



**YOUR GUIDE TO CLASSES & ACTIVITIES**  
September 18th - 24th, 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!

### **ARCHERY**

1pm - 5pm daily at the Archery Range

### **BIKING**

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

### **BIRDING**

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

### **DISC GOLF**

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

### **HIKING**

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

### **IMBIBE & VIBE**

8pm - 10pm on Thursdays, Fridays, and Sundays at the FireCircle Patio

### **KAYAKING**

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

### **PICKLEBALL**

Our courts are open daily from dawn - dusk, equipment is available for your use at the courts

### **S'MORES**

9am - 5pm daily at the Lily Pad

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

7:30pm - 9pm On Tuesdays, Thursdays, and Sundays at Owl's Nest

### **STAND UP PADDLEBOARDING**

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

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

## **PLAN YOUR STAY**

For more information or to plan your stay, please contact our Spa Concierge at 570.685.8000, option 2, then option 2. Class & activity schedules are subject to change. Upon arrival, please check for the most current version of the class & activity schedule.



## THE BLACKMORE FARM

Come experience the sights and sounds (and tastes) of The Lodge at Woodloch's working organic farm. Just a 5-10 minute walk from the hotel, encompassed by the blue hiking & biking trail, you'll find attractions such as our vegetable garden, orchard, composting operation, mushroom logs, high tunnels, and our very own apiary.

Our farmers believe in a philosophy of giving back to the environment first before ever receiving its bounty. They say they feed everything- from the soil's microbes and earthworms, to the bees and butterflies, all the way up to the birds, deer, and yes, humans too.

This growing style and the ecology it has helped to create is open to you to explore on your own, all day every day. Please use proper garden etiquette by sticking to walkways and closing gates behind you and always dress appropriately for the season.

## KNOW THY FARMER

### DERRICK BRAUN, THE FARMICIST

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

### SAM LINDENMUTH, THE DIRT DOCTOR

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

### STEFANI FABIANO, THE MINDFUL FARMER

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

### SARA BOYSEN, THE CREATIVITY CULTIVATOR

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

## FEATURED ACTIVITIES

### BLACKMORE FARM TOUR

For a more in-depth explanation of our farm, join our farmers Monday - Saturday at 2pm for a farm tour.

### HARVEST LUNCH (\$)

Join our farmers Sam & Derrick for a rustic farm-to-table lunch experience you won't soon forget. Nearly every ingredient of this multi-course lunch is harvested the morning of, and sometimes right before your eyes. Participation is limited so please call our Hostess at x8586 to reserve your space in our weekly Sunday Harvest Lunch. There is an up-charge for the intimate lunch experience of \$35 per person.

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





## GUEST SPEAKERS & SPECIAL EVENTS

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



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

Catherine Epstein, founder of the Living Lotus Group, and Living Lotus Coaching helps her clients to gain Clarity, Courage and Confidence to live a life more fully from their hearts. She is an experienced guide and instructor in meditation and mindfulness practices as well as an author of *The Divine Dining Method*, Reiki Master of the Traditional USUI Method, Graduate Gemologist of the Gemological Institute of America (GG), and Certified Transformational Life Coach (CPC).

#### **Friday, September 22nd**

#### **AWAKEN YOUR INTUITION**

*8:30pm, Fireside Room*

Tap into your inner knowing and find your answers within. You are a powerful BEing- walking your own path with your own inner guidance system. In this class, Catherine will provide you with the tools and techniques, and with some fun exercises and visualizations to help you access your inner world. You'll come away from this class with the exact steps to find the answers within.

#### **Saturday, September 23rd**

#### **CREATE CHANGE**

*8:30pm, Garden View Room*

If you've been looking for clarity, focus and alignment, let Catherine teach you the exact steps to create lasting change in your life! In this class you'll learn about the limiting beliefs that have held you back (they're tricky to find); learn how to overcome overwhelm, and manage your motivation to find the inspiration to make the true and lasting changes you desire.

For more information or to plan your stay, please contact our Spa Concierge at 570.685.8000, option 2, then option 2.



## SPA FEATURE: THE LOTUS SALON

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

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

Our Hair Services, featuring MoroccanOil products:

### **BLOWOUT**

\$65

### **SHAMPOO, CUT & STYLE**

\$75

### **MEN'S CUT**

\$40

### **MOROCCANOIL DEEP CONDITIONING HAIR TREATMENT**

\$20



Our Nail Services, featuring Dazzle Dry products:

### **RESTORATIVE MANICURE AND PEDICURE**

Your hands and feet will be transformed with this truly nourishing treatment.

*Pedicure, 50 minutes // \$95*

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

These nourishing and age-defying services feature a luxurious infusion of CBD, warm organic shea butter, and paracress to restore moisture and ease tension in the hands and feet.

*Manicure, 50 minutes // \$85*

*Pedicure, 50 minutes // \$105*

### **AUTUMN SEASONAL MANICURE AND PEDICURE**

The warming scents of pumpkin and spices envelop you in cozy comfort.

*Pedicure 50 min // \$95*

*Manicure 50 min // \$75*

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

An energizing experience designed for men!

*Manicure, 25 minutes // \$50*

*Pedicure, 50 minutes // \$95*



For more information or to plan your stay, please contact our Spa Concierge at 570.685.8000, option 2, then option 2.



## HELPFUL INFO

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

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

## OPEN ACTIVITIES

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

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

**ARCHERY**  
Archery Range, 1pm - 5pm

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

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

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

**KAYAKING**  
Dock, 9am - 5pm

**PICKLEBALL**  
Pickleball Courts, Dawn - Dusk

**STAND-UP PADDLEBOARDING**  
Dock, 9am - 5pm

## DINING

*Indoor dining service is available in TREE Restaurant for breakfast, lunch, and dinner.*

*Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance, at no extra charge, and packaged as take-out to enjoy 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

**6:30 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.

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

**8:00 AM - 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 - CARDIO COMBO**  
(45 min, CardioWeight Studio)  
Ready, set, go with a solid 5,000 steps with a mix of walking/jogging/running, biking, and rowing to complete a quick 2.5 miles!

**8:00 AM - BASIC DECORATIVE HAND LETTERING**  
(120 min, Art Studio)  
Discover how to create basic cursive letterforms by applying calligraphy principles to decorative hand lettering using standard pencils and markers you likely already own! You will be able to create a small displayable sign with your newly acquired talent!

**8:30 AM - BASICS OF BIRDING**  
(90 min, Owl's Nest)  
With binoculars and books in hand, join our guides for a walk around our lush 500 acre property to seek out and identify these winged beauties. This class, designed for beginners, will give tips and pointers on how to prepare for and get started in the world of birding.

**9:00 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.

**9:00 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.

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

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

**9:00 AM - 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.

**9:00 AM - TRX: TOTAL BODY**  
(45 min, CardioWeight Studio)  
The TRX Suspension Trainer leverages gravity and the user's body weight to complete hundreds of exercises. Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously.

**9:00 AM - TENKARA**  
(50 min, Lily Pad)  
Join our fly-fishing guides for an introduction to Tenkara, a simplified, Japanese style of fly fishing. They will discuss a little bit of the history, then go into equipment and set up. You will learn the differences between Tenkara and conventional fly tackle, flies, and also have the opportunity to cast these unique rods.

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

**10:00 AM - DRUMS ALIVE**  
(45 min, Oak Studio)  
Drum your way to fitness results! Unique and different from every other workout you've tried before, Drums Alive captures the essence of movement and rhythm and combines it with fun. Sneakers are required.

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

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

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

**10:00 AM - AQUA TONING**  
(45 min, Aqua Garden)  
Weight-training without weights. Firm your muscles with resistance aqua equipment. Perfect for sensitive joints. A great variation to your present weight-training routines.

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

**10:00 AM - GARDEN-INFUSED OILS (\$)**  
(50 min, Blackmore Farm)  
By infusing plants with oil, we can extract their beneficial properties and bring them into more parts of our lives. From arthritis to anxiety, plant infused oils can help to heal and nourish us naturally. Use these oils directly on your skin, or as an ingredient to make salves, lotions, balms, ointments, and the list goes on. We will work with freshly dried plants and flowers straight from Blackmore Farm. Cost is \$15 per person.

