

SOUTHALL

WEEKLY ACTIVITIES GUIDE

MARCH 16 - 22

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

TUESDAY

8:30AM | PILATES BARRE
9:00AM | BEGINNER FLY FISHING
1:00PM | BEE CRUISE
7:30PM | CAMPFIRE AND S'MORES

WEDNESDAY

8:30AM | PILATES BARRE
10:00AM | SEED PAPER CARD MAKING
10:00AM | BEES & HONEY WALK
1:00PM | BEE CRUISE
2:00PM | ARCHERY AND AXE THROWING

THURSDAY

8:30AM | PILATES BARRE
10:00AM | BEE CRUISE
1:00PM | BEE CRUISE



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

10:00AM | SPRING BREAK: FAMILY HONEY EXTRACTION

2:00PM | GUIDED 1 HOUR HIKE

3:00PM | HONEY EXTRACTION & BOURBON TASTING

4:00PM | RESTORATIVE YOGA & SOUND

SATURDAY

8:30AM | PILATES BARRE

9:00AM | BEGINNER FLY FISHING

10:00AM | SEED PAPER CARD MAKING

10:00AM | BEES & HONEY WALK

12:30PM | BREATH & MEDITATION

1:00PM | BEE CRUISE

2:00PM | SPRING BREAK: ARCHERY AND AXE THROWING

2:00PM | PLEIN AIR PAINTING

4:00PM | RESTORATIVE YOGA & SOUND

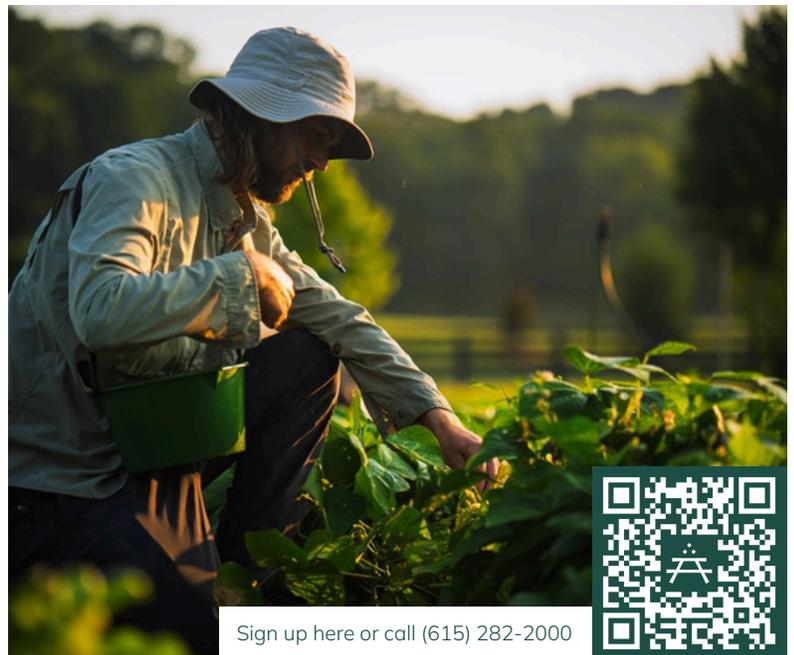
SUNDAY

9:00AM | BEGINNER FLY FISHING

11:30 AM | GUIDED 1 HOUR HIKE

1:00PM | BEE CRUISE

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



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