



YOUR GUIDE TO CLASSES & ACTIVITIES  
August 1st - 9th, 2020



**THE LODGE  
AT WOODLOCH**

A DESTINATION SPA RESORT



## OPEN ACTIVITIES

We invite you to participate in the following activities at your leisure during posted open times. We ask all guests to please be respectful of social distancing recommendations and heightened sanitization requirements.

Guides will be on hand to assist you with equipment or to answer any questions that you may have.

### ARCHERY

Archery Range, 10am - 5pm

### BIKING

Lily Pad, 9am - 7pm

### DISC GOLF

Lily Pad, 9am - 7pm

### FISHING

Dock, 9am - 7pm

### GEOCACHING

Lily Pad, 9am - 7pm

### KAYAKING

Dock, 9am - 7pm

### STAND-UP PADDLEBOARDING

Dock, 9am - 7pm

## DINING

Indoor dining service is available in TREE Restaurant for breakfast, lunch, and dinner. Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance, at no extra charge, and packaged as take-out to enjoy on your guest room veranda, on the FireCircle Patio, or in our many outdoor picnic areas in the beautiful nature that surrounds us. We kindly ask that you submit breakfast orders 45 minutes prior to desired pick-up or delivery time, lunch orders prior to 11:30am, and dinner orders prior to 5:30pm. For guests who would like to have breakfast or dinner served in their guest room, you may order In-Room Dining in advance (a \$20 fee applies to this service). Menus are available at the QR Code below.

### BREAKFAST

7am-10am

### LUNCH

11:30am to 2pm

### DINNER

5:30pm to 8:30pm



## SCHEDULED ACTIVITIES

Please sign-up for all scheduled activities with our Spa Concierge.

Due to social distancing requirements and smaller class sizes, we ask that if you are no longer going to attend a class or activity that you have signed up for that you speak with our Spa Concierge team prior to the scheduled start time to allow another guest that is on our waitlist the opportunity to attend.

### 6:15 AM - FITNESS WALK

(60 min, Meet in Garden Hall)  
Greet the day with an invigorating 3 mile walk at beautiful Woodloch Springs Country Club. With incomparable vistas, the paved course contains gradual and steep terrain. Sturdy walking shoes/sneakers required.

### 7:30 AM - STRETCH & TONE

(45 min, Linden Studio)  
Experience a total body workout that will improve your flexibility and circulation. Stretch to release stress and tension while keeping your muscles long and agile.

### 7:30 AM - PILATES WITH PROPS

(45 min, Willow Studio)  
The focus of a small prop adds variety, interest and challenge to the basic Pilates Mat class.

### 8:00 AM - FITNESS KAYAKING

(50 min, Lily Pad)  
Experience a fun and challenging upper body workout on our scenic Little Lake Teedyuskung through a series of unique drills and exercises focusing on stamina and maneuverability.

### 8:00 AM - PEN & INK DRAWING

(120 min, Fireside Room)  
Learn how to create an ink illustration using traditional quill pens and ink. Discover user friendly techniques for tone and texture including subtle color washes to create a take home piece of art. Beginners Welcome.

### 8:45 AM - THE GREAT WALL OF YOGA

(45 min, Linden Studio)  
Come hang out with us in this off-the-wall class, which uses gravity and adjustable straps to help open the spine and develop strong core muscles. Not recommended for those who have recent injuries, are pregnant, or have high blood pressure. Weight limit is 300 lbs.

### 8:45 AM - NATURE YOGA

(45 min, Meet in Garden Hall)  
Take in the healing beauty of your surroundings. This outdoor yoga class only requires sneakers. We will be doing standing yoga poses during an easy walk on a paved trail. Stand tall with the trees, breath fresh mountain air! Nourish your mind, body and spirit.

### 8:45 AM - AQUA JOG

(45 min, Aqua Garden)  
Who should try Aqua Jogging? Everyone! On or off season. New or experienced runners. Enjoy the cardio benefits and the euphoria of that runners high without the high impact of running outside. If you are 5' 5" or below we can provide an aqua belt if you choose.

### 9:00 AM - BLACKMORE FARM HIKE

(110 min, Meet in Garden Hall)  
A glacial bog, mix wood forests, farm to table garden, and an orchard await you on this easy 2 plus mile on property hike. *Total Travel Time: 0 min., Hiking Time: 2 Hours*

### 10:00 AM - BARRY WHITE YOGA

(45 min, Fitness Tent)  
Feel energized and groovy as you learn very simple yoga inspired moves to fun music including songs by, Mr. Smooth himself, Barry White and a slew of his friends. Please wear comfortable workout clothes. No sneakers required.

### 10:00 AM - TOWER POWER

(45 min, Rowing Room)  
The Tower is a Pilates apparatus that is attached to the wall. Individuals will sit, stand or lie down on a mat and work with resistive springs that are attached to a Tower. This class offers a fun and unique way to build strength, improve flexibility and enhance posture awareness.

### 10:00 AM - YOGA FOUNDATIONS

(45 min, Linden Studio)  
For beginners and those looking for a gentle and mindful class. Learn and practice basic yoga poses and breathing techniques. Feel your stress melt away in traditional relaxation.

### 10:00 AM - OUTDOOR BOOT CAMP

(45 min, Meet in Garden Hall)  
Boot camp is a hard-core workout that produces maximum benefits while burning maximum calories. Designed to improve your cardiovascular fitness, increase muscle endurance, and tone/tighten your entire body. High intensity cardio will flow into heavy duty sculpting, so get ready to sweat! Sneakers required.

### 10:00 AM - DECORATIVE BIRDHOUSES (\$)

(120 min, Owl's Nest)  
Birdhouses are beautiful and unique. We provide the birdhouse, crafts, and natural items. You provide the creativity and inspiration to create and decorate a beautiful birdhouse to take home with you and display. Cost is \$10 per person.

### 11:00 AM - ALCOHOL INKS ON PORCELAIN TILE

(120 min, Fireside Room)  
Create a set of four coasters using alcohol inks on porcelain tiles. You can bring your own ideas or be inspired by the samples in the studio. No experience necessary.

### 11:00 AM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)  
Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Saturday's demonstration will feature Apple Crumb Tart with Vanilla Bean Custard.

### 11:15 AM - RESTORATIVE YOGA GONG BATH

(45 min, Willow Studio)  
Treat yourself to restorative yoga which prioritizes stillness and support. Pair that with a gong immersion to release tension, nourish the nervous system and quiet the mind! Bring your whole body into a deeply relaxed state!

### 11:15 AM - TRX: TOTAL BODY

(45 min, CardioWeight Studio)  
The TRX Suspension Trainer leverages gravity and the user's body weight to complete hundreds of exercises. Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously.



## SCHEDULED ACTIVITIES, CONT.

**11:15 AM - GUIDED LABYRINTH WALK**

(45 min, Meet in Garden Hall)  
Learn how to use the labyrinth for meditation practice, a serene mindfulness in motion. This is a wonderful practice for those who find it difficult to quiet the mind and body during seated meditation.

**11:15 AM - SPLASH DANCE**

(45 min, Aqua Garden)  
No experience or high heels needed in this fun Hydorrider Aquatic Pole Dancing Class. Build strength and stamina while learning simple dance moves to music that will make you giggle. Yes, we actually use poles in the water.

**12:30 PM - COMPASSION MEDITATION**

(45 min, Willow Studio)  
Join a guided meditation informed by the ancient and contemporary Buddhist teachings on mindfulness and kind attention. Discover a simple and powerful way to connect to your moment to moment experience, to embrace self and others with non judgmental awareness, to cultivate compassion and gratitude for the beautiful gifts already present in our lives.

**12:30 PM - KETTLEBELL BOOT CAMP**

(45 min, Fitness Tent)  
Boot camp training has swept the nation! In an action packed aerobic circuit, feel the burn using kettlebells. A quick paced, highly motivating workout that builds muscle and increases stamina.

**12:30 PM - FMS CORRECTIVE EXERCISES**

(45 min, Linden Studio)  
In this class, you'll identify movement patterns, weaknesses and compensations that put your body at risk for injury. Afterwards, you'll learn different exercises to help improve stability and mobility.

**1:45 PM - POWER NAPPING**

(45 min, Willow Studio)  
Fall into that blissful state between dreaming and wakefulness with a guided meditation focusing on bringing the awareness to "Alert theta brainwaves." This is the closest you will feel to REM sleep without needing to actually hit the hay.

**1:45 PM - NORDIC WALKING**

(45 min, Meet in Garden Hall)  
Nordic walking is a total body version of walking using poles similar to ski poles. It's an energizing and fast paced power walk on and off pavement. Participants must wear walking/running shoes.

**1:45 PM - PUMP**

(45 min, Fitness Tent)  
The original LES MILLS™ weight bar class will sculpt, tone, and strengthen your entire body fast with highrep, dynamic weight work! Sneakers are required.

**2:00 PM - NATUREPIX 101**

(90 min, Owl's Nest)  
Expand your horizons with smartphone photography. Learn the best kept secrets to getting the most out of your cell phone pictures. Join our guides as you practice your photo taking skills on The Lodge at Woodloch's beautiful grounds. Let's get snap happy!

**2:00 PM - PAPER MARBLING**

(60 min, Fireside Room)  
No experience or artistic talent necessary. Come have fun with inks, water and paper to create an original piece of art or stationery.

**2:00 PM - HONEY BEE TALK**

(50 min, Blackmore Garden)  
Spend some time with our resident beekeeper, in discussion of the life cycle of the honeybee and their environmental importance. Various hive components and tools will be on display, and plenty of information given to be able to start your very own apiary! Please dress appropriately for the weather, including mud!

**2:00 PM - HATCHET THROWING**

(50 min, Hatchet Range)  
Want a woody challenge? Sign-up for our newest activity and showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

**2:30 PM - NATURE WALK**

(90 min, Meet in Garden Hall)  
Join us on a leisurely stroll through the ever changing grounds of The Lodge at Woodloch. Use this opportunity to learn about local history as well as the resident flora and fauna.

**3:00 PM - TRX FOR BEGINNERS**

(45 min, CardioWeight Studio)  
This class is for the unexperienced individuals who have never tried TRX. Learn all about the TRX program and try a little bit of everything.

**3:00 PM - WINE & CHOCOLATE PAIRING (\$)**

(50 min, TREE Dining Room)  
Join our sommelier for an in depth look into the various characteristics of wine varietals from around the world and learn how they pair tastefully with delicious chocolates. The discussion is open to "experts" at all levels. Guests must be at least 21 years of age to participate. Cost is \$30.00 per person.

**3:00 PM - HATCHET THROWING**

(50 min, Hatchet Range)  
Want a woody challenge? Sign-up for our newest activity and showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

**3:00 PM - LET'S ROLL**

(45 min, Oak Studio)  
During this class you will roll your body weight along a firm foam roller, deeply massaging your muscles to help improve the way your body moves and feels.

**3:00 PM - YOGA FOR A HEALTHY BACK**

(45 min, Linden Studio)  
Improve overall back health by strengthening core muscles, increasing flexibility, and enhancing breathing capacity and awareness.

**4:00 PM - POCONO STORYTIME**

(50 min, Owl's Nest)  
Head to the Owl's Nest and listen to our Nature Guide explore Pocono history, a local legend, or maybe even hidden treasure!

**4:15 PM - MALA MEDITATION**

(45 min, Willow Studio)  
Mala beads are a wonderful tether to assist in mantra meditation as they help in escaping our busy conscious thought stream. Concluding with a group sharing.

**4:15 PM - TBC**

(45 min, Fitness Tent)  
Total body conditioning - pure weight training using everything but the kitchen sink.

**5:30 PM - THE MOMENT IS YOURS**

(45 min, Linden Studio)  
This candlelit, slow-paced yoga class offers accessible restorative poses that assist the mind to relax. This class is guided with positive body talk affirmations. This combo of narrative and movements are designed to create patterns of self-love and self-care.

**6:30 PM - GARDEN DINNER (\$)**

(120 min, Meet at the Hostess Stand)  
Executive Chef Josh Tomson is switching up the typical Farm to Table dinner by bringing the Table to the Farm! Intimate chef-led tasting dinners will seat up to 10 guests and will take place right on the deck at the Garden Shed. The two-hour tasting will be led by Chef Josh as he selects the harvest focus for the dinner. and Sommelier Leslie Britt will pair the dinner with wine. There is a slight up-charge for the intimate dinner experience of \$75 per person which includes the wine pairing. Dinners are weather dependent. Please sign-up for this activity with the Hostess.

**7:00 PM - EVENING KAYAKING**

(60 min, Lily Pad)  
End your day with a relaxing, guided exploration of the lake and wetlands as the lilies close and the fish seek out the evening hatch. Ducks, blue herons, and beavers are frequently encountered as they too prepare for the night.

**8:00 PM - WATERCOLOR PAINTING**

(120 min, Fireside Room)  
Explore new, hidden, or forgotten talents. This two-hour watercolor painting class offers you the opportunity to express your feelings through simple brushstrokes. Discover the pure beauty of nature and our surroundings by taking time to stop and really notice the colors and textures of our Pennsylvania countryside and capture it on paper. Leave with a finished work of art and a new or renewed creative side.

**8:30 PM - I DON'T LIKE BEER - A TASTING**

(60 min, Garden View Room)  
For many, an introduction to beer came through a pale lager, best served iced cold, or an import that had a faint aroma of skunk. That coupled with a general impression that beer can be "lower class" than, say, wine, has some people claiming that they don't like beer. This presentation explores the flavors of beer, and how to properly taste it. When taking into account more than just taste, but color, aroma, mouthfeel, and a bit of history, many people are surprised when they suddenly find out that they do like beer, just not the stuff that started them in the wrong direction.



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**ARCHERY**  
Archery Range, 10am - 5pm

**BIKING**  
Lily Pad, 9am - 7pm

**DISC GOLF**  
Lily Pad, 9am - 7pm

**FISHING**  
Dock, 9am - 7pm

**GEOCACHING**  
Lily Pad, 9am - 7pm

**KAYAKING**  
Dock, 9am - 7pm

**STAND-UP PADDLEBOARDING**  
Dock  
9am - 7pm

**S'MORES & MORE**  
Owl's Nest, 8:30pm - 10pm  
Join us for s'mores, a cozy campfire and outdoor games. Try your hand at checkers, cornhole, jumbo Jenga, Yahtzee, and Connect Four.

**IMBIBE & VIBE**  
FireCircle Patio, 7pm - 10pm  
Join us for live music around the FireCircle after dinner (weather permitting). Cocktail service will be available.

DINING

Indoor dining service is available in TREE Restaurant for breakfast, lunch, and dinner. Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance, at no extra charge, and packaged as take-out to enjoy on your guest room veranda, on the FireCircle Patio, or in our many outdoor picnic areas in the beautiful nature that surrounds us. We kindly ask that you submit breakfast orders 45 minutes prior to desired pick-up or delivery time, lunch orders prior to 11:30am, and dinner orders prior to 5:30pm. For guests who would like to have breakfast or dinner served in their guest room, you may order In-Room Dining in advance (a \$20 fee applies to this service). Menus are available at the QR Code below.

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SCHEDULED ACTIVITIES

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Due to social distancing requirements and smaller class sizes, we ask that if you are no longer going to attend a class or activity that you have signed up for that you speak with our Spa Concierge team prior to the scheduled start time to allow another guest that is on our waitlist the opportunity to attend.

**5:30 AM - SUNRISE PHOTO WALK**  
(50 min, Meet in Garden Hall)  
Explore the outstanding beauty of our grounds at a time often referred to by photographers as the "golden hour." No sunrise is the same and each one offers its own magical experience. Remember to bring your camera or cellphone!

**6:15 AM - FITNESS WALK**  
(60 min, Meet in Garden Hall)  
Greet the day with an invigorating 3 mile walk at beautiful Woodloch Springs Country Club. With incomparable vistas, the paved course contains gradual and steep terrain. Sturdy walking shoes/sneakers required.

**7:30 AM - AM STRETCH & MEDITATION**  
(45 min, Linden Studio)  
Create space for a new day with an opening and lengthening stretch. Then set your intention with gentle and loving awareness.

**7:30 AM - PUMP**  
(45 min, Fitness Tent)  
The original LES MILLS™ weight bar class will sculpt, tone, and strengthen your entire body fast with high-rep, dynamic weight work! Sneakers are required.

**8:00 AM - KAYAK FISHING**  
(90 min, Lily Pad)  
Come explore Little Lake Teedyuskung and spin fish from our specially designed fishing kayaks. Enjoy the calming beauty of the lake and its surroundings while you wait for the fish to bite! No prior fishing experience necessary.

