



**YOUR GUIDE TO CLASSES & ACTIVITIES**

December 26th, 2022 - January 1st, 2023



**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!

### **BIKING**

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

### **BIRDING**

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

### **DISC GOLF**

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

### **GEOCACHING**

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

### **HIKING**

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

### **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 800.WOODLOCH, option 2, then option 2.

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



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

## **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.

### **HIGH TUNNEL TOUR**

If you are looking for a more in depth explanation of our operation or are interested in enhancing or starting a garden of your own, join one of our farmers for a tour of our three high tunnels occurring daily at 2pm. Now is a perfect time to begin planning next year's garden. Our farmers are more than happy to answer any of your questions in the realm of agriculture including soil and composting, pests and beneficial insects, growing your very own food and medicinals, and so much more.

### **HIGH TUNNEL 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.

### **MINDFUL FARM WALK**

Join Stefani on a gentle tour through our farm's natural and cultivated space. Perceive your reflection in nature through grounding, breath work, and journaling.



## OPEN ACTIVITIES

## SCHEDULED 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, 10am - 5pm

**BIRDING**

Lily Pad, 10am - 5pm

**DISC GOLF**

Lily Pad, 10am - 5pm

**GEOCACHING**

Lily Pad, 10am - 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.*

**LUNCH**

11:30am to 2pm

**DINNER**

5:30pm to 8:30pm





## SCHEDULED ACTIVITIES, CONT.

**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 - CHAIR YOGA**

(45 min, Willow Studio)

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

**1:00 PM - DECORATIVE BIRDHOUSES (\$)**

(120 min, Owl's Nest)

Birdhouses are beautiful and unique. We provide the birdhouse, crafts, and natural items. You provide the creativity and inspiration to create and decorate a beautiful birdhouse to take home with you and display. Cost is \$20 per person.

**2:00 PM - NORDIC WALKING**

(45 min, Meet in Garden Hall)

Nordic walking is a total body version of walking using poles similar to ski poles. It's an energizing and fast paced power walk on and off pavement. Participants must wear walking/running shoes.

**2:00 PM - 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.

**2:00 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.

**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 - SPLASH DANCE**

(30 min, Aqua Garden)

No experience or high heels needed in this fun Hydrider 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 SUNSET**

(120 min, Art Studio)

Create a colorful, whimsical painting of a sunset over a mountainscape using a combination of techniques and watercolor resist.

**2:00 PM - HIGH TUNNEL TOUR**

(50 min, Blackmore Garden)

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 - BLACKMORE FARM HIKE**

(110 min, Meet in Garden Hall)

A glacial bog, mixed wood forests, farm to table garden, and an orchard await you on this easy 2 plus mile on property hike.

**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 - W.A.V.E.**

(45 min, Aqua Garden)

Water Aerobics using Vertical Energy on the Hydro Trampoline.

**3:00 PM - COUNTRY FUSION**

(45 min, Linden Studio)

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

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

(45 min, Fireside Room)

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

**3:00 PM - HOMESTEAD HOME COOKING (COLD FOOD)**

950 min, Chef's Kitchen)

Blackmore Farm, The Lodge at Woodloch's own sustainable farm is in its winter lull. So Derrick, AKA "The Farmicist" has come in from the cold with this season's bounty to showcase hints and tricks you can use at home to cross utilize product, cut down on prep time, and get the most value from the food you buy. This demonstration will feature Winter storage crops, sprouts, and fermentation.

**3:30 PM - NATUREPIX 101**

(90 min, Owl's Nest)

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

**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 - 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.

**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 - TRX: LOWER BODY**

(45 min, CardioWeight Studio)

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

**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.

**5:00 PM - FIZZ AROUND THE WORLD MEET & GREET WITH ARNAUD BRACHET, OWNER OF DS CHAMPAGNE**

(60 min, Garden View Room)

Join Arnaud Brachet, the owner of DS Champagne and The Lodge at Woodloch Chef team for a unique welcome reception featuring DS Champagne's Blanc de Blancs Vintage 2015 Premier Cru, Artisan Charcuterie, and casual conversation.

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

(120 min, Art Studio)

Practice balance, free your inner artist, and paint a beautiful Dot Mandala Record! A 'mandala' is a term taken from Hinduism and Buddhism, that represents the universe. The Mandala design has also fascinated psychologists throughout the years, linking your Mandala design to your self, ego, and personality. Participants will learn to use dotting tools on vintage records to create these stunning pieces. Cost is \$15 per person.

**8:30 PM - S'MORES PAIRING (\$)**

(60 min, Garden View Room)

S'mores...and more! Join us to create your personal s'mores with our ultimate house-made ingredients paired with wine and/or seasonal cocktails.. Portable tabletop stone fire pits will be available as our Wine Guru brings this dessert into adulthood with the perfect pairings. Guests must be at least 21 years of age to participate. Cost is \$35 per person.

