



**YOUR GUIDE TO CLASSES & ACTIVITIES**  
March 25th - 31st, 2024



**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!

### **FAT TIRE BIKING**

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

### **BIRDING**

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

### **HIKING**

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

### **S'MORES**

9am - 5pm daily at the Lily Pad

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.

## **PLAN YOUR STAY**

For more information or to plan your stay, please contact our Spa Concierge at 570.685.8000, 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.



## THE BLACKMORE FARM

Cold nights, short days, and a feeling of dormancy has come to our region, but there is still plenty to see at Blackmore Farm, The Lodge at Woodloch's very own working organic farm. Just a 5-10 minute walk from the hotel, Blackmore Farm is encompassed by the blue hiking & biking trail that makes its way through the woodlands that surround the garden and orchard. Come see the remnants of last year's growing season while checking out the bounty of cold hardy crops currently being grown in our three high tunnels.

You are welcome to visit Blackmore Farm at any time, so if exploring on your own, please step only in the walkways and always close the doors of the tunnels behind you.

## KNOW THY FARMER

### DERRICK BRAUN, THE FARMICIST

With a background in Culinary Nutrition and Dietetics, Derrick's #1 goal is to transcend the Farm-to-Table dining experience in an everyday practice for our guests. Through meals at Blackmore Farm, cooking demonstrations, or slinging salads at TREE Restaurant, "The Farmicist" strives to prescribe food as medicine and make soil health synonymous with human health.

### SAM LINDENMUTH, THE DIRT DOCTOR

Sam, The Lodge at Woodloch's own "Dirt Doctor", has made it his life's work to heal the land through a plethora of sustainable agricultural practices and will share his experiences with whomever will listen. A holistic orchardist with a degree in Environmental Sustainability, Sam's love for the plant kingdom and passion for the natural world can inspire anyone, from the novice gardener to the most seasoned grower.

### STEFANI FABIANO, THE MINDFUL FARMER

Born and raised in Queens NY, Stefani went to a small farm in Iowa in pursuit of a more natural solution to life's problems. Now, with a degree in Regenerative Organic Agriculture and a backing in consciousness-based education, The Mindful Farmer illuminates the integration of spirit and agriculture through grounding, journaling, herbal medicine, and becoming more present with the symbiotic relationship with nature.

### SARA BOYSEN, THE CREATIVITY CULTIVATOR

With a background as a professional artist and educator and over a decade spent working in a wide variety of gardens, Sara has a passion for fostering new opportunities by observing, understanding and drawing inspiration from the natural world. She shares methods for utilizing plants as the medium in a diverse range of creative practices, from fine art and wild crafting to herbal teas and traditional medicine making. Through hands-on learning and in-depth conversations she strives to cultivate a deeper sense of the integral connection between people and nature, allowing the universe as a whole to become our truest teacher.

## FEATURED ACTIVITIES

### HIGH TUNNEL TOUR

For a more in-depth explanation of our farm, join our farmers daily at 2pm for a high tunnel tour.

### HIGH TUNNEL GARDEN HARVEST (\$)

Learn to pick greens, herbs and vegetables the proper way to ensure healthy plants, and bountiful harvest. Each Saturday morning, different plants will be chosen, and guests will be able to take home a bag full of fresh organic produce as well as new skills as gardeners. Cost is \$20 per person.

When the farmers are not out in their field, you'll find them in various activities ranging from cooking demonstrations to art classes to meditative walks.



## GUEST SPEAKERS & SPECIAL EVENTS

Experience exciting and educational events at The Lodge at Woodloch, featuring inspirational and motivational guest speakers, available to elevate your consciousness and personal awareness. Diverse opportunities are offered to discover a greater understanding of life, love, self, spirituality, health, music, healing, the environment, and our world.



### **CATHERINE EPSTEIN, INTUITIVE, LIFE COACH, & AUTHOR**

*March 29th - 30th*

Catherine Russo Epstein is the founder of Living Lotus Group and Living Lotus Coaching- a Graduate Gemologist (GIA) turned Energy Healer, Reiki Master, Sound Healer, Certified Transformational Life Coach, and Author- She started her career in Fine Jewelry when she was 21 years old. Enthrilled by the gems (precious and semi-precious), she became a Graduate Gemologist (GIA)--in the late '80s, moved to NYC, then to Long Island, and opened a boutique that sold fine jewelry along with Crystals and other healing tools. Over the past 20+ years, she's coached people from around the world and led meditations and Sound Healing at the OPEN Center NYC, Omega Institute, and other retreat centers. She's presented many classes at the Lodge at Woodloch since 2017. Many of her books (including her latest one) have been written while on retreat at the Lodge at Woodloch.

Catherine says, "I remind people of their true magnificence, radiant power, and vibrant energy that is at the essence of their being. I teach them to stop playing small, that they are here to make a difference- to live a life OF Purpose- ON Purpose." I'm absolutely passionate about living my Dharma in this world and I'm so grateful to be able to do so.

**FRIDAY, MARCH 29TH**

### **MASTER YOUR ENERGY, MANIFEST JOY**

*8:30pm in the Fireside Room*

In this masterclass, you'll learn the 7 easy steps to create better boundaries and be more present, peaceful, and focused. Catherine will share the tools to help you connect with your internal world, through practical exercises, visioning meditation (you'll love this), and higher consciousness. Bring a journal and let's have fun!

**SATURDAY, MARCH 30TH**

### **WALK WITH POWER, PEACE, PRESENCE, AND PURPOSE**

*8:30pm in the Fireside Room*

Based on Catherine's latest book; this class will teach you how to tap into your inner being so you can uncover and discover your true radiant self. Through a series of practical and fun exercises, you'll learn how to STOP living on autopilot and START living a soul-aligned life. Get ready to be inspired and empowered!



## SPA FEATURE: THE LOTUS SALON

Experience the ultimate indulgence at The Lodge at Woodloch's Lotus Salon!

The Lotus Salon is dedicated to uplifting the spirit in every way. Our color palette is inspired by nature, by the sun, the lake and the woodlands that surround us. Soaring walls of windows invite the outdoors in.

Our Hair Services, featuring MoroccanOil products:

**BLOWOUT**  
\$65

**SHAMPOO, CUT & STYLE**  
\$75

**MEN'S CUT**  
\$40

**MOROCCANOIL DEEP CONDITIONING HAIR TREATMENT**  
\$20



Our Nail Services, featuring Dazzle Dry products:

### **RESTORATIVE MANICURE AND PEDICURE**

Your hands and feet will be transformed with this truly nourishing treatment.  
*Pedicure, 50 minutes // \$95*

### **PURE ZEN MANICURE AND PEDICURE**

These nourishing and age-defying services feature a luxurious infusion of CBD, warm organic shea butter, and paracress to restore moisture and ease tension in the hands and feet.  
*Manicure, 50 minutes // \$85*  
*Pedicure, 50 minutes // \$105*

### **SEASONAL MANICURE AND PEDICURE**

Awaken the body & spirit and renew the senses with aromatic lavender and uplifting mint.  
*Pedicure 50 min // \$95*  
*Manicure 50 min // \$75*

### **GENTLEMAN'S MANICURE AND PEDICURE**

An energizing experience designed for men!  
*Manicure, 25 minutes // \$50*  
*Pedicure, 50 minutes // \$95*



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## HELPFUL INFO

*Activities shaded in grey have limited space and/or seating and require advanced sign up through our Spa Concierge. We ask as a courtesy to others, if you are no longer going to attend any class or activity that you have signed up for that you cancel by speaking with our Spa Concierge team. Canceling prior to the scheduled start time allows us to contact guests that are on our waitlist.*

*We also ask for the consideration of others, that you arrive at least 5 minutes before the start of any class and that you do not join any class later than the scheduled start time. Once the door of a class is closed, we ask that you join us for the next scheduled class.*

## OPEN ACTIVITIES

*We invite you to participate in the following activities at your leisure during posted open times.*

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

**BIKING**  
Lily Pad, 9am - 5pm

**BIRDING**  
Lily Pad, 9am - 5pm

**S'MORES**  
Lily Pad, 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 in your guest room or on your guest room veranda. 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

*\*Please allow two hours for dinner service.*



## SCHEDULED ACTIVITIES

**7:00 AM - CARDIO COMBO**  
(45 min, CardioWeight Studio)  
Ready, set, go with a solid 5,000 steps with a mix of walking/jogging/running, biking, and rowing to complete a quick 2.5 miles!

**8:00 AM - DETOX YOGA**  
(45 min, Linden Studio)  
A challenging vinyasa practice focused on twisting to support your digestive system and lymphatic drainage. Best on an empty stomach.

**8:00 AM - AM STRETCH & MEDITATION**  
(45 min, Willow Studio)  
Create space for a new day with an opening and lengthening stretch. Then set your intention with gentle and loving awareness.

**8:00 AM - TRX FOR BEGINNERS**  
(45 min, CardioWeight Studio)  
This class is for the unexperienced individuals who have never tried TRX. Learn all about the TRX program and try a little bit of everything.

**8:00 AM - BASIC DECORATIVE HAND LETTERING**  
(120 min, Art Studio)  
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!

**8:30 AM - ANIMAL TRACKING & IDENTIFICATION**  
(90 min, Owl's Nest)  
Come spend time with our guides to get a closer, intimate look into the animals of the Pocono Mountains. Join them as you explore our property and get familiar with the different ways of tracking and identifying our woodland friends. If it has two legs, four legs, or even wings, our team can help you become familiar with the different ways you can find our favorite creatures of the forest.

**9:00 AM - MEDITATION TO QUIET THE MIND**  
(45 min, Willow Studio)  
Come into the present moment with mindfulness meditation. This class guides you through steps of meditation with breath awareness and focusing the mind on a sound.

**9:00 AM - ZUMBA**  
(45 min, Oak Studio)  
Zumba fuses Latin rhythms and easy to follow moves to help you experience an exhilarating, caloric-burning, body energizing blast of a class. Sneakers are required.

**9:00 AM - PUSH N' PEDAL**  
(45 min, Spinning Studio)  
Boost your power as you sprint and climb through intervals and hills. Then transition smoothly into a chest and triceps workout. Strong heart, strong mind, strong body!

**9:00 AM - WAKE UP SUNSHINE**  
(45 min, Rowing Room)  
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!

**9:00 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.

**9:00 AM - DORFLINGER HIKE**  
(180 min, Meet in Garden Hall)  
The former estate of glassmaker Christian Dorflinger is now the home to an extraordinary sanctuary. This easy-moderate 3 mile hike winds through the woods, crosses several fields, and visits two ponds. The terrain is mostly level and trail conditions can be wet. *Total Travel Time: 30 min., Hiking Time: 2 hours*

**10:00 AM - DRUMS ALIVE**  
(45 min, Oak Studio)  
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.

**10:00 AM - BOX N' BURN**  
(45 min, CardioWeight Studio)  
Get ready to feel unstoppable with an intense boxing series! Try this high intensity interval training session that will leave you breathless and high on endorphins with a major focus on conditioning and core work. You will experience three rounds of bag work, mitt, and core/conditioning to give you a sweat dripping workout.

**10:00 AM - MANTRA MEDITATION**  
(45 min, Willow Studio)  
Explore ancient mantras and instruments. Mantras can be chanted, sung, whispered, or internally spoken. Mantra is great for those with a busy mind! Ommmm

**10:00 AM - CRYSTAL CONNECTIONS**  
(45 min, Fitness Lounge)  
Healing crystals come in an array of cuts and colors, each with different energies and purposes. We will examine a collection of commonly used crystals and discuss how to use them with intention and confidence.