**8:00 AM - DISCOVERY KAYAKING**  
(50 min, Lily Pad)  
Enjoy a leisurely paddle around our lake as the morning mist lifts and the wildlife welcomes a new day. A guide will be with you to offer insight and interesting facts about this truly unique eco-system and its inhabitants. Let the calming sounds of the water and the strokes of the paddle set your pace for the rest of the day.

**8:45 AM - HATHA: THE YOGA OF HARMONY AND BALANCE**  
(45 min, Linden Studio)  
The path of yoga is a movement toward equanimity, a holistic state of balance between body and mind, thinking and feeling. Using the traditional tools of asana (postures) and breath, we find harmony in right/left brain function, strength and flexibility, release of stress, and deep relaxation.

**8:45 AM - NORDIC WALKING**  
(45 min, Meet in Garden Hall)  
Nordic walking is a total body version of walking using poles similar to ski poles. It's an energizing and fast paced power walk on and off pavement. Participants must wear walking/running shoes.

**8:45 AM - BOSU**  
(45 min, Oak Studio)  
The BOSU is used to help improve kinesthetic awareness, strength, and joint stability. Sneakers are required. Not recommended for those with balance issues and/or knee or ankle injuries.

**9:00 AM - NATURE WALK**  
(90 min, Meet in Garden Hall)  
Join us on a leisurely stroll through the ever changing grounds of The Lodge at Woodloch. Use this opportunity to learn about local history as well as the resident flora and fauna.

**9:00 AM - CHAKRA BEAD CLASS (\$)**  
(60 min, Fireside Room)  
Balance your chakras and lift your spirits by selecting from mala beads to create a beautiful and meaningful energy bracelet. Cost is \$10 per person.

**10:00 AM - TOWER POWER**  
(45 min, Rowing Room)  
The Tower is a Pilates apparatus that is attached to the wall. Individuals will sit, stand or lie down on a mat and work with resistive springs that are attached to a Tower. This class offers a fun and unique way to build strength, improve flexibility and enhance posture awareness.

**10:00 AM - STRETCH & TONE**  
(45 min, Oak Studio)  
Experience a total body workout that will improve your flexibility and circulation. Stretch to release stress and tension while keeping your muscles long and agile.

**10:00 AM - AQUA TABATA**  
(45 min, Aqua Garden)  
A challenging pool workout using the Tabata technique of high-intensity cardio and alternating rest periods for a great, non-impact total body workout.

**10:00 AM - GENTLE YOGA**  
(45 min, Linden Studio)  
Explore the basics of Ancient Yoga through postures, breath work, and meditation. Designed for beginners, although all levels are welcome.

**10:00 AM - BOTANICAL HIKE**  
(120 min, Meet in Garden Hall)  
Take a hike with Heather, our resident Certified Herbalist, on a nearby trail to meet the plants up close and personal. While immersed in the beauty of the woods, learn helpful hints for identifying these plants and simple methods for using them yourself.

**11:00 AM - BOG TALK**  
(50 min, Lily Pad)  
Surrounding our glacial lake is an ecosystem teeming with life. Join our Naturalist Joshua as he breaks down and identifies the different forms of life the bog has to offer. Edibles, medicinals, and endangered species of plants are just a small part of the bog that is ever changing and fascinating.



## SCHEDULED ACTIVITIES, CONT.

**11:00 AM - PASTELS**

(120 min, Fireside Room)

Embrace velvety rich colors with magic at every stroke. Pastels offer a softer side and meld the worlds of painting and drawing together. Join us to discover the softer side of color expression.

**11:00 AM - GEOCACHING**

(90 min, Meet in Garden Hall)

Explore The Lodge at Woodloch grounds on a high-tech hunt for hidden "treasure" with help from our guides and a GPS. Usually off the beaten path and always a surprise, Geocaching is a fun way to learn about navigation and overland travel. Please wear sturdy shoes as many of the geocaches are hidden off trail.

**11:15 AM - THE GREAT WALL OF YOGA**

(45 min, Linden Studio)

Come hang out with us in this off-the-wall class, which uses gravity and adjustable straps to help open the spine and develop strong core muscles. Not recommended for those who have recent injuries, are pregnant, or have high blood pressure. Weight limit is 300 lbs.

**11:15 AM - BREATHE & CHANGE YOUR LIFE**

(45 min, Willow Studio)

Open the mind as you learn to focus your attention within and experience simple ways in which you can enhance your body's energy levels while cleansing and rebalancing.

**11:15 AM - YOU KNEAD THIS**

(45 min, Oak Studio)

Learn to use therapeutic balls to achieve a self deep-tissue massage. Target specific muscles and connective tissue to relax and lengthen your muscles and fascia.

**12:30 PM - ALL ABOUT ABS**

(45 min, Fitness Tent)

Just abs. No butts about it. Must be able to get up and down off of the floor without assistance.

**12:30 PM - POWER NAPPING**

(45 min, Linden Studio)

Fall into that blissful state between dreaming and wakefulness with a guided meditation focusing on bringing the awareness to "Alert theta brainwaves." This is the closest you will feel to REM sleep without needing to actually hit the hay.

**12:30 PM - HARVEST LUNCH AT BLACKMORE FARM (\$)**

(60 min, Meet at the Hostess Stand)

Join Farmers Derrick and Sam for an unforgettable rustic lunch experience! Derrick and Sam will select the harvest focus for the lunch each week and then harvest, prepare, and discuss the meal right on the deck of the Garden Shed in the middle of Blackmore Garden. There is an up-charge for the intimate lunch experience of \$25 per person, which includes one red or white wine or seasonal local beer. Meet at the Hostess Stand at 12:15pm.

**1:00 PM - CONNECTING SPIRIT AND EARTH**

(90 min, Garden View Room)

Open conversations and deep discussion on the unknown world of spirit, angels, and animal totems. Learn ways that you can enhance your abilities to connect further for a deeper connection.

**1:45 PM - YOGA FOR A HEALTHY BACK**

(45 min, Linden Studio)

Improve overall back health by strengthening core muscles, increasing flexibility, and enhancing breathing capacity and awareness.

**1:45 PM - THE BARRE**

(45 min, Oak Studio)

Experience a low-impact class that is a fusion of Pilates, yoga, and ballet inspired moves for beautiful, sculpted, lean muscles. The exercises use the ballet barre and your body weight to challenge core stability and balance.

**1:45 PM - TRX: TOTAL BODY**

(45 min, CardioWeight Studio)

The TRX Suspension Trainer leverages gravity and the user's body weight to complete hundreds of exercises. Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously.

**2:00 PM - WATERCOLOR FLOWER STUDY**

(120 min, Fireside Room)

Taking a step into simplicity by painting one petal at a time. Come experience a pure form of watercolor painting, by using beautiful flowers as an inspiration to guide us to painting what we see.

**2:30 PM - PRIMITIVE FIRE MAKING**

(90 min, Lily Pad)

Test your determination and patience learning how to make fire. With traditional fire starting tools take home this skill and impress anyone by creating fire using primitive methods.

**3:00 PM - ARMS & CORE PLUS MORE**

(45 min, Fitness Tent)

This class will guide you through exercises that incorporate the body's smaller muscle groups within the entire upper body from the hips on up. Sneakers are required.

**3:00 PM - LET'S ROLL**

(45 min, Linden Studio)

During this class you will roll your body weight along a firm foam roller, deeply massaging your muscles to help improve the way your body moves and feels.

**3:00 PM - MAGIC OF THE MYTHS**

(45 min, Willow Studio)

Ganesha, Shiva, & Buddha all have wonderful lessons to teach us. In Magic of the Myths, we will dive and meditate to the playful, loving, and challenging experiences that the great deities had before us. Let's learn from their adventures and figure out ways to apply them to our everyday lives. No meditation experience required.

**3:00 PM - COOKING DEMONSTRATION**

(50 min, Chef's Kitchen)

Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Sunday's demonstration will feature Cumin Crusted Salmon with Thai Curry Asparagus Salad.

**3:00 PM - THE ESSENTIALS OF HIKING AND BACKPACKING**

(50 min, Owl's Nest)

Planning a dayhike, a weekend backpacking trip, or an even longer adventure on the trail? New to hiking? Join Heather, aka the Botanical Hiker, for a discussion on what gear to bring and what gear to leave at home, the logistics of miles, and meal planning. Discover new trails that few know or the best way to navigate those that have become destinations. Heather has gleaned her insight from 10,000 miles on trail and thru-hiking long distance trails throughout the country. Get inspired to strap on that backpack and lace up your shoes. The trail awaits!

**4:15 PM - AQUA TONING**

(45 min, Aqua Garden)

Weight-training without weights. Firm your muscles with resistance aquaequipment. Perfect for sensitive joints. A great variation to your present weight-training routines.

**4:15 PM - FLOW FOR THE SEASONS**

(45 min, Fitness Tent)

Yoga and Ayurveda go hand in hand. Yoga focuses on the physical and spiritual body while Ayurveda looks at how we can balance our rituals and daily practices. When we look at them both together we can find true balance. Flow for the seasons is a curated class that focuses on ways in which we can use the lessons of the season to feel healthy and balanced.

**5:00 PM - DOWSING- A DIRECT LINK TO INTUITION**

(90 min, Garden View Room)

Using a pendulum is a way of obtaining a "yes" and "no" answer beyond the conscious mind. Learn the correct use of this tool and you will be on your way to obtaining answers to questions that surround your everyday life.

**5:00 PM - KOMBUCHA REDISCOVERED**

(50 min, Fitness Lounge)

Intrigued at the idea of kombucha, but not quite sure where to start? In this introductory class, we will dive into the origin of kombucha and the myriad of health benefits it offers, including gut health and probiotics.

**5:00 PM - SEASONAL FORAGING: PRESERVING SUMMERS BOUNTY**

(50 min, Owl's Nest)

We have reveled throughout these warmer seasons in all things green and growing from wild edible plants along our favorite trails to our beloved cultivated medicinal and culinary herbs. With the change of seasons again approaching, there is however no reason to say goodbye to the many benefits these green allies provide. Join Heather, Woodloch's Certified Herbalist, for a slideshow presentation about both the common garden herbs and wild plants that may be preserved for later use in herbal teas and unusual culinary delights!

**5:30 PM - SWEET CANDLELIGHT FLOW**

(45 min, Linden Studio)

Experience a slow-moving sweet vinyasa flow centered on breathing and filled with candlelight. The music will be sweet, the flow will be slow and steady...all leading up to a restorative and balancing poses and a beautifully long rest.

**8:00 PM - INTRO TO DRAWING**

(120 min, Fireside Room)

Awaken your creativity with visual expression and discover your inner artist. Drawing differs from painting in that it is much more exploratory with emphasis on observation and composition. Leave inspired by your journey to self-discovery and a picture that shows off your rejuvenated artistic energy.

**8:30 PM - THE LIGHT OF LIFE**

(50 min, Garden View Room)

Join us for an in-depth look at LED Light Therapy - we will be discussing the science behind this modern marvel, as well as the many health benefits. Short light therapy demonstrations will be given!



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Guides will be on hand to assist you with equipment or to answer any questions that you may have.

**ARCHERY**

Archery Range, 10am - 5pm

**BIKING**

Lily Pad, 9am - 7pm

**DISC GOLF**

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Dock, 9am - 7pm

**STAND-UP PADDLEBOARDING**

Dock, 9am - 7pm

DINING

Indoor dining service is available in TREE Restaurant for breakfast, lunch, and dinner. Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance, at no extra charge, and packaged as take-out to enjoy on your guest room veranda, on the FireCircle Patio, or in our many outdoor picnic areas in the beautiful nature that surrounds us. We kindly ask that you submit breakfast orders 45 minutes prior to desired pick-up or delivery time, lunch orders prior to 11:30am, and dinner orders prior to 5:30pm. For guests who would like to have breakfast or dinner served in their guest room, you may order In-Room Dining in advance (a \$20 fee applies to this service). Menus are available at the QR Code below.

**BREAKFAST**

7am-9:30am

**LUNCH**

11:30am to 2pm

**DINNER**

5:30pm to 8:30pm



SCHEDULED ACTIVITIES

Please sign-up for all scheduled activities with our Spa Concierge.

Due to social distancing requirements and smaller class sizes, we ask that if you are no longer going to attend a class or activity that you have signed up for that you speak with our Spa Concierge team prior to the scheduled start time to allow another guest that is on our waitlist the opportunity to attend.

**6:15 AM - FITNESS WALK**

(60 min, Meet in Garden Hall)  
Greet the day with an invigorating 3 mile walk at beautiful Woodloch Springs Country Club. With incomparable vistas, the paved course contains gradual and steep terrain. Sturdy walking shoes/sneakers required.

**7:30 AM - THE CHILL ZONE**

(45 min, Linden Studio)  
We all want to feel less stress and more chill. The key to feeling chill is something called parasympathetic dominance. In this class you'll learn a little more technically what's happening in your nervous system when you feel stressed out, what's happening when you are chilling out, and some simple techniques to get in the chill zone (parasympathetic dominance). Bonus: chilling out is incredibly good for your health!

**7:30 AM - STRETCH & TONE**

(45 min, Willow Studio)  
Experience a total body workout that will improve your flexibility and circulation. Stretch to release stress and tension while keeping your muscles long and agile.

**8:00 AM - BASIC DECORATIVE HAND LETTERING**

(120 min, Fireside Room)  
Join and discover how to create basic cursive letterforms by applying calligraphy principles to decorative hand lettering using standard pencils and markers you likely already own! You will be able to create a small displayable sign with your newly acquired talent!

**8:00 AM - FITNESS KAYAKING**

(50 min, Lily Pad)  
Experience a fun and challenging upper body workout on our scenic Little Lake Teedyuskung through a series of unique drills and exercises focusing on stamina and maneuverability.

**8:45 AM - WARRIOR YOGA**

(45 min, Fitness Tent)  
The standing warrior poses are fundamental to yoga and are a typical feature of most yoga classes, but that doesn't mean they are simple! In this class we will focus on these fundamental poses, with lots of alignment details as well as some of the finer details. Awesome for beginners and seasoned practitioners alike!

**8:45 AM - PILATES ON THE BALL**

(45 min, Oak Studio)  
Uses the exercise ball to enhance your Pilates workout by adding resistance, challenge, and variety to the matwork.

**8:45 AM - TRX: TOTAL BODY**

(45 min, CardioWeight Studio)  
The TRX Suspension Trainer leverages gravity and the user's body weight to complete hundreds of exercises. Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously.

**8:45 AM - POWER WALK**

(45 min, Meet in Garden Hall)  
Enjoy a vigorous 3 mile power walk on our scenic nature trail, which winds through the woods around The Lodge at Woodloch.

**9:00 AM - SPRING RIDGE HIKE**

(150 min, Meet in Garden Hall)  
Join our guides for an easy-moderate hike through a vibrant young Oak forest, enjoying low-bush blueberry and huckleberry plants along the way. You will traverse old logging trails and new trails gaining glimpses of Woodloch Springs and scenic ridges of the Lackawaxen Valley in the distance. *Total Travel Time: 0 min., Hiking Time: 2.5 Hours*

**10:00 AM - ATHLETIC STRETCH**

(45 min, Willow Studio)  
Listen to upbeat music and stretch without that mind/body feel. We'll explore different techniques that strengthen and lengthen tight muscles.

**10:00 AM - AQUA TABATA**

(45 min, Aqua Garden)  
A challenging pool workout using the Tabata technique of high-intensity cardio and alternating rest periods for a great, non-impact total body workout.

**10:00 AM - THE GREAT WALL OF YOGA**

(45 min, Linden Studio)  
Come hang out with us in this off-the-wall class, which uses gravity and adjustable straps to help open the spine and develop strong core muscles. Not recommended for those who have recent injuries, are pregnant, or have high blood pressure. Weight limit is 300 lbs.

**10:00 AM - COUNTRY FUSION**

(45 min, Oak Studio)  
This is a total body workout that you will be addicted to, learning how to dance, getting an amazing workout all while having fun!

**10:30 AM - LET'S CLEAR THE AIR...WITH PLANTS!**

(50 min, Garden View Room)  
Being around plants is good for the mind, body and soul, but did you know they can clean the air around you as well? Learn about the best houseplants for different conditions and simple plant care.

