



LAKE LOUISE
WELLNESS



Connect Deeply
Sunday, November 1 - Wednesday, November 4, 2020

RETREAT ITINERARY



Sunday

4:00 PM - 7:00 PM | ARRIVAL

Shake off your travels and breathe in the beauty around you. You are a mirror for all its magnificence. Take it in...

7:30 PM - 9:00 PM | WELCOME RECEPTION

Enjoy a selection of appetizers and beverages while MacKenzie Miller leads our welcome ceremony and fills you in on our exciting week ahead.

Monday

7:00 AM - 9:00 AM | FUNCTIONAL FLOW with MACKENZIE MILLER

Let's unkink your body post travel in this class. We will explore what it is like to move passively and actively in your unique ranges of motion during a yoga practice. By the end of class you'll feel more integrated in your body and have a better appreciation of your body's ability to support you while moving on and off your mat.

9:00 AM - 10:00 AM | BREAKFAST

Enjoy a hearty breakfast at the [Poppy Brasserie](#). Indulge in the outstanding assortment of buffet breakfast items or enjoy the classics from our a la carte menu, all while admiring awe-inspiring views of Lake Louise and the surrounding mountains.

10:30 AM - 12:00 PM | GROUP WALK (location to back of Lake - optional)

12:00 PM - 4:00 PM | LUNCH & FREE TIME

This is your chance to explore beautiful Lake Louise. Choose from one of the activities listed below. Use your lunch voucher in our [Lakeview Lounge](#), [Chateau Deli](#) or [In-Room Dining](#).

4:00 PM - 5:30 PM | MEDITATION & JOURNALLING with MACKENZIE MILLER

This class will give you meditation confidence as MacKenzie guides you through a simple meditation technique followed by prompted journaling. The journaling topic will be revealed at class, so that you get a true look into your subconscious and don't have too much time over think and prepare. We will explore the power of journaling in combination with meditation to increase clarity, increase perspective and decrease stress.

5:30 PM - 6:30 PM | REST AND RESET

Your chance to recenter yourself after a full day before joining everyone for dinner.

6:30 PM - 8:30 PM | GROUP DINNER with MACKENZIE MILLER

Enjoy delicious, fresh, seasonally inspired cuisine with the group. The culinary team at Fairmont Chateau Lake Louise recognizes your health and well-being as a top priority. We include organic local produce when possible. We do our best to accommodate specialized diets and food sensitivities.



Tuesday

7:00 AM - 9:00 AM | FUNCTIONAL FLOW with MACKENZIE MILLER

Let's get hip! ;) In this class we will explore what it is like to move passively and actively in your hips unique ranges of motion during a yoga practice. By the end of class you'll feel more integrated in your body and have a better appreciation of your body's ability to support you while moving on and off your mat.

9:00 AM - 10:00 AM | BREAKFAST

10:30 AM - 12:00 PM | GROUP WALK (location to view point - optional)

12:00 PM - 4:00 PM | LUNCH & FREE TIME

4:00 PM - 5:30 PM | MEDITATION & JOURNALLING with MACKENZIE MILLER

5:30 PM - 6:30 PM | REST AND RESET

6:30 PM - 8:30 PM | GROUP DINNER with MACKENZIE MILLER

Wednesday

7:00 AM - 9:00 AM | FUNCTIONAL FLOW with MACKENZIE MILLER

Shoulder love. In this class we will explore what it is like to move passively and actively in your shoulders unique ranges of motion during a yoga practice. By the end of class you'll feel more integrated in your body and have a better appreciation of your body's ability to support you while moving on and off your mat.

9:00 AM - 10:00 AM | BREAKFAST

12:00 PM | CHECK-OUT



FREE TIME OPTIONS

PAMPER YOURSELF WITH A SPA TREATMENT

Allow our team of spa therapists to take you on a journey of blissful indulgence with premium quality ingredients. Backed by expert knowledge, outstanding technique and gentle character, our team of professionals specialize in more than 20 treatments and services. From a relaxing foot massage, to a luxurious body scrub and facial, treatments are designed to soothe and revitalize the mind and body. You will emerge feeling refreshed, relaxed and rejuvenated. (Not included with retreat package price)

Please visit fairmont.com/lake-louise/spa/ to view a complete list of treatments.

EXPERIENCE A MINDFUL NATURE WALK

This is a chance to truly embrace one of the most beautiful locations on the planet. Venture for a walk on one of our scenic trails. Inhale the fresh mountain air and practice the act of “[Forest Bathing](#)”, that is, being the moment and taking in your surroundings with all five senses. Ask our Concierge for trail maps to explore.

RELAX IN OUR PRIVATE, GUEST-ONLY LOUNGE

Sink into a comfortable armchair in our newly renovated Living Room. Enjoy a moment to yourself with a tea or coffee in hand. Located above the main lobby.

ADDITIONAL OPTIONS

Enjoy our pool, hot tub and fitness facilities throughout your stay. Take some time to journal about your retreat experience. Refresh yourself with a healthy, mid-day nap. Or complete any exercises suggested by MacKenzie in earlier sessions.

We encourage you to experience a digital detox during your stay. Where appropriate, choose to turn off your mobile device, computers and televisions to fully surrender to the transformational power of this retreat.