

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

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