**11:00 AM - DOT MANDALA STONES**

(120 min, Fireside Room)  
Practice balance, free your inner artist, and paint a beautiful Dot Mandala Stone! A 'mandala' is a term taken from Hinduism and Buddhism, that represents the universe. The Mandala design has also fascinated psychologists throughout the years, linking your Mandala design to your self, ego, and personality. Participants will learn to use dotting tools on rounded stones to create these stunning pieces.

**11:15 AM - THE BARRE**

(45 min, Oak Studio)  
Experience a low-impact class that is a fusion of Pilates, yoga, and ballet inspired moves for beautiful, sculpted, lean muscles. The exercises use the ballet barre and your body weight to challenge core stability and balance.

**11:15 AM - ALL ABOUT ABS**

(45 min, Fitness Tent)  
Just abs. No butts about it. Must be able to get up and down off of the floor without assistance.



## SCHEDULED ACTIVITIES, CONT.

### 11:15 AM - MINDFUL INTERMEDIATE VINYASA YOGA

(45 min, Linden Studio)  
A well balanced practice including sun salutations, standing poses, and seated poses, set to awesome music. This class will marry breath and movement with attention to alignment and intelligent sequencing. Participants will gain a deeper understanding of vinyasa practice as well as clarity and inner quiet. Recommended for those with a regular yoga practice.

### 11:15 AM - SPLASH DANCE

(45 min, Aqua Garden)  
No experience or high heels needed in this fun Hydriider Aquatic Pole Dancing Class. Build strength and stamina while learning simple dance moves to music that will make you giggle. Yes, we actually use poles in the water.

### 12:30 PM - HONEY LOUNGE YOGA

(45 min, Linden Studio)  
A combination of some very slow and held postures with a focus on hip openers, breath work, and an extended svasana. We'll finish with a brief meditation. You'll be walking on clouds!

### 12:30 PM - PUMP

(45 min, Fitness Tent)  
The original LES MILLS™ weight bar class will sculpt, tone, and strengthen your entire body fast with highrep, dynamic weight work! Sneakers are required.

### 12:30 PM - WALKING MEDITATION

(45 min, Meet in Garden Hall)  
Learn standing postures for grounding and centering, while practicing the art of walking peacefully along the path to mindfulness and relaxation.

### 1:00 PM - REFRESHING YOUR SPIRIT

(50 min, Garden View Room)  
Refreshing Your Spirit is a workshop that provides an arena of reflection for guests to review old beliefs and habits and move toward renewed awareness by providing alternate strategies in managing their stress.

### 1:00 PM - FOREST BATHING

(110 min, Meet in Garden Hall)  
Join one of our Certified Forest Bathing experts for a slow and contemplative walk that will focus on keeping the body and mind in the present while teaching techniques for deep breathing and mind-body awareness. Research shows that there is a marked decrease in stress-related hormones, a decrease in heart rates and lowered blood pressure among other monumental benefits. Come and enjoy the healing powers of the nature that surrounds us.

### 1:45 PM - GENTLE YOGA

(45 min, Linden Studio)  
Explore the basics of Ancient Yoga through postures, breath work, and meditation. Designed for beginners, although all levels are welcome.

### 1:45 PM - NORDIC WALKING

(45 min, Meet in Garden Hall)  
Nordic walking is a total body version of walking using poles similar to ski poles. It's an energizing and fast paced power walk on and off pavement. Participants must wear walking/running shoes.

### 1:45 PM - FMS CORRECTIVE EXERCISES

(45 min, Oak Studio)  
In this class, you'll identify movement patterns, weaknesses and compensations that put your body at risk for injury. Afterwards, you'll learn different exercises to help improve stability and mobility.

### 2:00 PM - GARDEN TOUR

(50 min, Blackmore Garden)  
Join one of our farmers on a tour of Blackmore Farm's vegetable and flower garden. We will discuss high tunnel growing, composting, companion planting, and many other gardening topics. Please dress appropriately for the weather, including mud!

### 2:00 PM - HATCHET THROWING

(50 min, Hatchet Range)  
Want a woody challenge? Sign-up for our newest activity and showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

### 2:00 PM - PEBBLE ART (\$)

(120 min, Fireside Room)  
Using river bed pebbles, dried flowers, sticks and other natural found items, design sweet and whimsical scenes of people and animals on a simply painted background. Create your family, your pet, a friend or any other scene you can imagine. Cost is \$10 per person.

### 2:00 PM - WELLNESS THROUGH THE CHAKRAS

(90 min, Garden View Room)  
Spiritual health and natural state of mind is a goal we all try to achieve daily. Our energy fields hold life events, pain, and emotions that are blocked and are not easily recognized. We will go through the chakras and address the function of each one. This will give you a greater perspective on the areas needing to heal. We will also complete a chakra cleansing and balancing meditation.

### 2:30 PM - GEOCACHING

(90 min, Meet in Garden Hall)  
Explore The Lodge at Woodloch grounds on a high-tech hunt for hidden "treasure" with help from our guides and a GPS. Usually off the beaten path and always a surprise, Geocaching is a fun way to learn about navigation and overland travel. Please wear sturdy shoes as many of the geocaches are hidden off trail.

### 3:00 PM - HATCHET THROWING

(50 min, Hatchet Range)  
Want a woody challenge? Sign-up for our newest activity and showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

### 3:00 PM - ORCHARD TOUR

(50 min, Blackmore Garden)  
Join the orchardist for a tour of our 2-acre orchard. We will discuss the dynamics of a diverse orchard ecosystem, highlighting soil biology, companion planting, beneficial insects, and proper fruit and berry plant management. Please dress appropriately for the weather, including mud!

### 3:00 PM - FULL MOON YOGA

(45 min, Linden Studio)  
This yoga practice will calm the mind and draw your awareness inward. Moon Salutations are useful when energy is high and a tranquil, quiet presence is required.

### 3:00 PM - BUTTS & GUTS

(45 min, Fitness Tent)  
This class uses the step, bands, kettlebells and your own body weight to primarily work on the glutes and abdominal muscles. Remember: The Only Bad Workout is the One You Didn't Do.

### 3:00 PM - TRX FOR BEGINNERS

(45 min, CardioWeight Studio)  
This class is for the unexperienced individuals who have never tried TRX. Learn all about the TRX program and try a little bit of everything.

### 3:00 PM - GOOD VIBRATIONS

(45 min, Willow Studio)  
Join our spa and fitness experts as we combine the ancient healing art of sound and vibration in this informative, immersive experience! Learn about our featured spa and fitness offerings and enjoy a relaxing, meditative sound bath.

### 4:00 PM - Q&A WITH THE FARMERS

(50 min, Blackmore Garden)  
Come sit down with our farmers for an open-ended discussion on all things agriculture. Topics may include organic vs conventional growing, CSAs, good and bad bugs, or anything else you are interested in. We're always ready and able to help you plan your own garden. Bring your Q's 'cause we got the A's!

### 4:00 PM - WINE & CHOCOLATE PAIRING (\$)

(50 min, TREE Dining Room)  
Join our sommelier for an in depth look into the various characteristics of wine varietals from around the world and learn how they pair tastefully with delicious chocolates. The discussion is open to "experts" at all levels. Guests must be at least 21 years of age to participate. Cost is \$30.00 per person.

### 4:15 PM - CHAIR YOGA

(45 min, Willow Studio)  
Chair Yoga is a gentle class that uses modified yoga poses so that they can be done while seated in a chair, or standing and using the chair for support.

### 4:15 PM - LET'S ROLL

(45 min, Linden Studio)  
During this class you will roll your body weight along a firm foam roller, deeply massaging your muscles to help improve the way your body moves and feels.

### 5:30 PM - GONG WITH THE WIND

(45 min, Willow Studio)  
Be ready to be blown away and feel at total peace by allowing the gong's phenomenal vibration to pass through you as if you weren't even there. Tuning to this positive vibration will give you a sense of well-being, success and happiness.

### 6:30 PM - GARDEN DINNER (\$)

(120 min, Meet at the Hostess Stand)  
Executive Chef Josh Tomson is switching up the typical Farm to Table dinner by bringing the Table to the Farm! Intimate chef-led tasting dinners will seat up to 10 guests and will take place right on the deck at the Garden Shed. The two-hour tasting will be led by Chef Josh as he selects the harvest focus for the dinner, and Sommelier Leslie Britt will pair the dinner with wine. There is a slight up-charge for the intimate dinner experience of \$75 per person which includes the wine pairing. Dinners are weather dependent. Please sign-up for this activity with the Hostess.

### 7:00 PM - EVENING KAYAKING

(60 min, Lily Pad)  
End your day with a relaxing, guided exploration of the lake and wetlands as the lilies close and the fish seek out the evening hatch. Ducks, blue herons, and beavers are frequently encountered as they too prepare for the night.

### 8:00 PM - CREATE WITH INKS!

(120 min, Fireside Room)  
Design a colorful fish painting that will celebrate the Full Sturgeon Moon! You will use watercolors and inks to create your masterpiece!

### 8:30 PM - FULL MOON KAYAKING

(60 min, Lily Pad)  
Paddle under the silvery light of the Full Sturgeon Moon. Discover Little Lake Teedyuskung while listening to the paddles gently glide through the water and looking to the sky. This kayak expedition is a true celestial experience!

### 8:00 PM - CRYSTAL CARE

(90 min, Garden View Room)  
Learn the proper care and attunement required to get the most out of your crystals. Join Ann Marie for expert insight and tips on how to care for these small beauties.



OPEN ACTIVITIES

We invite you to participate in the following activities at your leisure during posted open times. We ask all guests to please be respectful of social distancing recommendations and heightened sanitization requirements.

Guides will be on hand to assist you with equipment or to answer any questions that you may have.

**ARCHERY**

Archery Range, 10am - 5pm

**BIKING**

Lily Pad, 9am - 7pm

**DISC GOLF**

Lily Pad, 9am - 7pm

**FISHING**

Dock, 9am - 7pm

**GEOCACHING**

Lily Pad, 9am - 7pm

**KAYAKING**

Dock, 9am - 7pm

**STAND-UP PADDLEBOARDING**

Dock, 9am - 7pm

**S'MORES & MORE**

Owl's Nest, 8:30pm - 10pm  
Join us for s'mores, a cozy campfire and outdoor games. Try your hand at checkers, cornhole, jumbo Jenga, Yahtzee, and Connect Four.

DINING

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7am-9:30am

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SCHEDULED ACTIVITIES

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**6:15 AM - FITNESS WALK**

(60 min, Meet in Garden Hall)  
Greet the day with an invigorating 3 mile walk at beautiful Woodloch Springs Country Club. With incomparable vistas, the paved course contains gradual and steep terrain. Sturdy walking shoes/sneakers required

**7:30 AM - TOWER POWER**

(45 min, Rowing Room)  
The Tower is a Pilates apparatus that is attached to the wall. Individuals will sit, stand or lie down on a mat and work with resistive springs that are attached to a Tower. This class offers a fun and unique way to build strength, improve flexibility and enhance posture awareness.

**7:30 AM - MY MORNING YOGA PRACTICE**

(45 min, Willow Studio)  
Start your day with this full body sequence to get you stretched and ready for an awesome day.

**8:00 AM - STAND UP PADDLEBOARDING**

(50 min, Lily Pad)  
Experience this popular water sport on Little Lake Teedyuskung. Our guides will be available to assist you with tips and techniques as you paddle on our beautiful 15 acre glacial lake.

**8:00 AM - BASICS OF BIRDING**

(90 min, Meet in Garden Hall)  
With binoculars and books in hand, join our guides for a walk around our lush 500 acre property to seek out and identify these winged beauties. This class, designed for beginners, will give tips and pointers on how to prepare for and get started in the world of birding.

**8:00 AM - ZENDOODLE**

(120 min, Fireside Room)  
Join in a relaxation based, whimsical art class where you can explore your fun, creative side drawing pattern based, organized doodles. Learn how to develop them into beautiful designs that you can color or shade if so desired. No previous art experience is necessary, anyone can ZenDoodle!

**8:45 AM - PUMP**

(45 min, Fitness Tent)  
The original LES MILLS™ weight bar class will sculpt, tone, and strengthen your entire body fast with highrep, dynamic weight work! Sneakers are required.

**8:45 AM - PILATES MAT**

(45 min, Willow Studio)

**8:45 AM - OUTDOOR BOOT CAMP**

(45 min, Meet in Garden Hall)  
Boot camp is a hard-core workout that produces maximum benefits while burning maximum calories. Designed to improve your cardiovascular fitness, increase muscle endurance, and tone/tighten your entire body. High intensity cardio will flow into heavy duty sculpting, so get ready to sweat! Sneakers required.

**8:45 AM - THE BARRE**

(45 min, Oak Studio)  
Experience a low-impact class that is a fusion of Pilates, yoga, and ballet-inspired moves for beautiful, sculpted, lean muscles. The exercises use the ballet barre and your body weight to challenge core stability and balance.

**8:45 AM - YIN AND FOAM ROLLER**

(45 min, Linden Studio)  
This class fuses Yin Yoga and Foam Rollers to feature slow sustained postures to access fascia and find release. Encourages purposeful and supported stress to joints and muscles to attain release to connective tissues and deep musculature (think deep tissue massage).

**9:00 AM - WEST FALLS CREEK TRAIL HIKE**

(110 min, Meet in Garden Hall)  
Join our guides on an easy 2 mile hike. The trail meanders through a rustic farm property, and ever-changing wetlands. Enjoy strolling through towering pines, ancient apple trees, and lush wild meadows. Total Travel Time: 0 min., Hiking Time: 110 min

**10:00 AM - HANDMADE PAPERMAKING**

(110 min, Owl's Nest)  
Explore the world of papermaking with our Nature Guide. You will learn how to pour and press beautiful and unique handmade sheets, using a variety of recycled and natural materials.

**10:00 AM - THE GREAT WALL OF YOGA**

(45 min, Linden Studio)  
Come hang out with us in this off-the-wall class, which uses gravity and adjustable straps to help open the spine and develop strong core muscles. Not recommended for those who have recent injuries, are pregnant, or have high blood pressure. Weight limit is 300 lbs.

**10:00 AM - CORE FOCUS**

(45 min, Fitness Tent)  
Join us for intense functional training to strengthen and tone the core, and help promote body awareness and better posture.

**10:00 AM - FMS CORRECTIVE EXERCISES**

(45 min, Oak Studio)  
In this class, you'll identify movement patterns, weaknesses and compensations that put your body at risk for injury. Afterwards, you'll learn different exercises to help improve stability and mobility.

**11:00 AM - BOG TALK**

(50 min, Lily Pad)  
The power of plants is abundant here at The Lodge at Woodloch, and surrounding our glacial lake is an ecosystem teeming with life. Join our Naturalist Joshua for this special offering as he breaks down and identifies the different forms of plant life the bog has to offer. Edibles, medicinals, and endangered species of plants are just a small part of the bog that is ever changing and fascinating. We'll end the class with a special take-home gift to keep the plant power present in your life!

**11:00 AM - FLORALS WITH COLORED PENCILS**

(120 min, Fireside Room)  
Learn simple, yet effective techniques for highlighting, shadowing and blending of color using colored pencils while creating a beautiful floral drawing you will be proud to display or give as a gift. Previous art experience is helpful, but not necessary.

**11:15 AM - ATHLETIC STRETCH**

(45 min, Linden Studio)  
Listen to upbeat music and stretch without that mind/body feel. We'll explore different techniques that strengthen and lengthen tight muscles.

**11:15 AM - ARMS, CHEST, AND BACK**

(45 min, Fitness Tent)  
This functional training class will tone and strengthen your upper body while teaching you stretches to keep you flexible. This class is not recommended if you have any injuries.

**11:15 AM - AQUA TONING**

(45 min, Aqua Garden)  
Weight-training without weights. Firm your muscles with resistance aquaequipment. Perfect for sensitive joints. A great variation to your present weight-training routines.

**11:15 AM - TRX: TOTAL BODY**

(45 min, CardioWeight Studio)  
The TRX Suspension Trainer leverages gravity and the user's body weight to complete hundreds of exercises. Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously.



## SCHEDULED ACTIVITIES, CONT.

### 12:30 PM - TRX XPRESS: STRETCH

(45 min, CardioWeight Studio)  
Learn different ways to stretch your entire body using the TRX system.

### 12:30 PM - T'AI CHI

(45 min, Willow Studio)  
The simple and graceful forms and effortless motions swirl round to unite the energies of the heavens and earth.

### 12:30 PM - REAR IN GEAR

(45 min, Fitness Tent)  
Gear up with fun, challenging and creative exercises to help firm and tone your glutes. Get ready to put all your hard work behind you. Must be able to squat, kneel and lunge.

