



**YOUR GUIDE TO CLASSES & ACTIVITIES**  
May 1st - 9th, 2021



**THE LODGE  
AT WOODLOCH**  
A DESTINATION SPA RESORT



At The Lodge at Woodloch, choice is cultivated.  
Whether choosing a day packed with activities or simply relaxing,  
the options await.

## **CHOOSE YOUR OWN ADVENTURE, ON YOUR TIME**

Designed for those seeking a flexible, relaxing getaway or last minute plans, our open activities allow pop-in participation at any time during their posted hours. There is no need to sign-up or plan for these ahead of time - simply pop-in on a whim!

### **ARCHERY**

1pm - 5pm daily at the Archery Range

### **BIKING**

9am - 5pm daily, bikes are available at Lily Pad

### **BIRDING**

9am - 5pm daily, binoculars are available at Lily Pad

### **DISC GOLF**

9am - 5pm daily, discs and scorecards are available at Lily Pad

### **GEOCACHING**

9am - 5pm daily, GPS devices and coordinates are available at Lily Pad

### **HIKING**

Our grounds have over 6 miles of trails to hike at your leisure.

### **IMBIBE & VIBE**

7pm - 10pm on Thursdays, Fridays, and Sundays on the FireCircle Patio  
Join us for live music & cocktail service around the FireCircle after dinner (weather permitting).

### **KAYAKING**

9am - 5pm daily, kayaks are available at the Dock

### **S'MORES**

9am - 5pm daily at the Lily Pad

### **S'MORES & MORE**

7pm - 9pm on Mondays, Thursdays, and Saturdays at Owl's Nest  
Join us for s'mores, a cozy campfire, and outdoor games.  
Try your hand at checkers, cornhole, jumbo Jenga, Yahtzee, and Connect Four.

### **STAND-UP PADDLEBOARDING**

9am - 5pm daily, stand-up paddleboards are available at the Dock

Our guides are on hand to assist you with equipment and give you all of the pointers you will need, just like a scheduled group activity.



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Whether choosing a day packed with activities or simply relaxing,  
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## **EXPLORE YOUR PASSIONS**

Our class lineup is packed to the brim with engaging, lively, and inspiring options that will stay with you long after your Lodge at Woodloch experience. We encourage you to take a path less known and push your limits for, within the challenge, you will find a deeper understanding of yourself and the world around you.

Due to social distancing requirements and smaller class sizes,  
all of our scheduled group classes require sign-up.

Because class size and attendance are limited, we ask that if you are no longer going to attend an activity that you have signed up for that you please speak with our Spa Concierge team prior to the scheduled activity start time. This will allow another guest that is on our waitlist the opportunity to attend.

## **PLAN YOUR STAY**

For more information or to plan your stay, please contact our  
Spa Concierge at 800.WOODLOCH, option 2, then option 2.

Class & activity schedules are subject to change. Upon arrival, please check for the most current version of the class & activity schedule.



## 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, 1pm - 5pm

### BIKING

Lily Pad, 9am - 5pm

### BIRDING

Lily Pad, 9am - 5pm

### DISC GOLF

Lily Pad, 9am - 5pm

### GEOCACHING

Lily Pad, 9am - 5pm

### KAYAKING

Dock, 9am - 5pm

### S'MORES & MORE

Owl's Nest, 7pm - 9pm

Join us for s'mores, a cozy campfire and outdoor games. Try your hand at checkers, cornhole, jumbo Jenga, Yahtzee, and Connect Four (weather permitting).

### STAND-UP PADDLEBOARDING

Dock, 9am - 5pm

## 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. Menus are available at the QR Code below.

### BREAKFAST

7am to 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

(75 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! Please sign-up for the Sunrise Photo Walk prior to 7pm on the evening prior to the walk.

### 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 - 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.

### 7:30 AM - STRETCH & TONE

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

### 8:30 AM - GEL PRESS PRINTING

(90 min, Art Studio)  
Experience the unique world of gel press art. Choose from a variety of leaves, petals, or other pre-cut stencils that speak to you and create one of a kind prints. This simple process allows you to choose your colors that result in images that are unpredictably beautiful.

### 8:45 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.

### 8:45 AM - YOGA BREAKDOWN

(45 min, Willow Studio)  
Pick a pose and we'll make it happen.

### 8:45 AM - SWEET SERENITY: RESTORATIVE AND YIN

(45 min, Linden Studio)  
This class includes the moments of calm you've been waiting for! Enjoy a restful practice that is all about slowing down while passively opening your body through gentle stretching. Without strain or pain we can achieve physical, mental and emotional relaxation.

### 8:45 AM - TONE TO STONE

(45 min, Oak Studio)  
This class ZAP's the FAT using combination weight training moves that will help you get back into shape or stay in shape.

### 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.

### 9:30 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.

### 10:00 AM - YOGA FOUNDATIONS

(45 min, Fireside Room)  
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 - VINYASA FLOW

(45 min, Linden Studio)  
A flowing, dynamic form of yoga, linking smooth body movements with breath. Challenging postures will be used to help build endurance, flexibility, and strength. Prior yoga experience recommended.

### 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 - 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.

### 10:00 AM - CHAKRA MEDITATION

(45 min, Willow Studio)  
Through chakra meditation, you can improve the balance of your key chakras and bring your health and mental attitude into a more peaceful state.

### 10:00 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.

### 11:00 AM - OPEN AIR PAINTING

(120 min, Meet at Art Studio)  
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!

### 11:00 AM - SEMI-PRIVATE READING (\$)

(90 min, Meet in Garden Hall)  
Clients who experience Alaine's Mediumship style typically describe it as feeling a sense of euphoria. Readings can provide connective and supportive change in perception, assisting your personal or professional journey. Alaine's engaging manner, full of humor and straight to the heart truths, has provided her a loyal global following. \*Cost is \$95 per person, limited to 8 guests.

### 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 Roasted Fresh Tuna with Avocado Ginger Olive Oil and Caper Kale Chips.

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

(45 min, Fireside Room)  
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 - DRUMS ALIVE

(45 min, Fitness Tent)  
Drum your way to fitness results! Unique and different from every other workout you've tried before, Drums Alive captures the essence of movement and rhythm and combines it with fun. Sneakers are required.

### 11:15 AM - COMPASSION MEDITATION

(50 min, Linden 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.

### 11:15 AM - KETTLEBELL BOOT CAMP

(45 min, Oak Studio)  
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.

### 11:15 AM - SELF DISCOVERY: FIND YOUR OWN SENSE OF SELF

(45 min, Willow Studio)  
Introduce yourself to the powerful and courageous Being you are! You will leave this class feeling elegantly aligned and connected to your unique sense of Self. Together we will find your inner warrior to flow through intermediate yoga poses with ease and elegance. You will walk away with an immense amount of appreciation for your own inner strength!



## SCHEDULED ACTIVITIES, CONT.

**12:30 PM - HIPPIE YOGA**

(45 min, Linden Studio)

Hip opener yoga poses – great for people with tight hips.

**12:30 PM - BUTTS & GUTS**

(45 min, Oak Studio)

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.

**12:30 PM - 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 - GUIDED LABYRINTH WALK**

(45 min, Fitness Tent)

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.

**1:00 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.

**1:45 PM - LUNCHTIME LULLABIES**

(45 min, Linden Studio)

Lay back and be serenaded by the soothing voice of singer/songwriter, Veronica. She will give a guided meditation and sing songs accompanied by her ukulele that you will be certain to drift off to.

**1:45 PM - AQUA TONING**

(45 min, Aqua Garden)

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

**1:45 PM - 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!

**1:45 PM - LET'S ROLL**

(45 min, Fireside Room)

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.

**1:45 PM - WRITING YOUR MEMOIR:****A BEGINNING**

(45 min, Willow Studio)

How do you begin to tell your story? Start with a memory that makes you smile. In this class, we will have some fun, looking at the events, and experiences that made us who we are. We will provide writing materials and prompts; you'll bring along your memories and inspiration. Be prepared to surprise yourself!

**2:00 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!

**2:00 PM - PAPER MARBLING**

(60 min, Art Studio)

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

**3:00 PM - 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 Roasted Fresh Tuna with Avocado Ginger Olive Oil and Caper Kale Chips.

