

SOUTHALL

DAILY WINTER ACTIVITIES GUIDE

DAILY ACTIVITIES

- 8:00AM - 3:30PM | FEED THE CHICKENS (SELF-GUIDED)
- 10:00AM | MORNING YOGA
- 11:30AM & 1:30PM | SOUND BATH
- 4:00PM | WELCOME TO THE FARM TOUR

MONDAY

- 8:30AM | PILATES BARRE
- 9:00AM | BEGINNER FLY FISHING
- 9:00AM | GUIDED 1 HOUR HIKE
- 10:00AM | AERIAL ROPES COURSE
- 2:00PM | ARCHERY & AXE THROWING

TUESDAY

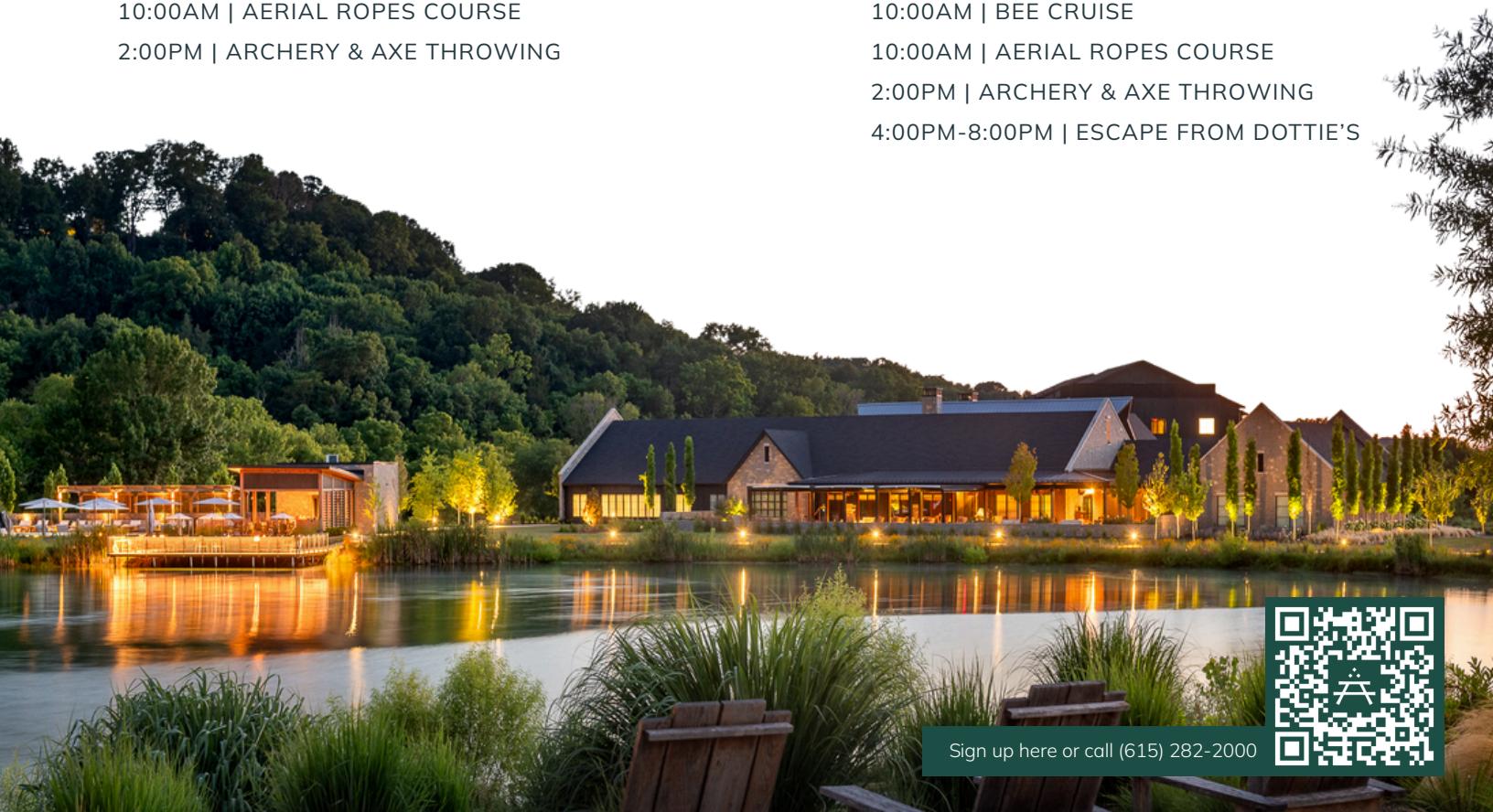
- 8:30AM | PILATES BARRE
- 9:00AM | BEGINNER FLY FISHING
- 9:00AM | GUIDED 1 HOUR HIKE
- 10:00AM | FALCONRY
- 2:00PM | AERIAL ROPES COURSE

