

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Tea Tasting Prince of Wales 10:30-11:00am Whisky Wednesday Charles Hotel 4:00pm-5:00pm	2 Yoga/Yoga Nidra Pillar and Post Niagara 6:00pm- 7:30pm	3	4 Restorative Yoga Pillar and Post Niagara 12:00pm-1:00pm Sound Bath Therapy Pillar and Post Niagara 4:00pm-5:00pm
5 Walking Meditation and Yoga Pillar and Post Niagara Room 8:00am-10:00am Sound Bath Therapy Pillar and Post Studio 2 10:00am-11:00am	6 Wine Cellar Tour Prince of Wales 4:30pm-5:30pm Yoga/Yoga Nidra Pillar and Post Niagara Room 6:00pm – 7:30pm	7 Mixology Class Queen’s Landing Bacchus Lounge 3:30pm-4:30pm	8 Tea Tasting Prince of Wales 10:30-11:00am Whisky Wednesday Queen’s Landing Bacchus Lounge 4:00pm-5:00pm	9 Yoga/Yoga Nidra Pillar and Post Niagara Garden 6:00pm- 7:30pm	10	11 Restorative Yoga Pillar and Post Niagara Room 12:00pm-1:00pm Sound Bath Therapy Pillar and Post Niagara Room 4:00pm-5:00pm
12 Walking Meditation and Yoga Pillar and Post Rosery Garden 8:00am-10:00am Sound Bath Therapy Pillar & Post Monet Garden 10:00am-11:00am	13 Wine Cellar Tour Prince of Wales 4:30pm-5:30pm Yoga/Yoga Nidra Pillar and Post Niagara 6:00pm – 7:30pm	14 Mixology Class Pillar and Post Cannery Dining Room 3:30pm-4:30pm	15 Tea Tasting Prince of Wales 10:30-11:00am Whisky Wednesday Pillar and Post Cannery Dining Room 4:00pm-5:00pm	16 Yoga/Yoga Nidra Pillar and Post Niagara 6:00pm- 7:30pm	17	18
19 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	20 Wine Cellar Tour Prince of Wales 4:30pm-5:30pm Yoga/Yoga Nidra Pillar and Post Niagara Room 6:00pm – 7:30pm	21 Mixology Class Queen’s Landing Bacchus Lounge 3:30pm-4:30pm	22 Tea Tasting Prince of Wales 10:30-11:00am Whisky Wednesday Charles Hotel 4:00pm-5:00pm	23 Yoga/Yoga Nidra Yoga/Yoga Nidra Pillar and Post Niagara 6:00pm- 7:30pm	24	25 Restorative Yoga Pillar and Post Niagara Room 12:00pm-1:00pm Sound Bath Therapy Pillar and Post Niagara Room 4:00pm-5:00pm
26 Walking Meditation and Yoga Pillar and Post Niagara Room 8:00am-10:00am Sound Bath Therapy Pillar and Post Simcoe 10:00am-11:00am	27 Wine Cellar Tour Prince of Wales 4:30pm-5:30pm Yoga/Yoga Nidra Pillar and Post Niagara Room 6:00pm – 7:30pm	28 Mixology Class Pillar and Post Cannery Dining Room 3:30pm-4:30pm	29 Tea Tasting Prince of Wales 10:30-11:00am Whisky Wednesday Queen’s Landing Bacchus Lounge 4:00pm-5:00pm	30 Yoga/Yoga Nidra Yoga/Yoga Nidra Pillar and Post Niagara 6:00pm- 7:30pm	31	

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