

# LANGDON HALL

*Country House Hotel & Spa*

## YOGA SCHEDULE

Sunday November 11th at 9:00am

Saturday November 17th at 9:00am

Sunday December 2nd at 9:00am

Saturday December 8th at 9:00am

Saturday December 15th at 9:00am

Sunday December 23rd at 9:00am

Sign up for your activity at the time of your overnight reservation.

or

Contact our team at [info@langdonhall.ca](mailto:info@langdonhall.ca) to sign up.

Yoga mats, towels and water bottles are provided at each class. Limited spaces available.