

February

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

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