**10:30 AM - DISCOVER DISC GOLF**  
(90 min, Lily Pad)  
Discover the thrill of one of the fastest growing sports in the U.S. with help from our guides. Disc golf allows for upper and lower body conditioning, aerobic exercise, mental strategizing, and a lot of fun. Learn the basics of disc golf and then play a round!

**10:30 AM - WILDFLOWER WALK**  
(90 min, Meet in Garden Hall)  
Join our Nature Guide as we take a peaceful walk through the beautiful forests and fields that surround The Lodge at Woodloch seeking out the seasonal floral gifts Mother Nature provides us.

**11:00 AM - EXPLORE STAMP CARVING AND PRINTMAKING (\$)**  
(120 min, Art Studio)  
Come make your own stamps and prints using a traditional linocut printmaking technique. Images of birds, florals and other nature inspired elements will be provided to create your own one-of-a-kind stamp. Then, use your stamp to create your own pattern on a note card. Your beautiful stamp is yours to take home. Cost is \$15 per person.

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

**11:00 AM - 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.

**11:00 AM - COOKING DEMONSTRATION**  
(50 min, Chef's Kitchen)  
Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Monday's demonstration will feature Chicken Chesapeake with Lemon Herb Sautéed Asparagus.

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

**11:00 AM - VINYASA FLOW**  
(45 min, Willow Studio)  
A flowing, dynamic form of yoga, linking smooth body movements with breath. Challenging postures will be used to help build endurance, flexibility, and strength. Prior yoga experience recommended.

**11:00 AM - GUIDED LABYRINTH WALK**  
(45 min, Meet in Garden Hall)  
Learn how to use the labyrinth for meditation practice, a serene mindfulness in motion. This is a wonderful practice for those who find it difficult to quiet the mind and body during seated meditation.

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





SCHEDULED ACTIVITIES, CONT.

**12:00 PM - HONEY LOUNGE YOGA**

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

**12:00 PM - THE BARRE**

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

**12:00 PM - HARD CORE HULA**

(30 min, Linden Studio)  
Shake your hips to hard rock classics as you get a full body workout in this nontraditional hula hoop styled class. You'll be surprised at how many ways you can use a hula hoop. All levels welcome, sneakers required.

**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 - C'EST LA VIE - AND SO IT GOES**

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

**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 - WATERFOWL OF LAKE WALLEPAUPACK**

(120 min, Meet in Garden Hall)  
Join us for an easy 1.5 mile walk along the pristine shoreline of Lake Wallenpaupack and discover our beautiful local waterfowl. Binoculars will be provided and birders of any skill level are welcome.  
*Total Travel Time: 40 min., Hiking Time: 1 Hour and 20 Minutes*

**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 - NATURE CHI YOGA FLOW**

(45 min, Meet in Garden Hall)  
Enjoy the beautiful surroundings of nature outside as you fuse the gentle fluid movements of QiGong with very simple standing yoga poses.

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

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

**1:00 PM - SUN PRINTING IN THE GARDEN**

(90 min, Blackmore Farm)  
Create unique and beautiful images on paper using objects from nature, UV light, 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.  
\*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 - HATCHET THROWING**

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

**2:00 PM - 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 Hydrorider Aquatic Pole Dancing Class. Build strength and stamina while learning simple dance moves to music that will make you giggle. Yes, we actually use poles in the water.

**2:00 PM - BOSU**

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

**2:00 PM - PICKLEBALL FOR BEGINNERS**

(45 min, Pickleball Court)  
Learn the basics of pickleball and what every beginner must know in order to start playing.

**2:00 PM - BLACKMORE FARM TOUR**

(60 min, Blackmore Farm)  
Come experience the sights and sounds (and tastes) of The Lodge at Woodloch's working organic farm. Just a 5-10 minute walk from the hotel, you'll find attractions such as our vegetable garden, orchard, composting operation, mushroom logs, high tunnels, and our very own apiary.

**2:00 PM - HENNA ART (\$)**

(120 min, Art Studio)  
Learn the ancient art of henna, a traditional art form originating from the middle east and typically used to decorate the body for important ceremonies. In this class, you will learn basic mehndi styles and practice before applying your own unique designs to a 4x6 inch wooden frame. This natural stain is beautiful on light wood crafts. Cost is \$15 per person.

**3:00 PM - HATCHET THROWING**

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

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

(45 min, Pickleball Court)  
Learn the basics of pickleball and what every beginner must know in order to start playing.

**3:00 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.

**3:00 PM - NORDIC WALK**

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

**3:00 PM - COOKING DEMONSTRATION**

(50 min, Chef's Kitchen)  
Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Monday's demonstration will feature Chicken Chesapeake with Lemon Herb Sautéed Asparagus.

**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.

**3:30 PM - NATURE WALK**

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

**3:30 PM - GNOME ROAM**

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

**3:30 PM - CRAFT MARGARITAS (\$)**

(50 min, Garden View Room)  
Come and create lively, craft margaritas with fresh ingredients from the gardens. 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 - GROUNDING IN THE GARDEN**

(80 min, Blackmore Farm)  
Treat yourself to a mindful moment in the garden and learn how to release the stress of daily life with help from the healing energy of nature! Your journey will include breath work, meditation, and moments of reflection as you unlock new levels of healing and connection to the natural world around us. Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

**4:00 PM - HATCHET THROWING**

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

**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.

**6:00 PM - EVENING KAYAKING**

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

**8:00 PM - ACRYLICS ON CANVAS**

(120 min, Art Studio)  
Create a beautiful painting of a mountain sunset that is inspired by the current season. Whether it is winter, spring, summer, or fall your sunset masterpiece will be a captivating representation of what Mother Nature offers us.

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

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

**8:30 PM - DIY MICROGREENS (\$)**

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



## HELPFUL INFO

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

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

## OPEN ACTIVITIES

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

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

### ARCHERY

Archery Range, 1pm - 5pm

### BIKING

Lily Pad, 9am - 5pm

### BIRDING

Lily Pad, 9am - 5pm

### DISC GOLF

Lily Pad, 9am - 5pm

### KAYAKING

Dock, 9am - 5pm

### PICKLEBALL

Pickleball Courts, Dawn - Dusk

### S'MORES AND MORE

Owl's Nest, 7:30pm - 9pm

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

### STAND-UP PADDLEBOARDING

Dock, 9am - 5pm

## DINING

*Indoor dining service is available in TREE Restaurant for breakfast, lunch, and dinner.*

*Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance, at no extra charge, and packaged as take-out to enjoy 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

### 6:30 AM - FITNESS WALK

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

### 7:00 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 - SHAMANIC SERENITY: GUIDED MEDITATION & HANDS ON HEALING

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

### 8:00 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.

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

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

### 8:00 AM - AQUA TONING

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

### 8:00 AM - 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 - 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, Linden Studio)  
Be like the flower and BLOOM! Embrace this gentle yoga practice while deepening the art of your breath! Reduce stress by reuniting breath, body and mind back into a state of flow bringing peace and bliss within.

### 9:00 AM - AEROBYX

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

### 9:00 AM - ZUMBA

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

### 9:00 AM - TRX YOGA

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

### 9:00 AM - FLY CASTING

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

### 9:30 AM - TWO LAKES HIKE

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

### 10:00 AM - 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 - TOWER POWER

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

### 10:00 AM - TRX: TOTAL BODY

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

### 10:00 AM - THE ART OF MINDFUL EATING

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

### 10:00 AM - PICKLEBALL FOR BEGINNERS

(45 min, Pickleball Court)  
Learn the basics of pickleball and what every beginner must know in order to start playing.

### 10:00 AM - NATURE JOURNALING

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

### 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 Butternut Corn Bisque with Curry Cream.

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

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

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

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

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

(45 min, 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.

### 11:00 AM - 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. This presentation will discuss the effect sugar has on our body and the problems that may arise from eating too much sugar. Private consultations are also available through the Spa Concierge.

### 11:00 AM - PICKLEBALL FOR BEGINNERS

(45 min, Pickleball Court)  
Learn the basics of pickleball and what every beginner must know in order to start playing.

### 11:00 AM - UKULELE LESSONS

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





## SCHEDULED ACTIVITIES, CONT.

### 12:00 PM - PATANJALI ASHTANGA YOGA

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

### 12:00 PM - POWER WALK

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

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

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

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

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

### 12:00 PM - DOSHAS PART I

(50 min, Garden View Room)  
In the system of Ayurveda medicine, balance is the key to health, happiness, productivity, and wellness. In Part I, a short test will be administered to discover your own specific constitution based on the dosha system. The three doshas (Vata, Pitta and Kapha) are based on the 5 elements (Air, Ether, Fire, Water, and Earth) and will be explored in great detail. Find out how your specific dosha affects all aspects of your life, including your mental, physical, emotional, relational, and spiritual states.