WEDNESDAY

- 8:30AM | PILATES BARRE
- 9:00AM | BEGINNER FLY FISHING
- 9:00AM | GUIDED 1 HOUR HIKE
- 10:00AM | BEES & HONEY WALK
- 10:00AM | AERIAL ROPES COURSE
- 2:00PM | ARCHERY & AXE THROWING

THURSDAY

- 8:30AM | PILATES BARRE
- 9:00AM | BEGINNER FLY FISHING
- 9:00AM | GUIDED 1 HOUR HIKE
- 10:00AM | FALCONRY
- 10:00AM | BEE CRUISE
- 10:00AM | AERIAL ROPES COURSE
- 2:00PM | ARCHERY & AXE THROWING
- 4:00PM-8:00PM | ESCAPE FROM DOTTIE'S



Sign up here or call (615) 282-2000



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DAILY ACTIVITIES

- 8:00AM - 3:30PM | FEED THE CHICKENS (SELF-GUIDED)
- 10:00AM | MORNING YOGA
- 11:30AM & 1:30PM | SOUND BATH
- 4:00PM | WELCOME TO THE FARM TOUR

FRIDAY

- 8:30AM | PILATES BARRE
- 9:00AM | BEGINNER FLY FISHING
- 9:00AM | GUIDED MOUNTAIN BIKING
- 10:00AM | BEES & HONEY WALK
- 10:00AM | FALCONRY
- 10:00AM | AERIAL ROPES COURSE
- 2:00PM | GUIDED 1 HOUR HIKE
- 2:00PM | ARCHERY & AXE THROWING
- 3:00PM | HONEY EXTRACTION & BOURBON TASTING
(FIRST AND THIRD WEEK OF MONTH)
- 3:00PM | HONEY EXTRACTION & TEQUILA TASTING
(SECOND AND FOURTH WEEK OF MONTH)
- 4:00PM | RESTORATIVE YOGA & SOUND
- 6:00PM | SUNSET FLY FISHING

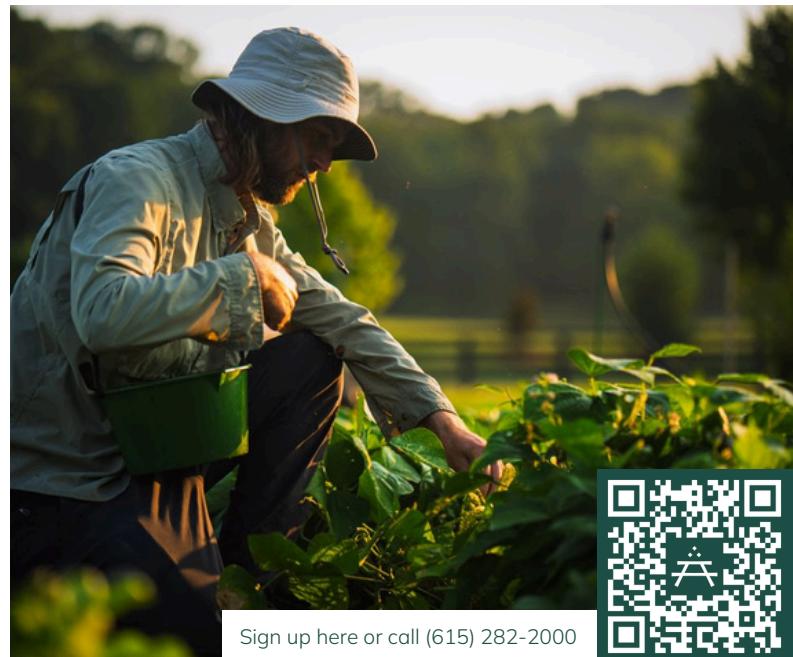
SUNDAY

- 9:00AM | BEGINNER FLY FISHING
- 9:00AM | PLEIN AIR PAINTING
- 10:00AM | FALCONRY
- 11:30AM | GUIDED 1 HOUR HIKE
- 1:00PM | BEES CRUISE
- 2:00PM | AERIAL ROPES COURSE
- 4:00PM | PLEIN AIR PAINTING

SATURDAY

- 8:30AM | PILATES BARRE
- 9:00AM | PLEIN AIR PAINTING
- 9:00AM | BEGINNER FLY FISHING
- 9:00AM | GUIDED 1 HOUR HIKE
- 9:00AM | GUIDED MOUNTAIN BIKING
- 10:00AM | BEE CRUISE
- 11:30AM | ZEN MOVEMENT
- 12:30PM | MEDITATION
- 1:00PM | BEES & HONEY WALK
- 2:00PM | ARCHERY & AXE THROWING
- 4:00PM | PLEIN AIR PAINTING
- 4:00PM | RESTORATIVE YOGA & SOUND

ACTIVITY TIMES AND AVAILABILITY ARE SUBJECT TO CHANGE. PLEASE VISIT OUR WEBSITE FOR MORE INFORMATION AND TO SIGN UP



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