### 12:30 PM - NORDIC WALKING

(45 min, Meet in Garden Hall)  
Nordic walking is a total body version of walking using poles similar to ski poles. It's an energizing and fast paced power walk on and off pavement. Participants must wear walking/running shoes.

### 1:45 PM - RESTORATIVE YOGA GONG BATH

(45 min, Willow Studio)  
Treat yourself to restorative yoga which prioritizes stillness and support. Pair that with a gong immersion to release tension, nourish the nervous system and quiet the mind! Bring your whole body into a deeply relaxed state!

### 1:45 PM - AQUA JOG

(45 min, Aqua Garden)  
Who should try Aqua Jogging? Everyone! On or off season. New or experienced runners. Enjoy the cardio benefits and the euphoria of that runners high without the high impact of running outside. If you are 5' 5" or below we can provide an aqua belt if you choose.

### 1:45 PM - YOU KNEAD THIS

(45 min, Linden Studio)  
Learn to use therapeutic balls to achieve a self deep-tissue massage. Target specific muscles and connective tissue to relax and lengthen your muscles and fascia.

### 2:00 PM - WATERCOLOR PAINTING

(120 min, Fireside Room)  
Explore new, hidden, or forgotten talents. This two-hour watercolor painting class offers you the opportunity to express your feelings through simple brushstrokes. Discover the pure beauty of nature and our surroundings by taking time to stop and really notice the colors and textures of our Pennsylvania countryside and capture it on paper. Leave with a finished work of art and a new or renewed creative side.

### 2:00 PM - HONEY BEE TALK

(50 min, Blackmore Garden)  
Spend some time with our resident beekeeper, in discussion of the life cycle of the honey bee and their environmental importance. Various hive components and tools will be on display, and plenty of information given to be able to start your very own apiary!

### 2:00 PM - SENSORY WALK

(90 min, Meet in Garden Hall)  
Join our Nature Guide and use all five senses to explore our beautiful wooded property. Learn techniques for a walking meditation and end with hot tea incorporating wild edible plants.

### 2:00 PM - TENKARA

(50 min, Lily Pad)  
Join our fly-fishing guides for an introduction to Tenkara, a simplified, Japanese style of fly fishing. They will discuss a little bit of the history, then go into equipment and set up. You will learn the differences between Tenkara and conventional fly tackle, flies, and also have the opportunity to cast these unique rods.

### 2:00 PM - CONNECTING SPIRIT AND EARTH

(90 min, Garden View Room)  
Open conversations and deep discussion on the unknown world of spirit, angels, and animal totems. Learn ways that you can enhance your abilities to connect further for a deeper connection.

### 3:00 PM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)  
Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Tuesday's demonstration will feature Chilled Sweet Corn Soup with Poached Shrimp and Chili Tortillas.

### 3:00 PM - BOSU

(45 min, Oak Studio)  
The BOSU is used to help improve kinesthetic awareness, strength, and joint stability. Sneakers are required. Not recommended for those with balance issues and/or knee or ankle injuries.

### 3:00 PM - TBC

(45 min, Fitness Tent)  
Total body conditioning - pure weight training using everything but the kitchen sink.

### 3:00 PM - YOGA FOR BEGINNERS

(45 min, Linden Studio)  
Learn the basics you'll need to begin exploring the wonderful world of yoga.

### 3:30 PM - DISC GOLF

(90 min, Lily Pad)  
Discover the thrill of one of the fastest growing sports in the U.S. with help from our guides. Disc golf allows for upper and lower body conditioning, aerobic exercise, mental strategizing, and a lot of fun. Learn the basics of disc golf and then play a round!

### 4:00 PM - WILD CREATIONS

(50 min, Meet in Garden Hall)  
Find your creative side in this nature inspired class! You will use your imagination and art supplies created by Mother Nature to construct a piece of artwork that will be left in our forests, gardens, or meadows for others to enjoy.

### 4:15 PM - LET'S ROLL

(45 min, Oak Studio)  
During this class you will roll your body weight along a firm foam roller, deeply massaging your muscles to help improve the way your body moves and feels.

### 4:15 PM - HATHA ENERGY MEDICINE YOGA

(45 min, Linden Studio)  
Awaken your subtle energy with simple hatha yoga poses that balance and heal the physical, emotional and spiritual body. You'll leave this class feeling your best with increased vitality, unraveled block energy and a boost to your immune system.

### 5:00 PM - KOMBUCHA REDISCOVERED

(50 min, Garden View Room)  
Intrigued at the idea of kombucha, but not quite sure where to start? In this introductory class, we will dive into the origin of kombucha and the myriad of health benefits it offers, including gut health and probiotics.

### 5:30 PM - CRYSTAL BOWL SOUND HEALING MEDITATION

(45 min, Linden Studio)  
The 7 Chakras are the energy centers in our body in which energy flows through. Sometimes chakras become blocked because of stress, emotional, or physical problems. If the body's 'energy system' cannot flow freely it is likely to make you feel off and not yourself. Enjoy the healing sounds of our Crystal Singing Bowls as they help open up your 7 Chakras making you feel energized and revitalized.

### 8:00 PM - PAINT AND SIP - FIELD OF FLOWERS ON CANVAS (\$)

(120 min, Fireside Room)  
Lay in fields of flowers forever and recreate a stunning floral landscape painting. Come burst with color and expressive paint strokes while exploring your inner artist in this paint and sip style class where participants are given step by step instructions and a glass of wine. Beginner friendly & fits a variety of aesthetic home decor styles. Guests must be 21 or older. Cost is \$20 per person.

### 8:00 PM - DOWSING- A DIRECT LINK TO INTUITION

(90 min, Garden View Room)  
Using a pendulum is a way of obtaining a "yes" and "no" answer beyond the conscious mind. Learn the correct use of this tool and you will be on your way to obtaining answers to questions that surround your everyday life.

### 8:30 PM - THE LIGHT OF LIFE

(50 min, Meet in Garden Hall)  
Join us for an in-depth look at LED Light Therapy - we will be discussing the science behind this modern marvel, as well as the many health benefits. Short light therapy demonstrations will be given!



## OPEN ACTIVITIES

We invite you to participate in the following activities at your leisure during posted open times. We ask all guests to please be respectful of social distancing recommendations and heightened sanitization requirements.

Guides will be on hand to assist you with equipment or to answer any questions that you may have.

**ARCHERY**

Archery Range, 10am - 5pm

**BIKING**

Lily Pad, 9am - 7pm

**DISC GOLF**

Lily Pad, 9am - 7pm

**FISHING**

Dock, 9am - 7pm

**GEOCACHING**

Lily Pad, 9am - 7pm

**KAYAKING**

Dock, 9am - 7pm

**STAND-UP PADDLEBOARDING**

Dock, 9am - 7pm

## DINING

Indoor dining service is available in TREE Restaurant for breakfast, lunch, and dinner. Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance, at no extra charge, and packaged as take-out to enjoy on your guest room veranda, on the FireCircle Patio, or in our many outdoor picnic areas in the beautiful nature that surrounds us. We kindly ask that you submit breakfast orders 45 minutes prior to desired pick-up or delivery time, lunch orders prior to 11:30am, and dinner orders prior to 5:30pm. For guests who would like to have breakfast or dinner served in their guest room, you may order In-Room Dining in advance (a \$20 fee applies to this service). Menus are available at the QR Code below.

**BREAKFAST**

7am-9:30am

**LUNCH**

11:30am to 2pm

**DINNER**

5:30pm to 8:30pm



## SCHEDULED ACTIVITIES

Please sign-up for all scheduled activities with our Spa Concierge.

Due to social distancing requirements and smaller class sizes, we ask that if you are no longer going to attend a class or activity that you have signed up for that you speak with our Spa Concierge team prior to the scheduled start time to allow another guest that is on our waitlist the opportunity to attend.

**6:15 AM - FITNESS WALK**

(60 min, Meet in Garden Hall)  
Greet the day with an invigorating 3 mile walk at beautiful Woodloch Springs Country Club. With incomparable vistas, the paved course contains gradual and steep terrain. Sturdy walking shoes/sneakers required

**7:30 AM - AM STRETCH & MEDITATION**

(45 min, Linden Studio)  
Create space for a new day with an opening and lengthening stretch. Then set your intention with gentle and loving awareness.

**7:30 AM - KETTLEBELL BOOT CAMP**

(45 min, Fitness Tent)  
Boot camp training has swept the nation! In an action packed aerobic circuit, feel the burn using kettlebells. A quick paced, highly motivating workout that builds muscle and increases stamina.

**8:00 AM - LOTUS MANDALAS**

(120 min, Fireside Room)  
Join in a relaxation based, fun, light hearted class where you will create a beautiful Lotus Style Mandala by applying easy to follow patterns and designs. Color or shade your Lotus Mandala if you so desire, and experience a level of relaxation only creative focus can help achieve. No previous art experience is necessary.

**8:00 AM - FITNESS KAYAKING**

(50 min, Lily Pad)  
Experience a fun and challenging upper body workout on our scenic Little Lake Teedyuskung through a series of unique drills and exercises focusing on stamina and maneuverability.

**8:45 AM - SHRED**

(45 min, Fitness Tent)  
High repetition and short rest periods will burn fat, build endurance, and increase strength. Allow 2 hours after eating before taking this advanced level class. Sneakers are required. Not recommended for those with recent injuries.

**8:45 AM - YOGA FOR A HEALTHY BACK**

(45 min, Linden Studio)  
Improve overall back health by strengthening core muscles, increasing flexibility, and enhancing breathing capacity and awareness.

**8:45 AM - TOWER POWER**

(45 min, Rowing Room)  
The Tower is a Pilates apparatus that is attached to the wall. Individuals will sit, stand, or lie down on a mat and work with resistive springs that are attached to a Tower. This class offers a fun and unique way to build strength, improve flexibility and enhance posture awareness.

**8:45 AM - AQUA TABATA**

(45 min, Aqua Garden)  
A challenging pool workout using the Tabata technique of high-intensity cardio and alternating rest periods for a great, non-impact total body workout.

**9:00 AM - BLACKMORE FARM HIKE**

(110 min, Meet in Garden Hall)  
A glacial bog, mixed wood forests, farm to table garden, and an orchard await you on this easy 2 plus mile on property hike. Total Travel Time: 0 min., Hiking Time: 2 Hours

**10:00 AM - DECORATIVE BIRDHOUSES (\$)**

(120 min, Owl's Nest)  
Birdhouses are beautiful and unique. We provide the birdhouse, crafts, and natural items. You provide the creativity and inspiration to create and decorate a beautiful birdhouse to take home with you and display. Cost is \$10 per person.

**10:00 AM - BARRY WHITE YOGA**

(45 min, Fitness Tent)  
Feel energized and groovy as you learn very simple yoga inspired moves to fun music including songs by, Mr. Smooth himself, Barry White and a slew of his friends. Please wear comfortable workout clothes. No sneakers required.

**10:00 AM - POWER WALK**

(45 min, Meet in Garden Hall)  
Enjoy a vigorous 3 mile power walk on our scenic nature trail, which winds through the woods around The Lodge at Woodloch.

**10:00 AM - LENGTHENING AND STRENGTHENING**

(45 min, Oak Studio)  
Create a toned, lengthened and graceful body using your own body weight.

**10:00 AM - EDIBLE AND MEDICINAL PLANT WALK**

(90 min, Meet in Garden Hall)  
Join Heather, our Certified Herbalist, for a walk along one of Woodloch's woodland trails to discover the edible and medicinal plants that can be found not only throughout the region but in your very own backyard. Heather will share helpful hints for proper identification, as well as easy and efficient methods for harvesting and preparing these plants at home. Allow Heather to answer any plant questions you may have. There will be many stops along the way to meet the plants, so be sure to bring your camera and a notepad for taking notes.

**11:00 AM - ZODIAC CONSTELLATION SIGN**

(120 min, Fireside Room)  
Create your own custom zodiac sign painting for yourself, a friend or to celebrate a new birth. Paint your constellation against a galaxy of stars on canvas using a variety of painting techniques, shimmering paints, and stencils for your zodiac sign name and constellation. Get lost in the night sky and celebrate your place amongst the cosmos. Paintings are done on an 8x10 inch canvas.

**11:15 AM - FLOW FOR THE SEASONS**

(45 min, Fitness Tent)  
Yoga and Ayurveda go hand in hand. Yoga focuses on the physical and spiritual body while Ayurveda looks at how we can balance our rituals and daily practices. When we look at them both together we can find true balance. Flow for the Seasons is a curated class that focuses on ways in which we can use the lessons of the season to feel healthy and balanced.

**11:15 AM - TRX: TOTAL BODY**

(45 min, CardioWeight Studio)  
The TRX Suspension Trainer leverages gravity and the user's body weight to complete hundreds of exercises. Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously.

**11:15 AM - SPLASH DANCE**

(45 min, Aqua Garden)  
No experience or high heels needed in this fun Hydridorider Aquatic Pole Dancing Class. Build strength and stamina while learning simple dance moves to music that will make you giggle. Yes, we actually use poles in the water.

**11:15 AM - 45-MINUTE STRETCH**

(45 min, Oak Studio)  
Enjoy a quick stretch before your afternoon begins!



## SCHEDULED ACTIVITIES, CONT.

**12:30 PM - POWER NAPPING**

(45 min, Linden Studio)

Fall into that blissful state between dreaming and wakefulness with a guided meditation focusing on bringing the awareness to "Alert theta brainwaves." This is the closest you will feel to REM sleep without needing to actually hit the hay.

**12:30 PM - AQUA TONING**

(45 min, Aqua Garden)

Weight-training without weights. Firm your muscles with resistance aquaequipment. Perfect for sensitive joints. A great variation to your present weight-training routines.

**1:00 PM - ESSENTIAL OIL BLENDING - IMMUNE SUPPORT (\$)**

(80 min, Garden View Room)

Join us in learning the basics of Aromatherapy and Essential Oils. Learn all the ways that essential oils can support your immune system and allow you to protect yourself in the most natural of ways. This class will detail Essential oil uses, safety, and will include a custom blending experience detailing how to create a personalized essential oil inhaler. Cost is \$15 per person.

**1:45 PM - INNER SMILE MEDITATION**

(45 min, Willow Studio)

In this guided meditation, smiling energy is directed into the organs, muscles, glands, and body systems to produce a refined quality of internal energy with the power to relax, heal, and rejuvenate. This ancient, simple, and loving practice transforms stress into vitality.

**1:45 PM - WHAT'S MY DOSHA**

(45 min, Linden Studio)

Come learn the basics about doshas from the Indian medical system of Ayurveda! We will take a test to identify your particular doshas and learn how to use the dosha system to help you gain more balance in your everyday life.

**1:45 PM - THE BARRE**

(45 min, Oak Studio)

Experience a low-impact class that is a fusion of Pilates, yoga, and ballet-inspired moves for beautiful, sculpted, lean muscles. The exercises use the ballet barre and your body weight to challenge core stability and balance.

**2:00 PM - WILD MEDICINAL TEA**

(50 min, Owl's Nest)

Have you ever tried tea made from Birch bark and Pine needles? Why not spice up your sweet tea with Sweet Fern Tea? Join Heather, our Certified Herbalist, in sampling an herbal tea using wild plants harvested from the forests and meadows of Woodloch. Learn the myriad of uses for these plants and how to harvest and prepare them yourself.

**2:00 PM - DOT MANDALA KEEPSAKE BOX (\$)**

(120 min, Fireside Room)

Learn how to make beautiful, intricate dot mandalas on a sweet wooden keepsake box for yourself or a loved one. Mandalas represent balance, harmony, unity and the universe. The circular designs symbolize the idea that life is never-ending and everything is connected. Participants will learn dotting techniques, explore color and create their own custom dot mandala design. Cost is \$10 per person.

**2:00 PM - GARDEN TOUR**

(50 min, Blackmore Garden)

Join one of our farmers on a tour of Blackmore Farm's vegetable and flower garden. We will discuss high tunnel growing, composting, companion planting, and many other gardening topics. Please dress appropriately for the weather, including mud!

**2:30 PM - GNOME ROAM**

(90 min, Meet in Garden Hall)

Get outside and have some fun with our guides. We will wander around our beautiful 500 acres searching for The Lodge at Woodloch Gnomes. This activity is based on the tradition of geocaching. We will use handheld GPS units to assist us in locating our forest neighbors. Bring your camera for some fun photos with you and the Gnomes.

