00am Gentle Flow Yoga Pillar and Post Niagara Room 9:00am – 10:00am	6 Wine Cellar Tour Prince of Wales 4:30pm-5:30pm Yoga/Yoga Nidra Pillar and Post Niagara Room 6:00pm – 7:30pm	7 Mixology Class Pillar and Post Cannery Dining Room 3:30pm-4:30pm	8 Tea Tasting Prince of Wales 10:30-11:00am Whisky Wednesday Pillar and Post Cannery Dining Room 4:00pm-5:00pm	9 Yoga/Yoga Nidra Pillar and Post Niagara Room 6:00pm- 7:30pm	10 Gentle Flow Yoga Pillar and Post Niagara Room 5:00pm-6:00pm	11 Gentle Flow Yoga Pillar and Post Niagara Room 9:00am – 10:00am
12	13 Wine Cellar Tour Prince of Wales 4:30pm-5:30pm Yoga/Yoga Nidra Pillar and Post Niagara Room 6:00pm – 7:30pm	14 Mixology Class Queen's Landing Bacchus Lounge 3:30pm-4:30pm	15 Tea Tasting Prince of Wales 10:30-11:00am Whisky Wednesday Charles Hotel 4:00pm-5:00pm	16 Yoga/Yoga Nidra Pillar and Post Niagara Room 6:00pm- 7:30pm	17 Gentle Flow Yoga Pillar and Post Niagara Room 5:00pm-6:00pm	18 Gentle Flow Yoga Pillar and Post Niagara Room 9:00am – 10:00am
19	20 Wine Cellar Tour Prince of Wales 4:30pm-5:30pm	21 Mixology Class Pillar and Post Cannery Dining Room 3:30pm-4:30pm	22 Tea Tasting Prince of Wales 10:30-11:00am Whisky Wednesday Queen's Landing Bacchus Lounge 4:00pm-5:00pm	23 Yoga/Yoga Nidra Pillar and Post Niagara Room 6:00pm- 7:30pm	24 Gentle Flow Yoga Pillar and Post Niagara Room 5:00pm-6:00pm	25 Gentle Flow Yoga Pillar and Post Niagara Room 9:00am – 10:00am
26 Walking Garden Meditation Pillar and Post Rosary Garden 8:00am – 9:00am Gentle Flow Yoga Pillar and Post Niagara Room 9:00am – 10:00am	27 Wine Cellar Tour Prince of Wales 4:30pm-5:30pm Yoga/Yoga Nidra Pillar and Post Niagara Room 6:00pm – 7:30pm	28	29 Tea Tasting Prince of Wales 10:30-11:00am Whisky Wednesday Pillar and Post Cannery Dining Room 4:00pm-5:00pm	30 Yoga/Yoga Nidra Pillar and Post Niagara Room 6:00pm- 7:30pm	31 Gentle Flow Yoga Pillar and Post Niagara Room 5:00pm-6:00pm	1 Gentle Flow Yoga Pillar and Post Niagara Room 9:00am – 10:00am

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