**10:00 AM - TSUNAMI**  
(45 min, Aqua Garden)  
Make some waves in this incredibly intense, fast-paced pool workout. Sometimes we must weather the storm BUT today "YOU ARE THE STORM".

**10:00 AM - THE GREAT WALL OF YOGA**  
(45 min, Linden Studio)  
Come hang out with us in this off-the-wall class, which uses gravity and adjustable straps to help open the spine and develop strong core muscles. Not recommended for those who have recent injuries, are pregnant, or have high blood pressure. Weight limit is 300 lbs.

**11:00 AM - BASICS OF BIRDING**  
(90 min, Owl's Nest)  
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.

**11:00 AM - ACRYLICS ON CANVAS**  
(120 min, Art Studio)  
Learn to paint a seemingly endless landscape of beautiful flowers over a rolling hillside. You will learn how to blend to create unexpected and beautiful ombres, and discover how simple marks can translate into a magnificent scene!

**11:00 AM - DECOMPRESS THE STRESS**  
(45 min, Linden Studio)  
This class will be using sandbags, bolsters, blocks, blankets plus a few other props that will help you settle into comfortable postures. These postures will nourish the endocrine glands, promote circulation, balance metabolic function and increase blood flow to the brain.

**11:00 AM - COUNTRY FUSION**  
(45 min, Oak Studio)  
No cowboy boots required while you step, hitch and YEE HAW in this beginner cardio line dancing class.

**11:00 AM - VINYASA FLOW**  
(45 min, Willow 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.

**11:00 AM - YOU KNEAD THIS**  
(45 min, Rowing 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.

**11:00 AM - 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.

**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 Creamy Chicken with Gnocchi.

**11:30 AM - GRAPES & CREPES (\$)**  
(50 min, Garden View Room)  
Tantalize your taste buds with wine & crepes! Create your own crepes with our Pastry Chef's homemade sauces and then pair your crepes with our Wine Geek's specially selected wines. Cost is \$35 per person. Guests must be ages 21 and older. Beverages can be alcohol free if desired.



# MARCH 25TH, 2024

# MONDAY

## SCHEDULED ACTIVITIES, CONT.

### 12:00 PM - HONEY LOUNGE YOGA

(45 min, Willow Studio)

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

### 12:00 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.

### 12:00 PM - SPINNING

(45 min, Spinning Studio)

Ride like the wind in this indoor cycling class. All levels are welcome. Clips are SPD.

### 12:00 PM - KICKBOXING

(45 min, CardioWeight Studio)

Unleash your inner warrior. This dynamic class fuses martial arts and cardio for a thrilling workout that improves endurance, boosts energy, and helps conquer stress.

### 1:00 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.

### 1:00 PM - AFTERNOON STRETCH

(25 min, Oak Studio)

Get a quick boost of energy from this very gentle stretch class.

### 1:00 PM - MID-DAY POWER NAP

(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.

### 1:00 PM - COMPASSION MEDITATION

(45 min, Willow Studio)

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

### 1:00 PM - YOU CAN'T BE SERIOUS YOGA

(45 min, Rowing Room)

Using a specialized yoga mat that has markings for foot and hand placement, this non-sequential, newbie yoga class will be great for anyone just learning yoga.

### 1:30 PM - WINTER WOODS WALK

(90 min, Meet in Garden Hall)

Whether by boot or snowshoe, follow a guide on a tour of The Lodge at Woodloch property. Animal tracks, woodpecker holes and ground scratchings all give us signs of the diversity of fauna in the area. Take a fresh look into the winter woods, to see how much life really happens, even through the cooler months.

### 2:00 PM - SPLASH DANCE

(30 min, Aqua Garden)

No experience or high heels needed in this fun Hydrosider 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.

### 2:00 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.

### 2:00 PM - REJUVENATE AND RESTORE

(45 min, Linden Studio)

Begin with a standing vigorous yoga warm-up to help open your body to the pleasure of movement. Then, to the floor to restore with a soft mat, bolster, blankets, and eye pillow. Find all the essentials of a restorative yoga practice, designed to nourish the body, mind, and spirit. You will find yourself refreshed and ready for the next adventure.

### 2:00 PM - LET'S ROLL

(45 min, Willow 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.

### 2:00 PM - HIGH TUNNEL TOUR

(50 min, Blackmore Farm)

While crops in our garden have died back or gone dormant, the Winter growing season is in full swing in our heated high tunnels. Come enjoy the smells and sights of Spring while one of our farmers guides you through ways to ensure the growing season never ends. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

### 2:00 PM - MUSICAL GARDEN VINYL RECORDS (\$)

(120 min, Art Studio)

Learn to paint a beautiful garden of flowers and greenery with acrylic paints on vinyl records. You will receive a custom palette based on the colors found on the label of your chosen record! A wonderful keepsake for any music lover, or whimsical gardener! Cost is \$15 per person.

### 3:00 PM - SHOCKWAVE

(45 min, CardioWeight Studio)

Dubbed "the most efficient total body workout in the world," ShockWave is extreme cross-training at its best. ShockWave makes use of the WaterRower GX rowing machine to provide bursts of high intensity intervals while its functional strength stations are designed to sculpt the legs, core and arms.

### 3:00 PM - POWER OF INTENTION

(45 min, Fireside Room)

In this class, using simple meditation and mind mapping techniques, you will look for your deepest heartfelt desire, your life's purpose. Bring your curiosity, open your intuitive mind, relax, and reflect. Move out of conflict and confusion, find peace and clarity.

### 3:00 PM - TIPPITY TOES TAP

(45 min, Rowing Room)

Big smiles will appear when you learn to tap dance with over-the-shoe taps.

### 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 - 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 Creamy Chicken with Gnocchi.

### 3:30 PM - ROARING 20'S - THEN & NOW COCKTAIL

TASTING (\$)

(50 min, Garden View Room)

These beverages are the Bee's Knees! We selected cocktails that were popular during the Roaring 1920's and we'll discuss what makes them a classic cocktail still to this day. The discussion is open to "experts" at all levels. Guests must be at least 21 years of age to participate. Cost is \$35 per person.

### 4:00 PM - YOGA WITH CHAIR AND WALL

(45 min, Linden Studio)

Join us for a class on developing balance, strength, flexibility, and stability, safely done with the support of a chair and wall. Basic yoga warm ups and poses are user friendly, doable, personal, and fun! New to yoga, come on in! This is perfect for you.

### 4:00 PM - ARMS, CHEST, AND BACK

(45 min, Oak Studio)

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.

### 4:00 PM - THOUGHTS ON REGENERATIVE AGRICULTURE

(50 min, Fireside Room)

In our modern world, it can be difficult to receive the benefits of high-quality foods that are grown sustainably. Join the Mindful Farmer, Stefani, in an open discussion comparing regenerative agriculture with the conventional agriculture model. Learn ways we can support good agricultural practices while bringing the bounty into our homes no matter where we live. We will discuss procuring high-quality ingredients, the ways to produce some of these ingredients at home, and anything else food-related you would like to discuss.

### 4:30 PM - DECORATIVE BIRDHOUSES (\$)

(120 min, Owl's Nest)

Be inspired by nature's gifts and design beautiful ornamental birdhouses. We provide the ornament style birdhouses and natural items, you provide the creative spirit. Your unique and natural pieces will be perfect for displaying at home, a great reminder of your time at The Lodge at Woodloch. Cost is \$20 per person.

### 5:00 PM - GONG WITH THE WIND

(45 min, Linden Studio)

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

### 8:30 PM - WINTERSCAPE IN OIL PASTELS

(90 min, Art Studio)

Oil pastels are a wonderful medium for beginning artists who love and wish to explore a world of rich color. Learn how to blend oil pastels to create shifting light on snow, sky reflections on land, and how to turn a few simple marks into a faraway forest.

### 8:30 PM - WINE & CHOCOLATE TRUFFLES (\$)

(60 min, Garden View Room)

Join us for house-made decadent chocolate truffles created by one of our pastry professionals paired with fine wines selected by one of our Wine Geeks. Guests must be at least 21 years of age to participate. Cost is \$35 per person.

### 8:30 PM - FULL MOON WALK

(90 min, Meet in Garden Hall)

Whether by boot or snowshoe, follow our guides on a moonlit tour through our tranquil wooded 500 acres. Breathe in the crisp evening air and enjoy the natural sounds as we tune out the chaos of life and tune in to the tranquil symphony of nature. Your Full Worm Moon journey will conclude with a cozy campfire and s'mores. A perfect ending to a relaxing day!



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## 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.*

### BIKING

Lily Pad, 9am - 5pm

### BIRDING

Lily Pad, 9am - 5pm

### S'MORES

Lily Pad, 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 in your guest room or on your guest room veranda. 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

*\*Please allow two hours for dinner service.*



## SCHEDULED ACTIVITIES

### 6:30 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.

### 7:00 AM - BODY WEIGHT BLAST

(45 min, CardioWeight Studio)  
Elevate your fitness by torching calories and toning muscles in this high-energy, full body experience. No equipment needed.

### 8:00 AM - AM STRETCH & MEDITATION

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

### 8:00 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.

### 8:00 AM - CHEST AND BACK DEFINED

(45 min, CardioWeight Studio)  
Harness the power to build strength, sculpt your physique, and stand tall. Experience the joy of elevated strength and a more toned body.

### 8:00 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.

### 8:00 AM - SHAMANIC SERENITY: GUIDED MEDITATION & HANDS ON HEALING

(50 min, Fireside Room)  
Honor your vessel and Shamanic Energy Healer Vanessa Hernandez in a sacred space of serenity and self-care. Lay back on your mat, rest those eyes, and surrender to a channeled guided meditation and Reiki Shamanic energy healing. Using essential oils, singing bowls, rattles, chimes, and oracle cards, we will strengthen your connection with your Spirit team, align your energetic body, and bring you back home to yourself.

### 9:00 AM - SHOCKWAVE

(45 min, CardioWeight Studio)  
Dubbed "the most efficient total body workout in the world," ShockWave is extreme cross-training at its best. ShockWave makes use of the WaterRower CX rowing machine to provide bursts of high intensity intervals while its functional strength stations are designed to sculpt the legs, core and arms.

### 9:00 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.

### 9:00 AM - AEROBYX

(45 min, Linden Studio)  
Aerobyx is a combination of yoga infused with other calisthenics. A modern form of aerobic exercise incorporated with resistance bands. Identify with the weight and balance of your body while engaging in the presence of your breath. Aerobyx was designed to properly align your entire anatomy while giving you the power to consciously harness your energy and distribute it with fluidity and synchronized movement. Unifying the mind, body, and spirit. This class will leave you feeling toned and in tune with self.

### 9:00 AM - ZUMBA

(45 min, Oak Studio)  
Zumba fuses Latin rhythms and easy to follow moves to help you experience an exhilarating, caloric-burning, body energizing blast of a class. Sneakers are required.

### 9:00 AM - PING PONG PICKLEBALL

(45 min, Rowing Room)  
Baby it's too cold outside. Let's play Ping Pong Pickleball inside. Learn how to play Pickleball on a ping pong table. A fun time is guaranteed.

### 9:00 AM - SHUMAN POINT HIKE

(180 min, Meet in Garden Hall)  
Explore Shuman Point Natural Area on a moderate hike completing a 3 mile loop along the shores of Lake Wallenpaupack. Shuman Point's trails meander through the forest and visit the lakeshore at several points, offering hikers a chance to observe beautiful lake views. The route follows mostly rolling terrain with only a few incline sections. Total Travel Time: 45 min., Hiking Time: 2 Hours

### 10:00 AM - TOWER POWER

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

### 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 - TABATA

(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.

