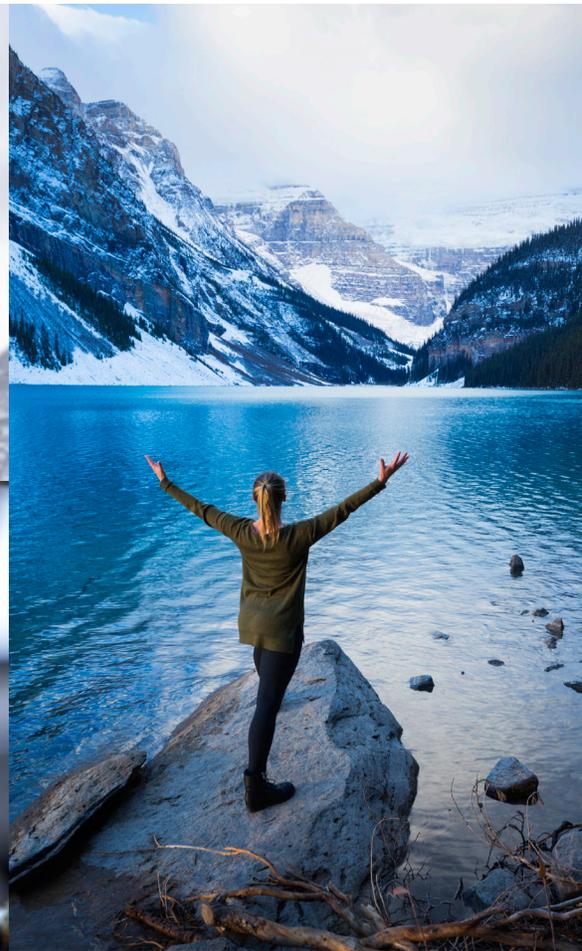




LAKE LOUISE
WELLNESS



Mindfulness & Yoga
Friday, March 20 - Sunday, March 22, 2020
Friday, April 17 - Sunday, April 19, 2020

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 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.

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.