**3:00 PM - CONNECTING SPIRIT AND EARTH - ADVANCED**

(90 min, Garden View Room)

In this advanced class, we will dive deep into the discussion on the unknown world of spirit, angels, and animal totems. We will learn advance techniques to achieve these connections and broaden your communication possibilities.

**3:00 PM - WARRIOR YOGA**

(45 min, Fitness Tent)

The standing warrior poses are fundamental to yoga and are a typical feature of most yoga classes, but that doesn't mean they are simple! In this class we will focus on these fundamental poses, with lots of alignment details as well as some of the finer details. Awesome for beginners and seasoned practitioners alike!

**3:00 PM - CHI GONG**

(45 min, Willow Studio)

Movement and meditation are used to unite and harmonize the spirit of the five organs governed by each element. A series of exercises: Ocean Breathing, Inner Smile, and Toning the Six Healing Sounds, activate the Chi (universal energy).

**3:00 PM - COOKING DEMONSTRATION**

(50 min, Chef's Kitchen)

Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Wednesday's demonstration will feature Wilted Summer Greens with Ground Cherry and Chicken Salad with Ginger Sweet & Sour Vinaigrette.

**4:00 PM - EMBRACE YOUR INNER HERBALIST**

(90 min, Owl's Nest)

Take a look at nature through the eyes of a herbalist. We will begin with a stroll through a meadow filled with wildflowers and tall trees. Let the plants call to you! We'll pick some plants that we would like to get to know better and then take them back to the Owl's Nest to sketch and document in our nature journals. Together we will learn about the many uses of your plants.

**4:15 PM - THE GREAT WALL OF YOGA**

(45 min, Linden Studio)

Come hang out with us in this off-the-wall class, which uses gravity and adjustable straps to help open the spine and develop strong core muscles. Not recommended for those who have recent injuries, are pregnant, or have high blood pressure. Weight limit is 300 lbs.

**4:15 PM - BREATHE & CHANGE YOUR LIFE**

(45 min, Willow Studio)

Open the mind as you learn to focus your attention within and experience simple ways in which you can enhance your body's energy levels while cleansing and rebalancing.

**5:30 PM - GONG CHI: THE SOUND OF SILENCE**

(45 min, Willow Studio)

In this silent meditation, you will lie down and be bathed by the ancient healing and restorative power of the Gong. Immersed and floating in a gentle ocean of vibrations, you will open to the spacious silence within you for a blissful journey into inner peace, cellular harmony, and total body/mind rejuvenation.

**7:00 PM - EVENING KAYAKING**

(60 min, Lily Pad)

End your day with a relaxing, guided exploration of the lake and wetlands as the lilies close and the fish seek out the evening hatch. Ducks, blue herons, and beavers are frequently encountered as they too prepare for the night.

**8:00 PM - WELLNESS THROUGH THE CHAKRAS**

(90 min, Garden View Room)

Spiritual health and natural state of mind is a goal we all try to achieve daily. Our energy fields hold life events, pain, and emotions that are blocked and are not easily recognized. We will go through the chakras and address the function of each one. This will give you a greater perspective on the areas needing to heal. We will also complete a chakra cleansing and balancing meditation.

**8:00 PM - SUMI-E PAINTING**

(120 min, Fireside Room)

The Japanese term "sumi" means "black ink", "e" means "painting" where the essence and spirit of a subject is captured in simple and few brush strokes. This way of painting was introduced in Japan by Zen monks. Learn how to make your own sumi-strokes and your own painting of traditional Japanese subject matter in this ancient style.



## OPEN ACTIVITIES

*The following activities are open. We invite you to participate in the following activities at your leisure during posted open times. We ask all guests to please be respectful of social distancing recommendations and heightened sanitization requirements.*

*Guides will be on hand to assist you with equipment or to answer any questions that you may have.*

### ARCHERY

Archery Range, 10am - 5pm

### BIKING

Lily Pad, 9am - 7pm

### DISC GOLF

Lily Pad, 9am - 7pm

### FISHING

Dock, 9am - 7pm

### GEOCACHING

Lily Pad, 9am - 7pm

### KAYAKING

Dock, 9am - 7pm

### STAND-UP PADDLEBOARDING

Dock, 9am - 7pm

### IMBIBE & VIBE

FireCircle Patio, 7pm - 10pm  
Join us for live music around the FireCircle after dinner (weather permitting). Cocktail service will be available.

### S'MORES & MORE

Owl's Nest, 8:30pm - 10pm  
Join us for s'mores, a cozy campfire and outdoor games. Try your hand at checkers, cornhole, jumbo Jenga, Yahtzee, and Connect Four.

## DINING

*Indoor dining service is available in TREE Restaurant for breakfast, lunch, and dinner. Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance, at no extra charge, and packaged as take-out to enjoy on your guest room veranda, on the FireCircle Patio, or in our many outdoor picnic areas in the beautiful nature that surrounds us. We kindly ask that you submit breakfast orders 45 minutes prior to desired pick-up or delivery time, lunch orders prior to 11:30am, and dinner orders prior to 5:30pm. For guests who would like to have breakfast or dinner served in their guest room, you may order In-Room Dining in advance (a \$20 fee applies to this service). Menus are available at the QR Code below.*

### BREAKFAST

7am-9:30am

### LUNCH

11:30am to 2pm

### DINNER

5:30pm to 8:30pm



## SCHEDULED ACTIVITIES

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*Due to social distancing requirements and smaller class sizes, we ask that if you are no longer going to attend a class or activity that you have signed up for that you speak with our Spa Concierge team prior to the scheduled start time to allow another guest that is on our waitlist the opportunity to attend.*

### 5:30 AM - SUNRISE PHOTO WALK

(50 min, Meet in Garden Hall)  
Explore the outstanding beauty of our grounds at a time often referred to by photographers as the "golden hour." No sunrise is the same and each one offers its own magical experience. Remember to bring your camera or cellphone!

### 6:15 AM - FITNESS WALK

(60 min, Meet in Garden Hall)  
Greet the day with an invigorating 3 mile walk at beautiful Woodloch Springs Country Club. With incomparable vistas, the paved course contains gradual and steep terrain. Sturdy walking shoes/sneakers required.

### 7:30 AM - AM STRETCH & MEDITATION

(45 min, Linden Studio)  
Create space for a new day with an opening and lengthening stretch. Then set your intention with gentle and loving awareness.

### 7:30 AM - FMS CORRECTIVE EXERCISES

(45 min, Oak Studio)  
In this class, you'll identify movement patterns, weaknesses and compensations that put your body at risk for injury. Afterwards, you'll learn different exercises to help improve stability and mobility.

### 8:00 AM - OPEN AIR PAINTING

(120 min, Meet in Fireside Room)  
Become an open air painter... Take a short walk to one of our breathtaking views and paint on site with our artist in residence to guide you along the way. A great way to embrace nature and awaken the artist within!

### 8:00 AM - DISCOVERY KAYAKING

(50 min, Lily Pad)  
Enjoy a leisurely paddle around our lake as the morning mist lifts and the wildlife welcomes a new day. A guide will be with you to offer insight and interesting facts about this truly unique eco-system and its inhabitants. Let the calming sounds of the water and the strokes of the paddle set your pace for the rest of the day.

### 8:45 AM - WALKING MEDITATION

(45 min, Meet in Garden Hall)  
Learn standing postures for grounding and centering, while practicing the art of walking peacefully along the path to mindfulness and relaxation.

### 8:45 AM - PUMP

(45 min, Fitness Tent)  
The original LES MILLS™ weight bar class will sculpt, tone, and strengthen your entire body fast with high-rep, dynamic weight work!

### 8:45 AM - THE GREAT WALL OF YOGA

(45 min, Linden Studio)  
Come hang out with us in this off-the-wall class, which uses gravity and adjustable straps to help open the spine and develop strong core muscles. Not recommended for those who have recent injuries, are pregnant, or have high blood pressure. Weight limit is 300 lbs.

### 9:00 AM - SENSORY WALK

(90 min, Meet in Garden Hall)  
Join our Nature Guide and use all five senses to explore our beautiful wooded property. Learn techniques for a walking meditation and end with hot tea incorporating wild edible plants.

### 9:00 AM - SPRING RIDGE HIKE

(150 min, Meet in Garden Hall)  
Join our guides for an easy-moderate hike through a vibrant young Oak forest, enjoying low-bush blueberry and huckleberry plants along the way. You will traverse old logging trails and new trails gaining glimpses of Woodloch Springs and scenic ridges of the Lackawaxen Valley in the distance. *Total Travel Time: 0 min., Hiking Time: 2.5 Hours*

### 10:00 AM - T'AI CHI

(45 min, Willow Studio)  
The simple and graceful forms and effortless motions swirl round to unite the energies of the heavens and earth.

### 10:00 AM - PILATES ON THE BALL

(45 min, Oak Studio)  
Uses the exercise ball to enhance your Pilates workout by adding resistance, challenge and variety to the matwork.

### 10:00 AM - TRX FOR BEGINNERS

(45 min, CardioWeight Studio)  
This class is for the unexperienced individuals who have never tried TRX. Learn all about the TRX program and try a little bit of everything.

### 11:00 AM - WATERCOLOR FLOWER STUDY

(120 min, Fireside Room)  
Take a step into simplicity by painting one petal at a time. Come experience a pure form of watercolor painting, by using beautiful flowers as an inspiration to guide us in painting what we see.

### 11:00 AM - GEOCACHING

(90 min, Meet in Garden Hall)  
Explore The Lodge at Woodloch grounds on a high-tech hunt for hidden "treasure" with help from our guides and a GPS. Usually off the beaten path and always a surprise, Geocaching is a fun way to learn about navigation and overland travel. Please wear sturdy shoes as many of the geocaches are hidden off trail.

### 11:00 AM - GARDENING IN MINIATURE - TERRARIUM BUILDING (\$)

(50 min, Owl's Nest)  
A British Medical Journal study states that DIY crafts and gardening can improve heart health. Why not do both at the same time? Join us to create a tabletop gardening craft to take home. Cost is \$10 per person.



## SCHEDULED ACTIVITIES, CONT.

**11:00 AM - IMMUNE-SUPPORTIVE FOODS**

(50 min, Garden View Room)  
Understanding the benefits of eating key foods that will help you naturally detox and cleanse. Learn about our food system so you can make the most informed choices while you are exposed to a world of processed, chemical-laden foods. Get insight on how to support the body with diet and lifestyle improvements to get those energy pathways flowing and help clear the disease from the system. Holistic nutrition and health coach, Talia is here to answer your question and give you tips and ideas on how to improve to your nutrition, lifestyle and overall well-being.

**11:15 AM - HEALING SOUNDS MEDITATION**

(45 min, Willow Studio)  
In this meditation, we use soft vocal sounds to cleanse, tone and detoxify the organs. Crystal bowls then fill the room with healing vibrations to restore balance and serenity, facilitating an inner journey.

**11:15 AM - TBC**

(45 min, Fitness Tent)  
Total body conditioning - pure weight training using everything but the kitchen sink.

**11:15 AM - CHAKRA BOWL DEMONSTRATION**

(20 min, Meet in the Garden Hall)  
Learn more about how vibrational stimulation of Chakra Bowls will restore your sense of calm, peace, mental clarity, as well as physical and energetic balance.

**11:15 AM - ATHLETIC STRETCH**

(45 min, Linden Studio)  
Listen to upbeat music and stretch without that mind/body feel. We'll explore different techniques that strengthen and lengthen tight muscles.

**12:00 PM - THE ART OF MINDFUL EATING**

(50 min, Garden View Room)  
Take a healthier approach to how you eat. One of the most constructive changes is to adopt a mindful-eating practice. Mindful eating helps you become aware of your thoughts and feelings, and empowers you to make healthier choices. Join Talia, board certified holistic health and nutrition coach, to discover simple strategies for connecting with your hunger and mindful eating.

**12:30 PM - MEDITATION TO RUMI'S POETRY**

(45 min, Willow Studio)  
Rumi, the great 13th century mystic poet, expressed his awakened consciousness through his passionate poetry. Today he is the most widely read poet in the world. In this meditation we'll listen deeply to Rumi's words, immersing in the beauty and blazing fire of his divine love. We'll invite him into our hearts to inspire and illuminate our lives.

**12:30 PM - NORDIC WALKING**

(45 min, Meet in Garden Hall)  
Nordic walking is a total body version of walking using poles similar to ski poles. It's an energizing and fast paced power walk on and off pavement. Participants must wear walking/running shoes.

**12:30 PM - HATHA: THE YOGA OF HARMONY AND BALANCE**

(50 min, Linden Studio)  
The path of yoga is a movement toward equanimity, a holistic state of balance between body and mind, thinking and feeling. Using the traditional tools of asana (postures) and breath, we find harmony in right/ left brain function, strength and flexibility, release of stress, and deep relaxation.

**1:00 PM - CULTURED AND FERMENTED FOODS DEMONSTRATION**

(50 min, Blackmore Garden)  
Would you like to add probiotics to your diet? Or maybe you do already, but are tired of the store bought brands and their price tags? If so, join the Farmicist as he demonstrates a few easy to create probiotic food and beverages that you can make at home for pennies.

**1:45 PM - ARMS, CHEST, AND BACK**

(45 min, Fitness Tent)  
This functional training class will tone and strengthen your upper body while teaching you stretches to keep you flexible. This class is not recommended if you have any injuries.

**1:45 PM - SOUND IMMERSION**

(45 min, Linden Studio)  
Everything in life causes stress in one way or another. When we begin to experience high levels of stress, our physical bodies feel the effects. Join us on an ancient meditation journey where you will be immersed in waves of sound. Reset, destress and decompress all of your worries away! No meditation experience required.

**1:45 PM - AQUA TABATA**

(45 min, Aqua Garden)  
A challenging pool workout using the Tabata technique of high-intensity cardio and alternating rest periods for a great, non-impact total body workout.

**2:00 PM - HATCHET THROWING**

(50 min, Hatchet Range)  
Want a woody challenge? Sign-up for our newest activity and showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

**2:00 PM - PEN & INK DRAWING**

(120 min, Fireside Room)  
Learn how to create an ink illustration using traditional quill pens and ink. Discover user friendly techniques for tone and texture including subtle color washes to create a take home piece of art. Beginners Welcome.

**2:30 PM - PRIMITIVE FIRE MAKING**

(90 min, Lily Pad)  
Test your determination and patience learning how to make fire. With traditional fire starting tools take home this skill and impress anyone by creating fire using primitive methods.

**3:00 PM - HATCHET THROWING**

(50 min, Hatchet Range)  
Want a woody challenge? Sign-up for our newest activity and showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

**3:00 PM - TRX XPRESS: STRETCH**

(45 min, CardioWeight Studio)  
Learn different ways to stretch your entire body using the TRX system.

**3:00 PM - FLOW FOR THE SEASONS**

(45 min, Fitness Tent)  
Yoga and Ayurveda go hand in hand. Yoga focuses on the physical and spiritual body while Ayurveda looks at how we can balance our rituals and daily practices. When we look at them both together we can find true balance. Flow for the seasons is a curated class that focuses on ways in which we can use the lessons of the season to feel healthy and balanced.

**3:00 PM - LIGHT & EASY HEALTHY DISHES**

(50 min, Chef's Kitchen)  
Introducing more fresh food into your diet is a great way to eat less meat, less processed food, and more fruits and vegetables. Join Talia, natural foods chef, certified holistic health counselor and culinary nutritionist, for a fun and informative cooking demonstration, and discover how fresh raw food can be delicious, healthful and easy to prepare.

**4:15 PM - BUTTS & GUTS**

(45 min, Fitness Tent)  
This class uses the step, bands, kettlebells and your own body weight to primarily work on the glutes and abdominal muscles. Remember: The Only Bad Workout is the One You Didn't Do.

**4:15 PM - NATURE YOGA**

(45 min, Meet in Garden Hall)  
Take in the healing beauty of your surroundings. This outdoor yoga class only requires sneakers. We will be doing standing yoga poses during an easy walk on a paved trail. Stand tall with the trees, breath fresh mountain air! Nourish your mind, body and spirit.

**5:30 PM - SWEET CANDLELIGHT FLOW**

(45 min, Linden Studio)  
Experience a slow-moving sweet vinyasa flow centered on breathing and filled with candlelight. The music will be sweet, the flow will be slow and steady...all leading up to a restorative and balancing poses and a beautifully long rest.