### 10:00 AM - W.A.V.E

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

### 10:00 AM - CHAKRA YOGA

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

### 10:00 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.

### 10:00 AM - GARDEN-INFUSED OILS (\$)

(60 min, Owl's Nest)  
By infusing plants with oil, we can extract their beneficial properties and bring them into more parts of our lives. From arthritis to anxiety, plant-infused oils can help to heal and nourish us naturally. Use these oils directly on your skin or as an ingredient to make salves, lotions, balms, ointments... the list goes on. We will work with freshly dried plants and flowers straight from Blackmore Farm. Cost is \$15 per person.

### 11:00 AM - ART FOR STRESS MANAGEMENT

(120 min, Art Studio)  
Learn how creativity can be used to manage stress and anxiety by drawing simple repetitive patterns. Your focus will shift and become centered on the repetition of your artwork, which helps calm the mind. The image that you naturally create can be shaded to enhance depth and dimension. Truly a unique art experience!

### 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 Nut & Seed Crusted Salmon with Navy Bean Provencale and Basil Vinaigrette.

### 11:00 AM - BOX N' BURN

(45 min, CardioWeight Studio)  
Get ready to feel unstoppable with an intense boxing series! Try this high intensity interval training session that will leave you breathless and high on endorphins with a major focus on conditioning and core work. You will experience three rounds of bag work, mitt, and core/conditioning to give you a sweat dripping workout.

### 11:00 AM - BINAURAL BEATS AND THE MOVING IMAGINATION

(45 min, Willow Studio)  
Take an inner journey by escaping through sound and movement. Let the driving force of frequency bring you to a greater state of being. Proven to stimulate the brain and improve focus and concentration. A yoga class developed to increase confidence, motivation, and improve the quality of sleep.

### 11:00 AM - EBB AND FLOW

(45 min, Linden Studio)  
A rhythmical flowing movement pattern using wooden dowels to help mobility and fluidity in the upper body.

### 11:00 AM - SIMPLY IR-RESIST-A-BALL

(45 min, Oak Studio)  
Challenge your body to increase muscular and neurological strength by utilizing a stability ball. This fun-filled class uses a large stability ball and focuses on balance, core strength, and muscle sculpting.

### 11:00 AM - UKULELE LESSONS

(45 min, Fireside Room)  
Learn beginner friendly ukulele classics to sing around the campfire! We will explore simple chords and strumming patterns that can be used in an array of songs.





## SCHEDULED ACTIVITIES, CONT.

### 12:00 PM - PATANJALI ASHTANGA YOGA

(45 min, Willow Studio)  
Discover the ancient knowledge in the 8 limbs of Patanjali Ashtanga Yoga. This classical form of yoga goes beyond the asanas. Get an in depth understanding about this fundamental practice in its entirety. Achieve full benefits from your yoga routine by learning the inner and outer structure of self study.

### 12:00 PM - BOOGIE WOOGIE LINE DANCIN'

(45 min, Oak Studio)  
Easy dance moves that don't require you to coordinate moves with a partner. All types of music, all types of fun.

### 12:00 PM - T'AI CHI

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

### 12:00 PM - INDO-ROW

(45 min, Rowing Room)  
The unique format of Indo-Row captures all the elements of competitive, on-water rowing, creating a class that is fast-paced and engaging from the first minute. From "Skills and Drills" to "Waves and Recoveries," and the final build up to a friendly but competitive "Race," Indo-Row quickly converts first-timers to devoted team members

### 12:00 PM - CARDIO COMBO

(45 min, CardioWeight Studio)  
Ready, set, go with a solid 5,000 steps with a mix of walking/jogging/running, biking, and rowing to complete a quick 2.5 miles!

### 1:00 PM - MID-DAY POWER NAP

(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.

### 1:00 PM - VINYASA FLOW

(45 min, Willow 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.

### 1:00 PM - AFTERNOON STRETCH

(25 min, Oak Studio)  
Get a quick boost of energy from this very gentle stretch class.

### 1:00 PM - TRX: EXPRESS STRETCH

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

### 1:00 PM - NATUREPIX 101

(60 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!

### 1:30 PM - WEST FALLS CREEK TRAIL HIKE

(90 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.

### 2:00 PM - SOOTHING SOMA YOGA

(45 min, Willow Studio)  
Live better in your body! Soma is the Greek word for body. Join us on a kinesthetic journey to balance your internal and external experiences. With more awareness we begin to feel embodied, both grounded and energized! Get curious- tap into your silence.

### 2:00 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.

### 2:00 PM - SOUND IMMERSION

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

### 2:00 PM - THE CYCLE ZONE

(45 min, Spinning Studio)  
Transform your indoor cycling program using the MyZone heart rate monitor. Feel the power as you climb the mountains or sprint to the finish line.

### 2:00 PM - SPLASH DANCE

(30 min, Aqua Garden)  
No experience or high heels needed in this fun Hydrosider 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.

### 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.

### 2:00 PM - HIGH TUNNEL TOUR

(50 min, Blackmore Farm)  
While crops in our garden have died back or gone dormant, the Winter growing season is in full swing in our heated high tunnels. Come enjoy the smells and sights of Spring while one of our farmers guides you through ways to ensure the growing season never ends. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

### 2:00 PM - MAINFEST YOUR HEART'S DESIRE

(90 min, Fireside Room)  
Have you ever wondered how manifestation actually works? What new experience are you looking to attract into your life? Join Shamanic Energy Healer Vanessa Hernandez and learn all about the art of manifesting. Bring your dreams to the table and let's work together on creating the next steps to your heart's desires. Then we'll discuss how to create the highest vibrational day from the moment you wake up to the time you drift off to sleep to support. Learn to work WITH the energy of the Universe to support you in creating your highest vibrational life!

### 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 Nut & Seed Crusted Salmon with Navy Bean Provencale and Basil Vinaigrette.

### 3:00 PM - PUMP

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

### 3:00 PM - YOGA FOR BEGINNERS

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

### 3:00 PM - CORE FOCUS

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

### 3:00 PM - MYZONE CIRCUIT

(45 min, CardioWeight Studio)  
This combination of strength and cardiovascular exercise circuit class uses the MYZONE heart monitoring system to help you keep motivated and engaged. This improves personalized results and allows you to workout at intensity levels that are right for you.

### 3:30 PM - WINE & ITALIAN PASTRY (\$)

(50 min, Garden View Room)  
Esplorando la vite e la Pasticceria Italiana! (Italian translation: Explore the vine and Italian pastry). Let us take you on a journey, reminiscing about traveling through Italy. Find the unnoticeable shops, look at cases of pastries, and sip the occasional glass of wine along the way. The discussion is open to "experts" at all levels. Guests must be at least 21 years of age to participate. Cost is \$35 per person.

### 3:30 PM - NATURE JOURNALING

(90 min, Owl's Nest)  
Join us in a nature-based journaling class that will help enhance your personal perspective by engaging your five senses and exploring your deeper self in the beautiful outdoors. You will learn how to start a journaling practice that you can continue long after your time at The Lodge at Woodloch. This class will begin with an indoor component and then move outdoors as you embrace the nature that surrounds us!

### 4:00 PM - IMMORTAL PUSHING STONE

(45 min, Willow Studio)  
Create your own resonance with this powerful therapeutic practice. Up your vibration with Six Healing Sounds to harmonize your vital organs. Then explore the Eight Brocade Qigong, a healing flow as smooth as silk! Take more time to invite peace and calm inward.

### 4:00 PM - THE GREAT WALL OF YOGA

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

### 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 - RESTORATIVE YOGA GONG BATH

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

### 8:30 PM - BINGO AND TRIVIA

(120 min, Fireside Room)  
Join us for a fun-filled evening of games! Arrive at your leisure, as multiple games will be played. We will start with Bingo and then move on to a trivia game! Winners of games will receive a special Lodge at Woodloch gift.

### 8:30 PM - PAPER WOODLAND ANIMALS

(90 min, Art Studio)  
Using a variety of torn papers in different hues, tones, and tints, create playful and wondrously illustrated woodland animals such as foxes, owls, or deer. Details are finished off with pen and ink for eyes, mouths, noses, and more.



## HELPFUL INFO

*Activities shaded in grey have limited space and/or seating and require advanced sign up through our Spa Concierge. We ask as a courtesy to others, if you are no longer going to attend any class or activity that you have signed up for that you cancel by speaking with our Spa Concierge team. Canceling prior to the scheduled start time allows us to contact guests that are on our waitlist.*

*We also ask for the consideration of others, that you arrive at least 5 minutes before the start of any class and that you do not join any class later than the scheduled start time. Once the door of a class is closed, we ask that you join us for the next scheduled class.*

## OPEN ACTIVITIES

*We invite you to participate in the following activities at your leisure during posted open times.*

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

### BIKING

Lily Pad, 9am - 5pm

### BIRDING

Lily Pad, 9am - 5pm

### S'MORES

Lily Pad, 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 in your guest room or on your guest room veranda. 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

*\*Please allow two hours for dinner service.*

## SCHEDULED ACTIVITIES

### 7:00 AM - AM STRETCH & MEDITATION

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

### 8:00 AM - PILATES MAT

(45 min, Willow Studio)  
Developed for beginners to intermediate levels, this popular Pilates mat form of "mind body" exercise helps improve core muscle strength, flexibility, balance and posture.

### 8:00 AM - HATHA YOGA SUN AND MOON

(45 min, Linden Studio)  
Hatha yoga aims to balance the sun (ha) and the moon (tha) represented as the right and left sides of the body. This is achieved by practicing asanas (postures) and pranayama (breath techniques) with awareness. The asanas are held for a long time so the body can get maximum benefits from each posture as well as helping to steady the mind.

### 8:00 AM - ENERGETIC SELF CARE: LEARN HOW TO CARE FOR YOUR PERSONAL ENERGY

(50 min, Fireside Room)  
Do you ever feel like you're carrying the weight of the world on your shoulders, or feel the emotions of your friends, family, and the collective during these intense times on our planet? That's probably because energetically you are! How can you help release the energy that is not yours, strengthen your own energetic field, and protect yourself from sucking in everyone else's stuff? Easy...come chat with Vanessa Hernandez and find out! Learn why and how we are affected by everyone on the planet, as well as different ways to care for your personal energy.

### 8:00 AM - ZENDOODLE

(120 min, Art Studio)  
Join 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.

### 9:00 AM - YOGA FOR A HEALTHY BACK

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

### 9:00 AM - YOU KNEAD THIS

(45 min, Willow 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.

### 9:00 AM - DRUMS ALIVE

(45 min, Oak Studio)  
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.

### 9:00 AM - SHOCKWAVE

(45 min, Rowing Room)  
Dubbed "the most efficient total body workout in the world," ShockWave is extreme cross-training at its best. ShockWave makes use of the WaterRower GX rowing machine to provide bursts of high intensity intervals while its functional strength stations are designed to sculpt the legs, core and arms.

### 9:00 AM - W.A.V.E.

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

### 9:30 AM - TWO LAKES HIKE

(150 min, Meet in Garden Hall)  
Join our guides on an educational 3 mile hike through our beautiful property, traveling through wide open fields, peaceful pine barrens, and new growth forests. Be prepared to traverse over raw trails, spillways connecting waterways, lake shores, and adventure through mud. Along the way enjoy many breathtaking views of both Lake Teedyuskung and our very own lake, Little Lake Teedyuskung.

### 9:30 AM - INTRO TO FAT TIRE BIKES

(90 min, Lily Pad)  
Have you ever ridden a fat tire bike? Join our guides for a short (1-3 miles) ride as you learn the ins and outs of our Fat Tire bikes. Snow, mud, or sand; these bikes will tackle it all.