**8:30 PM - LEGO FREE PLAY FOR STRESS REDUCTION**

(60 min, Fireside Room)

Join Laura Ellen White, LSW &amp; Certified Daring Way Facilitator, for a hands-on workshop using LEGO bricks to reduce stress and tap the benefits of play. This workshop is rooted in the work of Stewart Brown, MD, author of Play: How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul. Dr. Brown defines play as, "voluntary time committed to purposeless activity." In this workshop, we'll discuss LEGO Free Play as a catalyst for renewal, restoration, and connection that requires little space, has zero learning curve, and uses the same materials over and over again. We'll finish by putting concept in action with a LEGO Free Play session. Guests are welcome to attend both nights, as each session produces unique outcomes.



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

**DISC GOLF**  
Lily Pad, 9am - 5pm

**GEOCACHING**  
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



SCHEDULED ACTIVITIES

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 do not join any class later than the scheduled start time.

**7:00 AM - WAKE UP SUNSHINE**  
(45 min, Linden 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 - 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 - 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 - HIP HOP TABATA**  
(45 min, Oak Studio)  
A fun, cardio based HIIT workout made for anyone that wants to shake it up. This class ain't no "Biggie"!

**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 - 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)  
Aerobix 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. Aerobix 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.

**9:30 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.

**9:30 AM - DECORATIVE BIRDHOUSES (\$)**  
(120 min, Owl's Nest)  
Birdhouses are beautiful and unique. We provide the birdhouse, crafts, and natural items. You provide the creativity and inspiration to create and decorate a beautiful birdhouse to take home with you and display. Cost is \$20 per person.

**10:00 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 Big John Fat Tire bikes. Snow, mud, or sand; these bikes will tackle it all.

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

**10:00 AM - JUMP FOR JOY**  
(45 min, Oak Studio)  
A low-impact mini-trampoline cardio class; 45 minutes of invigorating fun! Must have balance.

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

**10:00 AM - 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 - 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. Tuesday's demonstration will feature Carrot Apple Bisque with Toasted Almond Oil and Crisp Phyllo.

**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 - LET'S HAVE 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 - 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.

**11:00 AM - TABATA**  
(45 min, CardioWeight Studio)  
High repetition and short rest periods will burn fat, build endurance, and increase strength. Allow 2 hours after eating before taking this advanced level class. Sneakers are required. Not recommended for those with recent injuries.

**11:00 AM - BINAURAL BEATS AND THE MOVING IMAGINATION**  
(45 min, Linden 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.



## SCHEDULED ACTIVITIES, CONT.

### 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 - AQUA JOG

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

### 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 - KENPO CARDIO

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

### 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 - 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.

### 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 - PROS & CONS OF FASTING

(45 min, Fitness Lounge)  
Before you "try" know the "why".

### 1:00 PM - UKULELE LESSONS

(45 min, Garden View 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.

### 2:00 PM - HIGH TUNNEL TOUR

(50 min, Blackmore Garden)  
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 - 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.

### 2:00 PM - SPLASH DANCE

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

### 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 high-rep, dynamic weight work! Sneakers are required.

### 2:00 PM - SPINNING

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

### 2:00 PM - SOUND IMMERSION

(45 min, Willow 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 - 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 - WATERCOLOR PAINTING

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

### 3:00 PM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)  
Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Tuesday's demonstration will feature Carrot Apple Bisque with Toasted Almond Oil and Crisp Phyllo.

### 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 - YOGA FOR BEGINNERS

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

### 3:00 PM - MANTRA MEDITATION

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

### 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.

### 3:00 PM - GEOCACHING

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

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

(50 min, Garden View Room)  
Join our sommelier for an in depth look into the various characteristics of wine varietals from around the world and learn how they pair tastefully with delicious chocolates. The discussion is open to "experts" at all levels. Guests must be at least 21 years of age to participate. Cost is \$35 per person.

### 4:00 PM - TBC

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

### 4:00 PM - HATHA ENERGY MEDICINE YOGA

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

### 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!

### 8:00 PM - ACRYLICS ON CANVAS

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

### 8:30 PM - LEGO FREE PLAY FOR STRESS

**REDUCTION**  
(60 min, Fireside Room)  
Join Laura Ellen White, LSW & Certified Daring Way Facilitator, for a hands-on workshop using LEGO bricks to reduce stress and tap the benefits of play. This workshop is rooted in the work of Stewart Brown, MD, author of Play: How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul. Dr. Brown defines play as, "voluntary time committed to purposeless activity." In this workshop, we'll discuss LEGO Free Play as a catalyst for renewal, restoration, and connection that requires little space, has zero learning curve, and uses the same materials over and over again. We'll finish by putting concept in action with a LEGO Free Play session. Guests are welcome to attend both nights, as each session produces unique outcomes.



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

**DISC GOLF**  
Lily Pad, 9am - 5pm

**GEOCACHING**  
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



SCHEDULED ACTIVITIES

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 do not join any class later than the scheduled start time.

**7:00 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 - STRETCH & TONE**  
(45 min, Oak Studio)  
Experience a total body workout that will improve your flexibility and circulation. Stretch to release stress and tension while keeping your muscles long and agile.