### 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.

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

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

### 1:00 PM - PRIMITIVE FIRE MAKING

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

### 1:00 PM - AFTERNOON STRETCH

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

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

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

### 1:00 PM - 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.

### 1:00 PM - CHAKRA BOWL DEMONSTRATION

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

### 1:00 PM - DOSHAS PART II - HOW TO BALANCE YOUR DOSHAS

(50 min, Garden View Room)  
After attending Part I, you are equipped with a comprehensive understanding of the dosha system, common characteristics, personality traits, and specific imbalances to watch for. In Part II we dive more deeply into how to create balance for your specific constitution in order to create balance in your life and therefore live a happier and healthier life through proper diet, exercise and lifestyle changes.

### 2:00 PM - SOOTHING SOMA YOGA

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

### 2:00 PM - BOSU

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

### 2:00 PM - 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, Linden Studio)  
Everything in life causes stress in one way or another. When we begin to experience high levels of stress, our physical bodies feel the effects. Join us on an ancient meditation journey where you will be immersed in waves of sound. Reset, destress and decompress all of your worries away! No meditation experience required.

### 2:00 PM - SPLASH DANCE

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

### 2:00 PM - WATERCOLOR PAINTING

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

### 2:00 PM - BLACKMORE FARM TOUR

(60 min, Blackmore Farm)  
Come experience the sights and sounds (and tastes) of The Lodge at Woodloch's working organic farm. Just a 5-10 minute walk from the hotel, you'll find attractions such as our vegetable garden, orchard, composting operation, mushroom logs, high tunnels, and our very own apiary.

### 2:00 PM - NATURE WALK

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

### 3:00 PM - WILD CREATIONS

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

### 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 Butternut Corn Bisque with Curry Cream.

### 3:00 PM - PUMP

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

### 3:00 PM - YOGA FOR BEGINNERS

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

### 3:00 PM - REBEL YOGA

(45 min, Willow Studio)  
A POWERFUL yoga class using light weights and motivational music to help bring out your own personal BADASSERY.

### 3:00 PM - MYZONE CIRCUIT

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

### 3:30 PM - 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.

### 4:00 PM - SENSORY WALK

(60 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.

### 4:00 PM - NORDIC WALK

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

### 4:00 PM - IMMORTAL PUSHING STONE

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

### 4:00 PM - HONEY BEE TALK

(50 min, Blackmore Orchard)  
Spend some time with our resident beekeeper, in discussion of the life cycle of the honey bee and their environmental importance. We'll compare holistic and conventional beekeeping while displaying the components and tools necessary to start your very own apiary! \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

### 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!

### 6:00 PM - GARDEN DINNER (\$)

(120 min, Meet at Host Stand)  
We're switching up the typical Farm-to-Table dinner by bringing the table to the farm! The intimate two-hour tasting dinner will be led by one of our talented Chefs as they select the harvest focus for the dinner and our Sommelier will pair the dinner with wine. There is an up-charge for the intimate dinner experience of \$95 per person, which includes the wine pairing. Limited seating so please plan ahead! \*Dinners are weather dependent. Garden dinners include a garden tour prior to dinner, garden conditions may be muddy. Please make reservations for our Garden Dinner with the Hostess.

*"Due to satellite kitchen use and the uniquely creative & themed nature of our Harvest Lunches and Garden Dinners, allergy and dietary restriction accommodations may not be possible. Please speak with a Hostess prior to making a reservation if you have an allergy or dietary restriction."*

### 6:00 PM - EVENING KAYAKING

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

### 8:00 PM - 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 record.

### 8:30 PM - MOVIE NIGHT

(104 min, Garden View Room)  
Join us for a viewing of "Jumanji". Two siblings discover an enchanted board game that opens a door to a magical world - and unwittingly release a man who's been trapped inside for years.



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

OPEN ACTIVITIES

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

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

**ARCHERY**  
Archery Range, 1pm - 5pm

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

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

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

**KAYAKING**  
Dock, 9am - 5pm

**PICKLEBALL**  
Pickleball Courts, Dawn - Dusk

**STAND-UP PADDLEBOARDING**  
Dock, 9am - 5pm

DINING

*Indoor dining service is available in TREE Restaurant for breakfast, lunch, and dinner.*

*Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance, at no extra charge, and packaged as take-out to enjoy 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

**7:00 AM - AM STRETCH & MEDITATION**  
(45 min, Linden Studio)  
Create space for a new day with an opening and lengthening stretch. Then set your intention with gentle and loving awareness.

**8:00 AM - PILATES MAT**  
(45 min, Willow Studio)  
Developed for beginners to intermediate levels, this popular Pilates mat form of "mind body" exercise helps improve core muscle strength, flexibility, balance and posture.

**8:00 AM - HATHA YOGA SUN AND MOON**  
(45 min, Linden Studio)  
Hatha yoga aims to balance the sun (ha) and the moon (tha) represented as the right and left sides of the body. This is achieved by practicing asanas (postures) and pranayama (breath techniques) with awareness. The asanas are held for a long time so the body can get maximum benefits from each posture as well as helping to steady the mind.

**8:00 AM - TONE TO STONE**  
(45 min, Oak Studio)  
This class ZAP's the FAT using combination weight training moves that will help you get back into shape or stay in shape.

**8:00 AM - ENERGETIC SELF CARE: LEARN HOW TO CARE FOR YOUR PERSONAL ENERGY**  
(50 min, Fireside Room)  
Do you ever feel like you're carrying the weight of the world on your shoulders, or feel the emotions of your friends, family and the collective during these intense times on our planet? That's probably because energetically you are! How can you help release the energy that is not yours, strengthen your own energetic field, and protect yourself from sucking in everyone else's stuff? Easy...come chat with Vanessa Hernandez and find out! Learn why and how we are affected by everyone on the planet, as well as different ways to care for your personal energy.

**8:00 AM - 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.

**9:00 AM - TENKARA**  
(50 min, Lily Pad)  
Join our fly-fishing guides for an introduction to Tenkara, a simplified, Japanese style of fly fishing. They will discuss a little bit of the history, then go into equipment and set up. You will learn the differences between Tenkara and conventional fly tackle, flies, and also have the opportunity to cast these unique rods.

**9:00 AM - TUSTEN MOUNTAIN HIKE**  
(180 min, Meet in Garden Hall)  
This 3 mile hike offers challenging uphill terrain and traverses rocky outcroppings to a vista overlooking the Upper Delaware River. The landscape includes abandoned bluestone quarries and glacial erratics. Bald Eagle sightings near the river are not uncommon year round. *Total Travel Time: 60 min., Hiking Time: 2 Hours.*

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

**9:00 AM - 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 - 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 - 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.

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

**10:00 AM - 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 - SPINNING**  
(45 min, Spinning Studio)  
Ride like the wind in this indoor cycling class. All levels are welcome. Clips are SPD.

**10:00 AM - 45 MINUTE STRETCH**  
(45 min, Linden Studio)  
Enjoy a quick stretch before your busy day begins.

**10:30 AM - DISCOVER DISC GOLF**  
(90 min, Lily Pad)  
Discover the thrill of one of the fastest growing sports in the U.S. with help from our guides. Disc golf allows for upper and lower body conditioning, aerobic exercise, mental strategizing, and a lot of fun. Learn the basics of disc golf and then play a round!

**10:30 AM - LAKE VIEW WATERCOLORS**  
(90 min, FireCircle Patio)  
While enjoying the fresh September air, we will use watercolors to paint our picturesque lake.

**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 Pan Roasted Salmon with Blackmore Farm Kale and Honey Garlic Dressing.

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

**11:00 AM - CHAKRA MEDITATION**  
(45 min, Willow Studio)  
Through chakra meditation, you can improve the balance of your key chakras and bring your health and mental attitude into a more peaceful state.

