



LAKE LOUISE
WELLNESS



Yogic Explorations
Sunday, November 17 - Thursday, November 21, 2024

RETREAT ITINERARY



Sunday

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...

7:00 PM | WELCOME RECEPTION

Enjoy a selection of appetizers and beverages while getting to know Jeff Mah and the other participants.

Monday

8:00 AM | MORNING YOGA SESSION with JEFF MAH

All levels welcome, including beginners. Exploring unique movements and cultivating strong legs.

9:00 AM | INTRODUCTION TO MEDITATION

Focusing on techniques of meditation at an introductory level.

12:00 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.

2:00 PM | AFTERNOON SESSION with JEFF MAH

Initial foray into the world of somatics.

3:00 PM | EXPLORE BREATH WORK

Afternoon workshop followed by a smoothie break.

4:30 PM | REST AND RESET

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

7:00 PM | GROUP DINNER with JEFF MAH

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.

Tuesday

8:00 AM | MORNING YOGA SESSION with JEFF MAH

All levels welcome, including beginners. Exploring unique movements and exploring the shoulders.

9:00 AM | COLD PLUNGE

Take a cold plunge in the icy iconic waters of Lake Louise.



Tuesday Cont.

12:00 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.

2:00 PM | AFTERNOON SESSION with JEFF MAH

Further somatics and a softer, recovery based practice.

3:00 PM | WORKSHOP CHECK IN

Afternoon workshop check-in followed by a smoothie break.

3:30 PM | PRACTICE WITH MEDITATION

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

4:30 PM | REST AND RESET

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

7:00 PM | GROUP DINNER with JEFF MAH

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

8:00 AM | MORNING YOGA SESSION with JEFF MAH

All levels welcome, including beginners. Tailored practice based off Tuesday's workshop ideas.

9:00 AM | MORNING MEDITATION

An awakening meditation to start your day grounded and on a fresh note.

12:00 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.

2:00 PM | AFTERNOON YOGA SESSION

A continuation from the mornings yoga session. Focusing on answering any student questions.

3:00 PM | MEDITATION WORKSHOP: TOOLS & TECHNIQUES

Afternoon workshop followed by a smoothie break.

4:30 PM | REST AND RESET

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

7:00 PM | GROUP DINNER with JEFF MAH

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

8:00 AM | MORNING YOGA SESSION with JEFF MAH

Emphasizing light, fun and reflective morning movement.

9:00 AM | COLD PLUNGE with JEFF MAH

Take a final cold plunge in the icy iconic waters of Lake Louise.

12:00 PM | CHECK OUT

Time to say your farewells 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 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 by Jeff 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.