**8:00 AM - 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 - LEG DAY**  
(45 min, Oak Studio)  
From the tip of your toes to just below the belt, this strength training class focuses on legs and glutes.

**8:00 AM - ZENDOODLE**  
(120 min, Art Studio)  
Join a newly designed, relaxation based art class where you can explore your fun, creative side by choosing from several doodle layouts that are broken down step by step by the instructor. You can then develop them into beautiful designs that can be colored and/or shaded if so desired. No previous art experience is necessary, anyone can ZenDoodle!

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

**9:00 AM - 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 - SHUMAN POINT HIKE**  
(180 min, Meet in Garden Hall)  
Explore Shuman Point Natural Area on a 3 mile loop hike 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

**9:30 AM - BASICS OF BIRDING**  
(90 min, Meet in Garden Hall)  
With binoculars and books in hand, join our guides for a walk around our lush 500 acre property to seek out and identify these winged beauties. This class, designed for beginners, will give tips and pointers on how to prepare for and get started in the world of birding.

**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 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.

**10:00 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 - 45-MINUTE STRETCH**  
(45 min, Linden Studio)  
Enjoy a quick stretch before your afternoon begins!

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

**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.

**10:30 AM - WINDOW VIEW WATERCOLORS**  
(60 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 Sautéed Scallops with Roasted Winter Squash and Apple Vinaigrette.

**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 - 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 - REBEL YOGA**  
(45 min, Rowing Room)  
A POWERFUL yoga class using light weights and motivational music to help bring out your own personal BADASSERY.

**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 - 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.

**11:30 AM - MOCKTAILS & MIMOSAS (\$)**  
(50 min, Garden View Room)  
Do your ears perk up when you hear the telltale pop of a prosecco bottle? Do you think every drink is just a little bit nicer with bubbles? Prosecco is no longer just a sparkling wine, it's a cultural phenomenon. Join us for an hour of tasting and creativity using organic and handmade mixers, and Garden grown herbs for your own "party in a glass". Cost is \$25 per person. Guests must be ages 21 and older. This class can be alcohol free if desired.



## SCHEDULED ACTIVITIES, CONT.

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

(60 min, Art Studio)

Balance your chakras and lift your spirits by selecting from mala beads to create a beautiful and meaningful energy bracelet. Cost is \$15 per person.

**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 - 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 - 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 - THE LIFT YOU NEED**

(45 min, Linden Studio)

Come join this low impact, informative class where you will be led through common and uncommon exercises including breathing patterns to help strengthen your back, core, and pelvic floor.

**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.

**12:30 PM - WINTER SENSORY WALK**

(90 min, Meet in Garden Hall)

Join our Nature Guide and use all five senses to explore our beautiful wooded property. Learn techniques for a walking meditation and end with hot tea incorporating wild edible plants.

**1:00 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 - 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 - REFRESHING YOUR SPIRIT**

(60 min, Garden View Room)

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

**2:00 PM - HIGH TUNNEL TOUR**

(50 min, Blackmore Garden)

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 - 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 - HIPPIE YOGA**

(45 min, Linden Studio)

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

**2:00 PM - AQUA JOG**

(45 min, Aqua Garden)

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

**2:00 PM - HIP HOP TABATA**

(45 min, Oak Studio)

A fun, cardio based HIIT workout made for anyone that wants to shake it up. This class ain't no "Biggie"!

**2:00 PM - CIRCUIT CITY**

(45 min, CardioWeight Studio)

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

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

(60 min, Art Studio)

Come enjoy the process of creating a beautiful, one of a kind masterpiece, using alcohol inks on yupo paper. Explore a relatively new medium that is unpredictable, vibrant, and fascinating. Your creativity will be unleashed as you design a notecard, gift tags, or simply a frameable piece of art. The possibilities are endless!

**2:00 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.

**3:00 PM - COUNTRY FUSION**

(45 min, Oak Studio)

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

**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 - W.A.V.E.**

(45 min, Aqua Garden)

Water Aerobics using Vertical Energy on the Hydro Trampoline.

**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 Sauteed Scallops with Roasted Winter Squash and Apple Vinaigrette.

**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.

**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 - 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 - SAVORING MEDICINAL TEA**

(50 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 - GONG CHI: THE SOUND OF SILENCE**

(45 min, Linden Studio)

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

**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 - SELF-DISCOVERY THROUGH MYERS-BRIGGS PERSONALITY TYPES**

(60 min, Fireside Room)

The Myers-Briggs Type Indicator (MBTI) is the most widely used personality assessment in the world. In this interactive workshop, participants will learn a brief history about how and why the MBTI was developed. Participants will also explore the components of each personality type associated with MBTI. The information can be applied to personal and professional scenarios and interactions. Through reflection activities, participants will learn about themselves and reflect on how to attend to their personality preferences on a journey of self-discovery, personal growth, and self-care.



## 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

### DISC GOLF

Lily Pad, 9am - 5pm

### GEOCACHING

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



## SCHEDULED ACTIVITIES

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 do not join any class later than the scheduled start time.

