

# July

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

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