

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