

# SOUTHALL

## WEEKLY ACTIVITIES GUIDE

### FEBRUARY 23 - MARCH 1

#### 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

2:00PM | ARCHERY & AXE THROWING

#### TUESDAY

8:30AM | PILATES BARRE

9:00AM | GUIDED 1 HOUR HIKE

1:00PM | BEE CRUISE

#### WEDNESDAY

8:30AM | PILATES BARRE

9:00AM | BEGINNER FLY FISHING

9:00AM | GUIDED 1 HOUR HIKE

10:00AM | BEES & HONEY WALK

1:00PM | BEE CRUISE

2:00PM | ARCHERY & AXE THROWING

#### THURSDAY

8:30AM | PILATES BARRE

9:00AM | BEGINNER FLY FISHING

9:00AM | GUIDED 1 HOUR HIKE

10:00AM | BEE CRUISE

10:00AM | FALCONRY

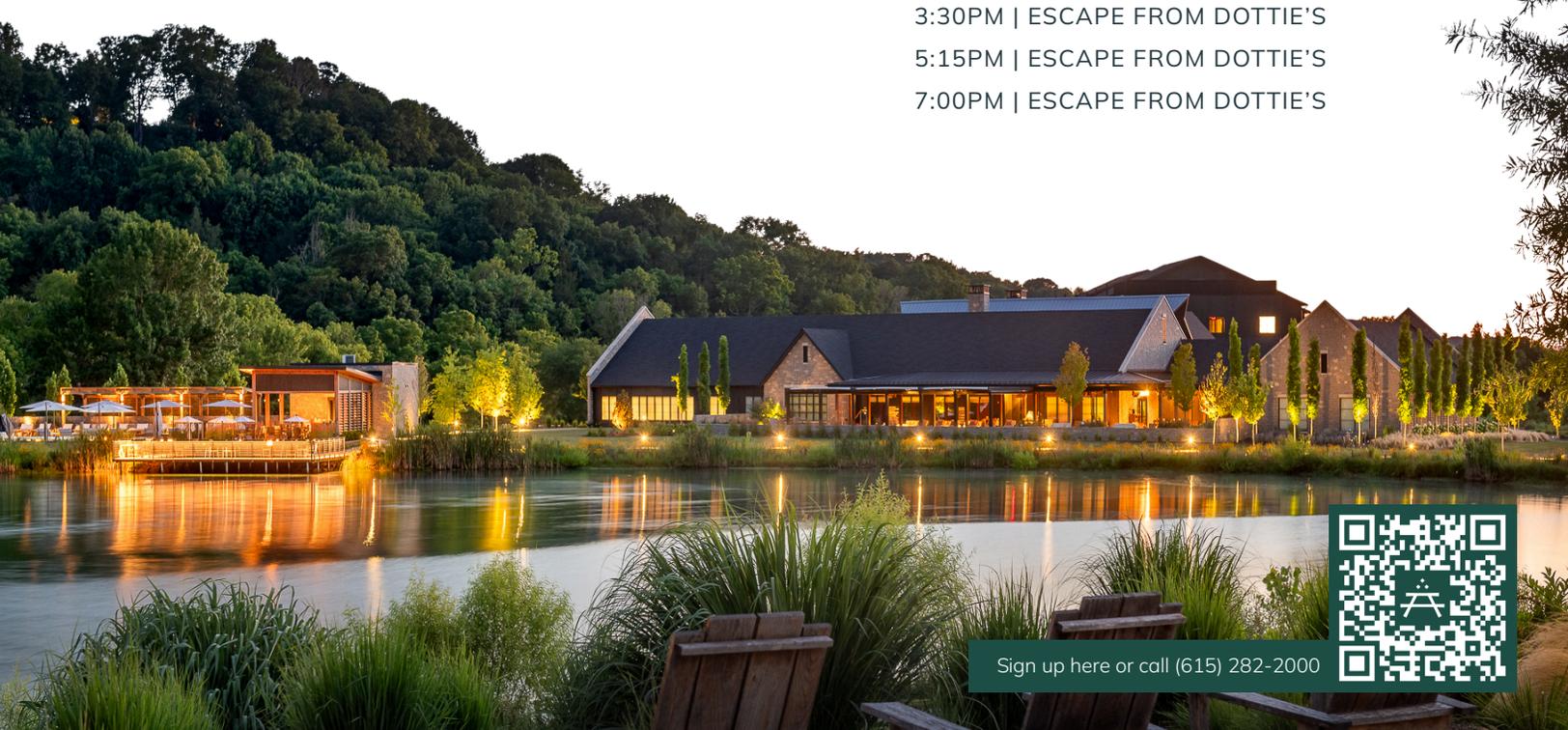
10:00AM | ARCHERY & AXE THROWING

1:00PM | BEE CRUISE

3:30PM | ESCAPE FROM DOTTIE'S

5:15PM | ESCAPE FROM DOTTIE'S

7:00PM | ESCAPE FROM DOTTIE'S



Sign up here or call (615) 282-2000

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### FEBRUARY 23 - MARCH 1

#### 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  
10:00AM | BEES & HONEY WALK  
10:00AM | FALCONRY  
2:00 PM | GUIDED 1 HOUR HIKE  
