

| 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 Pillar and Post Cannery Dining Room 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 |
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| 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.