



LAKE LOUISE  
WELLNESS



**Discover Your True Self and Live the Life You Were Made For**  
Sunday, November 8 - Thursday, November 12, 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 Shannon Kaiser leads our welcome ceremony and fills you in on our exciting week ahead.

## Monday, Tuesday, Wednesday,

### **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 SHANNON KAISER**

### **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](#).

### **TUESDAY - 1:30 PM - 3:00 PM | GROUP WALK (optional)**

Join us for a casual stroll with the group to the end of Lake Louise.

### **4:00 PM - 6:00 PM | AFTERNOON SESSION with SHANNON KAISER**

### **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 with SHANNON KAISER**

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.

## Thursday

### **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 SHANNON KAISER**

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



## SESSIONS WITH SHANNON KAISER

### *Monday Morning*

**DECIDE YOUR VIBE:** In this uplifting welcome session you'll discover the top barriers blocking you from moving forward and the stories that have been limiting you. Discover life-changing tools to get to the root cause of any hindering habits and learn how to release them for good. You will walk away from this session feeling more aware, centered and hopeful.

### *Monday Afternoon*

**THIS IS NOT YOUR PRACTICE LIFE:** In this joyful workshop you will not only get crystal clear about what you want, but develop a confident plan to reach it. You'll learn how to bridge the gap between where you are and where you are destined to be. And discover it's not only safe, but also freeing to let go of the past and you'll no longer fear the unknown or future. Shannon shares her fool proof plan for creating and manifesting your ideal life plus discover the life changing tools for clarity, confidence and focus. Through this process, you will create a roadmap to happiness and health.

### *Tuesday Morning*

**THIS IS ME:** In this session you'll learn essential tools to help you shine bright and be proud of who you are. You will identify powerful methods to accept yourself and gain the courage to actualize yourself and your deepest desires. Plus Shannon teaches you new ways to trust and believe in yourself so you can live an unapologetic life.

### *Tuesday Afternoon*

**SHINE YOUR LIGHT:** In this uplifting, love-filled session you'll discover a renewed sense of wonder. You will learn powerful ways to stay vibrant, happy, and super connected to your beautiful, wonderful self. This session will share how you can tap into an unlimited source of joy, clarity and confidence.

### *Wednesday Morning*

**AUTHENTIC LIVING:** Connect to your most authentic beautiful amazing self. This session teaches you how to become your own best friend and learn how to trust and believe in yourself. Create a powerful blueprint for your life. One that aligns with your truth and authentic purpose and true power. This wonderful session will teach you how to lead your life with inner clarity, confidence and unlimited joy. You'll walk away with a sense of purpose and renewed enthusiasm for your life and role in it.

### *Wednesday Afternoon*

**THE JOY SEEKER WAY:** You are here for a reason and this session shows you the truth. Your purpose and passion is renewed as you uncover a whole new layer of your being. Self-awareness is inspired and hope, faith and trust will be renewed. Learn the roadmap to self-love and key principles to help you align with your truth. Walk out of this session with a clear guide to help you take your learning into your daily life. This is a celebration session to embrace who you really are and what your life is truly about.

### *Thursday 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. This session will also equip you with tools to take into your every day life so the transition back home is smooth and loving. You'll create a solid plan of action to help you take your new aha moments and apply them to your life for lifelong joy and fulfillment.



## 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/](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. Ask our Concierge for trail maps to explore.

### **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 Shannon 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.