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

(45 min, Fireside Room)

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

**3:00 PM - 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.

**3:00 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 - BELOW THE BELT**

(45 min, Fitness Tent)

Firm up your assets and tighten your belt by training the glutes, abs and thighs. Focus your workout on the lower body and feel the results.

**3:00 PM - GROOVE AND MOVE**

(45 min, Linden Studio)

Feel absolutely groovy as you dance your little heart out using very simple moves that everyone can do. This class is for EVERY BODY!

**4:00 PM - INTRO TO DRAWING**

(120 min, Art Studio)

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.

**4:15 PM - AQUA ZUMBA**

(45 min, Aqua Garden)

Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine.

**4:15 PM - CARDIO MEDLEY**

(45 min, CardioWeight Studio)

An instructor guides you through an intense interval workout on our Precor cardio machines, along with strength-training segments.

**4:15 PM - SOLAR PLEXUS (MANIPURA) SOUND BATH**

(45 min, Fireside Room)

Ignite your inner power! The solar plexus is the center of our confidence and connection with our true self. Also known as "Manipura", meaning "city of jewels", this chakra represents a world inside of you waiting to be awakened. Crystal bowl vibrations and chanting help to bring this chakra into balance.

**5:30 PM - THE WIND DOWN**

(45 min, Fireside Room)

This is a perfect before cocktails and dinner, stretch out, chill out, wind down to your day. You will wander out of class feeling supple and relaxed.

**6:00 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! The intimate two-hour tasting dinner 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 \$80 per person which includes the wine pairing. \*Dinners are weather dependent. Garden dinners include a garden tour prior to dinner, spring garden conditions may be muddy. 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, Art Studio)

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 - INTRODUCTION TO MEDIUMSHIP AND MEDITATION**

(60 min, Fireside Room)

Discover the art and reasons for seeking & hearing spiritual guidance in your life! A remarkably sensitive Medium, Alaine specializes in receiving messages from loved ones or guided spirits and then delivers life-affirming insight and direction. She offers the spiritual experience of Meditation and Mediumship. This heavenly connection adds purpose to your life, reduces your fears and adds greater enthusiasm for living life more fully. Clients who experience Alaine's Mediumship style typically describe it as feeling a sense of euphoria. Readings can provide connective and supportive change in your perception while assisting your personal journey. Alaine's engaging manner, full of humor and straight to the heart truths, has provided her a loyal, global following.



## 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, 1pm - 5pm

### BIKING

Lily Pad, 9am - 5pm

### BIRDING

Lily Pad, 9am - 5pm

### DISC GOLF

Lily Pad, 9am - 5pm

### GEOCACHING

Lily Pad, 9am - 5pm

### IMBIBE & VIBE

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

### KAYAKING

Dock, 9am - 5pm

### STAND-UP PADDLEBOARDING

Dock, 9am - 5pm

## 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. Menus are available at the QR Code below.

### BREAKFAST

7am to 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.

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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 - SOUND IMMERSION

(45 min, Fireside Room)  
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.

### 7:30 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.

### 8:00 AM - ZENDOODLE

(120 min, Art Studio)  
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 - TRX: CORE

(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 - HATHA: THE YOGA OF HARMONY AND BALANCE

(45 min, Fireside Room)  
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 - 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.

### 8:45 AM - SANKALPA SETTING

(45 min, Linden Studio)  
A Sankalpa is a resolve with a heartfelt desire. Bring those desires to fruition by setting your Sankalpa. Explore how to utilize the heart and mind to see long term transformation.

### 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.

### 9:30 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.

### 10:00 AM - SEMI-PRIVATE READING (\$)

(90 min, Meet in Garden Hall)  
Clients who experience Alaine's Mediumship style typically describe it as feeling a sense of euphoria. Readings can provide connective and supportive change in perception, assisting your personal or professional journey. Alaine's engaging manner, full of humor and straight to the heart truths, has provided her a loyal global following. \*Cost is \$95 per person, limited to 8 guests.

### 10:00 AM - KENPO CARDIO

(45 min, Fitness Tent)  
This P90X Plus workout is a fusion of cardio and Kenpo karate with the intensity cranked up to 11. It's a fast-paced, all-out session that will improve your stamina, balance, and agility. Sneakers are required.

### 10:00 AM - PILATES MAT

(45 min, Fireside Room)

### 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 - HEART OPENER YOGA

(45 min, Linden Studio)  
Anahata, meaning "unhurt" or "unstruck" is the chakra located at the heart space. Signs of a blocked heart chakra are tight shoulders, poor circulation, and bottling up emotions. Open your heart to this gentle flow to find balance and love within.

### 10:00 AM - ATHLETIC STRETCH

(45 min, Oak 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 - 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.

### 11:00 AM - LOTUS MANDALAS

(120 min, Art Studio)  
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.

### 11:00 AM - 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 Pecan Strawberry Shortcake with Lemon Curd.



## SCHEDULED ACTIVITIES, CONT.

**11:15 AM - YOGA AT THE WALL**

(45 min, Linden Studio)

Yoga postures using the wall to help with alignment and strength.

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

(45 min, Fireside Room)

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.

**11:15 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.

**11:15 AM - TRIFECTA**

(45 min, Oak Studio)

20 minutes of step aerobics, followed by 20 minutes of strength conditioning, and finish with core, balance, and flexibility training. Not recommended for those with knee or ankle issues.

**11:15 AM - MANTRA MEDITATION**

(45 min, Willow Studio)

The word "mantra" stems from the root words "manas" meaning "mind/to think", and "tra" meaning "vehicle". Mantras are used to transport our mind beyond our thoughts and manifest specific attributes into our consciousness. Mantras can be sung, chanted, whispered, or internally spoken. Find your mantra and method in this class!

**12:15 PM - HARVEST LUNCH AT BLACKMORE FARM (\$)**

(90 min, Meet at Blackmore Garden)

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 \$30 per person.

**12:30 PM - TRI DOSHIC YOGA**

(45 min, Fireside Room)

Get to know yourself in terms of Ayurveda. This class emphasizes moderation and explores the idea of postures that match your lifestyle.

**12:30 PM - WALK THIS WAY**

(45 min, CardioWeight Studio)

Enjoy a low impact walking themed circuit class incorporating the treadmill and strength training.

**12:30 PM - TBC**

(45 min, Fitness Tent)

Total body conditioning – pure weight training using everything but the kitchen sink.

**12:30 PM - BELLY DANCING**

(45 min, Oak Studio)

Combines India's many classical and folk dances, fused with elements of Jazz, Hip-Hop, Arabic and Latin Forms.

**1:00 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.

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

(90 min, Garden View Room)

Learn the basics of using essential oils in your everyday life. Enjoy an introductory class in aromatherapy that will highlight the ways essential oils can be utilized safely and effectively. You will gain a true understanding of how nature can nurture your mind and body and a new found respect for the power of plants. In this class you will craft a custom blend to enhance the beauty of your skin and upgrade your daily skincare routine. Cost is \$15 per person.

**1:45 PM - 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.

**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 - CIRCUIT CITY**

(45 min, CardioWeight Studio)

After a heart pumping warm-up, you'll move quickly through 8-10 stations focusing on building strength and endurance.

**1:45 PM - ADAPTIVE YOGA**

(45 min, Fireside Room)

Yoga postures for every body part.

**1:45 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.

**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 shoe.

**2:00 PM - TREE SLICE COASTERS (\$)**

(120 min, Art Studio)

Celebrate the Spring season and create memories making custom stenciled coasters on wood slices. Stencils for coasters will include flowers, trees, letters to craft your own monograms, and other nature themed designs. Each attendee may create up to 4 coasters. Cost is \$10 per person.

**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 - 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.

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

(45 min, Fireside Room)

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

**3:00 PM - HATHA YOGA**

(45 min, Linden Studio)

Intensity and subtlety explores right and left hemisphere of the brain plus brings masculine and feminine balance in movement and inaction. Postures and breathing techniques will be offered.