**6:30 PM - GARDEN DINNER (\$)**

(120 min, Meet at the Hostess Stand)  
Executive Chef Josh Tomson is switching up the typical Farm to Table dinner by bringing the Table to the Farm! Intimate chef-led tasting dinners will seat up to 10 guests and will take place right on the deck at the Garden Shed. The two-hour tasting will be led by Chef Josh as he selects the harvest focus for the dinner. and Sommelier Leslie Britt will pair the dinner with wine. There is a slight up-charge for the intimate dinner experience of \$75 per person which includes the wine pairing. Dinners are weather dependent. Please sign-up for this activity with the Hostess.

**8:00 PM - WATERCOLOR PAINTING**

(120 min, Fireside Room)  
Explore new, hidden, or forgotten talents. This two-hour watercolor painting class offers you the opportunity to express your feelings through simple brushstrokes. Discover the pure beauty of nature and our surroundings by taking time to stop and really notice the colors and textures of our Pennsylvania countryside and capture it on paper. Leave with a finished work of art and a new or renewed creative side.



## OPEN ACTIVITIES

We invite you to participate in the following activities at your leisure during posted open times. We ask all guests to please be respectful of social distancing recommendations and heightened sanitization requirements.

Guides will be on hand to assist you with equipment or to answer any questions that you may have.

**ARCHERY**

Archery Range, 10am - 5pm

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Dock, 9am - 7pm

**GEOCACHING**

Lily Pad, 9am - 7pm

**KAYAKING**

Dock, 9am - 7pm

**STAND-UP PADDLEBOARDING**

Dock  
9am - 7pm

**IMBIBE & VIBE**

FireCircle Patio, 7pm - 10pm  
Join us for live music around the FireCircle after dinner (weather permitting). Cocktail service will be available.

**S'MORES & MORE**

Owl's Nest, 8:30pm - 10pm  
Join us for s'mores, a cozy campfire and outdoor games. Try your hand at checkers, cornhole, jumbo Jenga, Yahtzee, and Connect Four.

## DINING

Indoor dining service is available in TREE Restaurant for breakfast, lunch, and dinner. Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance, at no extra charge, and packaged as take-out to enjoy on your guest room veranda, on the FireCircle Patio, or in our many outdoor picnic areas in the beautiful nature that surrounds us. We kindly ask that you submit breakfast orders 45 minutes prior to desired pick-up or delivery time, lunch orders prior to 11:30am, and dinner orders prior to 5:30pm. For guests who would like to have breakfast or dinner served in their guest room, you may order In-Room Dining in advance (a \$20 fee applies to this service). Menus are available at the QR Code below.

**BREAKFAST**

7am-9:30am

**LUNCH**

11:30am to 2pm

**DINNER**

5:30pm to 8:30pm



## SCHEDULED ACTIVITIES

Please sign-up for all scheduled activities with our Spa Concierge.

Due to social distancing requirements and smaller class sizes, we ask that if you are no longer going to attend a class or activity that you have signed up for that you speak with our Spa Concierge team prior to the scheduled start time to allow another guest that is on our waitlist the opportunity to attend.

**6:15 AM - FITNESS WALK**

(60 min, Meet in Garden Hall)  
Greet the day with an invigorating 3 mile walk at beautiful Woodloch Springs Country Club. With incomparable vistas, the paved course contains gradual and steep terrain. Sturdy walking shoes/sneakers required.

**7:30 AM - AM STRETCH & MEDITATION**

(45 min, Linden Studio)  
Create space for a new day with an opening and lengthening stretch. Then set your intention with gentle and loving awareness.

**7:30 AM - PUMP**

(45 min, Fitness Tent)  
The original LES MILLS™ weight bar class will sculpt, tone, and strengthen your entire body fast with highrep, dynamic weight work! Sneakers are required.

**8:00 AM - STAND UP PADDLEBOARDING**

(50 min, Lily Pad)  
Experience this popular water sport on Little Lake Teedyuskung. Our guides will be available to assist you with tips and techniques as you paddle on our beautiful 15 acre glacial lake.

**8:00 AM - BASICS OF BIRDING**

(90 min, Meet in Garden Hall)  
With binoculars and books in hand, join our guides for a walk around our lush 500 acre property to seek out and identify these winged beauties. This class, designed for beginners, will give tips and pointers on how to prepare for and get started in the world of birding.

**8:45 AM - GENTLE YOGA**

(45 min, Linden Studio)  
Explore the basics of Ancient Yoga through postures, breath work, and meditation. Designed for beginners, although all levels are welcome.

**8:45 AM - TRX XPRESS: STRETCH**

(45 min, CardioWeight Studio)  
The TRX Suspension Trainer leverages gravity and the user's body weight to complete hundreds of exercises. Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously.

**8:45 AM - MINDFUL INTERMEDIATE VINYASA YOGA**

(45 min, Willow Studio)  
A well balanced practice including sun salutations, standing poses, and seated poses, set to awesome music. This class will marry breath and movement with attention to alignment and intelligent sequencing. Participants will gain a deeper understanding of vinyasa practice as well as clarity and inner quiet. Recommended for those with a regular yoga practice.

**9:00 AM - CHAKRA BEAD CLASS (\$)**

(60 min, Fireside Room)  
Balance your chakras and lift your spirits by selecting from mala beads to create a beautiful and meaningful energy bracelet. Cost is \$10 per person.

**9:00 AM - WEST FALLS CREEK TRAIL HIKE**

(110 min, Meet in Garden Hall)  
Join our guides on an easy 2 mile hike. The trail meanders through a rustic farm property, and ever-changing wetlands. Enjoy strolling through towering pines, ancient apple trees, and lush wild meadows. Total Travel Time: 0 min., Hiking Time: 110 min

**10:00 AM - HANDMADE PAPERMAKING**

(110 min, Owl's Nest)  
Explore the world of papermaking with our Nature Guide. You will learn how to pour and press beautiful and unique handmade sheets, using a variety of recycled and natural materials.

**10:00 AM - GUIDED LABYRINTH WALK**

(45 min, Meet in Garden Hall)  
Learn how to use the labyrinth for meditation practice, a serene mindfulness in motion. This is a wonderful practice for those who find it difficult to quiet the mind and body during seated meditation.

**10:00 AM - AQUA JOG**

(45 min, Aqua Garden)  
Who should try Aqua Jogging? Everyone! On or off season. New or experienced runners. Enjoy the cardio benefits and the euphoria of that runners high without the high impact of running outside. If you are 5' 5" or below we can provide an aqua belt if you choose.

**10:00 AM - HONEY LOUNGE YOGA**

(45 min, Linden Studio)  
A combination of some very slow and held postures with a focus on hip openers, breath work, and an extended svasana. We'll finish with a brief meditation. You'll be walking on clouds!

**11:00 AM - HEALTHY SMOOTHIE DEMONSTRATION**

(50 min, Chef's Kitchen)  
One of the easiest and simplest ways to get all the nutrients your body needs is to consume a smoothie. Holistic nutritionist, health counselor and natural foods chef Talia will introduce to a few combinations of nutritious and delicious smoothies. Homemade almond milk demonstration will be included. Incorporating a smoothie into your daily diet will help transition you into a healthier lifestyle. Once you get started, you will quickly be creating your own.

**11:00 AM - SILK SCARF PAINTING (\$)**

(120 min, Fireside Room)  
Brush paint freely onto a silk scarf to create a beautiful one of a kind wearable piece of art. No experience necessary. Cost is \$10 per person.

**11:15 AM - MALA MEDITATION**

(45 min, Willow Studio)  
Mala beads are a wonderful tether to assist in mantra meditation as they help in escaping our busy conscious thought stream. Concludes with a group sharing.

**11:15 AM - WARRIOR YOGA**

(45 min, Fitness Tent)  
The standing warrior poses are fundamental to yoga and are a typical feature of most yoga classes, but that doesn't mean they are simple! In this class we will focus on these fundamental poses, with lots of alignment details as well as some of the finer details. Awesome for beginners and seasoned practitioners alike!



## SCHEDULED ACTIVITIES, CONT.

**11:15 AM - THE BARRE**

(45 min, Oak Studio)  
Experience a low-impact class that is a fusion of Pilates, yoga, and ballet inspired moves for beautiful, sculpted, lean muscles. The exercises use the ballet barre and your body weight to challenge core stability and balance.

**11:15 AM - POWER WALK**

(45 min, Meet in Garden Hall)  
Enjoy a vigorous 3 mile power walk on our scenic nature trail, which winds through the woods around The Lodge at Woodloch.

**12:30 PM - AQUA TABATA**

(45 min, Aqua Garden)  
A challenging pool workout using the Tabata technique of high-intensity cardio and alternating rest periods for a great, non-impact total body workout.

**12:30 PM - GONG CHI: THE SOUND OF SILENCE**

(45 min, Willow Studio)  
In this silent meditation, you will lie down and be bathed by the ancient healing and restorative power of the Gong. Immersed and floating in a gentle ocean of vibrations, you will open to the spacious silence within you for a blissful journey into inner peace, cellular harmony, and total body/mind rejuvenation.

**12:30 PM - TRX FOR BEGINNERS**

(45 min, CardioWeight Studio)  
This class is for the unexperienced individuals who have never tried TRX. Learn all about the TRX program and try a little bit of everything.

**1:00 PM - ASK THE NUTRITIONIST: IMMUNE SYSTEM SUPPORT**

(50 min, Garden View Room)  
Holistic nutrition and health coach, Talia is here to answer your question and give you tips and ideas on how to improve to your nutrition, lifestyle and overall well-being.

**1:00 PM - FOREST BATHING**

(110 min, Meet in Garden Hall)  
Join one of our Certified Forest Bathing experts for a slow and contemplative walk that will focus on keeping the body and mind in the present while teaching techniques for deep breathing and mind-body awareness. Research shows that there is a marked decrease in stress-related hormones, a decrease in heart rates, lowered blood pressure, among other monumental benefits. Come and enjoy the healing powers of the nature that surrounds us.

**1:30 PM - TENKARA**

(50 min, Lily Pad)  
Join our fly-fishing guides for an introduction to Tenkara, a simplified, Japanese style of fly fishing. They will discuss a little bit of the history, then go into equipment and set up. You will learn the differences between Tenkara and conventional fly tackle, flies and also have the opportunity to cast these unique rods.

**1:45 PM - BREATHE & CHANGE YOUR LIFE**

(45 min, Willow Studio)  
Open the mind as you learn to focus your attention within, and experience simple ways in which you can enhance your body's energy levels while cleansing and rebalancing.

**1:45 PM - BOSU**

(45 min, Oak Studio)  
The BOSU is used to help improve kinesthetic awareness, strength, and joint stability. Sneakers are required. Not recommended for those with balance issues and/or knee or ankle injuries.

**1:45 PM - CORE FOCUS**

(45 min, Fitness Tent)  
Join us for intense functional training to strengthen and tone the core, and help promote body awareness and better posture.

**2:00 PM - OPEN AIR PAINTING**

(120 min, Meet in Fireside Room)  
Become an open air painter... Take a short walk to one of our breathtaking views and paint on site with our artist in residence to guide you along the way. A great way to embrace nature and awaken the artist within!

**2:00 PM - HERBS FOR IMMUNITY**

(50 min, Owl's Nest)  
Bolster your immune system with healthful and medicinal herbs. Immuno-modulating herbs strengthen and support the immune system to prevent illness, whereas immune stimulants and antimicrobial herbs work to fight illness when it has already taken hold. Join our Certified Herbalist, Heather for a slideshow presentation and learn how you may use these herbs to nurture your wellness.

**2:00 PM - GNOME ROAM**

(90 min, Meet in Garden Hall)  
Get outside and have some fun with our guides. We will wander around our beautiful 500 acres searching for The Lodge at Woodloch Gnomes. This activity is based on the tradition of geocaching. We will use handheld GPS units to assist us in locating our forest neighbors. Bring your camera for some fun photos with you and the Gnomes.

**2:30 PM - BASICS OF MOUNTAIN BIKING**

(90 min, Lily Pad)  
Embark on a forest adventure! This trail ride, exploring our winding woodland trails and old logger paths, offers a moderate challenge. Mileage varies depending on trails used and desire of the group, but generally averages 3 miles.

**3:00 PM - NATURE JOURNALING**

(90 min, Owl's Nest)  
Spend the next 90 minutes with nature, drawing, writing, thinking... We will take a short walk to the forests and meadows surrounding the lodge. Then we will sit with our journals and enjoy this time outside. Your journals will be yours to keep to continue further nature exploration on your own.

**3:00 PM - HATHA: THE YOGA OF HARMONY AND BALANCE**

(45 min, Linden Studio)  
The path of yoga is a movement toward equanimity, a holistic state of balance between body, and mind, thinking and feeling. Using the traditional tools of asana (postures) and breath, we find harmony in right/left brain function, strength and flexibility, release of stress, and deep relaxation.

**3:00 PM - CHI GONG**

(45 min, Willow Studio)  
Movement and meditation are used to unite and harmonize the spirit of the five organs governed by each element. A series of exercises: Ocean Breathing, Inner Smile, and Toning the Six Healing Sounds, activate the Chi (universal energy).

**3:00 PM - HEALTHY DESSERTS MADE EASY**

(50 min, Chef's Kitchen)  
In this class we will show you how to satisfy your sweet tooth by making easy and delicious desserts using only healthy, natural ingredients. Eating healthy desserts will not only satisfy your cravings for something sweet, but you will be at peace with yourself. Join Talia, natural foods chef and board certified holistic nutritionist, for a fun and informative nutritious and delicious class.

**3:30 PM - DISC GOLF**

(90 min, Lily Pad)  
Discover the thrill of one of the fastest growing sports in the U.S. with help from our guides. Disc golf allows for upper and lower body conditioning, aerobic exercise, mental strategizing, and a lot of fun. Learn the basics of disc golf and then play a round!

**4:00 PM - OLD WORLD VS. NEW WORLD WINE TASTING (\$)**

(50 min, TREE Dining Room)  
What does Old World Wine mean? Find out the differences between New World and Old World wine and how winemaking style greatly affects what you taste. The discussion is open to "experts" at all levels. Guests must be at least 21 years of age to participate. Cost is \$30.00 per person.

**4:00 PM - ORCHARD TOUR**

(50 min, Blackmore Garden)  
Join the orchardist for a tour of our 2-acre orchard. We will discuss the dynamics of a diverse orchard ecosystem, highlighting soil biology, companion planting, beneficial insects, and proper fruit and berry plant management. Please dress appropriately for the weather, including mud!

**4:15 PM - SURRENDER**

(45 min, Linden Studio)  
Nurture mind and body with this gentle restorative yoga class. All poses are done on the floor with yoga bolsters and other props to relax the body into restful postures.

**4:15 PM - INNER SMILE MEDITATION**

(45 min, Willow Studio)  
In this guided meditation, smiling energy is directed into the organs, muscles, glands, and body systems to produce a refined quality of internal energy with the power to relax, heal, and rejuvenate. This ancient, simple and loving practice transforms stress into vitality.

**5:00 PM - KOMBUCHA REDISCOVERED**

(50 min, Garden View Room)  
Intrigued at the idea of kombucha, but not quite sure where to start? In this introductory class, we will dive into the origin of kombucha and the myriad of health benefits it offers, including gut health and probiotics.

**5:00 PM - SEASONAL FORAGING: PRESERVING SUMMER'S BOUNTY**

(50 min, Owl's Nest)  
We have reveled throughout these warmer seasons in all things green and growing from wild edible plants along our favorite trails to our beloved cultivated medicinal and culinary herbs. With the change of seasons again approaching, there is however no reason to say goodbye to the many benefits these green allies provide. Join Heather, Woodloch's Certified Herbalist, for a slideshow presentation about both the common garden herbs and wild plants that may be preserved for later use in herbal teas and unusual culinary delights!

**5:30 PM - CRYSTAL BOWL SOUND HEALING MEDITATION**

(45 min, Linden Studio)  
The 7 Chakras are the energy centers in our body in which energy flows through. Sometimes chakras become blocked because of stress, emotional or physical problems. If the body's 'energy system' cannot flow freely it is likely to make you feel off and not yourself. Enjoy the healing sounds of our Crystal Singing Bowls as they help open up your 7 Chakras making you feel energized and re-vitalized.

**7:00 PM - EVENING KAYAKING**

(60 min, Lily Pad)  
End your day with a relaxing, guided exploration of the lake and wetlands as the lilies close and the fish seek out the evening hatch. Ducks, blue herons, and beavers are frequently encountered as they too prepare for the night.