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

(45 min, Willow 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.

### 10:00 AM - PUSH N' PEDAL

(45 min, Spinning Studio)  
Boost your power as you sprint and climb through intervals and hills. Then transition smoothly into a chest and triceps workout. Strong heart, strong mind, strong body!

### 10:00 AM - RADICAL ROW

(45 min, Rowing Room)  
In this righteous advanced class, get ready to be rowdy and rambunctious while radically using the rower like never before! Pikes, push-ups, and planks are included.

### 10:00 AM - BARRY WHITE YOGA

(45 min, Oak Studio)  
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 - EDIBLE & MEDICINAL PLANT WALK

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

### 10:00 AM - TRX FOR BEGINNERS

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

### 10:30 AM - WINDOW VIEW WATERCOLORS

(90 min, Art Studio)  
Embrace the Winter season by appreciating the picturesque view from our art studio. With guidance from our art instructor, you will use watercolors to paint the beautiful surroundings and create a long-lasting keepsake that will remind you of your time at The Lodge at Woodloch.

### 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 Bistro Filet with Herb Butter and Cheddar Darphin Potatoes and Roasted Asparagus.

### 11:00 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.

### 11:00 AM - C'EST LA VIE - AND SO IT GOES

(45 min, Rowing Room)  
"You can't be happy with someone else if you aren't happy with yourself." In this class you will let go of what no longer serves you by writing it down on dissolvable paper and watching it disappear. Learn how to unblock your physical and mental space to allow for an abundance of self-acceptance.

### 11:00 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.

### 11:00 AM - 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.

### 11:00 AM - 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.



## SCHEDULED ACTIVITIES, CONT.

### 12:00 PM - TOWER POWER

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

### 12:00 PM - SURRENDER

(45 min, Willow 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.

### 12:00 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.

### 12:00 PM - 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.

### 12:00 PM - ZUMBA

(45 min, Linden Studio)  
Zumba fuses Latin rhythms and easy to follow moves to help you experience an exhilarating, caloric-burning, body energizing blast of a class. Sneakers are required

### 12:30 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 \$15 per person.

### 1:00 PM - FOREST BATHING

(80 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 - 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.

### 1:00 PM - REFRESHING YOUR SPIRIT

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

### 1:00 PM - WHAT'S MY DOSHA

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

### 1:00 PM - DREAM SHIFTING JOURNEY

(45 min, Willow 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.

### 1:00 PM - AFTERNOON STRETCH

(25 min, Oak Studio)  
Get a quick boost of energy from this very gentle stretch class.

### 1:00 PM - PING PONG PICKLEBALL

(45 min, Rowing Room)  
Baby it's too cold outside. Let's play Ping Pong Pickleball inside. Learn how to play Pickleball on a ping pong table. A fun time is guaranteed.

### 2:00 PM - EAGLE VIEWING

(150 min, Meet in Garden Hall)  
As we travel along our rivers and estuaries, a national treasure can be spotted. The bald eagle, our country's emblem, takes up winter residence here, feasting on the rich food sources and entertaining all who catch a glimpse. Join us on a driving tour of the local waterways to search for these powerful and regal birds. Make sure to bring a camera and warm clothing in preparation for the many scenic stops along the way. This is an amazing opportunity to witness the eagles in their natural environment.

### 2:00 PM - HIPPIE YOGA

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

### 2:00 PM - CRYSTAL CONNECTIONS

(45 min, Fitness Lounge)  
Healing crystals come in an array of cuts and colors, each with different energies and purposes. We will examine a collection of commonly used crystals and discuss how to use them with intention and confidence.

### 2:00 PM - PUMP

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

### 2:00 PM - 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.

### 2:00 PM - HIGH TUNNEL TOUR

(50 min, Blackmore Farm)  
While crops in our garden have died back or gone dormant, the Winter growing season is in full swing in our heated high tunnels. Come enjoy the smells and sights of Spring while one of our farmers guides you through ways to ensure the growing season never ends. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

### 2:00 PM - CREATE WITH INKS!

(60 min, Art Studio)  
Be inspired by the beauty of the natural world and create a masterpiece using alcohol inks on photo paper. By using a quill you will be able to capture those intricate details that help add a degree of depth to your piece, making it truly remarkable.

### 3:00 PM - TIPPITY TOES TAP

(45 min, Rowing Room)  
Big smiles will appear when you learn to tap dance with over-the-shoe taps.

### 3:00 PM - CHI GONG

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

### 3:00 PM - THE GREAT WALL OF YOGA

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

### 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 Bistro Filet with Herb Butter and Cheddar Daphin Potatoes and Roasted Asparagus.

### 3:00 PM - SEASONAL FORAGING: EARLY SPRING EDIBLE AND MEDICINAL PLANTS

(60 min, Owl's Nest)  
Ever wonder what plants you could eat in the wild? Did you know that those weeds you pull from your garden could make a delicious salad? Interested in healthy eating and natural medicine? Join Heather, our Certified Herbalist, in discovering what edible and medicinal plants you may have growing near you. Class will consist of a slideshow of easy-to-find, simple-to-use, and delicious plants that can be found from woodlands to backyard to urban sidewalk. Bring your foraging questions!

### 3:30 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.

### 3:30 PM - HIGH TEA (\$)

(50 min, Garden View Room)  
Join Chef Kate as she curates your High Tea journey. Steep and enjoy several teas including a blend grown right here at The Lodge at Woodloch. Tea service will be accompanied by a wonderful selection of tea breads, petite pastry sweets, and fancy savory bites! Indulge in this daily ritual that millions of people take part in all over the world. Pamper your soul and renew your spirit. Cost is \$25 per person.

### 4:00 PM - YOGA RESET

(75 min, Willow Studio)  
With all the busyness of life, we tend to get a little out of whack. 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?!

### 4:00 PM - BREATHE & CHANGE YOUR LIFE

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

### 4:00 PM - HONEY BEE TALK

(50 min, Fireside Room)  
Spend some time with our resident beekeeper, in discussion of the life cycle of the honey bee and their environmental importance. We'll compare holistic and conventional beekeeping while displaying the components and tools necessary to start your very own apiary!

### 4:30 PM - DECORATIVE BIRDHOUSES (\$)

(120 min, Owl's Nest)  
Be inspired by nature's gifts and design beautiful ornamental birdhouses. We provide the ornament style birdhouses and natural items, you provide the creative spirit. Your unique and natural pieces will be perfect for displaying at home, a great reminder of your time at The Lodge at Woodloch. Cost is \$20 per person.

### 5:00 PM - SHRUTI SPIRIT SOUND BATH

(45 min, Linden Studio)  
The Shruti Box is a beautiful musical instrument that opens the heart, quiets the mind, and elevates the spirit. Relax as you listen to its hypnotic sound, along with soft vocal toning, chimes, and crystal bowls. Enter the sacred realm of your own deep healing and inner peace.

### 8:00 PM - NOCTURNAL WALK

(90 min, Meet in Garden Hall)  
Quiet night air, stars so bright, a night song being played just for you. Join us for a walk around our lush 500 acre property to explore the world that awaits us as darkness unfolds. We'll look for the many nocturnal wildlife that only come out after sunset. With the diversity of the lake, forest, and farmland on our property, you are sure to encounter various sounds and sights. Your journey will conclude with a cozy campfire and s'mores. A perfect ending to a relaxing day!

### 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.





## HELPFUL INFO

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*We also ask for the consideration of others, that you arrive at least 5 minutes before the start of any class and that you do not join any class later than the scheduled start time. Once the door of a class is closed, we ask that you join us for the next scheduled class.*

## OPEN ACTIVITIES

*We invite you to participate in the following activities at your leisure during posted open times.*

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

### BIKING

Lily Pad, 9am - 5pm

### BIRDING

Lily Pad, 9am - 5pm

### S'MORES

Lily Pad, 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 in your guest room or on your guest room veranda. 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

*\*Please allow two hours for dinner service*

## SCHEDULED ACTIVITIES

### 7:00 AM - FINDING YOUR FLOW (INTERMEDIATE VINYASA)

(45 min, Linden Studio)

Learn to sequence yoga postures and connect with prana to help restore order to mind and body.

### 8:00 AM - PILATES MAT

(45 min, Rowing Room)

Developed for beginners to intermediate levels, this popular Pilates mat form of "mind body" exercise helps improve core muscle strength, flexibility, balance and posture.

### 8:00 AM - AM STRETCH & MEDITATION

(45 min, Oak Studio)

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

### 8:00 AM - SHAMANIC SERENITY: GUIDED MEDITATION & HANDS-ON HEALING

(50 min, Fireside Room)

Honor your vessel and Shamanic Energy Healer Vanessa Hernandez in a sacred space of serenity and self-care. Lay back on your mat, rest those eyes, and surrender to a channeled guided meditation and Reiki Shamanic energy healing. Using essential oils, singing bowls, rattles, chimes, and oracle cards, we will strengthen your connection with your Spirit team, align your energetic body, and bring you back home to yourself.

### 9:00 AM - BOX N' BURN

(45 min, CardioWeight Studio)

Get ready to feel unstoppable with an intense boxing series! Try this high intensity interval training session that will leave you breathless and high on endorphins with a major focus on conditioning and core work. You will experience three rounds of bag work, mitt, and core/conditioning to give you a sweat dripping workout.

### 9:00 AM - ZUMBA

(45 min, Oak Studio)

Zumba fuses Latin rhythms and easy to follow moves to help you experience an exhilarating, caloric-burning, body energizing blast of a class. Sneakers are required.

### 9:00 AM - AEROBYX

(45 min, Rowing Room)

Aerobyx is a combination of yoga infused with other calisthenics. A modern form of aerobic exercise incorporated with resistance bands. Identify with the weight and balance of your body while engaging in the presence of your breath. Aerobyx was designed to properly align your entire anatomy while giving you the power to consciously harness your energy and distribute it with fluidity and synchronized movement. Unifying the mind, body, and spirit. This class will leave you feeling toned and in tune with self.

### 9:00 AM - WALKING MEDITATION

(45 min, Willow Studio)

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

### 9:00 AM - LOWER BODY INTENSE STRETCH

(45 min, Linden Studio)

Low back, hamstrings, and glutes will thank you for taking care of them. You must be able to get up and down off of floor with/without chair assistance.

### 9:00 AM - ABSTRACT PAINTING

(60 min, Art Studio)

Open your mind to the world of abstract painting! While standing at your desk you will connect with your chakras allowing your feelings to flow freely, releasing a wealth of inner creativity. After a demonstration from the instructor, you will be using a 12 x 16 piece of paper, flow acrylics, inks, collage pieces, and newsprint to create your masterpiece.

### 9:00 AM - MINISINK BATTLEGROUND HIKE

(180 min, Meet in Garden Hall)

Enjoy a short but moderate 2 mile hike in nearby Sullivan County, New York. Minisink Park was the site of a small Revolutionary War battle, a Native American rock shelter, and early American rock quarries. Additional stops to and from the park can be made in the hamlet of Lackawaxen to view the Roebling Aqueduct and observe Bald Eagles along the Delaware River. *Travel Time: 45 min, Hiking Time: 2 hrs*

### 10:00 AM - PATANJALI ASHTANGA YOGA

(45 min, Linden Studio)

Discover the ancient knowledge in the 8 limbs of Patanjali Ashtanga Yoga. This classical form of yoga goes beyond the asanas. Get an in depth understanding about this fundamental practice in its entirety. Achieve full benefits from your yoga routine by learning the inner and outer structure of self study.

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

(45 min, Willow Studio)

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

### 10:00 AM - 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 - 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.

