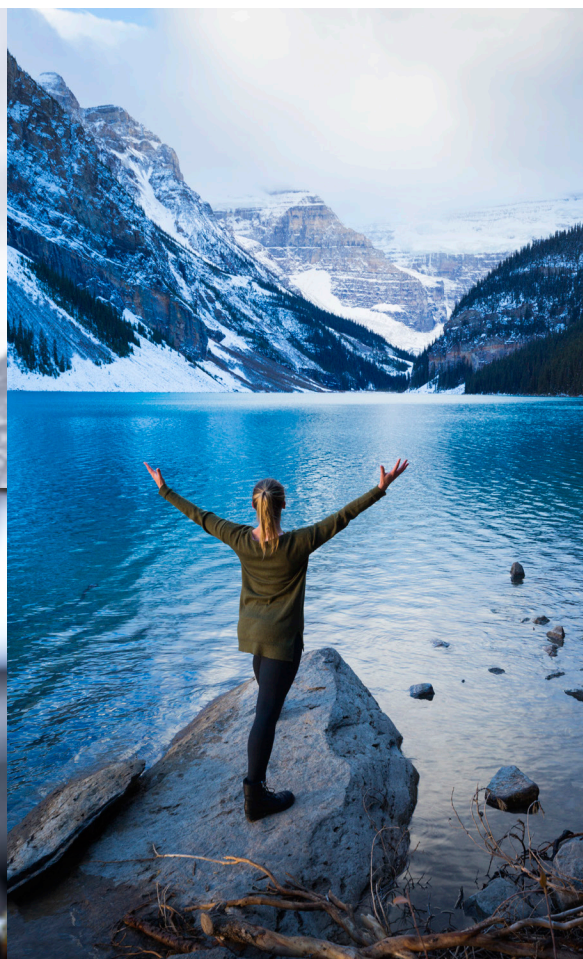




LAKE LOUISE  
WELLNESS



**Fall In Love With Yourself & Life**  
Sunday, November 17 - Thursday, November 21, 2019

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**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 Shannon Kaiser leads our welcome ceremony and fills you in on our exciting week ahead.

## Monday, Tuesday, Wednesday,

### **7:00 AM - 10:30 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.

### **7:30 AM - 8:30 AM | MORNING STRETCH (optional)**

Wake up the body and mind with a one hour gentle stretch. This class will utilize restorative postures at a slow pace in order to integrate breath and movement. All levels are welcome and encouraged. Led by our hotel instructor in one of our newly renovated wellness rooms. This class is just for retreat participants.

### **9:30 AM - 10:30 AM | YOGA FLOW (optional)**

A more traditional practice. This all-levels flow will move at a faster pace and break down beginner to intermediate postures. Led by our hotel instructor in one of our newly renovated wellness rooms. This class is open to all hotel guests, so pre-registration is required.

### **10:30 AM - 12:30 PM | MORNING SESSION with SHANNON KAISER**

### **12:30 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](#).

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

Join us for a casual stroll with the group to the end of Lake Louise.

### **4:00 PM - 6:00 PM | AFTERNOON SESSION with SHANNON KAISER**

### **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 SHANNON KAISER**

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 - 10:30 AM | BREAKFAST**

### **7:30 AM - 8:30 AM | MORNING STRETCH (optional)**

### **10:00 AM - 11:30 AM | FINAL SESSION with SHANNON KAISER**

### **12:00 PM | CHECK-OUT**



## SESSIONS WITH SHANNON KAISER

### *Monday Morning*

**Disappear Your Fear:** Strengthen your relationship with yourself. Release old patterns of negative self-talk and self-abuse. Address the inner critic and fear-based parts of us that are keeping us from feeling loved and appreciated. Learn to identify your inner critic and its motivation. This session is the groundwork and foundation for all other sessions; it serves as a spring board to access your best self.

### *Monday Afternoon*

**Find Purpose in Your Pain:** Learn how to shift from the doubter to the encourager and experience the inspiration of your choices. Connect with your inner kid that delights in the power of love and acquire tools to design your future from this enlightened perspective.

### *Tuesday Morning*

**Stand By You:** Learn essential tools to help you shine bright and be proud of who you are. You will identify powerful methods to accept what you can't change and feel empowered to change what you can't accept. Shannon will guide you to embrace the five key pillars of self-love. Through this process, you will create a roadmap to happiness and health.

### *Tuesday Afternoon*

**ME Matters:** Create a solid plan of action to help you take your new aha moments and apply them to your life for lifelong fulfillment. You will learn powerful ways to stay vibrant, happy, and super connected to your beautiful, wonderful self.

### *Wednesday Morning*

**Goal digger:** Create a powerful blueprint for your life. One that aligns with your truth and authentic purpose and power. This wonderful session will give you clarity, confidence and joy. You'll walk away with a sense of purpose and renewed enthusiasm for your life and role in it.

### *Wednesday Afternoon*

**Your Powerful Plan:** Learn the roadmap to self-love and key principles to help you align with your truth. Walk out of this session with a clear guide to help you take your learning into your daily life. This is a celebration session to embrace who you really are.

### *Thursday Morning*

**Your Closing Celebratory Ceremony:** A review of our experience together, coupled with some final transformative exercises that will remind you of your amazing value and worth. This session will also equip you with tools to take into your ever day life so the transition back home is smooth and loving.



## 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/](https://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 Shannon 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.