**11:00 AM - 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.



## SCHEDULED ACTIVITIES, CONT.

### 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 - TOWER POWER

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

### 12:00 PM - SURRENDER

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

### 12:00 PM - 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.

### 12:15 PM - CHEF'S HARVEST LUNCH AT BLACKMORE FARM (\$)

(90 min, Blackmore Farm)  
We pride ourselves in serving local fare, but how often are you able to get out and experience where the food actually comes from? Join us at Blackmore Farm for a 4-course chef-led lunch, complete with a tour of the farm and meet our farmers who supply The Lodge at Woodloch with so much delicious produce! This culinary experience features produce hand-selected right from our garden, local farms and purveyors, and a Sommelier-selected signature cocktail made with farm-fresh ingredients. There is an up-charge for the intimate lunch experience of \$65 per person. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building. Please sign-up for this activity with our Hostess. *"Due to satellite kitchen use and the uniquely creative & themed nature of our Harvest Lunches and Garden Dinners, allergy and dietary restriction accommodations may not be possible. Please speak with a Hostess prior to making a reservation if you have an allergy or dietary restriction."*

### 12:30 PM - HANDMADE PAPERMAKING

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

### 12:30 PM - CHAKRA BEAD CLASS (\$)

(60 min, Art Studio)  
Balance your chakras and lift your spirits by selecting from mala beads to create a beautiful and meaningful energy bracelet. Cost is \$15 per person.

### 1:00 PM - 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 - 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 - 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, 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

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

### 1:00 PM - PICKLEBALL FOR BEGINNERS

(45 min, Pickleball Court)  
Learn the basics of pickleball and what every beginner must know in order to start playing.

### 2:00 PM - HIPPIE YOGA

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

### 2:00 PM - CRYSTAL CONNECTIONS

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

### 2:00 PM - W.A.V.E.

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

### 2:00 PM - PICKLEBALL FOR BEGINNERS

(45 min, Pickleball Court)  
Learn the basics of pickleball and what every beginner must know in order to start playing.

### 2:00 PM - PUMP

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

### 2:00 PM - INNER SMILE MEDITATION

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

### 2:00 PM - BLACKMORE FARM TOUR

(60 min, Blackmore Farm)  
Come experience the sights and sounds (and tastes) of The Lodge at Woodloch's working organic farm. Just a 5-10 minute walk from the hotel, you'll find attractions such as our vegetable garden, orchard, composting operation, mushroom logs, high tunnels, and our very own apiary.

### 2:00 PM - HATCHET THROWING

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

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

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

### 3:00 PM - 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 - 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 - NORDIC WALK

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

### 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 Pan Roasted Salmon with Blackmore Farm Kale and Honey Garlic Dressing.

### 3:00 PM - HATCHET THROWING

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

### 3:30 PM - PAPER MARBLING

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

### 3:30 PM - GNOME ROAM

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

### 3:30 PM - NATURE WALK

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

### 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 - HATCHET THROWING

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

### 5:00 PM - PRIMORDIAL GONG

(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.

### 6:00 PM - EVENING KAYAKING

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

### 8:00 PM - WATERCOLOR PAINTING

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

### 8:00 PM - EVENING ENTERTAINMENT

(Woodloch Pines)  
Live Music & Broadway-Style Theme Show "California Dreamin'" For shuttle service to the show, please sign up with the Hostess by 5pm.

### 8:30 PM - MOVIE NIGHT AT BLACKMORE FARM

(90 min, Blackmore Farm)  
Enjoy an informative and inspiring evening at Blackmore Farm while we highlight tried and true methods for cultivating abundance and building resilience in the garden. The night sky provides a perfect backdrop for a cinematic journey navigating through discussion and insight pertaining to Earth, plants, and the human relationship shared within. Join Sam, The Dirt Doctor, for beverages, popcorn, and a relaxing atmosphere while getting a closer look into today's hot topics surrounding regenerative agriculture. This week's film is "The Biggest Little Farm". Follow a young couple who leave city life to begin a journey of discovery renovating a 200- acre barren landscape using biodiverse design and a regenerative approach to their new endeavor.





## HELPFUL INFO

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

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

## OPEN ACTIVITIES

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

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

### ARCHERY

Archery Range, 1pm - 5pm

### BIKING

Lily Pad, 9am - 5pm

### BIRDING

Lily Pad, 9am - 5pm

### DISC GOLF

Lily Pad, 9am - 5pm

### KAYAKING

Dock, 9am - 5pm

### PICKLEBALL

Pickleball Courts, Dawn - Dusk

### S'MORES AND MORE

Owl's Nest, 7:30pm - 9pm

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

### STAND-UP PADDLEBOARDING

Dock, 9am - 5pm

### IMBIBE & VIBE

FireCircle Patio, 8pm - 10pm

Join us for live music around the FireCircle after dinner (weather permitting). Cocktail service will be available.

## DINING

*Indoor dining service is available in TREE Restaurant for breakfast, lunch, and dinner.*

*Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance, at no extra charge, and packaged as take-out to enjoy 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

### 6:30 AM - SUNRISE PHOTO WALK

(75 min, Meet in Garden Hall)

Explore the outstanding beauty of our grounds at a time often referred to by photographers as the "golden hour." No sunrise is the same and each one offers its own magical experience. Remember to bring your camera or cellphone! Please sign-up for the Sunrise Photo Walk prior to 7pm on the evening prior to the walk.

### 6:30 AM - FITNESS WALK

(60 min, Meet in Garden Hall)

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

### 8:00 AM - PILATES MAT

(45 min, Rowing Room)

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

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

(45 min, Oak Studio)

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

### 8:00 AM - DECOMPRESS THE STRESS

(45 min, Linden Studio)

This class will be using sandbags, bolsters, blocks, blankets plus a few other props that will help you settle into comfortable postures. These postures will nourish the endocrine glands, promote circulation, balance metabolic function and increase blood flow to the brain.

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

(50 min, Willow Studio)

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

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

(45 min, CardioWeight Studio)

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

### 9:00 AM - POWER YOGA

(45 min, Linden Studio)

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

### 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)

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

### 9:00 AM - PICKLEBALL FOR BEGINNERS

(45 min, Pickleball Court)

Learn the basics of pickleball and what every beginner must know in order to start playing.

### 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 - FLY CASTING

(50 min, Meet in Garden Hall)

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

### 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 - PATANJALI ASHTANGA YOGA

(45 min, Linden Studio)

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

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

(45 min, Willow Studio)

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

### 10:00 AM - PICKLEBALL FOR BEGINNERS

(45 min, Pickleball Court)

Learn the basics of pickleball and what every beginner must know in order to start playing.

### 10:00 AM - SHOCKWAVE

(45 min, Rowing Room)

Dubbed "the most efficient total body workout in the world," ShockWave is of 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 stroke stations are designed to sculpt the legs, core and arms.

### 10:00 AM - TRX: TOTAL BODY

(45 min, CardioWeight Studio)

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

### 10:00 AM - TRIFECTA

(45 min, Oak Studio)

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

### 10:00 AM - NATURE JOURNALING

(90 min, Owl's Nest)

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

### 11:00 AM - WATERCOLOR FLOWER STUDY

(60 min, FireCircle Patio)

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

### 11:00 AM - COUNTRY FUSION

(45 min, Linden Studio)

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

### 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 - 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 - TOWER POWER

(45 min, Rowing Room)

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

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

(45 min, Aqua Garden)

Water Aerobics using Vertical Energy on the Hydro Trampoline.

### 11:00 PM - FOOD AS MEDICINE: YOU ARE WHAT YOU EAT

(50 min, Garden View Room)

Understand the benefits of eating key foods that will help you naturally boost immunity, detox, and cleanse. Learn about our food system so you can make the most informed choices while exposed to a world of processed, chemical-laden foods and get insight on how to support the body with diet and lifestyle improvements to get those energy pathways flowing and help clear the disease from the system. Private consultations are also available through Spa Concierge.



## SCHEDULED ACTIVITIES, CONT.

### 12:00 PM - THE SUGAR TRAP

(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. This presentation will discuss the effect sugar has on our body and the problems that may arise from eating too much sugar. Private consultations are also available through the Spa Concierge.

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

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

### 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 - 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 - 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 - TRX: EXPRESS STRETCH

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

### 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.

### 1:00 PM - CULINARY NUTRITION

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

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

(60 min, Art Studio)  
Create a set of four coasters using alcohol inks on porcelain tiles. You can bring your own ideas or be inspired by the samples in the studio. No experience necessary. Cost is \$15 per person.