### 10:00 AM - SHOCKWAVE

(45 min, Rowing Room)

Dubbed "the most efficient total body workout in the world," ShockWave is extreme cross-training at its best. ShockWave makes use of the WaterRower GX rowing machine to provide bursts of high intensity intervals while its functional strength stations are designed to sculpt the legs, core and arms.

### 11:00 AM - WATERCOLOR FLOWER STUDY

(60 min, Art Studio)

Take a step into simplicity by painting one petal at a time. Beautiful flowers will be used as an inspiration and guide as we explore this pure form of watercolor painting.

### 11:00 AM - COUNTRY FUSION

(45 min, Oak Studio)

No cowboy boots required while you step, hitch and YEE HAW in this beginner cardio line dancing class.

### 11:00 AM - HEALING SOUNDS MEDITATION

(45 min, Linden Studio)

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

### 11:00 AM - THE CYCLE ZONE

(45 min, Spinning Studio)

Transform your indoor cycling program using the MyZone heart rate monitor. Feel the power as you climb the mountains or sprint to the finish line.

### 11:00 AM - TOWER POWER

(45 min, Rowing Room)

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

### 11:00 AM - W.A.V.E.

(45 min, Aqua Garden)

Water Aerobics using Vertical Energy on the Hydro Trampoline.

### 11:00 AM - HOLISTIC HEALING WITH FOOD

(50 min, Garden View Room)

"Let food be thy medicine and thy medicine shall be thy food" - Hippocrates  
Hippocrates wrote centuries ago about the direct connection between food and our health and longevity. Learn a fresh approach to healthy eating, and why such a diet will have more influence in determining your longevity than your genetics. We will discuss simple ways to eat smarter to minimize our exposure to toxins from food and the environment. Talia is a board-certified holistic health and nutrition counselor and natural foods chef. Private consultations are also available through the Spa Concierge.

### 11:00 AM - SUN PRINTING INSPIRED BY THE GARDEN

(90 min, Owl's Nest)

Create unique and beautiful images on paper using plants, sunlight, and water. The cyanotype process has been used by botanists and architects for centuries and is an excellent way to express both artistic creativity and a love of nature. We will collect, arrange, and expose plants from the farm on sensitized paper, and everyone will leave with a handmade work of art.





# MARCH 28TH, 2024

# THURSDAY

## SCHEDULED ACTIVITIES, CONT.

### 12:00 PM - MEDITATION TO RUMI'S POETRY

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

### 12:00 PM - EBB AND FLOW

(45 min, Oak Studio)  
A rhythmical flowing movement pattern using wooden dowels to help mobility and fluidity in the upper body.

### 12:00 PM - POWER YOGA

(45 min, Linden Studio)  
In this advanced yoga class, it's all about the flow using dynamic vinyasas and challenging poses to increase strength as well as flexibility.

### 12:00 PM - TRX YOGA

(45 min, CardioWeight Studio)  
TRX YOGA is a style of vinyasa yoga that uses the TRX Suspension Trainer as a helping hand to make you feel safe to explore a deeper stretch, try new poses, and advance your practice.

### 12:00 PM - INDO-ROW

(45 min, Rowing Room)  
The unique format of Indo-Row captures all the elements of competitive, on-water rowing, creating a class that is fast-paced and engaging from the first minute. From "Skills and Drills" to "Waves and Recoveries," and the final build up to a friendly but competitive "Race," Indo-Row quickly converts first-timers to devoted team members.

### 12:00 PM - THE BITTER TRUTH ABOUT SUGAR

(50 min, Garden View Room)  
It is a well-documented fact that sugar is a contributing factor to all-around poor health, not to mention weight gain. Blood sugar imbalances are most often to blame for those urges to eat something sweet. When serotonin levels drop, your brain craves a sugar high again. This presentation will discuss the effect sugar has on our bodies and the problems that may arise from eating too much sugar. We will also focus on effective strategies and how to curb your sugar cravings, break free from sugar addiction, and find healthier and safer alternatives. Talia is a board-certified holistic health and nutrition coach. Private consultations are also available through the Spa Concierge.

### 12:00 PM - CRYSTALS AND STONES: A POWERFUL TOOL FOR YOUR AWAKENING JOURNEY (\$)

(90 min, Fireside Room)  
Pretty rocks for decoration or powerful tools for your energetic journey? You decide. Join Reiki Shamanic Energy Healer Vanessa Hernandez for a one-of-a-kind crystal healing experience. During this gathering, you will receive your own crystal to take home, learn how it works with you, how to work with it, how to care for your crystals, different ways to incorporate crystals into your everyday life and learn the specific properties of your crystal. Then get comfy and dive into a guided visualization to connect your personal energy with your gorgeous crystal's frequency, activate its connection with you, and allow it to align you with a world of gifts, surprises, prosperity, and abundance. Along with this guided journey, you will also receive a Reiki Shamanic Energy Healing, a 3-card oracle pull for your message from the Universe, essential oils, and of course your Reiki-infused crystal to take home with you. Please feel free to bring any of your own personal crystals with you as well. The more the merrier! Cost is \$20 per person.

### 1:00 PM - WINTER SENSORY WALK

(75 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.

### 1:00 PM - CULINARY NUTRITION

(50 min, Garden View Room)  
Join Talia, Holistic Nutritionist, for a fun and informative class in which she will discuss the health benefits of ancient practices, such as soaking nuts and seeds to make your own dairy-free milks. Talia will introduce easy recipes for homemade almond milk, coconut milk, and cashew cheese.

### 1:00 PM - ALCOHOL INKS ON PORCELAIN TILE (\$)

(60 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. Cost is \$15 per person.

### 1:00 PM - AFTERNOON STRETCH

(25 min, Oak Studio)  
Get a quick boost of energy from this very gentle stretch class.

### 1:00 PM - PING PONG PICKLEBALL

(45 min, Rowing Room)  
Baby it's too cold outside. Let's play Ping Pong Pickleball inside. Learn how to play Pickleball on a ping pong table. A fun time is guaranteed.

### 1:00 PM - BLISSFUL BRAIN MEDITATION

(45 min, Willow Studio)  
Learn an easy and powerful meditation technique that produces a coherent brain state by combining several modalities, including tapping, mindfulness and compassionate heart breathing. Just 15 minutes a day has been shown to produce noticeable changes in brain waves, enhancing the state of flow associated with health, relaxation and creativity.

### 1:30 PM - WEST FALLS CREEK TRAIL HIKE

(90 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.

### 2:00 PM - SPLASH DANCE

(30 min, Aqua Garden)  
No experience or high heels needed in this fun Hydrorider 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.

### 2:00 PM - MEDITATION 101

(45 min, Willow Studio)  
Explore the many styles of meditation. Perfect for the newbie or the curious. Handouts will be given to help you continue your practice when you get home.

### 2:00 PM - ARMS, CHEST, AND BACK

(45 min, Oak Studio)  
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 - KICKBOXING

(45 min, CardioWeight Studio)  
Unleash your inner warrior. This dynamic class fuses martial arts and cardio for a thrilling workout that improves endurance, boosts energy, and helps conquer stress.

### 2:00 PM - HIGH TUNNEL TOUR

(50 min, Blackmore Farm)  
While crops in our garden have died back or gone dormant, the Winter growing season is in full swing in our heated high tunnels. Come enjoy the smells and sights of Spring while one of our farmers guides you through ways to ensure the growing season never ends. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

### 2:30 PM - CLOUD CREATIONS

(60 min, Art Studio)  
Revisit a childhood memory and watch the clouds through the expansive windows in the Art Studio. Using a new technique with alcohol inks and isopropyl alcohol, you will be able to create a beautiful painting of the clouds above.

### 3:00 PM - THE GREAT WALL OF YOGA

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

### 3:00 PM - 12-3-30

(45 min, CardioWeight Studio)  
This low impact treadmill workout will burn fat while keeping your knees, hips, lower back, and ankles safe. Curious? Give it try!

### 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 - DIY MICROGREENS (\$)

(50 min, Owl's Nest)  
Want to produce nutrient-dense food at home, but don't feel like you have the space or the time? Come join one of the growers of Blackmore Farm and discover how easy it can be to harvest fresh greens at home in only 7-10 days - no green thumb required! Cost is \$15 per person.

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

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

### 4:00 PM - THE WIND DOWN

(45 min, Linden Studio)  
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.

### 4:00 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 - SOUND IMMERSION

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

### 7:30 PM - CHEF'S TABLE DINNER (\$)

(120 min, Chef's Kitchen)  
Spend dedicated time with Chef Kate in the Chef's Kitchen as she serves a farm to table menu featuring our own Blackmore Farm, local farms & purveyors, and seasonal ingredients. Dinner begins with a glass of fizz to cleanse the palate and each course is carefully paired with wines from our Sommelier. The cozy setting offers friendly conversation to learn more about each dish including unique ingredients, cooking techniques, and best kept secrets. There is an up-charge of \$90 per person which includes the wine pairing. Please inquire with the Hostess for a sample menu or to sign-up for this intimate dining experience. Six person minimum to confirm the event.

### 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.

### 8:30 PM - BINGO & TRIVIA

(120 min, Fireside Room)  
Join us for a fun-filled evening of games! Arrive at your leisure, as multiple games will be played. We will start with Bingo and then move on to a trivia game! Winners of games will receive a special Lodge at Woodloch gift.



## HELPFUL INFO

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Lily Pad, 9am - 5pm

## BIRDING

Lily Pad, 9am - 5pm

## S'MORES

Lily Pad, 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 in your guest room or on your guest room veranda. 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

*\*Please allow two hours for dinner service.*



## SCHEDULED ACTIVITIES

## 7:00 AM - SHOCKWAVE

(45 min, Rowing Room)

Dubbed "the most efficient total body workout in the world," ShockWave is extreme cross-training at its best. ShockWave makes use of the WaterRower GX rowing machine to provide bursts of high intensity intervals while its functional strength stations are designed to sculpt the legs, core and arms.

## 8:00 AM - T'AI CHI

(45 min, Linden Studio)

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

## 8:00 AM - STRETCH &amp; 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 - TRX: EXPRESS STRETCH

(25 min, CardioWeight Studio)

Learn different ways to stretch your entire body using the TRX system.

## 8:30 AM - ANIMAL TRACKING &amp; IDENTIFICATION

(90 min, Owl's Nest)

Come spend time with our guides to get a closer, intimate look into the animals of the Pocono Mountains. Join them as you explore our property and get familiar with the different ways of tracking and identifying our woodland friends. If it has two legs, four legs, or even wings, our team can help you become familiar with the different ways you can find our favorite creatures of the forest.

## 9:00 AM - MANTRA MEDITATION

(45 min, Willow Studio)

Explore ancient mantras and instruments. Mantras can be chanted, sung, whispered, or internally spoken. Mantra is great for those with a busy mind! Ommmmm.

## 9:00 AM - GENTLE YOGA

(45 min, Linden Studio)

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

## 9:00 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.

## 9:00 AM - W.A.V.E.

(45 min, Aqua Garden)

Water Aerobics using Vertical Energy on the Hydro Trampoline.

## 9:00 AM - MYZONE CIRCUIT

(45 min, CardioWeight Studio)

This combination of strength and cardiovascular exercise circuit class uses the MYZONE heart monitoring system to help you keep motivated and engaged. This improves personalized results and allows you to workout at intensity levels that are right for you.

## 9:00 AM - MINIATURE VIGNETTES

(120 min, Art Studio)

Explore the world of colors, patterns, and textures while creating a beautiful collection of miniature vignettes. Using a variety of mediums you will embrace the abstract style of art and create a true masterpiece.

