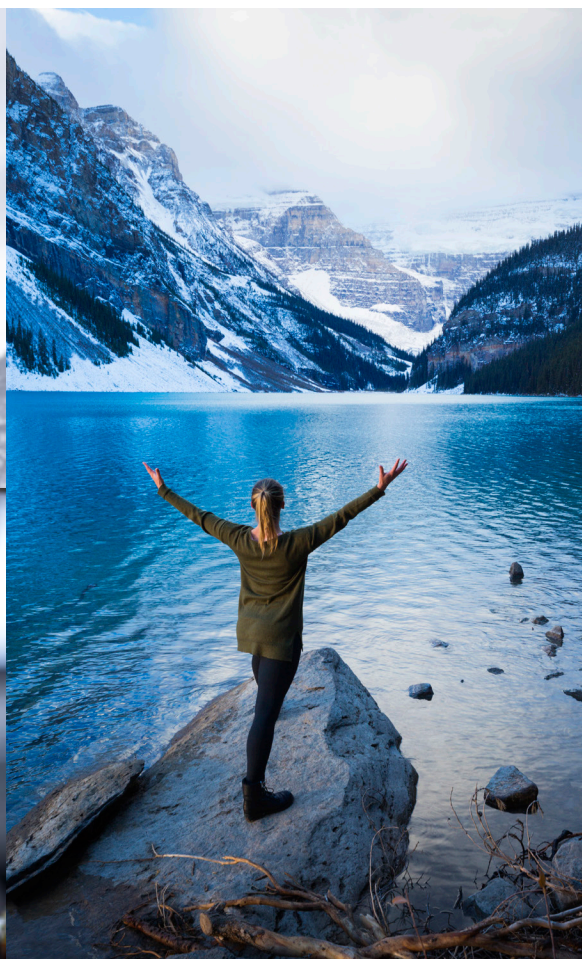




LAKE LOUISE  
WELLNESS



**Eat. Pray. Live! Retreat**  
Sunday, April 19 - Wednesday, April 22, 2020

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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 Elizabeth Trinkaus leads our welcome ceremony and fills you in on our exciting week ahead.

## Monday & Tuesday

### **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 ELIZABETH TRINKAUS**

### **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](#).

### **4:00 PM - 6:00 PM | AFTERNOON SESSION with ELIZABETH TRINKAUS**

### **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 ELIZABETH**

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

### **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 ELIZABETH TRINKAUS**

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



## SESSIONS WITH ELIZABETH TRINKAUS

### *Monday Morning*

The introduction to your unforgettable retreat. The **EAT** part of your Eat, Pray, Live Retreat! What you “take in” is key to how you feel each day and how much energy you have to manifest your dreams.

### *Monday Afternoon*

Learn personalized tools to shift from the common negative self-talk to the powerful positive self-talk. Be inspired by this shift and design each moment from this enlightened perspective.

### *Tuesday Morning*

Day 2 is the the **PRAY** part of your Eat. Pray. Live! Retreat. You’re going to love it. You are an intuitive soul filled with wisdom, and you live in a world that is loud and moving fast. Experience what it is like to slow down, align with the Universe, God + nature, and come “home.”

### *Tuesday Afternoon*

**Your Powerful Plan:** Sitting with your magic will make you giddy. A sense of freedom will be yours. Take time to design your powerful plan and choose the reminders that will keep you on your unique path. Expect a comfort in your own skin that is priceless.

### *Wednesday 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.



## 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 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.