

November



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