

August



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Restorative Yoga Pillar and Post Niagara Room 8:00am-9:00am Sound Bath Therapy Pillar and Post Simcoe Room 9:00am-10:00am
2	Wine Cellar Tour Prince of Wales 4:30pm-5:30pm	Mixology Class Queen's Landing Bacchus Lounge 3:30pm-4:30pm	Tea Tasting Prince of Wales 10:30-11:00am Whisky Wednesday Pillar and Post Cannery Dining Room 4:00pm-5:00pm	6	7	8
9	Wine Cellar Tour Prince of Wales 4:30pm-5:30pm Yoga/Yoga Nidra Pillar and Post Niagara Room 6:00pm – 7:30pm	Mixology Class Pillar and Post Cannery Dining Room 3:30pm-4:30pm	Tea Tasting Prince of Wales 10:30-11:00am Whisky Wednesday Charles Hotel 4:00pm-5:00pm	Yoga/Yoga Nidra Pillar and Post Niagara Room 6:00pm- 7:30pm	14	Restorative Yoga Pillar and Post Niagara Room 8:00am-9:00am Sound Bath Therapy Pillar and Post Simcoe Room 9:00am-10:00am
16	Wine Cellar Tour Prince of Wales 4:30pm-5:30pm Yoga/Yoga Nidra Pillar and Post Niagara Room 6:00pm – 7:30pm	Mixology Class Queen's Landing Bacchus Lounge 3:30pm-4:30pm	Tea Tasting Prince of Wales 10:30-11:00am Whisky Wednesday Queen's Landing Bacchus Lounge 4:00pm-5:00pm	Yoga/Yoga Nidra Pillar and Post Niagara Room 6:00pm- 7:30pm	21	Restorative Yoga Pillar and Post Niagara Room 8:00am-9:00am Sound Bath Therapy Pillar and Post Studio 2 9:00am-10:00am
23	Wine Cellar Tour Prince of Wales 4:30pm-5:30pm Yoga/Yoga Nidra Pillar and Post Niagara Room 6:00pm – 7:30pm	Mixology Class Pillar and Post Cannery Dining Room 3:30pm-4:30pm	Tea Tasting Prince of Wales 10:30-11:00am Whisky Wednesday Pillar and Post Cannery Dining Room 4:00pm-5:00pm	Yoga/Yoga Nidra Pillar and Post Niagara Room 6:00pm- 7:30pm	28	Restorative Yoga Pillar and Post Niagara Room 8:00am-9:00am Sound Bath Therapy Pillar and Post Simcoe Room 9:00am-10:00am

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