

February



2026

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