



LAKE LOUISE  
WELLNESS



**Yogic Explorations**  
Sunday, February 9 - Wednesday, February 12, 2020

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**RETREAT ITINERARY**



## Sunday, February 9

### **4:00 PM - 7:00 PM | ARRIVAL & CHECK-IN**

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 getting to know Jeff Mah and the other participants.

## Monday, February 10 & Tuesday, February 11

### **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 restorative flow designed to get you up and at 'em. Led by hotel instructor in one of our newly renovated wellness rooms.

### **10:30 AM - 12:30 PM | MORNING YOGA SESSION with JEFF MAH**

### **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. On Tuesday you have the option of joining Jeff Mah on a one-hour nature walk. Use your lunch voucher in our [Lakeview Lounge](#), [Chateau Deli](#) or [In-Room Dining](#).

### **4:00 PM - 6:00 PM | AFTERNOON YOGA SESSION with JEFF MAH**

### **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 & INFORMAL Q&As with JEFF MAH**

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.

## Wednesday, February 12

### **7:00 AM - 10:30 AM | BREAKFAST**

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

### **10:00 AM - 11:30 AM | FINAL YOGA SESSION with JEFF MAH**

**Putting it all Together** - Integrating all of the techniques covered with a few surprises

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



## SESSIONS WITH JEFF MAH

### *Monday Morning*

**Sun Salutation Exploration** - Exploring how the sun salutation can be a practice unto itself

**Building a Magnificent Foundation** - Working on foot openings, foot mobility, four corners of the foot, lower leg stability work

### *Monday Afternoon*

**Making Space to Move Well Part 1** - Forward folding with intelligence, learning to create space for side extension of the leg

**Practicing the Middle Path** - Blending flexibility and strength to create stability and hone the mind

### *Tuesday Morning*

**Making Space to Move Well Part 2** - Hip opening with clarity, fully exposing the external rotators

### *Tuesday Afternoon*

**Opening the Front Line** - Releasing tension in the front of the body

**Smart Back-bending** - Learning to move the spine backwards with intelligence and comfort

## 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/](http://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.

### **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**

We have snowshoes, cross country skis and ice skates available to rent, ask our Concierge for trail maps to explore. 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 Jeff 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.