### 7:00 AM - WAKE UP SUNSHINE

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

### 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.

### 9:00 AM - SHADOW BOXING

(45 min, Linden Studio)  
Jab, cross, hook and upper cut in this unique full-body workout that bridges the gap between boxing and fitness.

### 9:00 AM - CHAKRA BOWL DEMONSTRATION

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

### 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 - WALKING MEDITATION

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

### 9:00 AM - AEROBYX

(45 min, Willow Studio)  
Aerobix 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. Aerobix 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 - 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 - 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. *Light Travel Time: 60 min., Hiking Time: 2 Hours.*

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

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

### 10:00 AM - 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 - 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 - 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.

### 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 - 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.

### 10:00 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.

### 11:00 AM - WATERCOLOR FLOWER STUDY

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

### 11:00 AM - THE ART OF MINDFUL EATING

(50 min, Garden View Room)  
Take a healthier approach to eating. One of the most constructive changes is to adopt a mindful-eating practice. Mindful eating helps you become aware of your thoughts and feelings, and empowers you to make healthier choices. Join Talia, board certified holistic health and nutrition coach, to discover simple strategies for connecting with your hunger and mindful eating. Talia will be glad to answer any questions you have on food and digestion. Private consultations are also available through Spa Concierge.

### 11:00 AM - HEALING SOUNDS MEDITATION

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

### 11:00 AM - COUNTRY FUSION

(45 min, Linden Studio)  
No cowboy boots required while you step, hitch and YEE HAW in this beginner cardio line dancing class.

### 11:00 AM - LET'S HAVE 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 - 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.

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

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



## SCHEDULED ACTIVITIES, CONT.

### 12:00 PM - HEALTHY EATING TIPS FOR THE HOLIDAY SEASON

(50 min, Garden View Room)  
The holiday season is a time when diets and healthy eating tend to go out the window for so many people. Although we're going to celebrate many of the holidays with food, Talia will share a few tips to make your holiday season brighter, easier, and lighter! During the holiday season you do not have to sabotage your weight. With a little know-how, you can satisfy your desire for traditional favorites and still enjoy a guilt-free celebration. Talia is a board certified holistic health counselor and natural foods chef. We will also carve out time to answer any questions you have on food and digestion. Personalized Nutrition Counseling available through Spa Concierge.

### 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 - JUMP FOR JOY

(45 min, Oak Studio)  
A low-impact mini-trampoline cardio class; 45 minutes of invigorating fun! Must have balance.

### 12:00 PM - CORE FOCUS

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

### 12:00 PM - DOES YOUR LIFESTYLE FIT YOUR FOOD

(45 min, Fitness Lounge)  
In this lecture you will learn the basic differences between Macro vs Micro nutrients. Find out what they are and why your body and mind need them.

### 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 - GNOME ROAM

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

### 1:00 PM - FOOD FOR THOUGHT - ASK THE NUTRITIONIST

(50 min, Garden View Room)  
Holistic nutrition and health coach, Talia is here to answer your question and give you tips and ideas on how to improve to your nutrition, lifestyle and overall well-being. Talia will be glad to answer any questions you have on food and digestion. Private consultations are also available through Spa Concierge.

### 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 - 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.

### 1:00 PM - AFTERNOON STRETCH

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

### 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 - HIGH TUNNEL TOUR

(50 min, Blackmore Garden)  
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 - 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 - TRX: LOWER BODY

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

### 2:00 PM - SPLASH DANCE

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

### 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 - 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.

### 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.

### 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 - AQUA TABATA

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

### 3:00 PM - PALO SANTO HOLIDAY SMUDGING

(45 min, Rowing Room)  
Come together for celebration as we "clear" your space of negative energy and set positive intentions for the holidays and year to come.

### 3:00 PM - TRX EXPRESS: CORE

(25 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 - LIGHT & EASY HEALTHY DISHES

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

### 3:30 PM - GEOCACHING

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

### 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 - 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.

### 4:00 PM - TRX: EXPRESS STRETCH

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

### 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.

### 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 - SELF-DISCOVERY THROUGH MYERS-BRIGGS PERSONALITY TYPES

(60 min, Fireside Room)  
The Myers-Briggs Type Indicator (MBTI) is the most widely used personality assessment in the world. In this interactive workshop, participants will learn a brief history about how and why the MBTI was developed. Participants will also explore the components of each personality type associated with MBTI. The information can be applied to personal and professional scenarios and interactions. Through reflection activities, participants will learn about themselves and reflect on how to attend to their personality preferences on a journey of self-discovery, personal growth, and self-care.



## 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

**DISC GOLF**

Lily Pad, 9am - 5pm

**GEOCACHING**

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



## SCHEDULED ACTIVITIES

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 do not join any class later than the scheduled start time.