## 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 - GUIDED LABYRINTH WALK

(45 min, Meet in Garden Hall)

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

## 10:00 AM - BACK TO YOUR ROOTS

(45 min, Willow Studio)

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.

## 10:00 AM - ZUMBA

(45 min, Oak Studio)

Zumba fuses Latin rhythms and easy to follow moves to help you experience an exhilarating, caloric-burning, body energizing blast of a class. Sneakers are required.

## 10:00 AM - KENPO CARDIO

(45 min, Linden Studio)

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

## 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 - VIBE AND RELAX

(45 min, Willow Studio)

Up your vibration and feel better! Learn meridian tapping, Myofascial release, and how to be present to recognize your daily energetic wave. Then integrate our self care practice with a crystal-infused deep relaxation!

## 11:00 AM - PUMP

(45 min, Oak Studio)

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

## 11:00 AM - TIPPITY TOES TAP

(45 min, Rowing Room)

Big smiles will appear when you learn to tap dance with over-the-shoe taps.

## 11:00 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.

## 11:00 AM - CHI JOY

(45 min, Linden Studio)

In this class we'll learn gentle movements from the ancient art of Chi Gong and pair them with music, amplifying the healing power of our chi (energy) for health and happiness. From the spaciousness of Miles Davis (cultivating stillness) to the unbridled joy of Pharrell Williams (vanquishing depression) we'll move to beautiful sounds and embrace the natural flow of our creative energy.

## 11:00 AM - NATUREPIX 101

(60 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!

## 11:30 AM - PASTELS

(90 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.



MARCH 29TH, 2024

FRIDAY

## SCHEDULED ACTIVITIES, CONT.

### 12:00 PM - SPINNING

(45 min, Spinning Studio)

Ride like the wind in this indoor cycling class. All levels are welcome. Clips are SPD.

### 12:00 PM - BOOGIE WOOGIE LINE DANCIN'

(45 min, Willow Studio)

Easy dance moves that don't require you to coordinate moves with a partner. All types of music, all types of fun.

### 12:00 PM - SHRUTI SPIRIT SOUND BATH

(45 min, Linden Studio)

The Shruti Box is a beautiful musical instrument that opens the heart, quiets the mind, and elevates the spirit. Relax as you listen to its hypnotic sound, along with soft vocal toning, chimes, and crystal bowls. Enter the sacred realm of your own deep healing and inner peace.

### 12:00 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.

### 12:30 PM - LIQUID GOLD - OLIVE OIL & WINE (\$)

(45 min, Chef's Kitchen)

The love and lore of olive oil date back thousands of years. Like wine, it illuminated life over the centuries. Join our Holistic Nutritionist, Talia as she presents this one-of-a-kind educational, entertaining, and healthy hour of olive oil and wine tasting. Learn how to evaluate olive oil and wine for quality, flavor, and how to pair it with your favorite foods. Guests must be at least 21 years of age to participate. Cost is \$25 per person.

### 1:00 PM - AFTERNOON STRETCH

(25 min, Rowing Room)

Get a quick boost of energy from this very gentle stretch class.

### 1:00 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.

### 1:00 PM - CHAKRA YOGA

(45 min, Willow Studio)

Open, balance, and cleanse all seven chakras using simple yoga poses and visualization. You'll leave this class feeling energized.

### 1:00 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.

### 1:00 PM - FOREST BATHING

(80 min, Meet in Garden Hall)

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

### 1:30 PM - FOOD FOR THOUGHT - ASK THE NUTRITIONIST

(50 min, Garden View Room)

Holistic nutrition and health coach, Talia, is here to answer your questions and give you tips and ideas on how to improve your nutrition, lifestyle, and overall well-being.

### 1:30 PM - WINTER WOODS WALK

(90 min, Meet in Garden Hall)

Whether by boot or snowshoe, follow a guide on a tour of The Lodge at Woodloch property. Animal tracks, woodpecker holes and ground scratchings all give us signs of the diversity of fauna in the area. Take a fresh look into the winter woods, to see how much life really happens, even through the cooler months.

### 2:00 PM - EAGLE VIEWING

(150 min, Meet in Garden Hall)

As we travel along our rivers and estuaries, a national treasure can be spotted. The bald eagle, our country's emblem, takes up winter residence here, feasting on the rich food sources and entertaining all who catch a glimpse. Join us on a driving tour of the local waterways to search for these powerful and regal birds. Make sure to bring a camera and warm clothing in preparation for the many scenic stops along the way. This is an amazing opportunity to witness the eagles in their natural environment.

### 2:00 PM - THE GREAT WALL OF YOGA

(45 min, Linden Studio)

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

### 2:00 PM - BODY WEIGHT BLAST

(45 min, Oak Studio)

Elevate your fitness by torching calories and toning muscles in this high-energy, full body experience. No equipment needed.

### 2:00 PM - L.E.G.S

(45 min, Rowing Room)

Lower body Exercises and Glute Strengthening.

### 2:00 PM - HUMMING MEDITATION

(45 min, Willow Studio)

Did you know that the most powerful instrument for healing is our own voice? The simplest and most profound sound we can make is the hum, which produces a vibro-acoustic effect like an internal massage. In this class you will learn an easy and effective humming technique that will help you reduce stress, improve sleep and empower manifestation.

### 2:00 PM - SILK SCARF PAINTING (\$)

(60 min, Art Studio)

Create a beautiful one-of-a-kind wearable piece of art by using simple, creative techniques. You will be truly surprised at how easily your masterpiece comes together! No experience is necessary! Cost is \$20 per person.

### 2:00 PM - HIGH TUNNEL TOUR

(50 min, Blackmore Farm)

While crops in our garden have died back or gone dormant, the Winter growing season is in full swing in our heated high tunnels. Come enjoy the smells and sights of Spring while one of our farmers guides you through ways to ensure the growing season never ends. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

### 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 - TOWER POWER

(45 min, Rowing Room)

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

### 3:00 PM - RELEASED AND ENLIGHTENED

(45 min, Willow Studio)

In this guided meditation, we'll free the limbic system from its primitive reactive patterns and rewire our brains for enlightened loving response. Then we'll take an inner journey into the beauty of nature to celebrate our awakening and experience our connection to the infinite universe.

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

(50 min, Chef's Kitchen)

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

### 3:30 PM - HIGH TEA (\$)

(50 min, Garden View Room)

Join Chef Kate as she curates your High Tea journey. Steep and enjoy several teas including a blend grown right here at The Lodge at Woodloch. Tea service will be accompanied by a wonderful selection of tea breads, petite pastry sweets, and fancy savory bites! Indulge in this daily ritual that millions of people take part in all over the world. Pamper your soul and renew your spirit. Cost is \$25 per person.

### 3:30 PM - NATURE JOURNALING

(90 min, Owl's Nest)

Join us in a nature-based journaling class that will help enhance your personal perspective by engaging your five senses and exploring your deeper self in the beautiful outdoors. You will learn how to start a journaling practice that you can continue long after your time at The Lodge at Woodloch. This class will begin with an indoor component and then move outdoors as you embrace the nature that surrounds us.

### 4:00 PM - SURRENDER

(45 min, Linden Studio)

Nurture mind and body with this gentle restorative yoga class. All poses are done on the floor with yoga bolsters and other props to relax the body into restful postures.

### 4:00 PM - SPLASH DANCE

(30 min, Aqua Garden)

No experience or high heels needed in this fun Hydrorider 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.

### 4:30 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.

### 5:00 PM - FINDING YOUR FLOW (INTERMEDIATE VINAYASA)

(45 min, Rowing Room)

Learn to sequence yoga postures and connect with prana to help restore order to mind and body.

### 5:00 PM - CRYSTAL BOWL SOUND HEALING MEDITATION

(45 min, Linden Studio)

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

### 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 - MASTER YOUR ENERGY, MANIFEST JOY

(60 min, Fireside Room)

In this masterclass, Catherine Epstein, intuitive, life coach and author, will teach the 7 easy steps to create better boundaries and be more present, peaceful, and focused. Catherine will share the tools to help you connect with your internal world, through practical exercises, visioning meditation (you'll love this), and higher consciousness. Bring a journal and let's have fun!





## HELPFUL INFO

*Activities shaded in grey have limited space and/or seating and require advanced sign up through our Spa Concierge. We ask as a courtesy to others, if you are no longer going to attend any class or activity that you have signed up for that you cancel by speaking with our Spa Concierge team. Canceling prior to the scheduled start time allows us to contact guests that are on our waitlist.*

*We also ask for the consideration of others, that you arrive at least 5 minutes before the start of any class and that you do not join any class later than the scheduled start time. Once the door of a class is closed, we ask that you join us for the next scheduled class.*

## OPEN ACTIVITIES

*We invite you to participate in the following activities at your leisure during posted open times.*

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

### BIKING

Lily Pad, 9am - 5pm

### BIRDING

Lily Pad, 9am - 5pm

### INTRO TO FISHING

Lily Pad, 2pm - 4:30pm

Interested in fishing but don't know where to start? Stop by The Lily Pad, a guide will be available to introduce you to the basics.

### S'MORES

Lily Pad, 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 in your guest room or on your guest room veranda. 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

*\*Please allow two hours for dinner service.*



## SCHEDULED ACTIVITIES

### 7:00 AM - L.E.G.S.

(45 min, Oak Studio)

Lower body Exercises and Glute Strengthening.

### 8:00 AM - AM STRETCH & MEDITATION

(45 min, Linden Studio)

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

### 8:00 AM - 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.

### 9:00 AM - PAINTING A WINTER NIGHT

(90 min, Art Studio)

Come play in acrylic painting! This class is for all levels of painters: the advanced to the brand-new beginner. Your instructor will walk you step by step through a beautiful winter forest scene. Learn how to create a dramatic effect using only three colors! A finished canvas will be yours to take home.

### 9:00 AM - SWEET SERENITY: RESTORATIVE AND YIN

(45 min, Willow 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.

### 9:00 AM - 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.

### 9:00 AM - TSUNAMI

(45 min, Aqua Garden)

Make some waves in this incredibly intense, fast-paced pool workout. Sometimes we must weather the storm BUT today "YOU ARE THE STORM".

### 9:00 AM - DRUMS ALIVE

(45 min, Oak Studio)

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.

### 9:00 AM - GET UP AND GO

(45 min, Linden Studio)

Learn different standing and seated stretches and strengthening exercises to help you get down and up off the floor with little assistance.

### 9:00 AM - TUSTEN MOUNTAIN HIKE

(180 min, Meet in Garden Hall)

This 3 mile hike offers challenging uphill terrain and traverses rocky outcroppings to a vista overlooking the Upper Delaware River. The landscape includes abandoned bluestone quarries and glacial erratics. Bald Eagle sightings near the river are not uncommon year round. *Total Travel Time: 60 min., Hiking Time: 2 Hours.*

### 10:00 AM - HIGH TUNNEL GARDEN HARVEST (\$)

(60 min, Blackmore Garden)

The days are short and nights are freezing, but the heated high tunnels at Blackmore Farm are loaded with tender salad greens and fresh herbs. Join our Farmers as they teach you the best ways to harvest and store your greens, get a taste of Spring, and bring home a bag of your very own organic produce! Dress in layers and have proper footwear. Cost is \$20 per person. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

### 10:00 AM - YOGA WITH CHAIR AND WALL

(45 min, Linden Studio)

Join us for a class on developing balance, strength, flexibility, and stability, safely done with the support of a chair and wall. Basic yoga warm ups and poses are user friendly, doable, personal, and fun! New to yoga, come on in! This is perfect for you.

### 10:00 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.

### 10:00 AM - VINYASA FLOW

(45 min, Willow 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, Oak Studio)

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.

