



LAKE LOUISE
WELLNESS



Winter Inner Peace Retreat
Friday, December 4 - Sunday, December 6, 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 - 9:00 AM | YOGA FLOW with TRACEY DELFS

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

9:00 AM - 9:15 AM | SMOOTHIE BREAK

9:15 AM - 9:45 AM | MEDITATION with TRACEY DELFS

Tracey will guide you towards finding a sense of peace, presence and gratitude. Suited for all levels of experience (including beginners).

9:45 AM - 10:30 AM | GROUP BREAKFAST

Enjoy a hearty breakfast.

10:45 AM - 11:45 AM | DISCUSSION with TRACEY DELFS

We all know we should be more mindful, but the question is how? Learn the what, where, why, when and how of mindfulness and meditation. In this session you will learn how to integrate various mindfulness practices into your daily life and how to create the habit of a regular meditation practice.

12:00 PM - 12:50 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 savor the beauty around you and enjoy the present 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 at the bottom of this itinerary.

5:00 PM - 5:45 PM | DISCUSSION with TRACEY DELFS

In this session you will learn various tips and mindset strategies to help increase your resilience and prepare you so that you can thrive this winter during these times of challenge and change.

5:45 PM - 6:30 PM | MEDITATION AND DEEP RELAXATION with TRACEY DELFS

Time to rest, relax and recover as Tracey guides you through this meditation and deep relaxation class.



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 - 9:00 AM | YOGA FLOW with TRACEY DELFS

9:00 AM - 9:15 AM | SMOOTHIE BREAK

9:15 AM - 9:45 AM | MEDITATION with TRACEY DELFS

9:45 AM - 10:30 AM | GROUP BREAKFAST

10:45 AM - 11:45 AM | DISCUSSION with TRACEY DELFS

This session is focused on teaching you 'how' to maintain a sense of inner calm and peace, amidst all the noise, hard work and challenges in life and the world. .

12:00 PM - 12:50 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 in the moment and taking in your surroundings with all five senses.

WINTER ACTIVITIES

Check with our Concierge on what activities are available during your stay. Snowshoeing or cross-country skiing might be possible depending on Mother Nature providing enough snow, We have a full service rental shop in the hotel as well.

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 devices, computers and televisions to really immerse yourself in the transformation of this retreat.