**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 Pecan Strawberry Shortcake with Lemon Curd.

**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 shoe.

**4:00 PM - 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.

**4:00 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 shoe.

**4:15 PM - AQUA TONING**

(45 min, Aqua Garden)

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

**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.

**4:15 PM - EASTERN FUSION YOGA**

(45 min, Oak Studio)

This creative class features light hearted, playful energy and stimulating movements similar to OKI DO, Chi Gong and, of course, yoga.

**4:15 PM - POUND**

(45 min, Fitness Tent)

POUND is the world's first cardio jam session inspired by the infectious, energizing, and sweat dripping fun of playing the drums.

**5:00 PM - PERFECTLY TWISTED GEMS (\$)**

(60 min, Art Studio)

Create your own stunning sterling silver wire wrapped gemstone ring! Choose from various rough cut or tumbled gemstones and learn two styles of wire-wrapping. You will use pliers and small hand tools to create a beautiful ring, a perfect reminder of your time at The Lodge at Woodloch. Cost is \$20 per person.

**5:00 PM - KOMBUCHA REDISCOVERED**

(50 min, Chakra 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, Fireside Room)

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 - SUMI-E PAINTING**

(120 min, Art Studio)

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-e strokes and your own painting of traditional Japanese subject matter in this ancient style.

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

(50 min, Chakra Lounge)

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: NUTRITION & WINE TASTING (\$)**

(50 min, Garden View Room)

What are the benefits of pairing food &amp; wine? Learn about what they are and why - in this class we will tantalize your taste buds while exploring the pairings. The discussion is open to "experts" at all levels. Guests must be at least 21 years of age to participate. Cost is \$30 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, 1pm - 5pm

### BIKING

Lily Pad, 9am - 5pm

### BIRDING

Lily Pad, 9am - 5pm

### DISC GOLF

Lily Pad, 9am - 5pm

### GEOCACHING

Lily Pad, 9am - 5pm

### KAYAKING

Dock, 9am - 5pm

### S'MORES & MORE

Owl's Nest, 7pm - 9pm

Join us for s'mores, a cozy campfire and outdoor games. Try your hand at checkers, cornhole, jumbo Jenga, Yahtzee, and Connect Four (weather permitting).

### STAND-UP PADDLEBOARDING

Dock, 9am - 5pm

## 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. Menus are available at the QR Code below.

### BREAKFAST

7am to 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 - STRETCH & TONE

(45 min, Fireside Room)  
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, Art Studio)  
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!

### 8:45 AM - 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.

### 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 - POWER WALK

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

### 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 - MEDITATION FOR WORLD PEACE

(45 min, Fireside Room)  
Start your day off by sending the world love sweet love! In this meditation, you create a circle of love and compassion, beginning with yourself and gradually expanding that circle from your nearest and dearest out until you include the whole world.

### 9:30 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.

### 10:00 AM - ATHLETIC STRETCH

(45 min, Oak 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 - DETOX FLOW

(45 min, Fireside Room)  
A vinyasa practice that focuses on twisting to support your digestive system and lymphatic drainage. Best with an empty stomach.

### 10:00 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.

### 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.

### 11:00 AM - ZODIAC CONSTELLATION SIGN

(120 min, Art Studio)  
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.

### 11:00 AM - JOURNALING: OUTSIDE THE BOX

(50 min, Owl's Nest)  
We will bring our journals to the forests and meadows surrounding us and discover a deep connection to ourselves and to the natural world as we meditate on birdsong and the breath of wind in the treetops. Instruction in the basics of journaling is provided; your journal is yours to keep and cherish.

### 11:00 AM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)  
Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Monday's demonstration will feature Pan Seared Sea Scallops with Cilantro and Lime Creamed Corn and Chorizo Emulsion.

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

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

(45 min, Fireside Room)  
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 - 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.

### 11:30 AM - MOCKTAILS & MIMOSAS (\$)

(50 min, Garden View Room)  
Do your ears perk up when you hear the telltale pop of a prosecco bottle? Do you think every drink is just a little bit nicer with bubbles? Prosecco is no longer just a sparkling wine, it's a cultural phenomenon. Join us for an hour of tasting and creativity using organic and handmade mixers, and Garden grown herbs for your own "party in a glass". Cost is \$25 per person. Guests must be ages 21 and older. Beverages can be alcohol free if desired.



## SCHEDULED ACTIVITIES, CONT.

### 12:30 PM - 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 - HONEY LOUNGE YOGA

(45 min, Fireside Room)

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 - GUIDED LABYRINTH WALK

(45 min, Fitness Tent)

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.

### 12:30 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.

### 12:30 PM - TRX: CORE

(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.

### 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.

### 1:00 PM - REFRESHING YOUR SPIRIT

(60 min, Chakra Lounge)

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 - 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!

### 1:45 PM - 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!

### 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 - GENTLE YOGA

(45 min, Fireside Room)

Explore the basics of Ancient Yoga through postures, breath work, and meditation. Designed for beginners, although all levels are welcome.

### 1:45 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 - 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.

### 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 shoe.

### 2:30 PM - PEBBLE ART (\$)

(120 min, Art Studio)

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.

### 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 shoe.

### 3:00 PM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)

Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Monday's demonstration will feature Pan Seared Sea Scallops with Cilantro and Lime Creamed Corn and Chorizo Emulsion.

### 3:00 PM - BUTTS & GUTS

(45 min, Oak Studio)

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 - W.A.V.E.

(45 min, Aqua Garden)

Water Aerobics using Vertical Energy on the Hydro Trampoline.

### 3:00 PM - DRUMS ALIVE

(45 min, Fitness Tent)

Drum your way to fitness results! Unique and different from every other workout you've tried before, Drums Alive captures the essence of movement and rhythm and combines it with fun. Sneakers are required.

### 3:00 PM - JOURNALING FOR SELF-DISCOVERY

(45 min, Fireside Room)

Learn the basics of writing a journal through guided self-exploration using your own observations, thoughts, and feelings. Your journal is yours to keep and cherish.

### 4:00 PM - FLY CASTING

(45 min, Meet in Garden Hall)

Join our Outdoor Experiences guides for an introduction in fly-casting. This class will be outside on one of our lawn areas, an overview of the rod, reel and basics of proper technique will be covered.

### 4:00 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 shoe.

### 4:15 PM - CHAIR ASSISTED MINDFUL YOGA

(45 min, Fireside Room)

All the elements of a traditional yoga class are accessible for everyone, by using this simple "assistant". This class provides the same coordination of breath and movement, the same targeted, deep openings in the body, with the same result; deep relaxation. Great for beginners!

### 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.

### 4:15 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.

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

(45 min, Fireside Room)

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.

### 6:00 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! The intimate two-hour tasting dinner 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 \$80 per person which includes the wine pairing. \*Dinners are weather dependent. Garden dinners include a garden tour prior to dinner, spring garden conditions may be muddy. Please sign-up for this activity with the Hostess.

### 8:00 PM - DOT MANDALA VINYL RECORDS (\$)

(120 min, Art Studio)

Practice balance, free your inner artist, and paint a beautiful Dot Mandala Record! 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 vintage records to create these stunning pieces. Cost is \$10 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, 1pm - 5pm

**BIKING**

Lily Pad, 9am - 5pm

**BIRDING**

Lily Pad, 9am - 5pm

**DISC GOLF**

Lily Pad, 9am - 5pm

**GEOCACHING**

Lily Pad, 9am - 5pm

**KAYAKING**

Dock, 9am - 5pm

**STAND-UP PADDLEBOARDING**

Dock, 9am - 5pm

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. Menus are available at the QR Code below.

**BREAKFAST**

7am to 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.

**5:30 AM - SUNRISE PHOTO WALK**

(75 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! Please sign-up for the Sunrise Photo Walk prior to 7pm on the evening prior to the walk.

**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 - MY MORNING YOGA PRACTICE**

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

**7:30 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, Art Studio)  
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 - VINYASA FLOW**

(45 min, Fireside Room)  
A flowing, dynamic form of yoga, linking smooth body movements with breath. Challenging postures will be used to help build endurance, flexibility, and strength. Prior yoga experience recommended.

**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).

**8:45 AM - CIRCUIT CITY**

(45 min, CardioWeight Studio)  
After a heart pumping warm-up, you'll move quickly through 8-10 stations focusing on building strength and endurance.

