

APRIL ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>31</i> EASTER	<i>1</i>	<i>2</i> Guided Nature Walk 10:00 AM - 12:00 PM	<i>3</i> Yoga 8:30 AM - 9:30 AM Nature Property Tour 1:30 PM - 4:00 PM	<i>4</i> Sustainability Tour 10:00 AM - 11:00 AM	<i>5</i> Lip & Body Sugar Scrub 3:00 PM - 5:00 PM	<i>6</i> Meditation & Breathwork 8:00 AM - 9:00 AM Activate Your Core 9:00 AM - 10:00 AM
<i>7</i> DIY Trail Mix 10:00 AM - 12:00 PM	<i>8</i>	<i>9</i> Guided Nature Walk 10:00 AM - 12:00 PM	<i>10</i> Yoga 8:30 AM - 9:30 AM Nature Property Tour 1:30 PM - 4:00 PM	<i>11</i> Sustainability Tour 10:00 AM - 11:00 AM	<i>12</i> Aromatic Shower Steamer 3:00 PM - 5:00 PM	<i>13</i> Meditation & Breathwork 8:00 AM - 9:00 AM Toning & Conditioning 9:00 AM - 10:00 AM
<i>14</i> DIY Trail Mix 10:00 AM - 12:00 PM	<i>15</i>	<i>16</i> Guided Nature Walk 10:00 AM - 12:00 PM	<i>17</i> Yoga 8:30 AM - 9:30 AM Nature Property Tour 1:30 PM - 4:00 PM	<i>18</i> Sustainability Tour 10:00 AM - 11:00 AM	<i>19</i> Bath Salt Bar 3:00 PM - 5:00 PM	<i>20</i> Meditation & Breathwork 8:00 AM - 9:00 AM Activate Your Core 9:00 AM - 10:00 AM
<i>21</i> DIY Trail Mix 10:00 AM - 12:00 PM	<i>22</i> EARTH DAY Sustainability Tour 10:00 AM - 11:00 AM Sugar Pine Planting 1:00 PM - 2:30 PM	<i>23</i>	<i>24</i> Yoga 8:30 AM - 9:30 AM Nature Property Tour 1:30 PM - 4:00 PM	<i>25</i> Sustainability Tour 10:00 AM - 11:00 AM	<i>26</i> Lost Sauna 9:00 AM - 7:00 PM	<i>27</i> TAHOLISTIC WELLNESS EXPERIENCE Lost Sauna 9:00 AM - 7:00 PM
<i>28</i> TAHOLISTIC WELLNESS EXPERIENCE Lost Sauna 9:00 AM - 7:00 PM DIY Trail Mix 10:00 AM - 12:00 PM	<i>29</i>	<i>30</i> Guided Nature Walk 10:00 AM - 12:00 PM	<p>DAILY OFFERINGS: Après Sleep Cart 7:30 AM - 9:00 AM • Evening S'mores Bar 6:30 PM - 8:00 PM • Sleep Story with Otis Gray In-Room TV • Virtual Meditation & Breathwork In-Room TV</p> <p>TAHOLISTIC WELLNESS EXPERIENCE Join us for a transformative wellness experience nestled on the breathtaking shores of Lake Tahoe. This immersive experience, designed for all levels, promises to nourish your mind, body, and spirit through a curated blend of movement, health exploration, and inspiration.</p>			