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

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

### 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 - SENSORIAL AWAKENING WITH TANTRA

(45 min, Linden Studio)  
Unplug and nourish the spirit by allowing full indulgence in this sensorial experience. By getting in touch with our 5 senses we are able to make conscious changes to help us bring simplicity and contentment back into our lives.

### 1:00 PM - AFTERNOON STRETCH

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

### 1:00 PM - CHAKRA BOWL DEMONSTRATION

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

### 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: 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.

### 2:00 PM - SPLASH DANCE

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

### 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 - BLACKMORE FARM TOUR

(60 min, Blackmore Farm)  
Come experience the sights and sounds (and tastes) of The Lodge at Woodloch's working organic farm. Just a 5-10 minute walk from the hotel, you'll find attractions such as our vegetable garden, orchard, composting operation, mushroom logs, high tunnels, and our very own apiary.

### 2:00 PM - NATURE WALK

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

### 2:30 PM - CLOUD CREATIONS

(60 min, Art Studio)  
Come step outside and revisit a favorite childhood memory, looking up at the clouds. Using a new technique with alcohol inks and isopropyl alcohol you will be able to create a beautiful painting of the clouds above us.

### 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 - NORDIC WALK

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

### 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 - 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 - 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.

### 4:00 PM - NATUREPIX 101

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

### 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.

### 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.

### 6:00 PM - GARDEN DINNER (\$)

(120 min, Meet at Host Stand)  
We're switching up the typical Farm-to-Table dinner by bringing the table to the farm! The intimate two-hour tasting dinner will be led by one of our talented Chefs as they select the harvest focus for the dinner and our Sommelier will pair the dinner with wine. There is an up-charge for the intimate dinner experience of \$95 per person, which includes the wine pairing. Limited seating so please plan ahead! \*Dinners are weather dependent. Garden dinners include a garden tour prior to dinner, garden conditions may be muddy. Please make reservations for our Garden Dinner with the Hostess. *"Due to satellite kitchen use and the uniquely creative & themed nature of our Harvest Lunches and Garden Dinners, allergy and dietary restriction accommodations may not be possible. Please speak with a Hostess prior to making a reservation if you have an allergy or dietary restriction."*

### 6:00 PM - EVENING KAYAKING

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

### 8:00 PM - INTRO TO DRAWING

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

### 8:30 PM - BINGO

(60 min, Garden View Room)  
Join us for a rousing game of Bingo- winners will receive a special Lodge gift!



HELPFUL INFO

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

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

OPEN ACTIVITIES

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

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

**ARCHERY**  
Archery Range, 1pm - 5pm

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

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

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

**KAYAKING**  
Dock, 9am - 5pm

**PICKLEBALL**  
Pickleball Courts, Dawn - Dusk

**STAND-UP PADDLEBOARDING**  
Dock, 9am - 5pm

**IMBIBE & VIBE**  
FireCircle Patio, 8pm - 10pm  
Join us for live music around the FireCircle after dinner (weather permitting). Cocktail service will be available.

DINING

*Indoor dining service is available in TREE Restaurant for breakfast, lunch, and dinner.*

*Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance, at no extra charge, and packaged as take-out to enjoy 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

**6:30 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.

**7:45 AM - PILATES MAT**  
(45 min, Rowing Room)  
Developed for beginners to intermediate levels, this popular Pilates mat form of "mind body" exercise helps improve core muscle strength, flexibility, balance and posture.

**8:00 AM - 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.

**8:00 AM - SHOCKWAVE**  
(45 min, Rowing Room)  
Dubbed "the most efficient total body workout in the world," ShockWave is extreme cross-training at its best. ShockWave makes use of the WaterRower GX rowing machine to provide bursts of high intensity intervals while its functional strength stations are designed to sculpt the legs, core and arms.

**8:30 AM - BASICS OF BIRDING**  
(90 min, Owl's Nest)  
With binoculars and books in hand, join our guides for a walk around our lush 500 acre property to seek out and identify these winged beauties. This class, designed for beginners, will give tips and pointers on how to prepare for and get started in the world of birding.

**9:00 AM - MANTRA MEDITATION**  
(45 min, Willow Studio)  
Explore ancient mantras and instruments. Mantras can be chanted, sung, whispered, or internally spoken. Mantra is great for those with a busy mind! Ommmmm.

**9:00 AM - GENTLE YOGA**  
(45 min, Linden Studio)  
Explore the basics of Ancient Yoga through postures, breath work, and meditation. Designed for beginners, although all levels are welcome.

**9:00 AM - JUMP AND JIVE**  
(45 min, Oak Studio)  
Join us for this unique class combining intervals of trampoline and hula hooping for a full body, low impact workout. Be prepared to sweat and smile like never before! Sneakers required. No leg, ankle, or foot injuries.

**9:00 AM - W.A.V.E.**  
(45 min, Aqua Garden)  
Water Aerobics using Vertical Energy on the Hydro Trampoline.

**9:00 AM - MYZONE CIRCUIT**  
(45 min, CardioWeight Studio)  
This combination of strength and cardiovascular exercise circuit class uses the MYZONE heart monitoring system to help you keep motivated and engaged. This improves personalized results and allows you to workout at intensity levels that are right for you.

**9:00 AM - TENKARA**  
(50 min, Lily Pad)  
Join our fly-fishing guides for an introduction to Tenkara, a simplified, Japanese style of fly fishing. They will discuss a little bit of the history, then go into equipment and set up. You will learn the differences between Tenkara and conventional fly tackle, flies, and also have the opportunity to cast these unique rods.

**9:00 AM - SHUMAN POINT HIKE**  
(180 min, Meet in Garden Hall)  
Explore Shuman Point Natural Area on a moderate hike completing a 3 mile loop along the shores of Lake Wallenpaupack. Shuman Point's trails meander through the forest and visit the lakeshore at several points, offering hikers a chance to observe beautiful lake views. The route follows mostly rolling terrain with only a few incline sections. *Total Travel Time: 45 min., Hiking Time: 2 Hours*

**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.

**10:00 AM - GUIDED LABYRINTH WALK**  
(45 min, Meet in Garden Hall)  
Learn how to use the labyrinth for meditation practice, a serene mindfulness in motion. This is a wonderful practice for those who find it difficult to quiet the mind and body during seated meditation.

**10:00 AM - BACK TO YOUR ROOTS**  
(45 min, Willow Studio)  
Also called "Muladhara" ("mula" meaning "root", "adhara" meaning "support"), the root chakra is the first chakra. When this chakra is blocked, we may experience tight hips, feeling "ungrounded", and digestive issues. Find grounding and the support system within through yoga poses, sound, and color meditation.

**10:00 AM - TRX: TOTAL BODY**  
(45 min, CardioWeight Studio)  
The TRX Suspension Trainer leverages gravity and the user's body weight to complete hundreds of exercises. Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously.

**10:00 AM - PICKLEBALL FOR BEGINNERS**  
(45 min, Pickleball Court)  
Learn the basics of pickleball and what every beginner must know in order to start playing.

**10:00 AM - ZUMBA**  
(45 min, Oak Studio)  
Zumba fuses Latin rhythms and easy to follow moves to help you experience an exhilarating, caloric-burning, body energizing blast of a class. Sneakers are required.

**10:30 AM - DISCOVER DISC GOLF**  
(90 min, Lily Pad)  
Discover the thrill of one of the fastest growing sports in the U.S. with help from our guides. Disc golf allows for upper and lower body conditioning, aerobic exercise, mental strategizing, and a lot of fun. Learn the basics of disc golf and then play a round!

**10:30 AM - BUTTERFLY WANDER**  
(90 min, Meet in Garden Hall)  
Join our Nature Guide for a butterfly walk that will visit many of our pollinators' favorite locations. We will explore our Pollinator Garden, Orchard, and meadows where wildflowers flourish. This leisurely walk will give you a better understanding of the pollinators we have on property while appreciating their simple beauty.

**11:00 AM - CRYSTALS AND STONES: A POWERFUL TOOL FOR YOUR AWAKENING JOURNEY (\$)**  
(90 min, Chakra Lounge)

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

**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 - VIBE AND RELAX**  
(45 min, Willow Studio)  
Up your vibration and feel better! Learn meridian tapping, Myofascial release, and how to be present to recognize your daily energetic wave. Then integrate our self care practice with a crystal-infused deep relaxation!

