

March



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