### 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 Creme Caramel with Gluten Free Chocolate Chip Peanut Cookie.

### 11:00 AM - YOGA FOUNDATIONS

(45 min, Willow Studio)

It's all about the feet! In this class you'll learn basic yoga poses, focusing on strong standing postures to help improve strength and flexibility in your feet. Great for beginners or those looking for an easy practice including slow mindful stretches and deep relaxation.

### 11:00 AM - BODY WEIGHT BLAST

(45 min, CardioWeight Studio)

Elevate your fitness by torching calories and toning muscles in this high-energy, full body experience. No equipment needed.

### 11:00 AM - T'AI CHI

(45 min, Linden Studio)

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

### 11:00 AM - ZUMBA

(45 min, Oak Studio)

Zumba fuses Latin rhythms and easy to follow moves to help you experience an exhilarating, caloric-burning, body energizing blast of a class. Sneakers are required.

### 11:00 AM - CHAKRA BOWL DEMONSTRATION

(20 min, Meet in Garden Hall)

Learn more about how vibrational stimulation of Chakra Bowls will restore your sense of calm, peace, mental clarity, as well as physical and energetic balance.

### 11:00 AM - PAINTED GRATITUDE BOX (\$)

(90 min, Art Studio)

Come explore colorful acrylic designs as you paint a wooden gratitude box! With the creation of this keepsake box you will begin a gratitude practice that encourages you to take a look back at those memorable moments during the week and record them in a special place. Then at the end of the 12 month period you can take a look at your 52 gratitude notes and reflect on your year. Cost is \$15 per person and includes the gratitude box along with 52 blank gratitude notes.





## SCHEDULED ACTIVITIES, CONT.

### 12:00 PM - TOWER POWER

(45 min, Rowing Room)

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

### 12:00 PM - COMPASSION MEDITATION

(45 min, Willow Studio)

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

### 12:00 PM - 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.

### 12:00 PM - 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.

### 1:00 PM - BINAURAL BEATS AND THE MOVING IMAGINATION

(45 min, Willow Studio)

Take an inner journey by escaping through sound and movement. Let the driving force of frequency bring you to a greater state of being. Proven to stimulate the brain and improve focus and concentration. A yoga class developed to increase confidence, motivation, and improve the quality of sleep.

### 1:00 PM - REJUVENATE & RESTORE

(45 min, Linden Studio)

Begin with a standing vigorous yoga warm-up to help open your body to the pleasure of movement. Then, to the floor to restore with a soft mat, bolster, blankets, and eye pillow. Find all the essentials of a restorative yoga practice, designed to nourish the body, mind, and spirit. You will find yourself refreshed and ready for the next adventure.

### 1:00 PM - LOWER BODY INTENSE STRETCH

(30 min, Oak Studio)

Low back, hamstrings and glutes will thank you for taking care of them. You must be able to get up and down off of floor with/without chair assistance.

### 1:00 PM - UKULELE LESSONS

(45 min, Fireside Room)

Learn beginner friendly ukulele classics to sing around the campfire! We will explore simple chords and strumming patterns that can be used in an array of songs.

### 1:00 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.

### 1:30 PM - WEST FALLS CREEK TRAIL HIKE

(90 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.

### 2:00 PM - YOGA FOR A HEALTHY BACK

(45 min, Willow Studio)

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

### 2:00 PM - CRYSTAL CONNECTIONS

(45 min, Fitness Lounge)

Healing crystals come in an array of cuts and colors, each with different energies and purposes. We will examine a collection of commonly used crystals and discuss how to use them with intention and confidence.

### 2:00 PM - LET'S ROLL

(45 min, Linden Studio)

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

### 2:00 PM - EBB AND FLOW

(45 min, Oak Studio)

A rhythmical flowing movement pattern using wooden dowels to help mobility and fluidity in the upper body.

### 2:00 PM - PING PONG PICKLEBALL

(45 min, Rowing Room)

Baby it's too cold outside. Let's play Ping Pong Pickleball inside. Learn how to play Pickleball on a ping pong table. A fun time is guaranteed.

### 2:00 PM - HIGH TUNNEL TOUR

(50 min, Blackmore Farm)

While crops in our garden have died back or gone dormant, the Winter growing season is in full swing in our heated high tunnels. Come enjoy the smells and sights of Spring while one of our farmers guides you through ways to ensure the growing season never ends. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

### 2:00 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.

### 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 Creme Caramel with Gluten Free Chocolate Chip Peanut Cookie..

### 3:00 PM - HIPPIE YOGA

(45 min, Willow Studio)

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

### 3:00 PM - CHROMATIC YOGA

(45 min, Rowing Room)

A yoga practice using colored lighting to help harmonize your inner energetic fields along with your own personal aura so you can submerge yourself within the visible rainbow.

### 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 - CHEST & BACK DEFINED

(45 min, CardioWeight Studio)

Harness the power to build strength, sculpt your physique, and stand tall. Experience the joy of elevated strength and a more toned body.

### 4:00 PM - PALO SANTO SMUDGING MEDITATION

(45 min, Rowing Room)

Indulge your senses with the sacred scent of Palo Santo, also known as "Holy Wood." Increase positive energy and enhance mood through the burning process known as smudging. Discover the many therapeutic benefits of this ancient technique and its natural ability to help you unwind. Sit back, relax, and leave the stagnant energy behind.

### 4:00 PM - THE GREAT WALL OF YOGA

(45 min, Linden Studio)

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

### 4:00 PM - HONEY BEE TALK

(50 min, Fireside Room)

Spend some time with our resident beekeeper, in discussion of the life cycle of the honey bee and their environmental importance. We'll compare holistic and conventional beekeeping while displaying the components and tools necessary to start your very own apiary!

### 4:30 PM - DECORATIVE BIRDHOUSES (\$)

(120 min, Owl's Nest)

Be inspired by nature's gifts and design beautiful ornamental birdhouses. We provide the ornament style birdhouses and natural items, you provide the creative spirit. Your unique and natural pieces will be perfect for displaying at home, a great reminder of your time at The Lodge at Woodloch. Cost is \$20 per person.

### 5:00 PM - SOUND IMMERSION

(45 min, Linden Studio)

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

### 5:00 PM - YOGA FOR RESTFUL SLEEP

(45 min, Willow 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.

### 7:30 PM - CHEF'S TABLE DINNER (\$)

(120 min, Chef's Kitchen)

Spend dedicated time with Chef Kate in the Chef's Kitchen as she serves a farm to table menu featuring our own Blackmore Farm, local farms & purveyors, and seasonal ingredients. Dinner begins with a glass of fizz to cleanse the palate and each course is carefully paired with wines from our Sommelier. The cozy setting offers friendly conversation to learn more about each dish including unique ingredients, cooking techniques, and best kept secrets. There is an up-charge of \$90 per person which includes the wine pairing. Please inquire with the Hostess for a sample menu or to sign-up for this intimate dining experience. Six person minimum to confirm the event.

### 8:00 PM - NOCTURNAL WALK

(90 min, Meet in Garden Hall)

Quiet night air, stars so bright, a night song being played just for you. Join us for a walk around our lush 500 acre property to explore the world that awaits us as darkness unfolds. We'll look for the many nocturnal wildlife that only come out after sunset. With the diversity of the lake, forest, and farmland on our property, you are sure to encounter various sounds and sights. Your journey will conclude with a cozy campfire and s'mores. A perfect ending to a relaxing day!

### 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 - EVENING ENTERTAINMENT

(Woodloch Pines)

Live Music & Broadway-Style Theme Show "The Southern Route 2 American Music". For shuttle service to the show, please sign up with the Hostess by 5pm.

### 8:30 PM - WALK WITH POWER, PEACE, PRESENCE, AND PURPOSE

(60 min, Fireside Room)

Based on Catherine Epstein's latest book; this class will teach you how to tap into your inner being so you can uncover and discover your true radiant self. Through a series of practical and fun exercises, you'll learn how to STOP living on autopilot and START living a soul-aligned life. Get ready to be inspired and empowered!



## HELPFUL INFO

*Activities shaded in grey have limited space and/or seating and require advanced sign up through our Spa Concierge. We ask as a courtesy to others, if you are no longer going to attend any class or activity that you have signed up for that you cancel by speaking with our Spa Concierge team. Canceling prior to the scheduled start time allows us to contact guests that are on our waitlist.*

*We also ask for the consideration of others, that you arrive at least 5 minutes before the start of any class and that you do not join any class later than the scheduled start time. Once the door of a class is closed, we ask that you join us for the next scheduled class.*

## OPEN ACTIVITIES

*We invite you to participate in the following activities at your leisure during posted open times.*

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

### BIKING

Lily Pad, 9am - 5pm

### BIRDING

Lily Pad, 9am - 5pm

### MAPLE SYRUP SUNDAYS

Blackmore Farm, 12om - 4pm  
Late Winter is upon us, and while the nights are still cold, longer and sunnier days are signaling to the maple trees that it is time to wake up. Visit Blackmore Farm at your leisure to join our farmers as they collect and boil sap and enjoy a taste of one of the sweetest crops we offer.

### S'MORES

Lily Pad, 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 in your guest room or on your guest room veranda. 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 9pm

*\*Please allow two hours for dinner service.*



## SCHEDULED ACTIVITIES

### 7:00 AM - CARDIO COMBO

(45 min, CardioWeight Studio)  
Ready, set, go and start your day with a solid 5,000 steps with a mix of walking/jogging/running, biking, and rowing to complete a quick 2.5 miles!

### 8:00 AM - BOX N' BURN

(45 min, CardioWeight Studio)  
Get ready to feel unstoppable with an intense boxing series! Try this high intensity interval training session that will leave you breathless and high on endorphins with a major focus on conditioning and core work. You will experience three rounds of bag work, mitt, and core/conditioning to give you a sweat dripping workout.

### 8:00 AM - WAKE UP SUNSHINE

(45 min, Willow 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 - ART FOR STRESS MANAGEMENT

(120 min, Art Studio)  
Learn how creativity can be used to manage stress and anxiety by drawing simple repetitive patterns. Your focus will shift and become centered on the repetition of your artwork, which helps calm the mind. The image that you naturally create can be shaded to enhance depth and dimension. Truly a unique art experience!

### 9:00 AM - HATHA: THE YOGA OF HARMONY AND BALANCE

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

### 9:00 AM - TOWER POWER

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

### 9:00 AM - ARMS, CHEST, AND BACK

(45 min, Oak Studio)  
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.

### 9:00 AM - C'EST LA VIE - AND SO IT GOES

(45 min, Willow Studio)  
"You can't be happy with someone else if you aren't happy with yourself." In this class you will let go of what no longer serves you by writing it down on dissolvable paper and watching it disappear. Learn how to unblock your physical and mental space to allow for an abundance of self-acceptance.

### 9:00 AM - W.A.V.E.

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

### 9:30 AM - TWO LAKES HIKE

(150 min, Meet in Garden Hall)  
Join our guides on an educational 3 mile hike through our beautiful property, traveling through wide open fields, peaceful pine barrens, and new growth forests. Be prepared to traverse over raw trails, spillways connecting waterways, lake shores, and adventure through mud. Along the way enjoy many breathtaking views of both Lake Teedyuskung and our very own lake, Little Lake Teedyuskung.

### 10:00 AM - SHOCKWAVE

(45 min, Rowing Room)  
Dubbed "the most efficient total body workout in the world," ShockWave is extreme cross-training at its best. ShockWave makes use of the WaterRower GX rowing machine to provide bursts of high intensity intervals while its functional strength stations are designed to sculpt the legs, core and arms.