**8:45 AM - BLISSFUL BREATH: CALM, STEADY, RESILIENT**

(45 min, Willow Studio)  
Be like the flower and BLOOM! Embrace this gentle yoga practice while deepening the art of your breath! Reduce stress by reuniting breath, body and mind back into a state of flow bringing peace and bliss within.

**9:30 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.

**10:00 AM - HIPPIE YOGA**

(45 min, Fireside Room)  
Hip opener yoga poses - great for people with tight hips.

**10:00 AM - WAKE UP SUNSHINE**

(45 min, Oak Studio)  
Joints need specific movements and care to enable them to stay mobile and healthy for longevity. We will focus on juicing all of the joints of the body. You may be surprised at how great this makes you feel afterwards!

**10:00 AM - MALA MEDITATION**

(45 min, Linden 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.

**10:00 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.

**10:00 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.

**10:00 AM - HANDMADE PAPERMAKING**

(90 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.

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

(120 min, Art Studio)  
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.

**11:00 AM - 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 Pea Soup with Poached Shrimp.

**11:15 AM - AQUA TONING**

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

**11:15 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.

**11:15 AM - HIP HIP HOORAY**

(45 min, Fireside Room)  
Sizzle up some heat in this full-figure workout, accentuating your hips, buns, and thighs. Minimal choreography with maximum results!

**11:15 AM - CHAKRA YOGA**

(45 min, Linden Studio)  
Open, balance, and cleanse all seven chakras using simple yoga poses and visualization. You'll leave this class feeling energized.

**11:15 AM - POUND**

(45 min, Fitness Tent)  
POUND is the world's first cardio jam session inspired by the infectious, energizing, and sweat dripping fun of playing the drums.



## SCHEDULED ACTIVITIES, CONT.

### 12:30 PM - TRX 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, Fireside Room)  
The simple and graceful forms and effortless motions swirl round to unite the energies of the heavens and earth.

### 12:30 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.

### 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 - KENPO CARDIO

(45 min, Oak Studio)  
This P90X Plus workout is a fusion of cardio and Kenpo karate with the intensity cranked up to 11. It's a fast-paced, all-out session that will improve your stamina, balance, and agility. Sneakers are required.

### 1:00 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.

### 1:00 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!

### 1:45 PM - GENTLE YOGA

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

### 1:45 PM - CORE FOCUS

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

### 1:45 PM - 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.

### 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.

### 1:45 PM - LUNCHTIME LULLABIES

(45 min, Linden Studio)  
Lay back and be serenaded by the soothing voice of singer/songwriter, Veronica. She will give a guided meditation and sing songs accompanied by her ukulele that you will be certain to drift off to.

### 2:00 PM - WATERCOLOR PAINTING

(120 min, Art Studio)  
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.

### 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 Pea Soup with Poached Shrimp.

### 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, Fireside Room)  
Learn the basics you'll need to begin exploring the wonderful world of yoga.

### 3:00 PM - MANTRA MEDITATION

(45 min, Linden Studio)  
The word "mantra" stems from the root words "manas" meaning "mind/to think", and "tra" meaning "vehicle". Mantras are used to transport our mind beyond our thoughts and manifest specific attributes into our consciousness. Mantras can be sung, chanted, whispered, or internally spoken. Find your mantra and method in this class!

### 3:00 PM - 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.

### 3:00 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.

### 3:30 PM - WINE & CHOCOLATE PAIRING

(\$)  
(50 min, Garden View 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 - TRX: CORE

(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.

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

(45 min, Fireside Room)  
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.

### 4:15 PM - YOGA + POETRY

(45 min, Linden Studio)  
Tune into your creative self during this interactive class. Experience the wisdom of authors including Rumi and Kahlil Gibran as we take gentle, introspective poses. Discover how to draw inspiration from deep within yourself, and how to put it down on paper. No writing experience needed.

### 5:00 PM - INTRO TO DRAWING

(120 min, Art Studio)  
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.

### 5:00 PM - KOMBUCHA REDISCOVERED

(50 min, Chakra 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 - RESTORATIVE YOGA GONG BATH

(45 min, Fireside Room)  
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!

### 8:00 PM - ACRYLICS ON CANVAS

(120 min, Art Studio)  
Create a beautiful Spring scene painting of an enchanting super-moon among forests and stars.

### 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!



## 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, 1pm - 5pm

**BIKING**

Lily Pad, 9am - 5pm

**BIRDING**

Lily Pad, 9am - 5pm

**DISC GOLF**

Lily Pad, 9am - 5pm

**GEOCACHING**

Lily Pad, 9am - 5pm

**KAYAKING**

Dock, 9am - 5pm

**STAND-UP PADDLEBOARDING**

Dock, 9am - 5pm

## 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. Menus are available at the QR Code below.

**BREAKFAST**

7am to 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 - MY MORNING YOGA PRACTICE**

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

**8:00 AM - LOTUS MANDALAS**

(120 min, Art Studio)  
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.

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

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

**8:45 AM - LENGTHENING AND STRENGTHENING**

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

**8:45 AM - TRIFECTA**

(45 min, Oak Studio)  
20 minutes of step aerobics, followed by 20 minutes of strength conditioning, and finish with core, balance, and flexibility training. Not recommended for those with knee or ankle issues.

**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.

**8:45 AM - BREATH AND BANDHA MEDITATION**

(45 min, Linden Studio)  
In this practice we focus more intently on the breath and the internal yogic locks or Bandhas while entering a state of meditation. Designed to accomplish the unexpected. Take this journey of kaleidoscope-like meditation with soothing music that accompanies while manifesting an individual pattern of energy to reset and renew your liberating journey of life.

**9:30 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.

**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 - CIRCUIT CITY**

(45 min, CardioWeight Studio)  
After a heart pumping warm-up, you'll move quickly through 8-10 stations focusing on building strength and endurance.

**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 - 45-MINUTE STRETCH**

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

**10:00 AM - SWEET SERENITY: RESTORATIVE AND YIN**

(45 min, Linden Studio)  
This class includes the moments of calm you've been waiting for! Enjoy a restful practice that is all about slowing down while passively opening your body through gentle stretching. Without strain or pain we can achieve physical, mental and emotional relaxation.

**10:30 AM - OUTSIDE INKS**

(60 min, Meet at Art Studio)  
Enjoy the fresh air as you collect a few nature nuggets from our grounds. Leaves, ferns, acorns, pinecones and more are waiting to be collected in our beautiful forest. After selecting your items you will use brilliantly colored inks to create a patterned masterpiece inspired by nature!

**11:00 AM - 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 Stinging Nettle Soup and Fiddlehead Ramp Salad with Vegan Tarragon Vinaigrette.

**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.

**11:15 AM - DRUMS ALIVE**

(45 min, Fitness Tent)  
Drum your way to fitness results! Unique and different from every other workout you've tried before, Drums Alive captures the essence of movement and rhythm and combines it with fun. Sneakers are required.

**11:15 AM - SHRED**

(45 min, Oak Studio)  
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.

**11:15 AM - LET'S ROLL**

(45 min, Fireside Room)  
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.

**11:15 AM - SELF DISCOVERY: FIND YOUR OWN SENSE OF SELF**

(45 min, Linden Studio)  
Introduce yourself to the powerful and courageous Being you are! You will leave this class feeling elegantly aligned and connected to your unique sense of Self. Together we will find your inner warrior to flow through intermediate yoga poses with ease and elegance. You will walk away with an immense amount of appreciation for your own inner strength!



## SCHEDULED ACTIVITIES, CONT.

**12:00 PM - CHAKRA BEAD CLASS (\$)**

(60 min, Art Studio)

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.

**12:30 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.

**12:30 PM - AQUA TONING**

(45 min, Aqua Garden)

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

**12:30 PM - DREAM SHIFTING JOURNEY**

(45 min, Fireside Room)

Ancient cultures were deeply connected to the intelligence of the Universe. They believed that the world is the way we dream it, and that everything we do, we dream first. Using the sound of a drum or a rattle, we'll journey into the space between worlds to experience the power of dreamshifting. We'll meet a spirit guide and ask for information about our personal dream and the actions we need to take to fulfill our roles as conscious dreamshifters in the modern world.

