



LAKE LOUISE
WELLNESS



Embrace Joy: Your New Freedom Retreat!
Thursday, November 7 - Sunday, November 10, 2024

RETREAT ITINERARY



Thursday

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.

Friday & Saturday

9:00 AM | MORNING YOGA with ELIZABETH TRINKAUS

Start off your day feeling energized and inspired with a rejuvenating yoga class. This gentle class is suited for all levels of experience (including beginners).

10:30 AM - 12:30 PM | WORKSHOP with ELIZABETH TRINKAUS

Learnings and practices touching on various topics, followed by a smoothie break.

Friday - Introducing the simplicity and power of the retreat.

Saturday - How might you fuel your soul with positive messages daily?

12:30 PM - 1:30 PM | LUNCH

Indulge in a healthy and heart lunch with the group.

1:30 PM - 4:30 PM | FREE TIME

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

4:30 PM - 6:00 PM | AFTERNOON WORKSHOP with ELIZABETH TRINKAUS

Learnings and practices touching on various topics, followed by a smoothie break.

Friday - The gift of slowing down and hearing your wisdom.

Saturday - Acquiring the tools to be jazzed in life, not depleted.

7:00 PM | GROUP DINNER 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.



Sunday

10:30 AM - 12:00 PM | FINAL SESSION with ELIZABETH TRINKAUS

Take in the final session with a chance to review, reflect, and restore! Also use this time to develop a personalized plan that can be integrated into your daily routine.

12:00 PM | CHECK OUT

Time to say your farewell's from the group and reflect on your learnings and experiences from the last few days. Take in the beauty and surroundings from beautiful Lake Louise.

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 www.chateau-lake-louise.com/wellness/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 being in 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.