**8:00 PM - INTRO TO DRAWING**

(120 min, Fireside Room)  
Awaken your creativity with visual expression and discover your inner artist. Drawing differs from painting in that it is much more exploratory with emphasis on observation and composition. Leave inspired by your journey to self-discovery and a picture that shows off your rejuvenated artistic energy.

**8:30 PM - THE LIGHT OF LIFE**

(50 min, Meet in Garden Hall)  
Join us for an in-depth look at LED Light Therapy - we will be discussing the science behind this modern marvel, as well as the many health benefits. Short light therapy demonstrations will be given!

**8:30 PM - DETOXIFICATION AND THE BENEFITS OF CLEANSING**

(50 min, Garden View Room)  
This presentation will discuss the benefits of eating key foods that naturally will help you detox and cleanse. Learn about our food system, so you can make the most informed choices while you are exposed to a world of processed, chemical-laden foods. Get insight on how to support the body with diet and lifestyle improvements to get those energy pathways flowing and help clear the disease from your system.



## OPEN ACTIVITIES

We invite you to participate in the following activities at your leisure during posted open times. We ask all guests to please be respectful of social distancing recommendations and heightened sanitization requirements.

Guides will be on hand to assist you with equipment or to answer any questions that you may have.

### ARCHERY

Archery Range, 10am - 5pm

### BIKING

Lily Pad, 9am - 7pm

### DISC GOLF

Lily Pad, 9am - 7pm

### FISHING

Dock, 9am - 7pm

### GEOCACHING

Lily Pad, 9am - 7pm

### KAYAKING

Dock, 9am - 7pm

### STAND-UP PADDLEBOARDING

Dock, 9am - 7pm

## DINING

Indoor dining service is available in TREE Restaurant for breakfast, lunch, and dinner. Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance, at no extra charge, and packaged as take-out to enjoy on your guest room veranda, on the FireCircle Patio, or in our many outdoor picnic areas in the beautiful nature that surrounds us. We kindly ask that you submit breakfast orders 45 minutes prior to desired pick-up or delivery time, lunch orders prior to 11:30am, and dinner orders prior to 5:30pm. For guests who would like to have breakfast or dinner served in their guest room, you may order In-Room Dining in advance (a \$20 fee applies to this service). Menus are available at the QR Code below.

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7am-10am

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## SCHEDULED ACTIVITIES

Please sign-up for all scheduled activities with our Spa Concierge.

Due to social distancing requirements and smaller class sizes, we ask that if you are no longer going to attend a class or activity that you have signed up for that you speak with our Spa Concierge team prior to the scheduled start time to allow another guest that is on our waitlist the opportunity to attend.

### 6:15 AM - FITNESS WALK

(60 min, Meet in Garden Hall)  
Greet the day with an invigorating 3 mile walk at beautiful Woodloch Springs Country Club. With incomparable vistas, the paved course contains gradual and steep terrain. Sturdy walking shoes/sneakers required.

### 7:30 AM - STRETCH & TONE

(45 min, Linden Studio)  
Experience a total body workout that will improve your flexibility and circulation. Stretch to release stress and tension while keeping your muscles long and agile.

### 7:30 AM - PILATES WITH PROPS

(45 min, Willow Studio)  
The focus of a small prop adds variety, interest and challenge to the basic Pilates Mat class.

### 8:00 AM - FITNESS KAYAKING

(50 min, Lily Pad)  
Experience a fun and challenging upper body workout on our scenic Little Lake Teedyuskung through a series of unique drills and exercises focusing on stamina and maneuverability.

### 8:00 AM - PEN & INK DRAWING

(120 min, Fireside Room)  
Learn how to create an ink illustration using traditional quill pens and ink. Discover user friendly techniques for tone and texture including subtle color washes to create a take home piece of art. Beginners Welcome.

### 8:45 AM - THE GREAT WALL OF YOGA

(45 min, Linden Studio)  
Come hang out with us in this off-the-wall class, which uses gravity and adjustable straps to help open the spine and develop strong core muscles. Not recommended for those who have recent injuries, are pregnant, or have high blood pressure. Weight limit is 300 lbs.

### 8:45 AM - NATURE YOGA

(45 min, Meet in Garden Hall)  
Take in the healing beauty of your surroundings. This outdoor yoga class only requires sneakers. We will be doing standing yoga poses during an easy walk on a paved trail. Stand tall with the trees, breath fresh mountain air! Nourish your mind, body and spirit.

### 8:45 AM - AQUA JOG

(45 min, Aqua Garden)  
Who should try Aqua Jogging? Everyone! On or off season. New or experienced runners. Enjoy the cardio benefits and the euphoria of that runners high without the high impact of running outside. If you are 5' 5" or below we can provide an aqua belt if you choose.

### 9:00 AM - BLACKMORE FARM HIKE

(110 min, Meet in Garden Hall)  
A glacial bog, mix wood forests, farm to table garden, and an orchard await you on this easy 2 plus mile on property hike. Total Travel Time: 0 min., Hiking Time: 2 Hours

### 10:00 AM - TOWER POWER

(45 min, Rowing Room)  
The Tower is a Pilates apparatus that is attached to the wall. Individuals will sit, stand or lie down on a mat and work with resistive springs that are attached to a Tower. This class offers a fun and unique way to build strength, improve flexibility and enhance posture awareness.

### 10:00 AM - YOGA FOUNDATIONS

(45 min, Linden Studio)  
For beginners and those looking for a gentle and mindful class. Learn and practice basic yoga poses and breathing techniques. Feel your stress melt away in traditional relaxation.

### 10:00 AM - OUTDOOR BOOT CAMP

(45 min, Meet in Garden Hall)  
Boot camp is a hard-core workout that produces maximum benefits while burning maximum calories. Designed to improve your cardiovascular fitness, increase muscle endurance, and tone/tighten your entire body. High intensity cardio will flow into heavy duty sculpting, so get ready to sweat! Sneakers required.

### 10:00 AM - DECORATIVE BIRDHOUSES (\$)

(120 min, Owl's Nest)  
Birdhouses are beautiful and unique. We provide the birdhouse, crafts, and natural items. You provide the creativity and inspiration to create and decorate a beautiful birdhouse to take home with you and display. Cost is \$10 per person.

### 11:00 AM - ALCOHOL INKS ON PORCELAIN TILE

(120 min, Fireside Room)  
Create a set of four coasters using alcohol inks on porcelain tiles. You can bring your own ideas or be inspired by the samples in the studio. No experience necessary.

### 11:00 AM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)  
Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Saturday's demonstration will feature Apple Crumb Tart with Vanilla Bean Custard.

### 11:15 AM - RESTORATIVE YOGA GONG BATH

(45 min, Willow Studio)  
Treat yourself to restorative yoga which prioritizes stillness and support. Pair that with a gong immersion to release tension, nourish the nervous system and quiet the mind! Bring your whole body into a deeply relaxed state!

### 11:15 AM - TRX: TOTAL BODY

(45 min, CardioWeight Studio)  
The TRX Suspension Trainer leverages gravity and the user's body weight to complete hundreds of exercises. Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously.



## SCHEDULED ACTIVITIES, CONT.

**11:15 AM - GUIDED LABYRINTH WALK**

(45 min, Meet in Garden Hall)  
Learn how to use the labyrinth for meditation practice, a serene mindfulness in motion. This is a wonderful practice for those who find it difficult to quiet the mind and body during seated meditation.

**11:15 AM - SPLASH DANCE**

(45 min, Aqua Garden)  
No experience or high heels needed in this fun Hydroider Aquatic Pole Dancing Class. Build strength and stamina while learning simple dance moves to music that will make you giggle. Yes, we actually use poles in the water.

**12:30 PM - COMPASSION MEDITATION**

(45 min, Willow Studio)  
Join a guided meditation informed by the ancient and contemporary Buddhist teachings on mindfulness and kind attention. Discover a simple and powerful way to connect to your moment to moment experience, to embrace self and others with non judgmental awareness, to cultivate compassion and gratitude for the beautiful gifts already present in our lives.

**12:30 PM - KETTLEBELL BOOT CAMP**

(45 min, Fitness Tent)  
Boot camp training has swept the nation! In an action packed aerobic circuit, feel the burn using kettlebells. A quick paced, highly motivating workout that builds muscle and increases stamina.

**12:30 PM - FMS CORRECTIVE EXERCISES**

(45 min, Linden Studio)  
In this class, you'll identify movement patterns, weaknesses and compensations that put your body at risk for injury. Afterwards, you'll learn different exercises to help improve stability and mobility.

**1:00 PM - SAVORING MEDICINAL TEA**

(50 min, Garden View Room)  
Do you love discovering new teas? Are you curious about the medicinal benefits of herbal teas? Join our Certified Herbalist, Heather for an herbal tea tasting and discussion of this blend's myriad of healthy attributes. Not only will you leave refreshed and renewed but with the knowledge of how to prepare this same blend at home!

**1:45 PM - POWER NAPPING**

(45 min, Willow Studio)  
Fall into that blissful state between dreaming and wakefulness with a guided meditation focusing on bringing the awareness to "Alert theta brainwaves." This is the closest you will feel to REM sleep without needing to actually hit the hay.

**1:45 PM - NORDIC WALKING**

(45 min, Meet in Garden Hall)  
Nordic walking is a total body version of walking using poles similar to ski poles. It's an energizing and fast paced power walk on and off pavement. Participants must wear walking/running shoes.

**1:45 PM - PUMP**

(45 min, Fitness Tent)  
The original LES MILLS™ weight bar class will sculpt, tone, and strengthen your entire body fast with highrep, dynamic weight work! Sneakers are required.

**2:00 PM - NATUREPIX 101**

(90 min, Owl's Nest)  
Expand your horizons with smartphone photography. Learn the best kept secrets to getting the most out of your cell phone pictures. Join our guides as you practice your photo taking skills on The Lodge at Woodloch's beautiful grounds. Let's get snap happy!

**2:00 PM - PAPER MARBLING**

(60 min, Fireside Room)  
No experience or artistic talent necessary. Come have fun with inks, water and paper to create an original piece of art or stationery.

**2:00 PM - HONEY BEE TALK**

(50 min, Blackmore Garden)  
Spend some time with our resident beekeeper, in discussion of the life cycle of the honeybee and their environmental importance. Various hive components and tools will be on display, and plenty of information given to be able to start your very own apiary! Please dress appropriately for the weather, including mud!

**2:00 PM - HATCHET THROWING**

(50 min, Hatchet Range)  
Want a woodsy challenge? Sign-up for our newest activity and showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

**2:30 PM - NATURE WALK**

(90 min, Meet in Garden Hall)  
Join us on a leisurely stroll through the ever changing grounds of The Lodge at Woodloch. Use this opportunity to learn about local history as well as the resident flora and fauna.

**3:00 PM - TRX FOR BEGINNERS**

(45 min, CardioWeight Studio)  
This class is for the unexperienced individuals who have never tried TRX. Learn all about the TRX program and try a little bit of everything.

**3:00 PM - WINE & CHOCOLATE PAIRING (\$)**

(50 min, TREE Dining Room)  
Join our sommelier for an in depth look into the various characteristics of wine varietals from around the world and learn how they pair tastefully with delicious chocolates. The discussion is open to "experts" at all levels. Guests must be at least 21 years of age to participate. Cost is \$30.00 per person.

**3:00 PM - EDIBLE AND MEDICINAL PLANT WALK**

(90 min, Meet in Garden Hall)  
Join Heather, our Certified Herbalist, for a walk along one of Woodloch's woodland trails to discover the edible and medicinal plants that can be found not only throughout the region but in your very own backyard. Heather will share helpful hints for proper identification, as well as easy and efficient methods for harvesting and preparing these plants at home. Allow Heather to answer any plant questions you may have. There will be many stops along the way to meet the plants, so be sure to bring your camera and a notepad for taking notes.

**3:00 PM - HATCHET THROWING**

(50 min, Hatchet Range)  
Want a woodsy challenge? Sign-up for our newest activity and showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

**3:00 PM - LET'S ROLL**

(45 min, Oak Studio)  
During this class you will roll your body weight along a firm foam roller, deeply massaging your muscles to help improve the way your body moves and feels.

**3:00 PM - YOGA FOR A HEALTHY BACK**

(45 min, Linden Studio)  
Improve overall back health by strengthening core muscles, increasing flexibility, and enhancing breathing capacity and awareness.

**4:00 PM - POCONO STORYTIME**

(50 min, Owl's Nest)  
Head to the Owl's Nest and listen to our Nature Guide explore Pocono history, a local legend, or maybe even hidden treasure!

**4:15 PM - MALA MEDITATION**

(45 min, Willow Studio)  
Mala beads are a wonderful tether to assist in mantra meditation as they help in escaping our busy conscious thought stream. Concluding with a group sharing.

**4:15 PM - TBC**

(45 min, Fitness Tent)  
Total body conditioning - pure weight training using everything but the kitchen sink.

**5:30 PM - THE MOMENT IS YOURS**

(45 min, Linden Studio)  
This candlelit, slow-paced yoga class offers accessible restorative poses that assist the mind to relax. This class is guided with positive body talk affirmations. This combo of narrative and movements are designed to create patterns of self-love and self-care.

**6:30 PM - GARDEN DINNER (\$)**

(120 min, Meet at the Hostess Stand)  
Executive Chef Josh Tomson is switching up the typical Farm to Table dinner by bringing the Table to the Farm! Intimate chef-led tasting dinners will seat up to 10 guests and will take place right on the deck at the Garden Shed. The two-hour tasting will be led by Chef Josh as he selects the harvest focus for the dinner. and Sommelier Leslie Britt will pair the dinner with wine. There is a slight up-charge for the intimate dinner experience of \$75 per person which includes the wine pairing. Dinners are weather dependent. Please sign-up for this activity with the Hostess.

**7:00 PM - EVENING KAYAKING**

(60 min, Lily Pad)  
End your day with a relaxing, guided exploration of the lake and wetlands as the lilies close and the fish seek out the evening hatch. Ducks, blue herons, and beavers are frequently encountered as they too prepare for the night.

**8:00 PM - WATERCOLOR PAINTING**

(120 min, Fireside Room)  
Explore new, hidden, or forgotten talents. This two-hour watercolor painting class offers you the opportunity to express your feelings through simple brushstrokes. Discover the pure beauty of nature and our surroundings by taking time to stop and really notice the colors and textures of our Pennsylvania countryside and capture it on paper. Leave with a finished work of art and a new or renewed creative side.

**8:00 PM - DO-IT-YOURSELF HERBAL SALVE (\$)**

(60 min, Owl's Nest)  
Protect and nourish your skin with your very own hand-crafted herbal salve. Join our Certified Herbalist in preparing a salve perfect for preventing and treating dry and scratchy skin, cracked hands, and promoting the general wellness of your first line of defense against germs and bacteria - your precious skin. Take home your own tin of herbal salve and the knowledge of how to make your own salve for years to come. Cost is \$15 per person.



## OPEN ACTIVITIES

We invite you to participate in the following activities at your leisure during posted open times. We ask all guests to please be respectful of social distancing recommendations and heightened sanitization requirements.

Guides will be on hand to assist you with equipment or to answer any questions that you may have.

### ARCHERY

Archery Range, 10am - 5pm

### BIKING

Lily Pad, 9am - 7pm

### DISC GOLF

Lily Pad, 9am - 7pm

### FISHING

Dock, 9am - 7pm

### GEOCACHING

Lily Pad, 9am - 7pm

### KAYAKING

Dock, 9am - 7pm

### STAND-UP PADDLEBOARDING

Dock  
9am - 7pm

### IMBIBE & VIBE

FireCircle Patio, 7pm - 10pm  
Join us for live music around the FireCircle after dinner (weather permitting). Cocktail service will be available.

### S'MORES & MORE

Owl's Nest, 8:30pm - 10pm  
Join us for s'mores, a cozy campfire and outdoor games. Try your hand at checkers, cornhole, jumbo Jenga, Yahtzee, and Connect Four.

## DINING

Indoor dining service is available in TREE Restaurant for breakfast, lunch, and dinner. Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance, at no extra charge, and packaged as take-out to enjoy on your guest room veranda, on the FireCircle Patio, or in our many outdoor picnic areas in the beautiful nature that surrounds us. We kindly ask that you submit breakfast orders 45 minutes prior to desired pick-up or delivery time, lunch orders prior to 11:30am, and dinner orders prior to 5:30pm. For guests who would like to have breakfast or dinner served in their guest room, you may order In-Room Dining in advance (a \$20 fee applies to this service). Menus are available at the QR Code below.