**1:30 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.

**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 - POWER NAPPING**

(45 min, Fireside Room)

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 - 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 - TONE TO STONE**

(45 min, Fitness Tent)

This class ZAP's the FAT using combination weight training moves that will help you get back into shape or stay in shape.

**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.

**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 shoe.

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

(120 min, Meet at Art Studio)

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!

**3:00 PM - HIPPIE YOGA**

(45 min, Fireside Room)

Hip opener yoga poses - great for people with tight hips.

**3:00 PM - 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!

**3:00 PM - CHI GONG**

(45 min, Linden 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 - 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.

**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 shoe.

**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 Stinging Nettle Soup and Fiddlehead Ramp Salad with Vegan Tarragon Vinaigrette.

**3:30 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!

**4:00 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 shoe.

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

(45 min, Fireside Room)

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.

**4:15 PM - YOGA RESET**

(75 min, Oak Studio)

With all the busyness of life, we tend to get a little out of wack. This 75-minute vinyasa yoga class will help you get back into balance through practices that will energize you, support gentle detoxification, and bring you back to your center. Ahhhh - Don't you feel better already?!

**4:15 PM - GROOVE AND MOVE**

(45 min, Fitness Tent)

Feel absolutely groovy as you dance your little heart out using very simple moves that everyone can do. This class is for EVERY BODY!

**4:30 PM - PAPER MARBLING**

(60 min, Art Studio)

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

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

(45 min, Fireside Room)

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.

**6:00 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! The intimate two-hour tasting dinner 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 \$80 per person which includes the wine pairing. \*Dinners are weather dependent. Garden dinners include a garden tour prior to dinner, spring garden conditions may be muddy. 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, Art Studio)

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 - MOVIE NIGHT**

(99 min, Garden View Room)

Join us for a viewing of *Summerland*. Alice is a reclusive writer, resigned to a solitary life on the seaside cliffs of Southern England while World War II rages across the channel. When she opens her front door one day to find she's to adopt a young London evacuee named Frank, she's resistant. It's not long, however, before the two realize they have more in common in their pasts than Alice had assumed.



## OPEN ACTIVITIES

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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, 1pm - 5pm

### BIKING

Lily Pad, 9am - 5pm

### BIRDING

Lily Pad, 9am - 5pm

### DISC GOLF

Lily Pad, 9am - 5pm

### GEOCACHING

Lily Pad, 9am - 5pm

### KAYAKING

Dock, 9am - 5pm

### S'MORES & MORE

Owl's Nest, 7pm - 9pm

Join us for s'mores, a cozy campfire and outdoor games. Try your hand at checkers, cornhole, jumbo Jenga, Yahtzee, and Connect Four (weather permitting).

### STAND-UP PADDLEBOARDING

Dock, 9am - 5pm

### 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. Menus are available at the QR Code below.



### BREAKFAST

7am to 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.

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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 - AM STRETCH & MEDITATION

(45 min, Fireside Room)

Create space for a new day with an opening and lengthening stretch. Then set your intention with gentle and loving awareness.

### 7:30 AM - WAKE UP SUNSHINE

(45 min, Oak Studio)

Joints need specific movements and care to enable them to stay mobile and healthy for longevity. We will focus on juicing all of the joints of the body. You may be surprised at how great this makes you feel afterwards!

### 8:00 AM - MOSAICS (\$)

(120 min, Art Studio)

Using a mix of tiles and glass pieces, design a beautiful and colorful work of art to display or use in your home. Your mosaic piece is yours to keep. \*Please note that mosaic pieces will not be available until 1 hour after class time to allow the grout to set. Cost is \$10 per person.

### 8:45 AM - WALKING MEDITATION

(45 min, Fitness Tent)

Learn standing postures for grounding and centering, while practicing the art of walking peacefully along the path to mindfulness and relaxation.

### 8:45 AM - VINYASA FLOW

(45 min, Fireside Room)

A flowing, dynamic form of yoga, linking smooth body movements with breath. Challenging postures will be used to help build endurance, flexibility, and strength. Prior yoga experience recommended.

### 8:45 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.

### 8:45 AM - CIRCUIT CITY

(45 min, CardioWeight Studio)

After a heart pumping warm-up, you'll move quickly through 8-10 stations focusing on building strength and endurance.

### 8:45 AM - BELLY DANCING

(45 min, Oak Studio)

Combines India's many classical and folk dances, fused with elements of Jazz, Hip-Hop, Arabic and Latin Forms.

### 9:30 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.

### 9:30 AM - 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.

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

(45 min, Fireside Room)

The simple and graceful forms and effortless motions swirl round to unite the energies of the heavens and earth.

### 10:00 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.

### 10:00 AM - TRX: CORE

(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.

### 10:00 AM - PILATES MAT

(45 min, Linden Studio)

### 10:00 AM - TRIFECTA

(45 min, Oak Studio)

20 minutes of step aerobics, followed by 20 minutes of strength conditioning, and finish with core, balance, and flexibility training. Not recommended for those with knee or ankle issues.

### 11:00 AM - WATERCOLOR FLOWER STUDY

(120 min, Art Studio)

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 - FOOD FOR THOUGHT

(50 min, Garden View Room)

Hippocrates wrote centuries ago of the direct connection between food and our health and longevity. Learn a fresh approach to healthy eating, and why such diet will have more influence in determining your longevity than your genetics. Private consultations are also available through the Spa Concierge.



## SCHEDULED ACTIVITIES, CONT.

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

(45 min, Fireside Room)  
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 - TRX: UPPER 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 - 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.

**11:15 AM - W.A.V.E.**

(45 min, Aqua Garden)  
Water Aerobics using Vertical Energy on the Hydro Trampoline.

**12:00 PM - BEAUTIFUL SKIN FROM THE INSIDE OUT**

(50 min, Garden View Room)  
The food that you eat and what you drink may matter to your skin complexion almost as much as it does to your waistline. Discover some of the best, natural ways to significantly improve the quality of your skin, reduce the signs of aging, and keep your skin looking and feeling healthy, youthful, and glowing.

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

(45 min, Fireside Room)  
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 - ATHLETIC STRETCH**

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

**12:30 PM - POUND**

(45 min, Fitness Tent)  
POUND is the world's first cardio jam session inspired by the infectious, energizing, and sweat dripping fun of playing the drums.

**12:30 PM - 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 - HIP HIP HOORAY**

(45 min, Linden Studio)  
Sizzle up some heat in this full-figure workout, accentuating your hips, buns, and thighs. Minimal choreography with maximum results!

**1:00 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!

**1:00 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.

**1:00 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.

**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 - FLOW FOR THE SEASONS**

(45 min, Fireside Room)  
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.

**1:45 PM - DREAM SHIFTING JOURNEY**

(45 min, Linden Studio)  
Ancient cultures were deeply connected to the intelligence of the Universe. They believed that the world is the way we dream it, and that everything we do, we dream first. Using the sound of a drum or a rattle, we'll journey into the space between worlds to experience the power of dreamshifting. We'll meet a spirit guide and ask for information about our personal dream and the actions we need to take to fulfill our roles as conscious dreamshifters in the modern world.

**1:45 PM - TRX LOWER 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.

**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 - ALCOHOL INKS ON PORCELAIN TILE**

(120 min, Art Studio)  
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.

**3:00 PM - WALK THIS WAY**

(45 min, CardioWeight Studio)  
Enjoy a low impact walking themed circuit class incorporating the treadmill and strength training.

**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 - CORE FOCUS**

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

**3:00 PM - CHAKRA YOGA**

(45 min, Fireside Room)  
Open, balance and cleanse all seven chakras using simple yoga poses and visualization. You'll leave this class feeling energized.

**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.

**3:00 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.

**3:30 PM - OLD WORLD VS. NEW WORLD WINE TASTING (\$)**

(50 min, Garden View 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.

**4:15 PM - THE WIND DOWN**

(45 min, Fireside Room)  
This is a perfect before cocktails and dinner, stretch out, chill out, wind down to your day. You will wander out of class feeling supple and relaxed.

**4:15 PM - TRX STRETCH**

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

**4:15 PM - GROOVE AND MOVE**

(45 min, Oak Studio)  
Feel absolutely groovy as you dance your little heart out using very simple moves that everyone can do. This class is for EVERY BODY!

