

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

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