### BREAKFAST

7am-10am

### LUNCH

11:30am to 2pm

### DINNER

5:30pm to 8:30pm



## SCHEDULED ACTIVITIES

Please sign-up for all scheduled activities with our Spa Concierge.

Due to social distancing requirements and smaller class sizes, we ask that if you are no longer going to attend a class or activity that you have signed up for that you speak with our Spa Concierge team prior to the scheduled start time to allow another guest that is on our waitlist the opportunity to attend.

### 5:30 AM - SUNRISE PHOTO WALK

(50 min, Meet in Garden Hall)  
Explore the outstanding beauty of our grounds at a time often referred to by photographers as the "golden hour." No sunrise is the same and each one offers its own magical experience. Remember to bring your camera or cellphone!

### 6:15 AM - FITNESS WALK

(60 min, Meet in Garden Hall)  
Greet the day with an invigorating 3 mile walk at beautiful Woodloch Springs Country Club. With incomparable vistas, the paved course contains gradual and steep terrain. Sturdy walking shoes/sneakers required.

### 7:30 AM - AM STRETCH & MEDITATION

(45 min, Linden Studio)  
Create space for a new day with an opening and lengthening stretch. Then set your intention with gentle and loving awareness.

### 7:30 AM - PUMP

(45 min, Fitness Tent)  
The original LES MILLS™ weight bar class will sculpt, tone, and strengthen your entire body fast with high-rep, dynamic weight work! Sneakers are required.

### 8:00 AM - KAYAK FISHING

(90 min, Lily Pad)  
Come explore Little Lake Teedyuskung and spin fish from our specially designed fishing kayaks. Enjoy the calming beauty of the lake and its surroundings while you wait for the fish to bite! No prior fishing experience necessary.

### 8:00 AM - DISCOVERY KAYAKING

(50 min, Lily Pad)  
Enjoy a leisurely paddle around our lake as the morning mist lifts and the wildlife welcomes a new day. A guide will be with you to offer insight and interesting facts about this truly unique eco-system and its inhabitants. Let the calming sounds of the water and the strokes of the paddle set your pace for the rest of the day.

### 8:45 AM - HATHA: THE YOGA OF HARMONY AND BALANCE

(45 min, Linden Studio)  
The path of yoga is a movement toward equanimity, a holistic state of balance between body and mind, thinking and feeling. Using the traditional tools of asana (postures) and breath, we find harmony in right/left brain function, strength and flexibility, release of stress, and deep relaxation.

### 8:45 AM - NORDIC WALKING

(45 min, Meet in Garden Hall)  
Nordic walking is a total body version of walking using poles similar to ski poles. It's an energizing and fast paced power walk on and off pavement. Participants must wear walking/running shoes.

### 8:45 AM - BOSU

(45 min, Oak Studio)  
The BOSU is used to help improve kinesthetic awareness, strength, and joint stability. Sneakers are required. Not recommended for those with balance issues and/or knee or ankle injuries.

### 9:00 AM - NATURE WALK

(90 min, Meet in Garden Hall)  
Join us on a leisurely stroll through the ever changing grounds of The Lodge at Woodloch. Use this opportunity to learn about local history as well as the resident flora and fauna.

### 9:00 AM - CHAKRA BEAD CLASS (\$)

(60 min, Fireside Room)  
Balance your chakras and lift your spirits by selecting from mala beads to create a beautiful and meaningful energy bracelet. Cost is \$10 per person.

### 10:00 AM - TOWER POWER

(45 min, Rowing Room)  
The Tower is a Pilates apparatus that is attached to the wall. Individuals will sit, stand or lie down on a mat and work with resistive springs that are attached to a Tower. This class offers a fun and unique way to build strength, improve flexibility and enhance posture awareness.

### 10:00 AM - STRETCH & TONE

(45 min, Oak Studio)  
Experience a total body workout that will improve your flexibility and circulation. Stretch to release stress and tension while keeping your muscles long and agile.

### 10:00 AM - AQUA TABATA

(45 min, Aqua Garden)  
A challenging pool workout using the Tabata technique of high-intensity cardio and alternating rest periods for a great, non-impact total body workout.

### 10:00 AM - GENTLE YOGA

(45 min, Linden Studio)  
Explore the basics of Ancient Yoga through postures, breath work, and meditation. Designed for beginners, although all levels are welcome.

### 10:00 AM - BOTANICAL HIKE

(120 min, Meet in Garden Hall)  
Take a hike with Heather, our resident Certified Herbalist, on a nearby trail to meet the plants up close and personal. While immersed in the beauty of the woods, learn helpful hints for identifying these plants and simple methods for using them yourself.

### 11:00 AM - BOG TALK

(50 min, Lily Pad)  
Surrounding our glacial lake is an ecosystem teeming with life. Join our Naturalist Joshua as he breaks down and identifies the different forms of life the bog has to offer. Edibles, medicinals, and endangered species of plants are just a small part of the bog that is ever changing and fascinating.



## SCHEDULED ACTIVITIES, CONT.

**11:00 AM - PASTELS**

(120 min, Fireside Room)

Embrace velvety rich colors with magic at every stroke. Pastels offer a softer side and meld the worlds of painting and drawing together. Join us to discover the softer side of color expression.

**11:00 AM - GEOCACHING**

(90 min, Meet in Garden Hall)

Explore The Lodge at Woodloch grounds on a high-tech hunt for hidden "treasure" with help from our guides and a GPS. Usually off the beaten path and always a surprise, Geocaching is a fun way to learn about navigation and overland travel. Please wear sturdy shoes as many of the geocaches are hidden off trail.

**11:15 AM - THE GREAT WALL OF YOGA**

(45 min, Linden Studio)

Come hang out with us in this off-the-wall class, which uses gravity and adjustable straps to help open the spine and develop strong core muscles. Not recommended for those who have recent injuries, are pregnant, or have high blood pressure. Weight limit is 300 lbs.

**11:15 AM - BREATHE & CHANGE YOUR LIFE**

(45 min, Willow Studio)

Open the mind as you learn to focus your attention within and experience simple ways in which you can enhance your body's energy levels while cleansing and rebalancing.

**11:15 AM - YOU KNEAD THIS**

(45 min, Oak Studio)

Learn to use therapeutic balls to achieve a self deep-tissue massage. Target specific muscles and connective tissue to relax and lengthen your muscles and fascia.

**12:30 PM - ALL ABOUT ABS**

(45 min, Fitness Tent)

Just abs. No butts about it. Must be able to get up and down off of the floor without assistance.

**12:30 PM - POWER NAPPING**

(45 min, Linden Studio)

Fall into that blissful state between dreaming and wakefulness with a guided meditation focusing on bringing the awareness to "Alert theta brainwaves." This is the closest you will feel to REM sleep without needing to actually hit the hay.

**12:30 PM - HARVEST LUNCH AT BLACKMORE FARM (\$)**

(60 min, Meet at the Hostess Stand)

Join Farmers Derrick and Sam for an unforgettable rustic lunch experience! Derrick and Sam will select the harvest focus for the lunch each week and then harvest, prepare, and discuss the meal right on the deck of the Garden Shed in the middle of Blackmore Garden. There is an up-charge for the intimate lunch experience of \$25 per person, which includes one red or white wine or seasonal local beer. Meet at the Hostess Stand at 12:15pm.

**1:00 PM - CONNECTING SPIRIT AND EARTH**

(90 min, Garden View Room)

Open conversations and deep discussion on the unknown world of spirit, angels, and animal totems. Learn ways that you can enhance your abilities to connect further for a deeper connection.

**1:45 PM - YOGA FOR A HEALTHY BACK**

(45 min, Linden Studio)

Improve overall back health by strengthening core muscles, increasing flexibility, and enhancing breathing capacity and awareness.

**1:45 PM - THE BARRE**

(45 min, Oak Studio)

Experience a low-impact class that is a fusion of Pilates, yoga, and ballet inspired moves for beautiful, sculpted, lean muscles. The exercises use the ballet barre and your body weight to challenge core stability and balance.

**1:45 PM - TRX: TOTAL BODY**

(45 min, CardioWeight Studio)

The TRX Suspension Trainer leverages gravity and the user's body weight to complete hundreds of exercises. Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously.

**2:00 PM - WATERCOLOR FLOWER STUDY**

(120 min, Fireside Room)

Taking a step into simplicity by painting one petal at a time. Come experience a pure form of watercolor painting, by using beautiful flowers as an inspiration to guide us to painting what we see.

**2:00 PM - COMPOST TEAS AND BIODYNAMICS**

(60 min, Blackmore Garden)

Join our Farmicist as he describes the many plants that can be utilized in the production of compost tea, a simple and easy to make liquid fertilizer that is as fun to create as it is effective in its use. Also discover an introduction to biodynamic agriculture and the spiritual science of nourishing the soil.

**2:30 PM - PRIMITIVE FIRE MAKING**

(90 min, Lily Pad)

Test your determination and patience learning how to make fire. With traditional fire starting tools take home this skill and impress anyone by creating fire using primitive methods.

**3:00 PM - ARMS & CORE PLUS MORE**

(45 min, Fitness Tent)

This class will guide you through exercises that incorporate the body's smaller muscle groups within the entire upper body from the hips on up. Sneakers are required.

**3:00 PM - LET'S ROLL**

(45 min, Linden Studio)

During this class you will roll your body weight along a firm foam roller, deeply massaging your muscles to help improve the way your body moves and feels.

**3:00 PM - MAGIC OF THE MYTHS**

(45 min, Willow Studio)

Ganesha, Shiva, & Buddha all have wonderful lessons to teach us. In Magic of the Myths, we will dive and meditate to the playful, loving, and challenging experiences that the great deities had before us. Let's learn from their adventures and figure out ways to apply them to our everyday lives. No meditation experience required.

**3:00 PM - COOKING DEMONSTRATION**

(50 min, Chef's Kitchen)

Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Sunday's demonstration will feature Cumin Crusted Salmon with Thai Curry Asparagus Salad.

**3:00 PM - A BEGINNER'S GUIDE TO ESSENTIAL OILS**

(50 min, Garden View Room)

A look into the world of Aromatherapy and essential oils. This introductory class will highlight the most common ways to utilize essential oils for a holistic compliment to your wellness routine. You will learn how to utilize these aromatic oils safely and effectively. Discover how aromatherapy is the embodiment of letting nature nurture!

**4:15 PM - AQUA TONING**

(45 min, Aqua Garden)

Weight-training without weights. Firm your muscles with resistance aquaequipment. Perfect for sensitive joints. A great variation to your present weight-training routines.

**4:15 PM - FLOW FOR THE SEASONS**

(45 min, Fitness Tent)

Yoga and Ayurveda go hand in hand. Yoga focuses on the physical and spiritual body while Ayurveda looks at how we can balance our rituals and daily practices. When we look at them both together we can find true balance. Flow for the seasons is a curated class that focuses on ways in which we can use the lessons of the season to feel healthy and balanced.

**5:00 PM - DOWSING- A DIRECT LINK TO INTUITION**

(90 min, Garden View Room)

Using a pendulum is a way of obtaining a "yes" and "no" answer beyond the conscious mind. Learn the correct use of this tool and you will be on your way to obtaining answers to questions that surround your everyday life.

**5:00 PM - KOMBUCHA REDISCOVERED**

(50 min, Fitness Lounge)

Intrigued at the idea of kombucha, but not quite sure where to start? In this introductory class, we will dive into the origin of kombucha and the myriad of health benefits it offers, including gut health and probiotics.

**5:30 PM - SWEET CANDLELIGHT FLOW**

(45 min, Linden Studio)

Experience a slow-moving sweet vinyasa flow centered on breathing and filled with candlelight. The music will be sweet, the flow will be slow and steady...all leading up to a restorative and balancing poses and a beautifully long rest.

**8:00 PM - INTRO TO DRAWING**

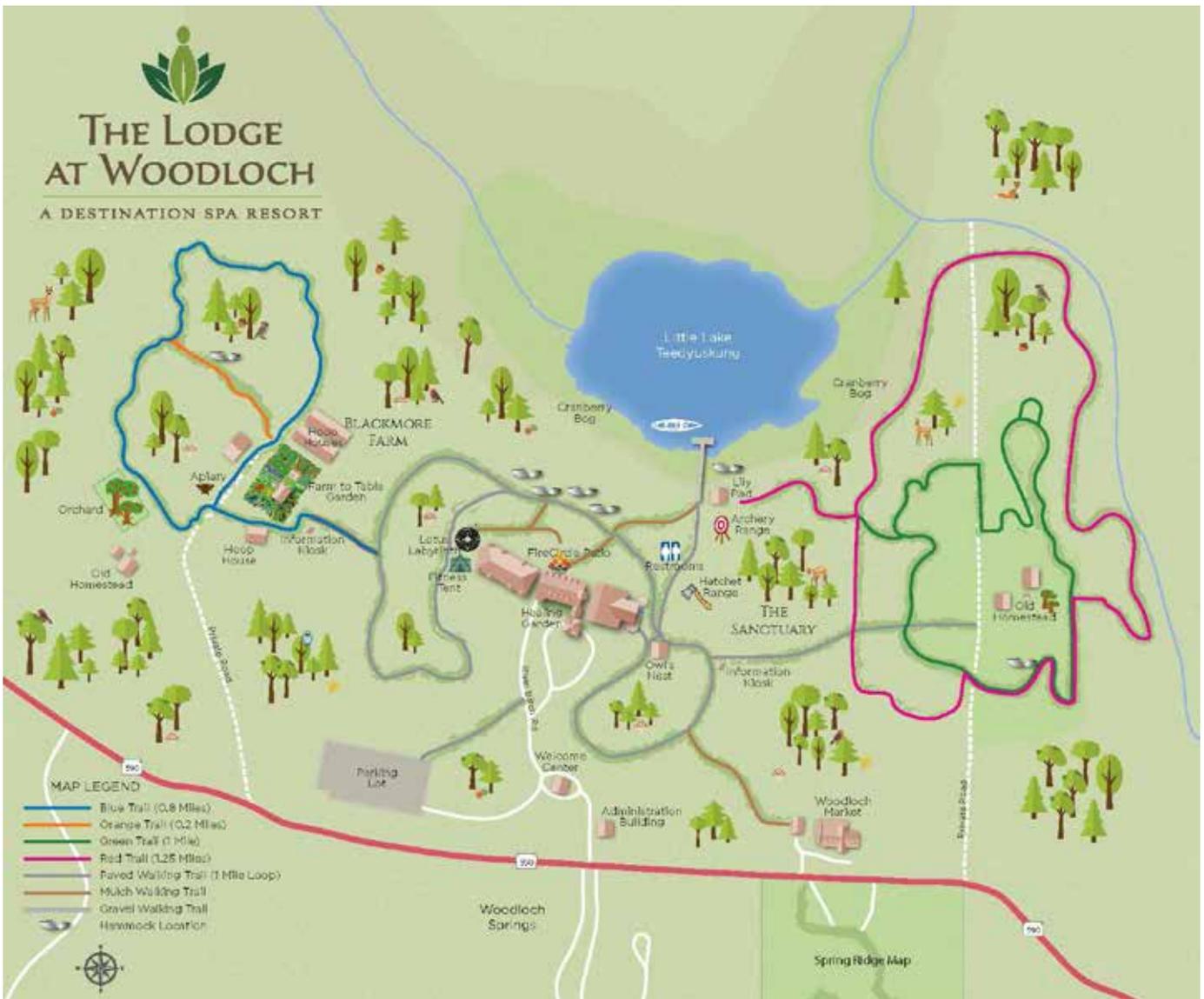
(120 min, Fireside Room)

Awaken your creativity with visual expression and discover your inner artist. Drawing differs from painting in that it is much more exploratory with emphasis on observation and composition. Leave inspired by your journey to self-discovery and a picture that shows off your rejuvenated artistic energy.

**8:30 PM - THE LIGHT OF LIFE**

(50 min, Garden View Room)

Join us for an in-depth look at LED Light Therapy - we will be discussing the science behind this modern marvel, as well as the many health benefits. Short light therapy demonstrations will be given!



## Outdoor Exploration

The Lily Pad, our Outdoor Exploration Center is open from 9am - 7pm.

Kayaking, Stand-up Paddleboarding, Disc Golf, Biking, Geocaching, & Birding are all open activities that are available to guests at any time during Lily Pad hours. Guides are on hand to assist you with kayaks, stand-up paddleboards, bikes, binoculars, GPS devices, & disc golf discs and scorecards or to answer any questions that you may have.

S'mores are available around the fire during Lily Pad hours.