### 10:00 AM - HEART OPENER YOGA

(45 min, Willow 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 - SLOW FLOW VINYASA

(45 min, Linden Studio)  
You like flow yoga, just not power yoga? We've got you! Enjoy this flow yoga class at a gentle pace.

### 10:00 AM - EBB AND FLOW

(45 min, Oak Studio)  
A rhythmical flowing movement pattern using wooden dowels to help mobility and fluidity in the upper body.

### 10:00 AM - TRX: TABATA

(45 min, CardioWeight Studio)  
This is a Level 3 class for anyone looking to push their fitness to the next level. Includes timed intervals of TRX and plyometrics.

### 10:00 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 - Q&A WITH AN APPALACHIAN TRAIL AND LONG-DISTANCE HIKER

(60 min, Owl's Nest)  
The Appalachian Trail stretches 2175 from Georgia to Maine and takes 6 months to hike. Perhaps you have thought about going for a day-hike, hiked a portion yourself, or maybe even preparing for you very own thru-hike! Heather, our Certified Herbalist has hiked the trail from beginning to end. She has also thruhiked North Carolina's 1200-mile Mountains to Sea Trail twice, New York's 1000-mile Finger Lakes Trail, New York's 400-mile Long Path, and the 1100-mile Florida Trail. Her trail name is the Botanical Hiker, as she not only researches the wild plants she encounters along her treks but forages, incorporating the wild plants into her backcountry meals and medicines. To talk trail, pay Heather a visit!

### 11:00 AM - MANDALA COLORING - TIPS & TECHNIQUES

(120 min, Art Studio)  
Take your coloring skills to a new level with demonstrations on how to incorporate different mediums such as marker, colored pencils and gel pens and use them to create depth, shadow and highlighting within your coloring projects here and at home! Creative coloring at its best in this fun and relaxing adventure!

### 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 Kale Caesar with Lemon Pepper Seared Salmon.



# MARCH 31ST, 2024

# SUNDAY

## SCHEDULED ACTIVITIES, CONT.

### 11:00 AM - THE GREAT WALL OF YOGA

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

### 11:00 AM - MANTRA MEDITATION

(45 min, Willow Studio)  
Explore ancient mantras and instruments. Mantras can be chanted, sung, whispered, or internally spoken. Mantra is great for those with a busy mind! Ommmmmm

### 11:00 AM - PILATES MAT

(45 min, Oak Studio)  
Developed for beginners to intermediate levels, this popular Pilates mat form of "mind body" exercise helps improve core muscle strength, flexibility, balance and posture.

### 11:00 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 - SPINNING

(45 min, Spinning Studio)  
Ride like the wind in this indoor cycling class. All levels are welcome. Clips are SPD.

### 12:00 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.

### 12:00 PM - LOWER BODY INTENSE STRETCH

(30 min, Linden Studio)  
Low back, hamstrings and glutes will thank you for taking care of them. You must be able to get up and down off of floor with/without chair assistance.

### 12:00 PM - YOU CAN'T BE SERIOUS YOGA

(45 min, Willow Studio)  
Using a specialized yoga mat that has markings for foot and hand placement, non-sequential, newbie yoga class will be great for anyone just learning yoga.

### 12:00 PM - KICKBOXING

(45 min, CardioWeight Studio)  
Unleash your inner warrior. This dynamic class fuses martial arts and cardio for a thrilling workout that improves endurance, boosts energy, and helps conquer stress.

### 1:00 PM - GENTLE GREAT WALL OF YOGA

(45 min, Linden Studio)  
Enjoy the benefits of spinal rejuvenation and alignment without hanging upside down in this gentle Great Wall of Yoga Class.

### 1:00 PM - PUMP

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

### 1:00 PM - STRETCH & TONE

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

### 1:00 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.

### 1:00 PM - WHAT'S THAT TREE: TREE IDENTIFICATION 101

(90 min, Owl's Nest)  
Learn how to confidently identify trees using a tree identification key and magnifying loop. Together we'll learn the language of dendrology (the study of trees) and discover how to identify the trees that surround you in any season. We'll also discuss the edible and medicinal attributes of the trees that we meet.

### 1:00 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.

### 1:30 PM - WINTER WOODS WALK

(90 min, Meet in Garden Hall)  
Whether by boot or snowshoe, follow a guide on a tour of The Lodge at Woodloch property. Animal tracks, woodpecker holes and ground scratchings all give us signs of the diversity of fauna in the area. Take a fresh look into the winter woods, to see how much life really happens, even through the cooler months.

### 2:00 PM - THE BARRE

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

### 2:00 PM - YOGA FOR A HEALTHY BACK

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

### 2:00 PM - INDO-ROW

(45 min, Rowing Room)  
The unique format of Indo-Row captures all the elements of competitive, on-water rowing, creating a class that is fast-paced and engaging from the first minute. From "Skills and Drills" to "Waves and Recoveries," and the final build up to a friendly but competitive "Race," Indo-Row quickly converts first-timers to devoted team members.

### 2:00 PM - HIGH TUNNEL TOUR

(50 min, Blackmore Farm)  
While crops in our garden have died back or gone dormant, the Winter growing season is in full swing in our heated high tunnels. Come enjoy the smells and sights of Spring while one of our farmers guides you through ways to ensure the growing season never ends. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

### 2:00 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.

### 2:00 PM - MEDITATIVE DOTTING

(120 min, Art Studio)  
Calm your mind while creating a beautiful tree of life painting in this unique dotting class. The tree of life represents family, interconnection, new beginnings, and tranquility. During this creative journey you will learn how to use simple tools to apply gem-like dots to this ancient symbol. As you are guided through this meditative dotting process your mind will quiet and a masterpiece will be created!

### 3:00 PM - POUND

(45 min, Oak Studio)  
POUND is the world's first cardio jam session inspired by the infectious, energizing, and sweat dripping fun of playing the drums. Not recommended for those with knee or back issues.

### 3:00 PM - MINDFUL INTERMEDIATE VINYASA YOGA

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

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

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

### 3:00 PM - 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.

### 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 Kale Caesar with Lemon Pepper Seared Salmon.

### 4:00 PM - THE CHILL ZONE

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

### 4:00 PM - TIPPITY TOES TAP

(45 min, Rowing Room)  
Big smiles will appear when you learn to tap dance with over-the-shoe taps.

### 4:00 PM - SAVORING MEDICINAL TEAS

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

### 5:00 PM - SILVER HEART BRACELET (\$)

(60 min, Art Studio)  
Create a heart bangle bracelet with sterling silver wire. Follow step-by-step instructions using small hand tools to bend and twist the wire. Amaze yourself with the simple beauty of this romantic piece and make a meaningful gift for yourself or a loved one - a perfect reminder of your time at the Lodge at Woodloch! Cost is \$25 per person.

### 5:00 PM - SWEET CANDLELIGHT FLOW

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

### 8:30 PM - MUSHROOM & FLOWERS IN MOONLIGHT DRAWING

(90 min, Art Studio)  
Draw along with step-by-step instructions to recreate your own mystical scene of mushrooms and flowers lit by the moon. Explore and create with a variety of pencil and charcoal mediums to render this serene scene.

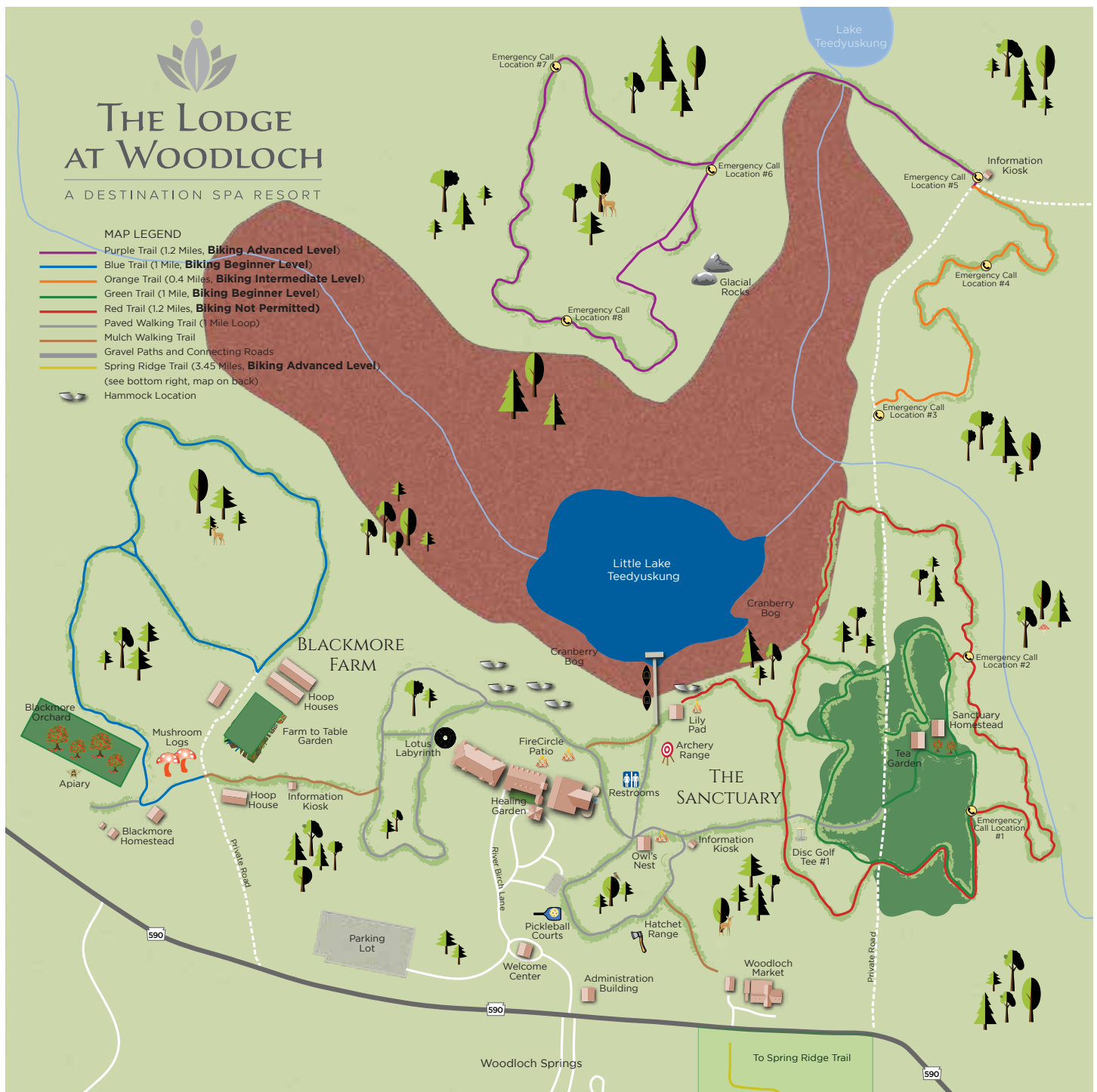
### 8:30 PM - WINE & CHOCOLATE PAIRING (\$)

(60 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 \$35 per person.

### 8:30 PM - BINGO AND TRIVIA

(120 min, Fireside Room)  
Join us for a fun-filled evening of games! Arrive at your leisure, as multiple games will be played. We will start with Bingo and then move on to a trivia game! Winners of games will receive a special Lodge at Woodloch gift.





## Outdoor Exploration

The Lily Pad, our Outdoor Exploration Center is open from 9am - 5pm. Fat Tire Biking & Birding are open activities that are available to guests at any time during Lily Pad hours. Guides are on hand to assist you with fat tire bikes and binoculars or to answer any questions that you may have.

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