

June



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

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