2:00PM | ARCHERY & AXE THROWING  
3:00PM | HONEY EXTRACTION & TEQUILA TASTING  
4:00PM | RESTORATIVE YOGA & SOUND

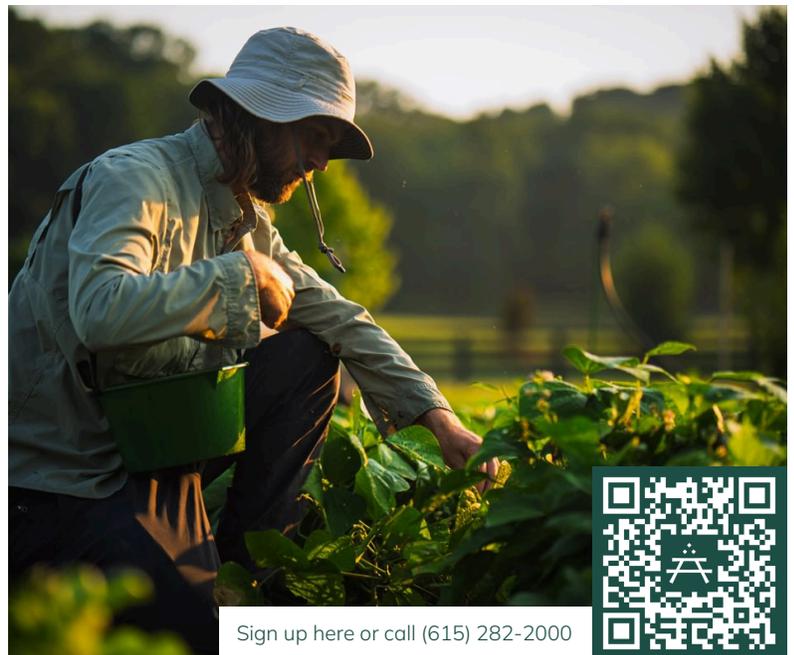
#### SATURDAY

8:30AM | PILATES BARRE  
9:00AM | BEGINNER FLY FISHING  
10:00AM | BEES & HONEY WALK  
10:00AM | GUIDED 1 HOUR HIKE  
12:30PM | MEDITATION  
4:00PM | RESTORATIVE YOGA & SOUND

#### SUNDAY

9:00AM | BEGINNER FLY FISHING  
9:00AM | PLEIN AIR PAINTING  
10:00AM | SPRING BREAK: ARCHERY  
AND AXE-THROWING  
11:00AM | SPRING BREAK: ESCAPE FROM DOTTIE'S  
12:45PM | SPRING BREAK: ESCAPE FROM DOTTIE'S  
1:00PM | BEE CRUISE  
2:00PM | SPRING BREAK: BEESWAX  
CANDLE ROLLING CLASS  
2:00PM | SPRING BREAK AERIAL ADVENTURE COURSE  
2:30PM | SPRING BREAK: ESCAPE FROM DOTTIE'S  
5:30PM | SPRING BREAK: MOVIE NIGHT WITH POPCORN  
"GNOMEO AND JULIET"

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



PLEASE NOTE THAT DUE TO ONGOING TRAIL REPAIRS, GUIDED HIKES  
WILL BE LIMITED TO OPEN TRAILS ONLY

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