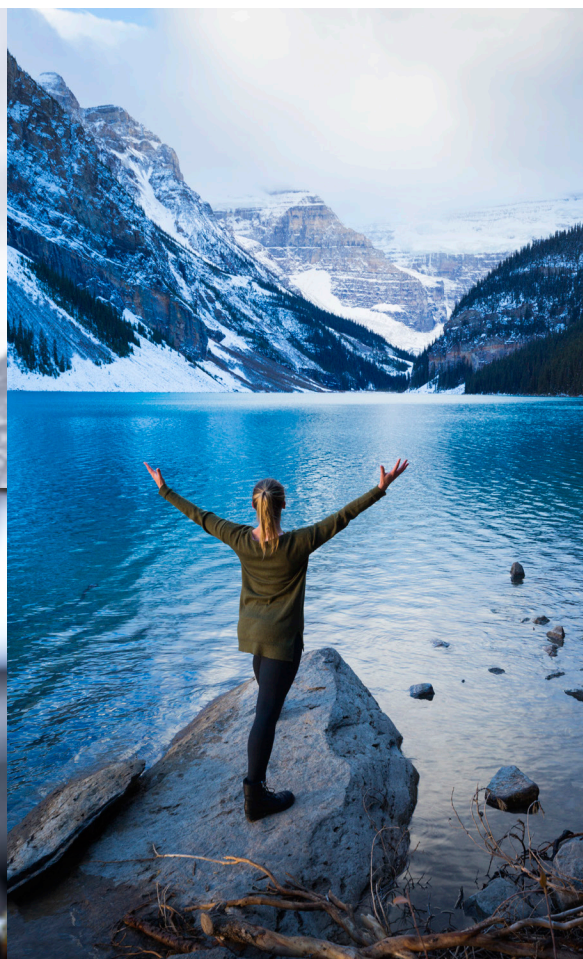




LAKE LOUISE  
WELLNESS



**Back to Nature - Yoga & Meditation Retreat**  
Sunday, November 3 - Thursday, November 7, 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 Kristen Stuart leads our welcome ceremony and fills you in on our exciting week ahead.

## Monday

### **8:00 AM - 8:45 AM | GUIDED YOGIC MEDITATION for Grounding**

### **8:45 AM - 9:30 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.

### **10:30 AM - 12:00 PM | FOUNDATION YOGA WORKSHOP**

Set the foundation for a strong and stable yoga practice while learning and exploring proper alignment, mind-body connection and strength + stability in the body.

### **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 - 5:00 PM | AYURVEDA DISCUSSION**

What is your Dosha? Ayurveda is the sister science of Yoga and is a science of understanding self-healing through nutrition and wellness practices. There are three doshas in Ayurveda—vata, pitta, and kapha. You have a unique combination of these three doshas that stays constant throughout your life and serves as a sort of blueprint for your health.

### **5:00 PM - 6:00 PM | YIN YOGA**

Designed to release the fascia of the body through longer holds, this rejuvenating yoga class will focus on opening your hips, shoulders, and spine. Yin yoga brings the body back into a healthy state of circulation and flow while increasing flexibility.

### **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 KRISTEN STUART**

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*

**8:00 AM - 8:45 AM | GUIDED YOGIC MEDITATION for Letting Go**

**8:45 AM - 9:30 AM | BREAKFAST**

**10:30 AM - 12:00 PM | DETOX FLOW YOGA WORKSHOP**

This dynamic yoga flow session will focus on detox poses that release toxins and bring the body and mind back to a state of clarity. Includes pranayama (breathing practices).

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

**4:00 PM - 6:00 PM | RESTORATIVE HATHA YOGA with ESSENTIAL OILS**

A gentle and calming practice that incorporates therapeutic poses, long, gentle holds, breathing and mindfulness to support and relax your nervous system. Essential oils will be used to enhance the relaxation response.

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

**7:00 PM - 9:00 PM | GROUP DINNER with KRISTEN STUART**

## *Wednesday*

**8:00 AM - 8:45 AM | GUIDED YOGIC MEDITATION for Empowerment**

**8:45 AM - 9:30 AM | BREAKFAST**

**10:30 AM - 12:00 PM | KUNDALINI WORKSHOP**

Kundalini Yoga is a type of yoga that brings nervous system support and glandular balance through kriya, mantra, meditation and breathwork. The focus of this session is to clear and strengthen the mind while activating core strength and connecting you to your personal power center.

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

**4:00 PM - 5:30 PM | GUIDED YOGA NIDRA**

Yoga nidra, or yogic sleep, is a combination meditation and yoga practice that takes you on a journey through 4 brain wave levels on a journey towards sleep and lulls you into deep relaxation.

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

**6:30 PM - 8:30 PM | GROUP DINNER with KRISTEN STUART**

## *Thursday*

**8:00 AM - 8:45 AM | GUIDED YOGIC MEDITATION for Self-Love**

**8:45 AM - 9:30 AM | BREAKFAST**

**10:30 AM - 11:30 PM | YOGA FOR LONGEVITY WORKSHOP**

"Yoga is the fountain of youth. You're only as young as your spine is flexible." – Bob Harper. Our final practice will explore the strength and flexibility of the spine and revitalizing benefits of backbends that open chest, shoulders and pathways to the heart.

**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/](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 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.