**4:30 PM - SILK SCARF PAINTING (\$)**

(120 min, Art Studio)  
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.

**5:30 PM - SOUND IMMERSION**

(45 min, Fireside Room)  
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.

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

(120 min, Art Studio)  
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.



## 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, 1pm - 5pm

**BIKING**

Lily Pad, 9am - 5pm

**BIRDING**

Lily Pad, 9am - 5pm

**DISC GOLF**

Lily Pad, 9am - 5pm

**GEOCACHING**

Lily Pad, 9am - 5pm

**KAYAKING**

Dock, 9am - 5pm

**STAND-UP PADDLEBOARDING**

Dock, 9am - 5pm

**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. Menus are available at the QR Code below.

**BREAKFAST**

7am to 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.

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

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

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

(45 min, Fireside Room)  
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.

**8:45 AM - KENPO CARDIO**

(45 min, Fitness Tent)  
This P90X Plus workout is a fusion of cardio and Kenpo karate with the intensity cranked up to 11. It's a fast-paced, all-out session that will improve your stamina, balance, and agility. Sneakers are required.

**8:45 AM - SANKALPA SETTING**

(45 min, Willow Studio)  
A Sankalpa is a resolve with a heartfelt desire. Bring those desires to fruition by setting your Sankalpa. Explore how to utilize the heart and mind to see long term transformation.

**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 - TONE TO STONE**

(45 min, Oak Studio)  
This class ZAP's the FAT using combination weight training moves that will help you get back into shape or stay in shape.

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

(60 min, Art Studio)  
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.

**9:30 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 everchanging wetlands. Enjoy strolling through towering pines, ancient apple trees, and lush wild meadows.

**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 - GUIDED LABYRINTH WALK**

(45 min, Fitness Tent)  
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 - HANDMADE PAPERMAKING**

(90 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 - 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!

**10:00 AM - BACK TO YOUR ROOTS**

(45 min, Fireside Room)  
Also called "Muladhara" ("mula" meaning "root", "adhara" meaning "support"), the root chakra is the first chakra. When this chakra is blocked, we may experience tight hips, feeling "ungrounded", and digestive issues. Find grounding and the support system within through yoga poses, sound, and color meditation.

**10:00 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.

**11:00 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 green drink - it packs more nutrients in one glass than a full plate of salad. In this demonstration, we will introduce you to combinations of nutritious and delicious smoothies. A homemade almond milk demonstration will also be included.

**11:00 AM - PASTELS**

(120 min, Art Studio)  
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 - JOURNALING: OUTSIDE THE BOX**

(50 min, Meet in Garden Hall)  
We will bring our journals to the forests and meadows surrounding us and discover a deep connection to ourselves and to the natural world as we meditate on birdsong and the breath of wind in the treetops. Instruction in the basics of journaling is provided; your journal is yours to keep and cherish.

**11:15 AM - MALA MEDITATION**

(45 min, Linden 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 - THE CHILL ZONE**

(45 min, Fireside Room)  
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!

**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.

**11:15 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.



## SCHEDULED ACTIVITIES, CONT.

**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, Fireside Room)  
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 - HIP HIP HOORAY**

(45 min, Fitness Tent)  
Sizzle up some heat in this full-figure workout, accentuating your hips, buns, and thighs. Minimal choreography with maximum results!

**12:30 PM - CARDIO MEDLEY**

(45 min, CardioWeight Studio)  
An instructor guides you through an intense interval workout on our Precor cardio machines, along with strength-training segments.

**12:30 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.

**12:30 PM - ASK THE NUTRITIONIST**

(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.

**1:00 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!

**1:30 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!

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

(45 min, Fireside Room)  
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 - CORE FOCUS**

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

**1:45 PM - 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.

**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 - POUND**

(45 min, Fitness Tent)  
POUND is the world's first cardio jam session inspired by the infectious, energizing, and sweat dripping fun of playing the drums.

**2:00 PM - OUTSIDE INKS**

(60 min, Meet at Art Studio)  
Enjoy the fresh air as you collect a few nature nuggets from our grounds. Leaves, ferns, acorns, pinecones and more are waiting to be collected in our beautiful forest. After selecting your items you will use brilliantly colored inks to create a patterned masterpiece inspired by nature!

**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 shoe.

**3:00 PM - 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).

**3:00 PM - CHI GONG**

(45 min, Fireside Room)  
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 - W.A.V.E.**

(45 min, Aqua Garden)  
Water Aerobics using Vertical Energy on the Hydro Trampoline.

**3:00 PM - GROOVE AND MOVE**

(45 min, Oak Studio)  
Feel absolutely groovy as you dance your little heart out using very simple moves that EVERYONE can do. This class is for EVERY BODY!

**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.

**3:00 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 shoe.

**3:30 PM - WINE AND HERBS (\$)**

(50 min, Garden View Room)  
Wine is like people, the vine takes all the influences in life all around it, it absorbs them, and it gets its personality. Spend some time in our Tree House Herb Garden and then use your senses to find the flavors and aromas in your wines. Guests must be at least 21 years of age to participate. Cost is \$30.00 per person.

**4:00 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 shoe.

**4:00 PM - FLY CASTING**

(45 min, Meet in Garden Hall)  
Join our Outdoor Experiences guides for an introduction in fly-casting. This class will be outside on one of our lawn areas, an overview of the rod, reel and basics of proper technique will be covered.

**4:15 PM - SURRENDER**

(45 min, Oak 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, Fireside Room)  
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.

**4:15 PM - TRX: CORE**

(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.

**5:00 PM - KOMBUCHA REDISCOVERED**

(50 min, Chakra 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 - BASICS OF CHARCOAL**

(60 min, Art Studio)  
Discover the unique techniques of handling and using this ancient material with a step-by-step lesson on how to draw with charcoal. Charcoal allows for a quick bold stroke and easy shading. This class is aimed at both beginners and those with drawing experience.

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

(45 min, Fireside Room)  
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 - WATERCOLOR PAINTING**

(120 min, Art Studio)  
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 - 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!

**8:30 PM - MOTHERS AND DAUGHTERS: THE (IM) PERFECT RELATIONSHIP**

(60 min, Fireside Room)  
Our society encourages mothers and their adult daughters to be 'best friends' but is that really the ideal for this special, intimate and intense relationship? This interactive workshop will explore the psychological, cultural, and biological factors that impact the adult mother-daughter relationship as well as the unique issues that can make it complex. Find out the universal answers to what we want our mothers and daughters to start, stop and continue doing to enhance the relationship! All women are daughters and invited to participate solo or with your mother or daughter.



## 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, 1pm - 5pm

### BIKING

Lily Pad, 9am - 5pm

### BIRDING

Lily Pad, 9am - 5pm

### DISC GOLF

Lily Pad, 9am - 5pm

### GEOCACHING

Lily Pad, 9am - 5pm

### KAYAKING

Dock, 9am - 5pm

### S'MORES & MORE

Owl's Nest, 7pm - 9pm

Join us for s'mores, a cozy campfire and outdoor games. Try your hand at checkers, cornhole, jumbo Jenga, Yahtzee, and Connect Four (weather permitting).

### STAND-UP PADDLEBOARDING

Dock, 9am - 5pm

## 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. Menus are available at the QR Code below.

### BREAKFAST

7am to 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

(75 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! Please sign-up for the Sunrise Photo Walk prior to 7pm on the evening prior to the walk.

### 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 - 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.

### 7:30 AM - STRETCH & TONE

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

### 8:30 AM - GEL PRESS PRINTING

(90 min, Art Studio)  
Experience the unique world of gel press art. Choose from a variety of leaves, petals, or other pre-cut stencils that speak to you and create one of a kind prints. This simple process allows you to choose your colors that result in images that are unpredictably beautiful.

### 8:45 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.

### 8:45 AM - YOGA BREAKDOWN

(45 min, Willow Studio)  
Pick a pose and we'll make it happen.

### 8:45 AM - SWEET SERENITY: RESTORATIVE AND YIN

(45 min, Linden Studio)  
This class includes the moments of calm you've been waiting for! Enjoy a restful practice that is all about slowing down while passively opening your body through gentle stretching. Without strain or pain we can achieve physical, mental and emotional relaxation.