**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 & 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.

**9:00 AM - MANTRA MEDITATION**

(45 min, Rowing Room)

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

**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 - TONE TO STONE**

(45 min, Oak Studio)

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

**9:00 AM - GROOVE AND MOVE**

(45 min, Willow Studio)

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

**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 work-out at intensity levels that are right for you.

**9:00 AM - SUN PRINTING FROM THE GARDEN**

(80 min, Owl's Nest)

Create unique and beautiful images on paper using plants, sunlight, and water. Cyanotype is a printmaking process that has been used by botanists and architects for centuries, and is an excellent way to express both artistic creativity and a love of nature. Everyone will leave with hand-made works of art.

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

(60 min, Art Studio)

Balance your chakras and lift your spirits by selecting from mala beads to create a beautiful and meaningful energy bracelet. Cost is \$15 per person.

**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 - 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 Big John Fat Tire bikes. Snow, mud, or sand; these bikes will tackle it all.

**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 - 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 - 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.

**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 body-weight exercise develops strength, balance, flexibility, and core stability simultaneously.

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

(50 min, Chef's Kitchen)

One of the easiest and simplest ways to get all the nutrients your body needs is to consume a green drink - it packs more nutrients in one glass than a full plate of salad. In this demonstration, we will introduce you to combinations of nutritious and delicious smoothies. A homemade almond milk demonstration will also be included.

**11:00 AM - PASTELS**

(120 min, Art Studio)

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

**11:00 AM - MALA MEDITATION**

(45 min, Willow Studio)

Mala beads are a wonderful tether to assist in mantra meditation as they help in escaping our busy conscious thought stream. Concludes with a group sharing.

**11:00 AM - POWER WALK**

(45 min, Meet in Garden Hall)

Enjoy a vigorous 3 mile power walk on our scenic nature trail, which winds through the woods around The Lodge at Woodloch.

**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 - 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 - CONES AND LADDERS**

(45 min, CardioWeight Studio)

This exhilarating combination of footwork and agility drills will challenge everyone's athletic side. Combines upper and lower body drills for an intense cardio workout.



## SCHEDULED ACTIVITIES, CONT.

**12:00 PM - AQUA TABATA**

(45 min, Aqua Garden)

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

**12:00 PM - GONG CHI: THE SOUND OF SILENCE**

(45 min, Linden Studio)

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

**12:00 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.

**12:00 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 - LEG DAY**

(45 min, Rowing Room)

From the tip of your toes to just below the belt, this strength training class focuses on legs and glutes.

**12:30 PM - YOUR BRAIN ON 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 body 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, brake free from sugar addiction and find healthier and safe alternatives. Talia is a board certified holistic health and nutrition coach. Private consultations are also available through Spa Concierge.

**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 - 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 - PROS & CONS OF FASTING**

(45 min, Fitness Lounge)

Before you "try" know the "why".

**1:00 PM - OSHIBANA**

(80 min, Owl's Nest)

Learn the traditional Japanese meditative practice of creating imagery on paper using botanical elements. Oshibana uses dried petals and leaves from a flower press, which can be arranged into simple patterns or elegant scenes. Work from examples or let your creativity run wild.

**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.

**2:00 PM - BREATHE & CHANGE YOUR LIFE**

(45 min, Willow Studio)

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

**2:00 PM - CORE FOCUS**

(45 min, Linden Studio)

Join us for intense functional training to strengthen and tone the core, and help promote body awareness and better posture.

**2:00 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.

**2:00 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.

**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 - 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 easy your masterpiece comes together! No experience is necessary! Cost is \$20 per person.

**2:00 PM - HIGH TUNNEL TOUR**

(50 min, Blackmore Garden)

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 - BLACKMORE FARM HIKE**

(90 min, Meet in Garden Hall)

A glacial bog, mixed wood forests, farm to table garden, and an orchard await you on this easy 2 plus mile on property hike.

**3:00 PM - YIN AND FOAM ROLLER**

(45 min, Linden Studio)

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

**3:00 PM - CHI GONG**

(45 min, 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 - W.A.V.E.**

(45 min, Aqua Garden)

Water Aerobics using Vertical Energy on the Hydro Trampoline.

**3:00 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.

**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 - OLD WORLD VS. NEW WORLD WINE**

TASTING (\$)

(50 min, Garden View Room)

What does Old World Wine mean? Find out the differences between New World and Old World wine and how winemaking style greatly affects what you taste. The discussion is open to "experts" at all levels. Guests must be at least 21 years of age to participate. Cost is \$35 per person.

**3:30 PM - DECORATIVE BIRDHOUSES (\$)**

(120 min, Owl's Nest)

Birdhouses are beautiful and unique. We provide the birdhouse, crafts, and natural items. You provide the creativity and inspiration to create and decorate a beautiful birdhouse to take home with you and display. Cost is \$20 per person.

**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 - 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.

**4:00 PM - SHOCKWAVE**

(45 min, Rowing Room)

Dubbed "the most efficient total body workout in the world," ShockWave is extreme crosstraining 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.

**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 - 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 - HOLISTIC HEALING WITH FOOD**

(60 min, Garden View Room)

"Let food be thy medicine and thy medicine shall be thy food" - Hippocrates

Hippocrates wrote centuries ago of the direct connection between food and our health and longevity. Learn a fresh approach to healthy eating, and why such diet will have more influence in determining your longevity than your genetics. We will discuss simple ways to eat smarter in order 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. Talia will be glad to answer any questions you have on food and digestion. Private consultations are also available through Spa Concierge.



