



LAKE LOUISE  
WELLNESS



**Mindfulness & Yoga**  
Friday, October 18 - Sunday, October 20, 2019

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**RETREAT ITINERARY**



## Friday

### **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 Tracey Delfs and the other participants.

## Saturday

### **8:00 AM - 9:30 AM | YOGA FLOW with TRACEY DELFS**

Begin your day feeling energized and inspired with this morning yoga class. This gentle flow-style class is suited for all levels of experience (including beginners).

### **9:30 AM - 10:30 AM | GROUP 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 - 11:30 AM | DISCUSSION with TRACEY DELFS**

Learn how to bring more peace and presence into your life through various mindfulness practices.

### **11:45 AM - 12:45 PM | MINDFUL NATURE WALK (in silence)**

Join Tracey for this slow, mindful walk to contemplate and enjoy nature with all your senses. This mindful walk will be in silence, allowing you to truly savour the beauty around you and enjoy the moment.

### **1:00 PM - 2:00 PM | GROUP LUNCH (partially in silence)**

Enjoy a two course meal and discussion with other participants on the previous sessions.

### **2:00 PM - 5:00 PM | FREE TIME**

This is your chance to explore beautiful Lake Louise. Choose from one of the activities listed below.

### **5:00 PM - 6:30 PM | GENTLE YOGA & MEDITATION with TRACEY DELFS**

It's time to rest and recover with this gentle, slow moving yoga class, along with a guided meditation and deep relaxation.

### **6:30 PM - 7:15 PM | REST AND RESET**

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

### **7:15 PM - 8:45 PM | GROUP DINNER & INFORMAL Q&As with TRACEY DELFS**

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.



## Sunday

**8:00 AM - 9:30 AM | YOGA FLOW with TRACEY DELFS**

**9:30 AM - 10:30 AM | GROUP BREAKFAST**

**10:30 AM - 11:30 AM | DISCUSSION with TRACEY DELFS**

Tracey Delfs is a mindfulness teacher, life coach and HeartMath Trainer. During this discussion, she will bring these various learnings together and give you tips on how you can lead a more peaceful and happier life.

**11:45 AM - 12:45 PM | MINDFUL NATURE WALK (in silence)**

**1:00 PM - 2:00 PM | GROUP LUNCH (partially in silence)**

**3:00 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.

### 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 Tracey 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.