### 8:45 AM - TONE TO STONE

(45 min, Oak Studio)  
This class ZAP's the FAT using combination weight training moves that will help you get back into shape or stay in shape.

### 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.

### 9:30 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.

### 10:00 AM - YOGA FOUNDATIONS

(45 min, Fireside Room)  
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 - VINYASA FLOW

(45 min, Linden Studio)  
A flowing, dynamic form of yoga, linking smooth body movements with breath. Challenging postures will be used to help build endurance, flexibility, and strength. Prior yoga experience recommended.

### 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 - 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.

### 10:00 AM - CHAKRA MEDITATION

(45 min, Willow Studio)  
Through chakra meditation, you can improve the balance of your key chakras and bring your health and mental attitude into a more peaceful state.

### 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 - OPEN AIR PAINTING

(120 min, Meet at Art Studio)  
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!

### 11:00 AM - COOKING DEMONSTRATION

(90 min, Chef's Kitchen)  
Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Saturday's demonstration will feature Roasted Fresh Tuna with Avocado Ginger Olive Oil and Caper Kale Chips.

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

(45 min, Fireside Room)  
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 - DRUMS ALIVE

(45 min, Fitness Tent)  
Drum your way to fitness results! Unique and different from every other workout you've tried before, Drums Alive captures the essence of movement and rhythm and combines it with fun. Sneakers are required.

### 11:15 AM - COMPASSION MEDITATION

(50 min, Linden 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.

### 11:15 AM - KETTLEBELL BOOT CAMP

(45 min, Oak Studio)  
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.

### 11:15 AM - SELF DISCOVERY: FIND YOUR OWN SENSE OF SELF

(45 min, Willow Studio)  
Introduce yourself to the powerful and courageous Being you are! You will leave this class feeling elegantly aligned and connected to your unique sense of Self. Together we will find your inner warrior to flow through intermediate yoga poses with ease and elegance. You will walk away with an immense amount of appreciation for your own inner strength!



## SCHEDULED ACTIVITIES, CONT.

**12:30 PM - HIPPIE YOGA**

(45 min, Linden Studio)  
Hip opener yoga poses – great for people with tight hips.

**12:30 PM - BUTTS & GUTS**

(45 min, Oak Studio)  
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.

**12:30 PM - 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 - GUIDED LABYRINTH WALK**

(45 min, Fitness Tent)  
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.

**1:00 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.

**1:45 PM - LUNCHTIME LULLABIES**

(45 min, Linden Studio)  
Lay back and be serenaded by the soothing voice of singer/songwriter, Veronica. She will give a guided meditation and sing songs accompanied by her ukulele that you will be certain to drift off to.

**1:45 PM - AQUA TONING**

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

**1:45 PM - 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!

**1:45 PM - LET'S ROLL**

(45 min, Fireside Room)  
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.

**1:45 PM - WRITING YOUR MEMOIR: A BEGINNING**

(45 min, Willow Studio)  
How do you begin to tell your story? Start with a memory that makes you smile. In this class, we will have some fun, looking at the events, and experiences that made us who we are. We will provide writing materials and prompts; you'll bring along your memories and inspiration. Be prepared to surprise yourself!

**2:00 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!

**2:00 PM - PAPER MARBLING**

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

**3:00 PM - 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 Roasted Fresh Tuna with Avocado Ginger Olive Oil and Caper Kale Chips.

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

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

**3:00 PM - 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.

**3:00 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 - BELOW THE BELT**

(45 min, Fitness Tent)  
Firm up your assets and tighten your belt by training the glutes, abs and thighs. Focus your workout on the lower body and feel the results.

**3:00 PM - GROOVE AND MOVE**

(45 min, Linden Studio)  
Feel absolutely groovy as you dance your little heart out using very simple moves that everyone can do. This class is for EVERY BODY!

**3:30 PM - WINE & CHOCOLATE PAIRING (\$)**

(50 min, Garden View 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.

**4:00 PM - INTRO TO DRAWING**

(120 min, Art Studio)  
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.

**4:15 PM - AQUA ZUMBA**

(45 min, Aqua Garden)  
Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine.

**4:15 PM - SOLAR PLEXUS (MANIPURA) SOUND BATH**

(45 min, Fireside Room)  
Ignite your inner power! The solar plexus is the center of our confidence and connection with our true self. Also known as "Manipura", meaning "city of jewels", this chakra represents a world inside of you waiting to be awakened. Crystal bowl vibrations and chanting help to bring this chakra into balance.

**4:15 PM - CARDIO MEDLEY**

(45 min, CardioWeight Studio)  
An instructor guides you through an intense interval workout on our Precor cardio machines, along with strength-training segments.

**5:30 PM - THE WIND DOWN**

(45 min, Fireside Room)  
This is a perfect before cocktails and dinner, stretch out, chill out, wind down to your day. You will wander out of class feeling supple and relaxed.

**6:00 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! The intimate two-hour tasting dinner 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 \$80 per person which includes the wine pairing. \*Dinners are weather dependent. Garden dinners include a garden tour prior to dinner, spring garden conditions may be muddy. 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, Art Studio)  
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 - THE 'GOOD ENOUGH' MOTHER: SAYING NO SO YOU CAN SAY YES**

(60 min, Fireside Room)  
Mothers would do 'anything' for their children, but should they do everything? There is no such thing as the perfect mother; and even the mother who gives her children everything may leave them lacking the opportunity to grow. Kids learn to navigate the world when all their needs are not met. The challenge is to redefine good enough mothering for the reality of our present day lives, because too many mothers are still trying to be perfect and not leaving enough opportunity to build their own resilience.



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, 1pm - 5pm

**BIKING**

Lily Pad, 9am - 5pm

**BIRDING**

Lily Pad, 9am - 5pm

**DISC GOLF**

Lily Pad, 9am - 5pm

**GEOCACHING**

Lily Pad, 9am - 5pm

**KAYAKING**

Dock, 9am - 5pm

**STAND-UP PADDLEBOARDING**

Dock, 9am - 5pm

**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. Menus are available at the QR Code below.

**BREAKFAST**

7am to 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 - SOUND IMMERSION**

(45 min, Fireside Room)  
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.

**7:30 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.

**8:00 AM - ZENDOODLE**

(120 min, Art Studio)  
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 - TRX: CORE**

(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 - HATHA: THE YOGA OF HARMONY AND BALANCE**

(45 min, Fireside Room)  
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 - 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.

**8:45 AM - SANKALPA SETTING**

(45 min, Linden Studio)  
A Sankalpa is a resolve with a heartfelt desire. Bring those desires to fruition by setting your Sankalpa. Explore how to utilize the heart and mind to see long term transformation.

**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.

**9:30 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.

**10:00 AM - KENPO CARDIO**

(45 min, Fitness Tent)  
This P90X Plus workout is a fusion of cardio and Kenpo karate with the intensity cranked up to 11. It's a fast-paced, all-out session that will improve your stamina, balance, and agility. Sneakers are required.

**10:00 AM - PILATES MAT**

(45 min, Fireside Room)

**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 - HEART OPENER YOGA**

(45 min, Linden Studio)  
Anahata, meaning "unhurt" or "unstruck" is the chakra located at the heart space. Signs of a blocked heart chakra are tight shoulders, poor circulation, and bottling up emotions. Open your heart to this gentle flow to find balance and love within.

**10:00 AM - ATHLETIC STRETCH**

(45 min, Oak 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 - 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.

**11:00 AM - LOTUS MANDALAS**

(120 min, Art Studio)  
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.

**11:00 AM - 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 Pecan Strawberry Shortcake with Lemon Curd.



## SCHEDULED ACTIVITIES, CONT.

**11:15 AM - YOGA AT THE WALL**

(45 min, Linden Studio)

Yoga postures using the wall to help with alignment and strength.

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

(45 min, Fireside Room)

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.

**11:15 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.

**11:15 AM - TRIFECTA**

(45 min, Oak Studio)

20 minutes of step aerobics, followed by 20 minutes of strength conditioning, and finish with core, balance, and flexibility training. Not recommended for those with knee or ankle issues.

