



LAKE LOUISE
WELLNESS



Fascial Fitness
Thursday October 17 - Sunday, October 20, 2024

RETREAT ITINERARY



Thursday

4:00 PM - 6:30 PM | ARRIVAL & CHECK-IN

Shake off your travels in your luxurious accommodations. Settle into the beauty of the glorious mountains. Breathe in the fresh air, relax, and unwind.

6:30 PM - 7:45 PM | WELCOME RECEPTION

Enjoy a selection of appetizers and beverages. Meet Kathleen Keller and get to know the other participants.

7:45 PM - 9:00 PM | FASCIAL FITNESS TALK WITH Q&A

Kathleen will draw you into the “fascinating” world you will be experiencing over the next 2.5 days. You will learn about myofascia and the exciting concepts and techniques that you will bring home.

Friday

8:00 AM - 9:00 AM | FASCIAL FITNESS CLASS

Good morning! It's time to move your newly found “myofascial lines”. You explore Power-Stretches, Elastic Recoil and Sensory Refinement techniques.

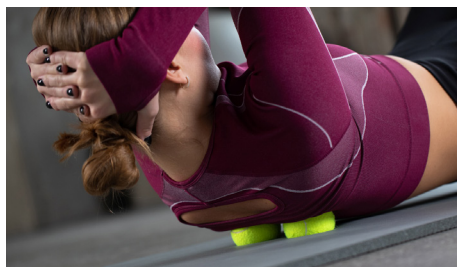
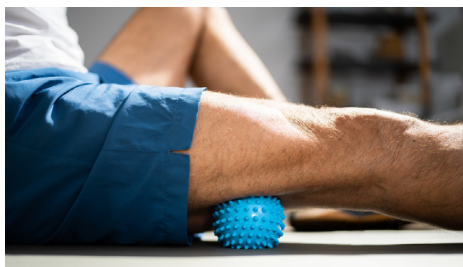


9:15 AM | BREAKFAST

Indulge in a healthy and hearty breakfast with the group.

11:00 AM - 12:30 PM | MYOFASCIAL RECOVERY CLASS

Using small air-filled therapeutic balls, you learn Self-Myofascial Release (SMR) methods to help replenish the deep cellular level hydration that your myofascia once had. Over the weekend, Kathleen will be covering various body parts that are the most prone to being “fascially bound down and tight”. Kathleen will provide detailed handouts for you to take home for all the SMR techniques that you learn.



**12:30 PM - 4:00 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.

4:30 PM - 6:00 PM | MYOFASCIAL RECOVERY CLASS

We will be following the same practices from this mornings 11:00am class. You learn more SMR techniques for other important body areas.

6:00 PM - 7:00 PM | REST AND RECHARGE

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

7:00 PM | GROUP DINNER

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.

Saturday

8:00 AM - 9:00 AM | FASCIAL FITNESS CLASS

Good morning! Get ready to explore your “myofascial lines”. You will practice and learn more Power-Stretches, Elastic Recoil techniques & Sensory Refinement skills.

9:15 AM - 10:30 AM | BREAKFAST

Indulge in a healthy and hearty breakfast with the group.

11:00 AM - 12:30 PM | MYOFASCIAL RECOVERY CLASS

Dive deeper into learning more SMR techniques for other important body areas.

12:30 PM - 4:00 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.

4:30 PM - 6:00 PM | MYOFASCIAL RECOVERY CLASS

Dive deeper into learning more SMR techniques for other important body areas.

6:00 PM | REST AND RECHARGE

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

7:00 PM | GROUP DINNER

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 - 9:45 AM | FASCIAL FITNESS & MYOFASCIAL RECOVERY CLASS

Good morning! Another chance to practice your new skills and connect to your “myofascial lines”. We fine-tune your Power-Stretches, Elastic Recoil techniques and Sensory Refinement skills. Plus, you get the last SMR technique of the Retreat. Kat promises that you will leave with a real “bounce in your step!”.

10:00 AM - 11:30 AM | BREAKFAST & CLOSING

Indulge in a healthy and hearty breakfast with the group.

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 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.