



LAKE LOUISE  
WELLNESS



**Flow, Connect & Restore**  
Sunday, October 20 - Thursday, October 24, 2024  
Sunday, October 27 - Thursday, October 31, 2024

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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 a beverage while Kathy Parsons welcomes you and fills you in on our exciting week ahead.

## *Monday, Tuesday, Wednesday,*

### **8:00 AM - 9:15 AM | VINYASA FLOW YOGA with KATHY**

### **9:30 AM - 10:30 AM | GROUP BREAKFAST**

### **11:30 AM - 12:30 PM**

Monday - Sun Salutation Workshop with Kathy

Tuesday - Group Guided Walk (optional)

Wednesday - free time

### **12:30 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 - 5:30 PM | STRETCH AND RESTORE YOGA with KATHY**

### **5:30 PM - 6:45 PM | REST AND RESET**

Your chance to recenter yourself after a full day before joining everyone for dinner.

### **6:45 PM | GROUP DINNER with KATHY**

Enjoy three different restaurants at Fairmont Chateau Lake Louise. Choose delicious, fresh, seasonally inspired cuisine with the group. The culinary team 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*

### **8:00 AM - 9:45 AM | VINYASA FLOW YOGA & CLOSING with KATHY**

### **9:45 AM - 10:45 AM | BREAKFAST**

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



## SESSIONS WITH KATHY

### *Vinyasa Flow Yoga:*

Kathy's Flow classes challenge all levels and incorporate creative movements that strengthen and lengthen the body while staying connected to the breath. Expect to get out of your head and into your body as you flow through creative sequences, enjoy curated playlists, and receive individual attention and a savasana massage at the end (covid permitting).

In each class expect to sweat, explore how different yoga poses feel in your body, and experience a deep stretch and a grounding savasana.

Students will have the ability to build on set sequences throughout the week, and also to explore new poses that will be introduced in each class.

All of Kathy's classes are accompanied by carefully curated playlists with inspiring music and students are treated to aromatherapy while in their final resting pose at the end of practice.

These classes will challenge each student to go beyond where they have been before, in a safe environment that encourages questions, smiles and laughter!

\*Kathy will provide modifications for students who are practicing at different levels, including those who are just starting their yoga journey. Although this practice is suitable for all levels, it is advised that you have the physical fitness that allows you to flow through several basic poses that are linked together. This will make for a more enjoyable practice!

### *Stretch & Restore Yoga:*

Get out of your head and into your body for relaxation and release.

This class is a combination of gentle flow, active and passive stretches (yin), followed by healing restorative poses. Mindful breathwork will be weaved throughout. Get ready to stretch it out and release tension.

Yin Yoga is a series of deep stretches that target the deeper fascia of the spine & pelvis allowing for improved flexibility of soft tissues, mobility and the release of stress in the body & mind. Restorative Yoga involves a series of longer held poses designed to restore balance and healing to the body and mind.

Yoga Nidra Meditation will be explored during one of the sessions. Yoga Nidra is often referred to as Yogic Sleep and is a meditation that is designed to take you into a very deep relaxation and healing mode.



## 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 <https://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.