## 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

### DISC GOLF

Lily Pad, 9am - 5pm

### GEOCACHING

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



## SCHEDULED ACTIVITIES

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 do not join any class later than the scheduled start time.

### 7:00 AM - STRETCH & TONE

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

### 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 - 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 - ZENDOODLE

(120 min, Art Studio)  
Join a newly designed, relaxation based art class where you can explore your fun, creative side by choosing from several doodle layouts that are broken down step by step by the instructor. You can then develop them into beautiful designs that can be colored and/or shaded if so desired. No previous art experience is necessary, anyone can ZenDoodle!

### 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 - W.A.V.E

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

### 9:00 AM - CHAIR YOGA

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

### 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 - 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: 1.5 hrs

### 10:00 AM - PRIMITIVE FIRE MAKING

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

### 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 FOUNDATIONS

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

### 10:00 AM - 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 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.

### 10:00 AM - CHAKRA MEDITATION

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

### 10:00 AM - 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.

### 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. Saturday's demonstration will feature Banana Bread Pudding with Peanut Peppercorn Brittle and Whipped Cream.

### 11:00 AM - 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!

### 11:00 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.

### 11:00 AM - BOSU

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

### 11:00 AM - THE 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.

### 11:00 AM - 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.



## SCHEDULED ACTIVITIES, CONT.

**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.

**12:00 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.

**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 - 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 - 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.

**1:00 PM - AFTERNOON STRETCH**

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

**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 - 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 - 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.

**1:00 PM - MINDFUL FARM WALK**

(50 min, Meet in Garden Hall)  
Join Stefani on a gentle tour through our farm's natural and cultivated space. Perceive your reflection in nature through grounding, breath work, and journaling.

**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 - COUNTRY FUSION**

(45 min, Oak Studio)  
No cowboy boots required while you step, hitch and YEE HAW in this beginner cardio line dancing class.

**2:00 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.

**2:00 PM - SHOCKWAVE**

(45 min, Rowing Room)  
Dubbed "the most efficient total body workout in the world," ShockWave is extreme crossstraining 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.

**2:00 PM - NORDIC WALKING**

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

**2:00 PM - 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 - HIGH TUNNEL TOUR**

(50 min, Blackmore Garden)  
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 - 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 Banana Bread Pudding with Peanut Peppercorn Brittle and Whipped Cream.

**3:00 PM - HIPPIE YOGA**

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

**3:00 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.

**3:00 PM - AQUA TONING**

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

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

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

**3:30 PM - GEOCACHING**

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

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

(50 min, Garden View Room)  
Join our sommelier for an in depth look into the various characteristics of wine varietals from around the world and learn how they pair tastefully with delicious chocolates. The discussion is open to "experts" at all levels. Guests must be at least 21 years of age to participate. Cost is \$35 per person.

**4:00 PM - LET'S HAVE 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.

**4:00 PM - PATANJALI ASHTANGA YOGA**

(45 min, Rowing Room)  
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.

**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 - 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 - FLAVORS OF FIZZ**

(60 min, Garden Hall)  
Drop by and indulge in an informal tasting of bubbly from around the world, including Prosecco, German Sekt, and Sparkling Greek Rose.

**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.

**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.

**9:00 PM - DANCING IN THE NEW YEAR**

Enjoy dancing in the New Year with live music in the Fireside Room.

**12:00 AM - MIDNIGHT CHAMPAGNE TOAST**



## 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

### DISC GOLF

Lily Pad, 9am - 5pm

### GEOCACHING

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



## SCHEDULED ACTIVITIES

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 do not join any class later than the scheduled start time.

### 7:00 AM - STRETCH & TONE

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

### 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 - 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 - 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.

### 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 - BOSU

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

### 9:00 AM - MANTRA MEDITATION

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

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

(45 min, Rowing Room)  
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.

### 9:30 AM - BASICS OF BIRDING

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

### 10:00 AM - FIRST DAY HIKE

(120 min, Meet in Garden Hall)  
What better way to start the first day of a New Year than by exploring the beauty and serenity of the Winter woods at The Lodge at Woodloch. Join our guides on an easy 2 mile hike. The trail meanders through a rustic farm property, and ever-changing wetlands. Enjoy strolling through towering pines, ancient apple trees, and lush wild meadows.

### 10:00 AM - AQUA TABATA

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

### 10:00 AM - PILATES MAT

(45 min, Linden 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.

### 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 - ATHLETIC STRETCH

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

### 10:00 AM - SPINNING

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

### 10:00 AM - SEASONAL FORAGING: BARKS, ROOTS, AND EVERGREENS

(60 min, Owl's Nest)  
Ever wonder what plants you could eat in the wild or maybe from your own backyard? 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. Our colder months are the perfect time for harvesting nutrient rich roots, medicinal barks, and even some precious greens that can be found year-round. Class will consist of a slideshow of easy-to-find, simple-to-use, and delicious plants that can be found from woodlands to urban sidewalk. Bring your foraging questions.

