

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

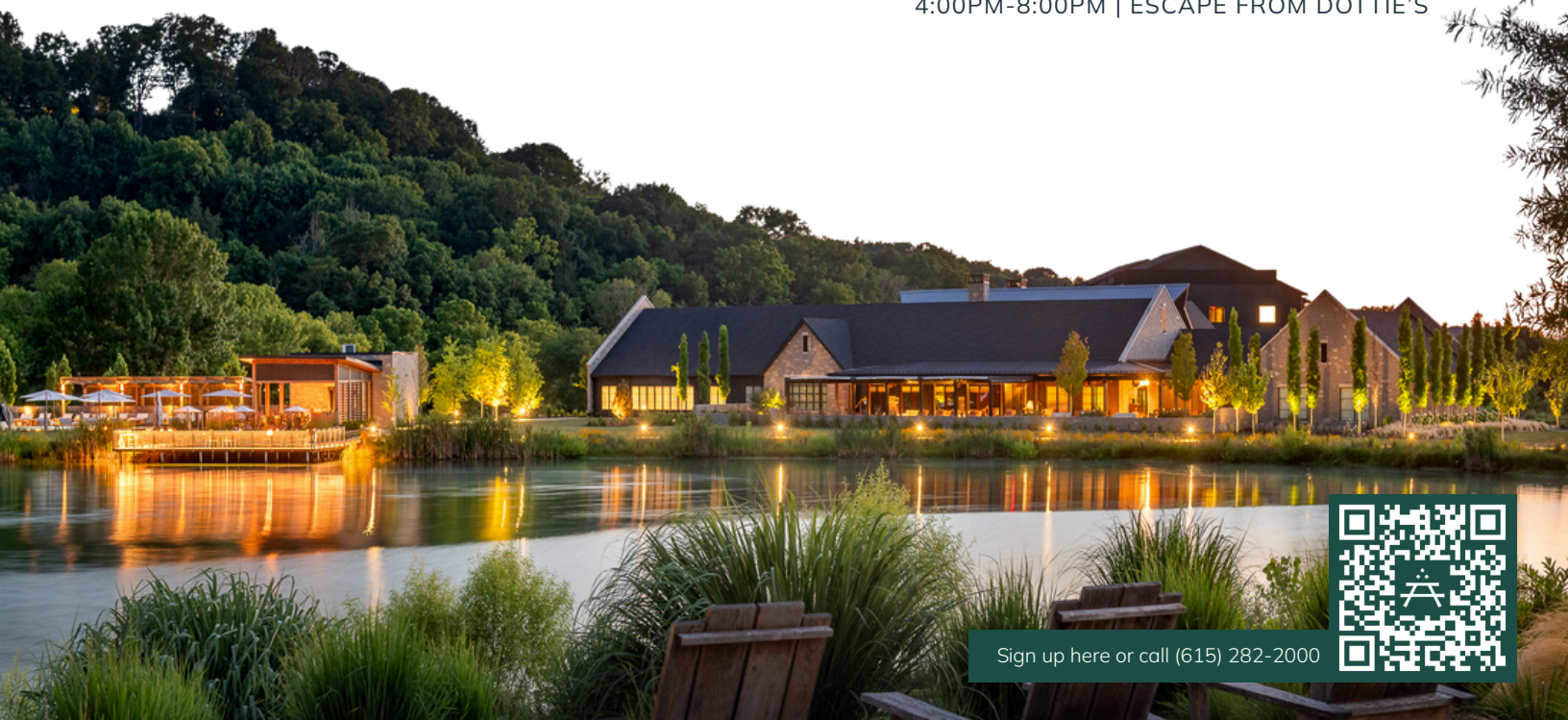
10:00AM | FALCONRY

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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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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