

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Yoga/Yoga Nidra Pillar and Post Niagara Room 6:00pm- 7:30pm	2	3
4	5 Wine Cellar Tour Prince of Wales 4:30pm-5:30pm Yoga/Yoga Nidra Pillar and Post Niagara Room 6:00pm – 7:30pm	6 Mixology Class Pillar and Post Cannery Dining Room 3:30pm-4:30pm	7 Tea Tasting Prince of Wales 10:30-11:00am Whisky Wednesday Pillar and Post Cannery Dining Room 4:00pm-5:00pm	8 Yoga/Yoga Nidra Pillar and Post Niagara Room 6:00pm- 7:30pm	9	10
11	12 Wine Cellar Tour Prince of Wales 4:30pm-5:30pm	13 Mixology Class Queen's Landing Bacchus Lounge 3:30pm-4:30pm	14 Tea Tasting Prince of Wales 10:30-11:00am Whisky Wednesday Charles Hotel 4:00pm-5:00pm	15 Yoga/Yoga Nidra Pillar and Post Niagara Room 6:00pm- 7:30pm	16	17 Tarot Card Reading Pillar and Post Business Centre 10:00am – 1:00pm
18 Walking Garden Meditation Pillar and Post Rosary Garden 8:00am – 9:00am Gentle Flow Yoga Pillar and Post Niagara 9:00am – 10:00am	19 Wine Cellar Tour Prince of Wales 4:30pm-5:30pm Yoga/Yoga Nidra Pillar and Post Niagara Room 6:00pm – 7:30pm	20 Mixology Class Pillar and Post Cannery Dining Room 3:30pm-4:30pm	21 Tea Tasting Prince of Wales 10:30-11:00am Whisky Wednesday Queen's Landing Bacchus Lounge 4:00pm-5:00pm	22 Yoga/Yoga Nidra Pillar and Post Niagara Room 6:00pm- 7:30pm	23	24
25 Walking Garden Meditation Pillar and Post Rosary Garden 8:00am – 9:00am Gentle Flow Yoga Pillar and Post Niagara 9:00am – 10:00am	26 Wine Cellar Tour Prince of Wales 4:30pm-5:30pm Yoga/Yoga Nidra Pillar and Post Niagara Room 6:00pm – 7:30pm	27 Mixology Class Queen's Landing Bacchus Lounge 3:30pm-4:30pm	28 Tea Tasting Prince of Wales 10:30-11:00am Whisky Wednesday Pillar and Post Cannery Dining Room 4:00pm-5:00pm	29 Yoga/Yoga Nidra Pillar and Post Niagara Room 6:00pm- 7:30pm	30	31

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