**11:00 AM - PUMP**  
(45 min, Oak Studio)  
The original LES MILLS™ weight bar class will sculpt, tone, and strengthen your entire body fast with high-rep, dynamic weight work! Sneakers are required.

**11:00 AM - 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.

**11:00 AM - CHI JOY**  
(45 min, Linden Studio)  
In this class we'll learn gentle movements from the ancient art of Chi Gong and pair them with music, amplifying the healing power of our chi (energy) for health and happiness. From the spaciousness of Miles Davis (cultivating stillness) to the unbridled joy of Pharell Williams (vanquishing depression) we'll move to beautiful sounds and embrace the natural flow of our creative energy.

**11:00 AM - PICKLEBALL FOR BEGINNERS**  
(45 min, Pickleball Court)  
Learn the basics of pickleball and what every beginner must know in order to start playing.





## 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 - PRIMORDIAL GONG

(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 - SPINNING

(45 min, Spinning Studio)

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

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

(45 min, Oak Studio)

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

### 12:00 PM - BOSU

(45 min, Oak Studio)

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

### 12:30 PM - FOOD FOR THOUGHT - ASK THE NUTRITIONIST

(50 min, Garden View Room)

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

### 1:00 PM - AFTERNOON STRETCH

(25 min, Willow 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 - CHAKRA YOGA

(45 min, Willow Studio)

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

### 1:00 PM - CHAKRA BOWL DEMONSTRATION

(20 min, Meet in the Garden Hall)

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

### 1:00 PM - 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 - FOREST BATHING

(110 min, Meet in Garden Hall)

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

### 1:30 PM - WILDFLOWER WALK

(90 min, Meet in Garden Hall)

Join our Nature Guide as we take a peaceful walk through the beautiful forests and fields that surround The Lodge at Woodloch seeking out the seasonal floral gifts Mother Nature provides 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 - NORDIC WALK

(45 min, Meet in Garden Hall)

Nordic walking is a total body version of walking using walking 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 - 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 - THE GREAT WALL OF YOGA

(45 min, Linden Studio)

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

### 2:00 PM - 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 - HATCHET THROWING

(50 min, Hatchet Range)

Want a woody challenge? Showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

### 2:00 PM - BLACKMORE FARM TOUR

(60 min, Blackmore Farm)

Come experience the sights and sounds (and tastes) of The Lodge at Woodloch's working organic farm. Just a 5-10 minute walk from the hotel, you'll find attractions such as our vegetable garden, orchard, composting operation, mushroom logs, high tunnels, and our very own apiary.

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

(45 min, Linden Studio)

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

### 3:00 PM - TOWER POWER

(45 min, Rowing Room)

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

### 3:00 PM - 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 - RELEASED AND ENLIGHTENED

(45 min, Willow Studio)

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

### 3:00 PM - HATCHET THROWING

(50 min, Hatchet Range)

Want a woody challenge? Showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

### 3:00 PM - 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 - NATURE WALK

(90 min, Meet in Garden Hall)

Join us on a leisurely stroll through the ever changing grounds of The Lodge at Woodloch. Use this opportunity to learn about local history as well as the resident flora and fauna.

### 4:00 PM - SURRENDER

(45 min, Linden Studio)

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

### 4:00 PM - SPLASH DANCE

(30 min, Aqua Garden)

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

### 4:00 PM - HATCHET THROWING

(50 min, Hatchet Range)

Want a woody challenge? Showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

### 4:30 PM - BASICS OF CHARCOAL

(60 min, Art Studio)

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

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

(45 min, Rowing Room)

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

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

(45 min, Linden Studio)

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

### 6:00 PM - EVENING KAYAKING

(60 min, Lily Pad)

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

### 8:00 PM - WATERCOLOR PAINTING

(120 min, Art Studio)

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

### 8:30 PM - AWAKEN YOUR INTUITION WITH CATHERINE RUSSO EPSTEIN

(60 min, Fireside Room)

Tap into your inner knowing and find your answers within. You are a powerful BEing- walking your own path with your own inner guidance system. In this class, Catherine will provide you with the tools and techniques, and with some fun exercises and visualizations to help you access your inner world. You'll come away from this class with the exact steps to find the answers within.

### 8:30 PM - MOVIE NIGHT AT BLACKMORE FARM

(90 min, Blackmore Farm)

Enjoy an informative and inspiring evening at Blackmore Farm while we highlight tried and true methods for cultivating abundance and building resilience in the garden. The night sky provides a perfect backdrop for a cinematic journey navigating through discussion and insight pertaining to Earth, plants, and the human relationship shared within. Join Sam, The Dirt Doctor, for beverages, popcorn, and a relaxing atmosphere while getting a closer look into today's hot topics surrounding regenerative agriculture. This week's film is "Queen Of The Sun: What Are The Bees Telling Us?" The film investigates multiple angles of the recent bee epidemic colony collapse disorder. It also explores the historical and contemporary relationship between bees and humans.



## HELPFUL INFO

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

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

## OPEN ACTIVITIES

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

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

### ARCHERY

Archery Range, 1pm - 5pm

### BIKING

Lily Pad, 9am - 5pm

### BIRDING

Lily Pad, 9am - 5pm

### DISC GOLF

Lily Pad, 9am - 5pm

### KAYAKING

Dock, 9am - 5pm

### PICKLEBALL

Pickleball Courts, Dawn - Dusk

### STAND-UP PADDLEBOARDING

Dock, 9am - 5pm

## DINING

*Indoor dining service is available in TREE Restaurant for breakfast, lunch, and dinner.*

*Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance, at no extra charge, and packaged as take-out to enjoy 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

### 6:30 AM - FITNESS WALK

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

### 7:00 AM - TRX: EXPRESS STRETCH

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

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

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

### 8:00 AM - DECOMPRESS THE STRESS

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

### 8:00 AM - PICKLEBALL FOR BEGINNERS

(45 min, Pickleball Court)  
Learn the basics of pickleball and what every beginner must know in order to start playing.

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

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

### 8:00 AM - 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.

### 8:30 AM - BASICS OF BIRDING

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

### 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 - VINYASA FLOW

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

### 9:00 AM - NATURE CHI YOGA FLOW

(45 min, Meet in Garden Hall)  
Enjoy the beautiful surroundings of nature outside as you fuse the gentle fluid movements of QiGong with very simple standing yoga poses.

### 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 - 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.

### 9:00 AM - PICKLEBALL FOR BEGINNERS

(45 min, Pickleball Court)  
Learn the basics of pickleball and what every beginner must know in order to start playing.

### 9:00 AM - TENKARA

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

### 9:30 AM - TWO LAKES HIKE

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

### 10:00 AM - 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 - 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 WITH PROPS

(45 min, Linden Studio)  
Take Pilates to another level by adding different equipment like rings and foam rollers.

### 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 - TRX: TOTAL BODY

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

### 10:00 AM - HONEY BEE TALK

(50 min, Blackmore Orchard)  
Spend some time with our resident beekeeper, in discussion of the life cycle of the honey bee and their environmental importance. We'll compare holistic and conventional beekeeping while displaying the components and tools necessary to start your very own apiary! \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

### 10:30 AM - WILDFLOWER WALK

(90 min, Meet in Garden Hall)  
Join our Nature Guide as we take a peaceful walk through the beautiful forests and fields that surround The Lodge at Woodloch seeking out the seasonal floral gifts Mother Nature provides us.

### 10:30 AM - DISCOVER DISC GOLF

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

### 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 Blondie Apple Cheesecake with Caramel Sauce.

### 11:00 AM - IMMORTAL PUSHING STONE

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

### 11:00 AM - TRX YOGA

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

### 11:00 AM - YOGA FOUNDATIONS

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

### 11:00 AM - ZUMBA

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

### 11:00 AM - NORDIC WALK

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

### 11:00 AM - ZENDOODLE

(120 min, Art Studio)  
Join a 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!



## SCHEDULED ACTIVITIES, CONT.

### 12:00 PM - TOWER POWER

(45 min, Rowing Room)

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

### 12:00 PM - COMPASSION MEDITATION

(45 min, Willow Studio)

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

### 12:00 PM - STRETCH & TONE

(45 min, Oak Studio)

Experience a total body workout that will improve your flexibility and circulation. Stretch to release stress and tension while keeping your muscles long and agile.

