

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

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