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

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

### 11:00 AM - HOMESTEAD HOME COOKING (HOT FOOD)

(50 min, Chef's Kitchen)  
Blackmore Farm, The Lodge at Woodloch's own sustainable farm is in its winter lull. So Derrick, AKA "The Farmicist" has come in from the cold with this season's bounty to showcase hints and tricks you can use at home to cross utilize product, cut down on prep time, and get the most value from the food you buy. This demonstration will feature Bone Broth and Schmaltz.



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 - 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.

**11:00 AM - TRIFECTA**  
(45 min, Oak Studio)  
20 minutes of step aerobics, followed by 20 minutes of strength conditioning, and finish with core, balance, and flexibility training. Not recommended for those with knee or ankle issues.

**11:00 AM - 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.

**11:00 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.

**12:00 PM - BELLY DANCING**  
(45 min, Linden Studio)  
Combines India's many classical and folk dances, fused with elements of Jazz, Hip-Hop, Arabic and Latin Forms.

**12:00 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.

**12:00 PM - AQUA TONING**  
(45 min, Aqua Garden)  
Weight-training without weights. Firm your muscles with resistance aqua equipment. Perfect for sensitive joints. A great variation to your present weight-training routines.

**12:00 PM - REBEL YOGA**  
(45 min, Rowing Room)  
A POWERFUL yoga class using light weights and motivational music to help bring out your own personal BADASSERY.

**12:30 PM - WINTER SENSORY WALK**  
(90 min, Meet in Garden Hall)  
Join our Nature Guide and use all five senses to explore our beautiful wooded property. Learn techniques for a walking meditation and end with hot tea incorporating wild edible plants.

**1:00 PM - 45-MINUTE STRETCH**  
(45 min, Oak Studio)  
Enjoy a quick stretch before your afternoon begins!

**1:00 PM - DOES YOUR LIFESTYLE FIT YOUR FOOD**  
(45 min, Fitness Lounge)  
In this lecture you will learn the basic differences between Macro vs Micro nutrients. Find out what they are and why your body and mind need them.

**1:00 PM - HERBS FOR SELF-CARE**  
(60 min, Owl's Nest)  
It's more important than ever to care for our personal health and well-being. Herbs can aid in supporting the physical body, the psyche, and play a part in soothing practices. There are so many simple ways to care for yourself, such as taking time for a healthful cup of tea, utilizing a calming tincture, or dabbing aromatic oils on pulse points. And so much more. Join our Certified Herbalist, Heather to learn how to incorporate herbs into your self-care practice and nurture wellness.

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

**2:00 PM - THE LIFT YOU NEED**  
(45 min, Rowing Room)  
Come join this low impact, informative class where you will be led through common and uncommon exercises including breathing patterns to help strengthen your back, core, and pelvic floor.

**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 - HIGH TUNNEL TOUR**  
(50 min, Blackmore Garden)  
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 - TWO LAKES HIKE**  
(150 min, Meet in Garden Hall)  
Join our guides on an interpretive 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.

**2:00 PM - MEDITATIVE DOTTING: TREE OF LIFE**  
(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 - 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!

**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.

**3:00 PM - MINDFUL INTERMEDIATE VINYASA YOGA**  
(45 min, Linden Studio)  
A well balanced practice including sun salutations, standing poses, and seated poses, set to awesome music. This class will marry breath and movement with attention to alignment and intelligent sequencing. Participants will gain a deeper understanding of vinyasa practice as well as clarity and inner quiet. Recommended for those with a regular yoga practice.

**3:00 PM - HOMESTEAD HOME COOKING (COLD FOOD)**  
(50 min, Chef's Kitchen)  
Blackmore Farm, The Lodge at Woodloch's own sustainable farm is in its winter lull. So Derrick, AKA "The Farmicist" has come in from the cold with this season's bounty to showcase hints and tricks you can use at home to cross utilize product, cut down on prep time, and get the most value from the food you buy. This demonstration will feature Winter storage crops, sprouts, and fermentation.

**4:00 PM - 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.

**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 - 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, w actually use poles in the water.

