

December

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

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