

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

1:00PM | BEE CRUISE

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

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 | FALCONRY

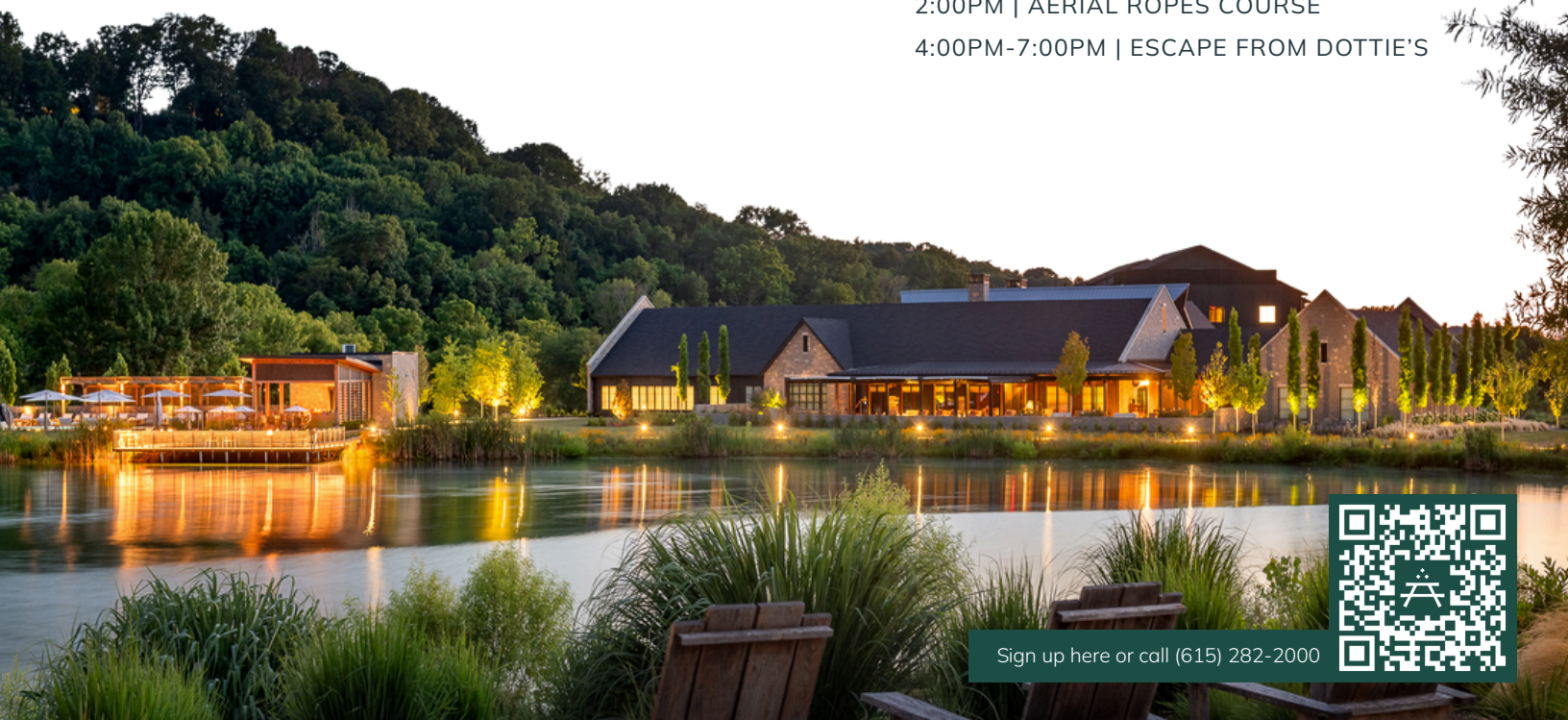
10:00AM | BEE CRUISE

10:00AM | ARCHERY & AXE THROWING

1:00PM | BEE CRUISE

2:00PM | AERIAL ROPES COURSE

4:00PM-7:00PM | 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

11:30AM | GUIDED 1 HOUR HIKE

2:00PM | ARCHERY & AXE THROWING

3:00PM | HONEY EXTRACTION & BOURBON
OR TEQUILA TASTING (ALTERNATES WEEKLY)

4:00PM | RESTORATIVE YOGA & SOUND

SATURDAY

8:30AM | PILATES BARRE

9:00AM | PLEIN AIR PAINTING

9:00AM | BEGINNER FLY FISHING

10:00AM | GUIDED MOUNTAIN BIKING

10:00AM | BEES & HONEY WALK

10:00AM | GUIDED 1 HOUR HIKE

12:30PM | MEDITATION

1:00PM | BEE CRUISE

2:00PM | ARCHERY & AXE THROWING

2:00PM | PLEIN AIR PAINTING

4:00PM | RESTORATIVE YOGA & SOUND

SUNDAY

9:00AM | BEGINNER FLY FISHING

9:00AM | PLEIN AIR PAINTING

10:00AM | FALCONRY

11:00AM-2:00PM | ESCAPE FROM DOTTIE'S

11:30AM | GUIDED 1 HOUR HIKE

1:00PM | BEES CRUISE

2:00PM | AERIAL ROPES COURSE

2:00PM | PLEIN AIR PAINTING

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



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