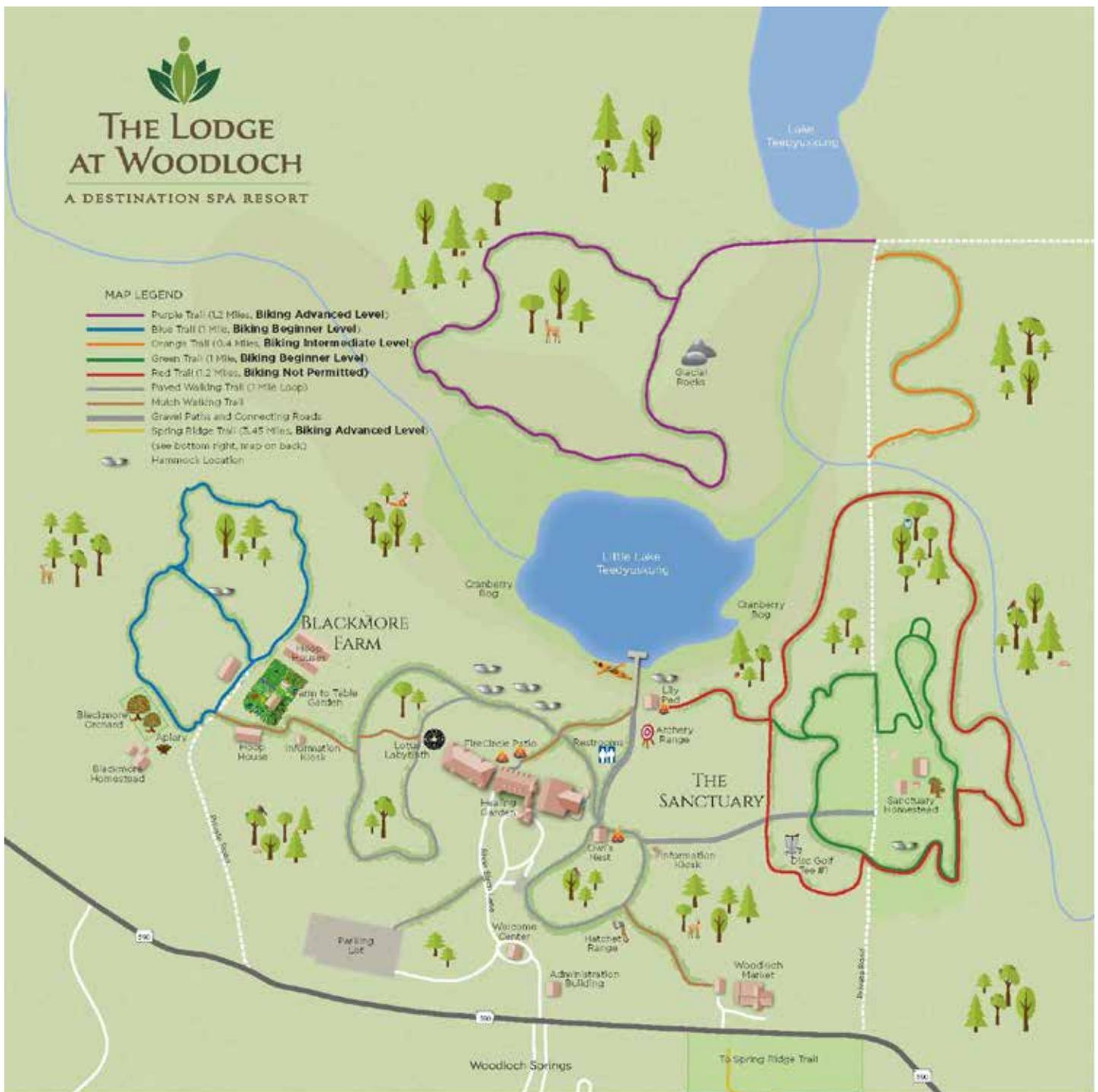
**4:00 PM - A SEMINAR: LOVE AND THE LONG PATH**  
(90 min, Owl's Nest)  
Join our Lodge Herbalist, Heather for a slideshow presentation and discussion about her long-distance backpacking adventure. Heather, with her fiancé, hiked from Manhattan to Albany on New York State's 400-mile Long Path and has recently published a book about their adventure. Along the way they faced everchanging weather, arduous ascents, curious wildlife, and learning to work together as team. Edible and medicinal plants that grew wild along the path came to their aid as did friendly locals in nearby towns. Learn about an easily accessible, lesser-traveled trail, and the wonder and personal growth that can only be found in nature.

**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.

**5:00 PM - PERFECTLY TWISTED GEMS (\$)**  
(60 min, Art Studio)  
Create your own stunning sterling silver wire wrapped gemstone ring! Choose from various rough cut or tumbled gemstones and learn two styles of wirewrapping. You will use pliers and small hand tools to create a beautiful ring, a perfect reminder of your time at The Lodge at Woodloch. Cost is \$25 per person.

**8:00 PM - SACRED GEOMETRY WATERCOLOR**  
(120 min, Art Studio)  
Explore the basics of sacred geometry, appeal to both sides of your brain, and create something beautiful. You will create repeated circles using geometry tools and apply basic watercolor techniques to create a "seed of life" or other circle based formation and design. Then, you will add water and a jewel tone pallet to your designs to create a stunning sacred geometry painting.

**8:30 PM - WINE & CHOCOLATE PAIRING (\$)**  
(50 min, Garden View Room)  
Join our Wine Geek 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.



## Outdoor Exploration

Disc Golf, Biking, Geocaching, & Birding are all open activities that are available to guests at any time during Lily Pad hours. Guides are on hand to assist you with fat tire bikes, snowshoes (conditions permitting), disc golf discs and scorecards, binoculars, & GPS devices for Open Geocaching, or to answer any questions that you may have.

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