

October



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

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