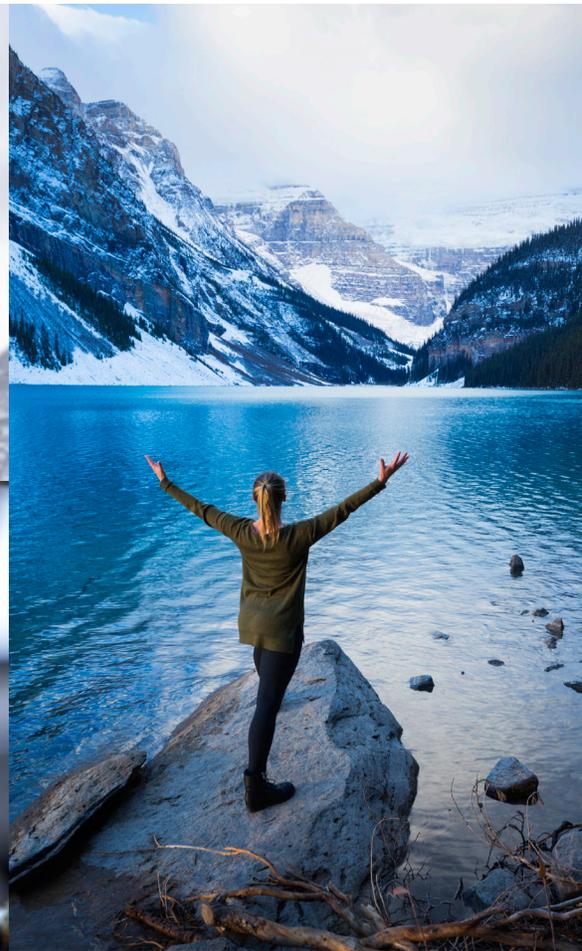




LAKE LOUISE
WELLNESS



Flow. Sweat. Connect. Restore
Sunday, October 18 - Thursday, October 22, 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 Kathy Parsons welcomes you and fills you in on our exciting week ahead.

Monday, Tuesday, Wednesday,

7:00 AM - 7:30 AM | MORNING MEDITATION & MASTER CLEANSE (optional)

7:30 AM - 8:45 AM | VINYASA FLOW YOGA with KATHY PARSONS

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.

11:00 AM - 12:00 PM | MORNING SESSION with KATHY PARSONS

Monday - Chatarunga and/or pose breakdown

Tuesday - Mindfulness Meditation workshop

12:00 PM - 4:30 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](#).

TUESDAY - 1:30 PM - 3:00 PM | GROUP WALK (optional)

Join us for an outing with our Mountain Adventure Guide.

4:30 PM - 6:00 PM | FLOW AND RESTORE YOGA with KATHY PARSONS

6:00 PM - 7:00 PM | REST AND RESET

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

7:00 PM - 9:00 PM | GROUP DINNER with KATHY PARSONS

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.

Thursday

7:00 AM - 7:30 AM | MORNING MEDITATION & MASTER CLEANSE (optional)

7:30 AM - 9:00 AM | VINYASA FLOW YOGA & CLOSING with KATHY PARSONS

9:00 AM - 10:00 AM | BREAKFAST

12:00 PM | CHECK-OUT



SESSIONS WITH KATHY PARSONS

Vinyasa Flow Yoga:

The vinyasa flow style yoga taught by Kathy will move your body, invigorate your breath and release your stress. Warm up your body with sun salutations and a creative, flowing sequence of postures that will tone, strengthen and open. Emphasis is on “vinyasa”, linking moment with breath, to maintain a fluid and meditative experience.

In each class expect to sweat, explore how different yoga poses feel in your body, and experience a deep stretch and a grounding savasana.

Students will have the ability to build on set sequences throughout the week, and also to explore new poses that will be introduced in each class.

All of Kathy’s classes are accompanied by carefully curated playlists with inspiring music and students are treated to an aromatherapy massage while in their final resting pose at the end of practice.

These classes will challenge each student to go beyond where they have been before, in a safe environment that encourages questions, smiles and laughter!

*Kathy will provide modifications for students who are practicing at different levels, including those who are just starting their yoga journey. Although this practice is suitable for all levels, it is advised that you have the physical fitness that allows you to flow through several basic poses that are linked together. This will make for a more enjoyable practice!

Flow & Restore Yoga:

This class is a mix of yin and restorative poses with mindfulness meditation weaved throughout.

Yin Yoga is a series of deep stretches that target the deeper fascia of the spine & pelvis allowing for improved flexibility of soft tissues, mobility and the release of stress in the body & mind. Restorative Yoga involves a series of longer held poses designed to restore balance and healing to the body and mind.

As much a practice for the mind as it is for the body, this is the perfect way to end your day!



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 and 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 Kathy 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.