### 12:00 PM - CARDIO MEDLEY

(45 min, CardioWeight Studio)

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

### 12:00 PM - CHAKRA YOGA

(45 min, Linden Studio)

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

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

(45 min, Willow Studio)

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

### 1:00 PM - CHAKRA BOWL DEMONSTRATION

(20 min, Meet in the Garden Hall)

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

### 1:00 PM - 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 - UKULELE LESSONS

(45 min, Fireside Room)

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

### 1:00 PM - WATERFOWL OF LAKE WALLENPAPACK

(120 min, Meet in Garden Hall)

Join us for an easy 1.5 mile walk along the pristine shoreline of Lake Wallenpapack and discover our beautiful local waterfowl. Binoculars will be provided and birders of any skill level are welcome. *Total Travel Time: 40 min., Hiking Time: 1 Hour and 20 Minutes*

### 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.

### 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 - CRYSTAL CONNECTIONS

(45 min, Fitness Lounge)

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

### 2:00 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.

### 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 - BOOGIE WOOGIE LINE DANCIN'

(45 min, Oak Studio)

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

### 2:00 PM - BLACKMORE FARM TOUR

(60 min, Blackmore Farm)

Come experience the sights and sounds (and tastes) of The Lodge at Woodloch's working organic farm. Just a 5-10 minute walk from the hotel, you'll find attractions such as our vegetable garden, orchard, composting operation, mushroom logs, high tunnels, and our very own apiary.

### 2:00 PM - INTRO TO DRAWING

(120 min, Art Studio)

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

### 2:00 PM - HATCHET THROWING

(50 min, Hatchet Range)

Want a woody challenge? Showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

### 3:00 PM - 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 Blondie Apple Cheesecake with Caramel Sauce.

### 3:00 PM - HATCHET THROWING

(50 min, Hatchet Range)

Want a woody challenge? Showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

### 3:00 PM - HIPPIE YOGA

(45 min, Willow Studio)

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

### 3:00 PM - CHROMATIC YOGA

(45 min, Rowing Room)

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

### 3:00 PM - PUMP

(45 min, Oak Studio)

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

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

(45 min, Linden Studio)

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

### 3:30 PM - LIVE HIVE INSPECTIONS

(110 min, Blackmore Farm)

General maintenance requires periodic inspections during the warm months to make sure your queen is laying eggs, your workers are building up honey stores, and your colony has enough space to expand. Join Sam, our certified bee keeper, to get a rare chance at a closer look into an active honey bee hive. Participants will be provided with all the protective gear necessary to get up close and personal see the inner workings of Mother Nature's most complex societies. Participation in this activity will require a signed waiver, waiver will be completed prior to the start of the activity.

### 3:30 PM - GNOME ROAM

(90 min, Meet in Garden Hall)

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

### 3:30 PM - FALL FOLIAGE WALK

(90 min, Meet in Garden Hall)

Crisp autumn leaves set the backdrop for this wondrous walk through the woods with our guides. We'll chat about the transition of seasons as we take in the spectacular Fall colors.

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

(45 min, Rowing Room)

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

### 4:00 PM - 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 - 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 - HATCHET THROWING

(50 min, Hatchet Range)

Want a woody challenge? Showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

### 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.

### 6:00 PM - GARDEN DINNER (\$)

(120 min, Meet at Host Stand)

We're switching up the typical Farm-to-Table dinner by bringing the table to the farm! The intimate two-hour tasting dinner will be led by one of our talented Chefs as they select the harvest focus for the dinner and our Sommelier will pair the dinner with wine. There is an up-charge for the intimate dinner experience of \$95 per person, which includes the wine pairing. Limited seating so please plan ahead! \*Dinners are weather dependent. Garden dinners include a garden tour prior to dinner, garden conditions may be muddy. Please make reservations for our Garden Dinner with the Hostess.

*"Due to satellite kitchen use and the uniquely creative & themed nature of our Harvest Lunches and Garden Dinners, allergy and dietary restriction accommodations may not be possible. Please speak with a Hostess prior to making a reservation if you have an allergy or dietary restriction."*

### 6:00 PM - EVENING KAYAKING

(60 min, Lily Pad)

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

### 8:00 PM - WATERCOLOR PAINTING

(120 min, Art Studio)

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

### 8:30 PM - BINGO

(60 min, Fireside Room)

Join us for a rousing game of Bingo- winners will receive a special Lodge gift!

### 8:30 PM - EVENING ENTERTAINMENT

(Woodloch Pines)

Live Music & Broadway-Style Theme Show "California Dreamin'". For shuttle service to the show, please sign up with the Hostess by 5pm.

### 8:30 PM - CREATE CHANGE WITH CATHERINE RUSSO EPSTEIN

(60 min, Garden View Room)

If you've been looking for clarity, focus and alignment, let Catherine teach you the exact steps to create lasting change in your life! In this class you'll learn about the limiting beliefs that have held you back (they're tricky to find); learn how to overcome overwhelm, and manage your motivation to find the inspiration to make the true and lasting changes you desire.





## HELPFUL INFO

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

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

## OPEN ACTIVITIES

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

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

### ARCHERY

Archery Range, 1pm - 5pm

### BIKING

Lily Pad, 9am - 5pm

### BIRDING

Lily Pad, 9am - 5pm

### DISC GOLF

Lily Pad, 9am - 5pm

### KAYAKING

Dock, 9am - 5pm

### PICKLEBALL

Pickleball Courts, Dawn - Dusk

### S'MORES AND MORE

Owl's Nest, 7:30pm - 9pm

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

### STAND-UP PADDLEBOARDING

Dock, 9am - 5pm

### IMBIBE & VIBE

FireCircle Patio, 8pm - 10pm

Join us for live music around the FireCircle after dinner (weather permitting). Cocktail service will be available.

## DINING

*Indoor dining service is available in TREE Restaurant for breakfast, lunch, and dinner.*

*Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance, at no extra charge, and packaged as take-out to enjoy 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

### 6:30 AM - SUNRISE PHOTO WALK

(75 min, Meet in Garden Hall)

Explore the outstanding beauty of our grounds at a time often referred to by photographers as the "golden hour." No sunrise is the same and each one offers its own magical experience. Remember to bring your camera or cellphone! Please sign-up for the Sunrise Photo Walk prior to 7pm on the evening prior to the walk.

### 6:30 AM - FITNESS WALK

(60 min, Meet in Garden Hall)

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

### 7:00 AM - BOX N' BURN

(45 min, CardioWeight Studio)

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

### 8:00 AM - PICKLEBALL FOR BEGINNERS

(45 min, Pickleball Court)

Learn the basics of pickleball and what every beginner must know in order to start playing.

### 8:00 AM - WAKE UP SUNSHINE

(45 min, Willow Studio)

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

### 8:00 AM - 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 - 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.

### 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 - MINISINK BATTLEGROUND HIKE

(180 min, Meet in Garden Hall)

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

### 9:00 AM - FLY CASTING

(50 min, Meet in Garden Hall)

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

### 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 - MANTRA MEDITATION

(45 min, Willow Studio)

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

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

(45 min, Oak Studio)

This functional training class will tone and strengthen your upper body while teaching you stretches to keep you flexible. This class is not recommended if you have any injuries.

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

(45 min, Aqua Garden)

Water Aerobics using Vertical Energy on the Hydro Trampoline.

### 9:00 AM - PICKLEBALL FOR BEGINNERS

(45 min, Pickleball Court)

Learn the basics of pickleball and what every beginner must know in order to start playing.

### 9:00 AM - NORDIC WALK

(45 min, Meet in Garden Hall)

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

### 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 - 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 - TRX: TABATA

(45 min, CardioWeight Studio)

This is a Level 3 class for anyone looking to push their fitness to the next level. Includes timed intervals of TRX and plyometrics.

### 10:00 AM - SENSORY WALK

(60 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.

### 10:00 AM - THE ESSENTIALS OF HIKING AND BACKPACKING

(60 min, Owl's Nest)

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

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

(120 min, Art Studio)

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

### 11:00 AM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)

Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Sunday's demonstration will feature Pan Seared Trout with Citrus Beurre Blanc and Wilted Greens.



## 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 postural awareness.

### 11:00 AM - TRX: TOTAL BODY

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

### 12:00 PM - BELLY DANCING

(45 min, Oak Studio)  
Combines India's many classical and folk dances, fused with elements of Jazz, Hip-Hop, Arabic and Latin Forms.