**11:15 AM - MANTRA MEDITATION**

(45 min, Willow Studio)

The word "mantra" stems from the root words "manas" meaning "mind/to think", and "tra" meaning "vehicle". Mantras are used to transport our mind beyond our thoughts and manifest specific attributes into our consciousness. Mantras can be sung, chanted, whispered, or internally spoken. Find your mantra and method in this class!

**12:15 PM - HARVEST LUNCH AT BLACKMORE FARM (\$)**

(90 min, Meet at Blackmore Garden)

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 \$30 per person.

**12:30 PM - TRI DOSHIC YOGA**

(45 min, Fireside Room)

Get to know yourself in terms of Ayurveda. This class emphasizes moderation and explores the idea of postures that match your lifestyle.

**12:30 PM - WALK THIS WAY**

(45 min, CardioWeight Studio)

Enjoy a low impact walking themed circuit class incorporating the treadmill and strength training.

**12:30 PM - TBC**

(45 min, Fitness Tent)

Total body conditioning – pure weight training using everything but the kitchen sink.

**12:30 PM - BELLY DANCING**

(45 min, Oak Studio)

Combines India's many classical and folk dances, fused with elements of Jazz, Hip-Hop, Arabic and Latin Forms.

**1:00 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.

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

(90 min, Garden View Room)

Learn the basics of using essential oils in your everyday life. Enjoy an introductory class in aromatherapy that will highlight the ways essential oils can be utilized safely and effectively. You will gain a true understanding of how nature can nurture your mind and body and a new found respect for the power of plants. In this class you will craft a custom blend to enhance the beauty of your skin and upgrade your daily skincare routine. Cost is \$15 per person.

**1:45 PM - 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.

**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 - CIRCUIT CITY**

(45 min, CardioWeight Studio)

After a heart pumping warm-up, you'll move quickly through 8-10 stations focusing on building strength and endurance.

**1:45 PM - ADAPTIVE YOGA**

(45 min, Fireside Room)

Yoga postures for every body part.

**1:45 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.

**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 shoe.

**2:00 PM - TREE SLICE COASTERS (\$)**

(120 min, Art Studio)

Celebrate the Spring season and create memories making custom stenciled coasters on wood slices. Stencils for coasters will include flowers, trees, letters to craft your own monograms, and other nature themed designs. Each attendee may create up to 4 coasters. Cost is \$10 per person.

**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 - 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.

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

(45 min, Fireside Room)

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

**3:00 PM - HATHA YOGA**

(45 min, Linden Studio)

Intensity and subtlety explores right and left hemisphere of the brain plus brings masculine and feminine balance in movement and inaction. Postures and breathing techniques will be offered.

**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 Pecan Strawberry Shortcake with Lemon Curd.

**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 shoe.

**4:00 PM - 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.

**4:00 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 shoe.

**4:15 PM - AQUA TONING**

(45 min, Aqua Garden)

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

**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.

**4:15 PM - EASTERN FUSION YOGA**

(45 min, Oak Studio)

This creative class features light hearted, playful energy and stimulating movements similar to OKI DO, Chi Gong and, of course, yoga.

**4:15 PM - POUND**

(45 min, Fitness Tent)

POUND is the world's first cardio jam session inspired by the infectious, energizing, and sweat dripping fun of playing the drums.

**5:00 PM - PERFECTLY TWISTED GEMS (\$)**

(60 min, Art Studio)

Create your own stunning sterling silver wire wrapped gemstone ring! Choose from various rough cut or tumbled gemstones and learn two styles of wire-wrapping. You will use pliers and small hand tools to create a beautiful ring, a perfect reminder of your time at The Lodge at Woodloch. Cost is \$20 per person.

**5:00 PM - KOMBUCHA REDISCOVERED**

(50 min, Chakra 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, Fireside Room)

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 - SUMI-E PAINTING**

(120 min, Art Studio)

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-e strokes and your own painting of traditional Japanese subject matter in this ancient style.

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

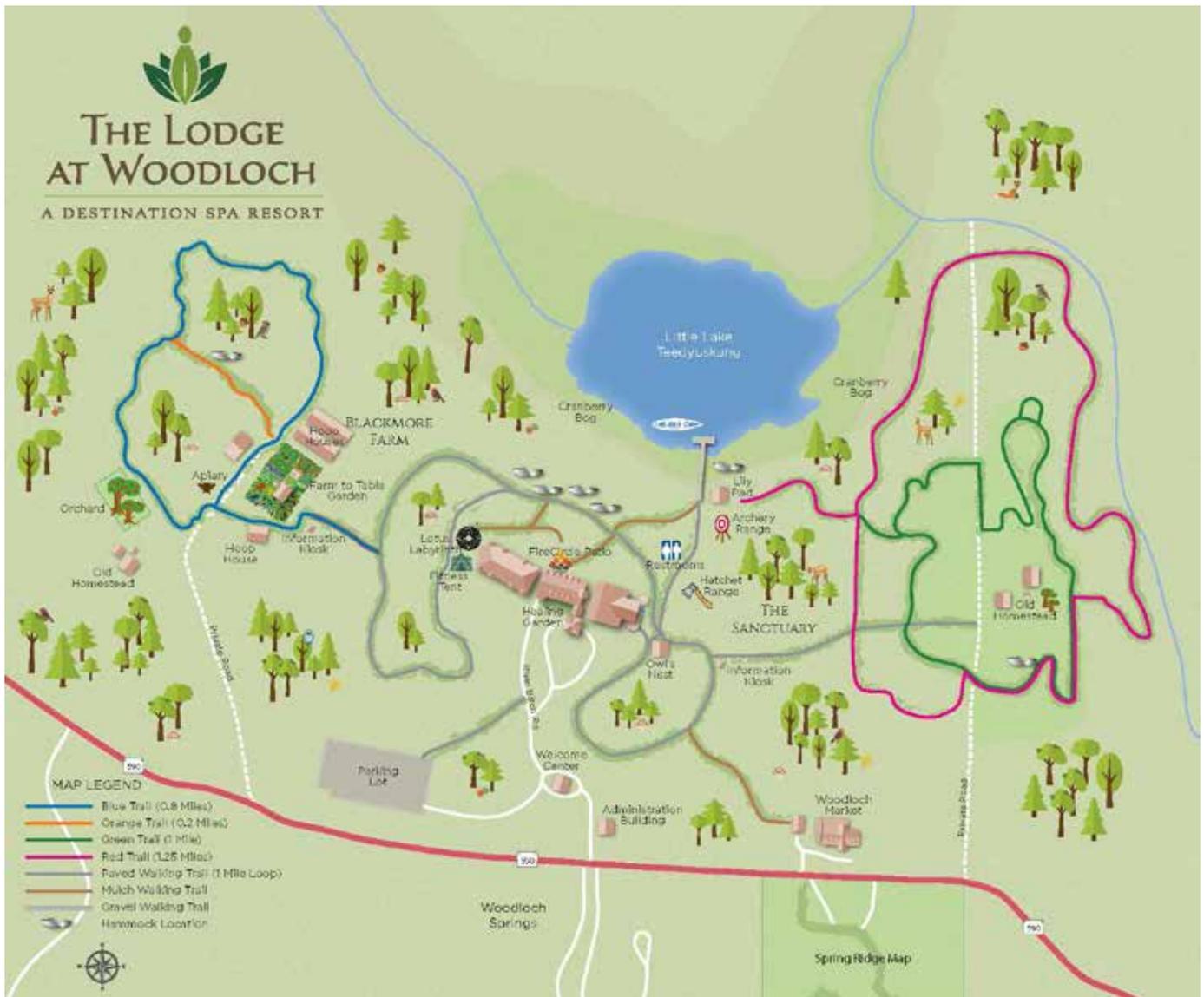
(50 min, Chakra Lounge)

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: NUTRITION & WINE TASTING (\$)**

(50 min, Garden View Room)

What are the benefits of pairing food &amp; wine? Learn about what they are and why - in this class we will tantalize your taste buds while exploring the pairings. The discussion is open to "experts" at all levels. Guests must be at least 21 years of age to participate. Cost is \$30 per person.



## Outdoor Exploration

The Lily Pad, our Outdoor Exploration Center is open from 9am - 5pm.

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.