### 12:00 PM - DECOMPRESS THE STRESS

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

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

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

### 12:00 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.

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

(90 min, Blackmore Farm)  
Join the farmers for an unforgettable rustic lunch experience! The farm crew will select the harvest focus for the lunch each week and then harvest, prepare, and discuss the meal right on the deck of the Garden Shed in the middle of Blackmore Garden. There is an up-charge for the intimate lunch experience of \$35 per person. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building. Please sign-up for this activity with our Hostess. \*Due to satellite kitchen use and the uniquely creative & themed nature of our Harvest Lunches and Garden Dinners, allergy and dietary restriction accommodations may not be possible. Please speak with a Hostess prior to making a reservation if you have an allergy or dietary restriction.

### 12:30 PM - HANDMADE PAPERMAKING

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

### 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 - GENTLE GREAT WALL OF YOGA

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

### 1:00 PM - PUMP

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

### 1:00 PM - EMBRACE YOUR CORE

(45 min, Willow Studio)  
Join us at the barre for a core class that combines yoga and barre work with Pilates.

### 1:00 PM - CHAKRA BOWL DEMONSTRATION

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

### 1:30 PM - BUTTERFLY WANDER

(90 min, Meet in Garden Hall)  
Join our Nature Guide for a butterfly walk that will visit many of our pollinators' favorite locations. We will explore our Pollinator Garden, Orchard, and meadows where wildflowers flourish. This leisurely walk will give you a better understanding of the pollinators we have on property while appreciating their simple beauty.

### 2:00 PM - BOTANICAL HIKE

(120 min, Meet in Garden Hall)  
Take a hike with our Certified Herbalist, on a nearby trail to meet the plants up close and personal. Many of these plants are edible and/or medicinal and can be found on your favorite trails, in your backyard, and even along urban sidewalks. While immersed in the beauty of the woods, learn helpful hints for identifying these plants and simple methods for using them yourself. There will be many stops along our path and the hike will be moderate in nature. Be sure to bring your camera and a notepad or smartphone for jotting down notes.

### 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 - TRX YOGA

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

### 2:00 PM - THE LIFT YOU NEED

(45 min, Willow 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.

### 2:00 PM - INDO-ROW

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

### 2:00 PM - 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 - LAKE VIEW WATERCOLORS

(90 min, FireCircle Patio)  
While enjoying the fresh September air, we will use watercolors to paint our picturesque lake.

### 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. Not recommended for those with knee or back issues.

### 3:00 PM - ASHTANGA RETREAT

(80 min, Willow Studio)  
In this 80 minute class, each Ashtanga pose found in the primary series will be deconstructed and practiced for a well-rounded yoga class.

### 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 - WILD CREATIONS

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

### 3:00 PM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)  
Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Sunday's demonstration will feature Pan Seared Trout with Citrus Beurre Blanc and Wilted Greens.

### 3:30 PM - WEST FALLS CREEK TRAIL HIKE

(90 min, Meet in Garden Hall)  
Join our guides on an easy 2 mile hike. The trail meanders through a rustic farm property, and everchanging wetlands. Enjoy strolling through towering pines, ancient apple trees, and lush wild meadows.

### 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 - 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.

### 4:00 PM - NATUREPIX 101

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

### 5:00 PM - SEASONAL FORAGING: EDIBLE AND MEDICINAL PLANTS OF AUTUMN

(60 min, Owl's Nest)  
Ever wonder what plants you could eat in the wild? Did you know that those weeds you pull from the lawn could make a delicious pesto? 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. September is the month for nutrient rich roots, abundant seeds, and delicious berries offering both food and medicine. Class will consist of a slideshow of easy-to-find, simple-to-use, and delicious plants that can be found from woodlands to backyard to urban sidewalk. Bring your foraging questions!

### 5:00 PM - SWEET CANDLELIGHT FLOW

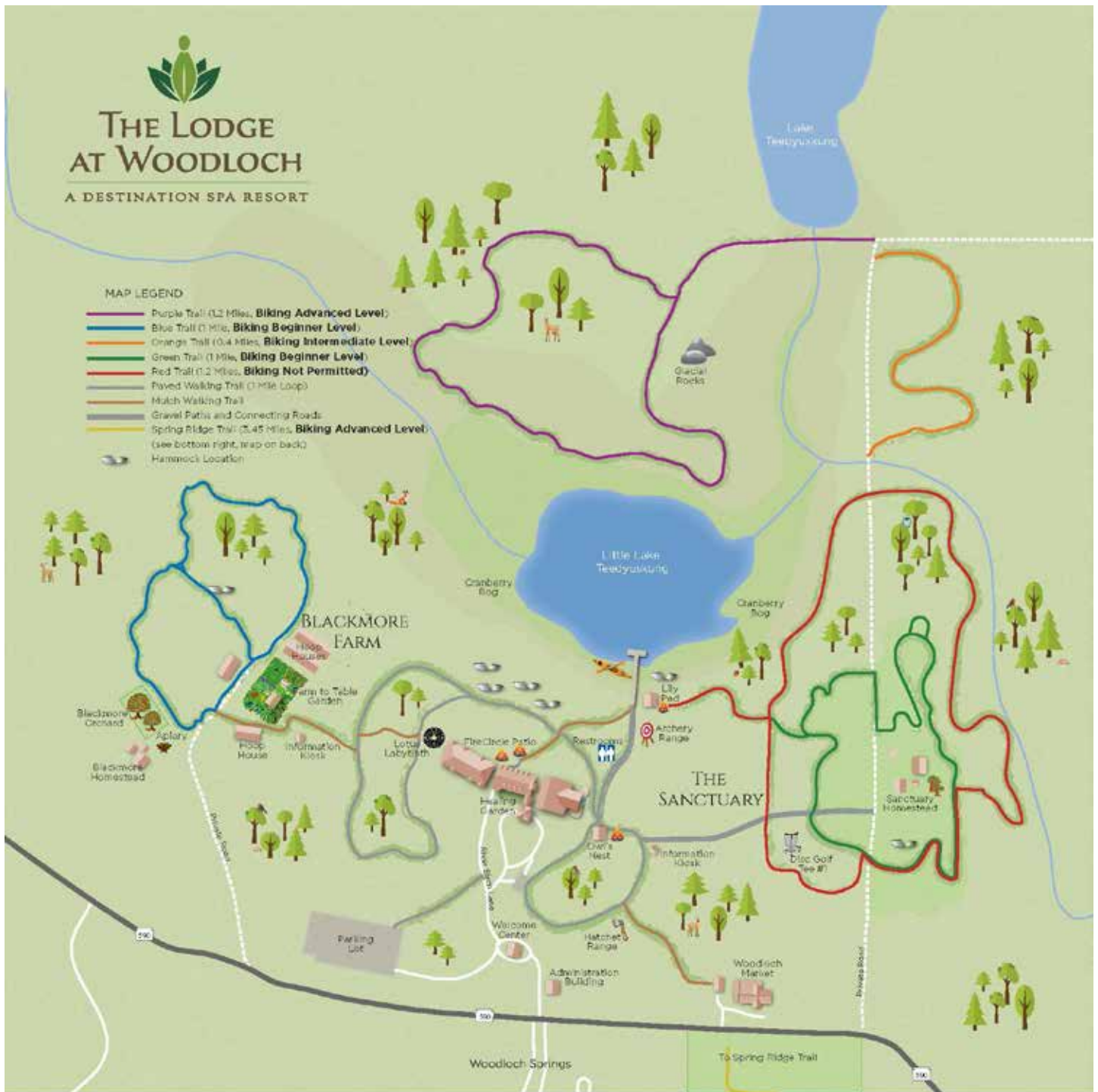
(45 min, Linden Studio)  
Experience a slow-moving sweet vinyasa flow centered on breathing and filled with candlelight. The music will be sweet, the flow will be slow and steady...all leading up to a restorative and a beautifully long rest.

### 6:00 PM - EVENING KAYAKING

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

### 8:30 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

The Lily Pad, our Outdoor Exploration Center is open from 9am - 5pm. Kayaking, Stand-up Paddleboarding, Disc Golf, Biking, & Birding are all open activities that are available to guests at any time during Lily Pad hours. Guides are on hand to assist you with kayaks, stand-up paddleboards, bikes, binoculars, & disc golf discs and scorecards or to answer any questions that you may have.

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