



LAKE LOUISE  
WELLNESS



**Power of Presence**  
Friday, November 1 - Sunday, November 3, 2024

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**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 - 8:15 AM | SMOOTHIE BREAK**

### **8:15 AM - 9:00 AM | MINDFUL MEDITATION with TRACEY DELFS**

Discover effective strategies for overcoming meditation hurdles, establishing a regular meditation routine (or deepening your practice), and exploring the benefits meditation offers.

### **9:00 AM - 9:45 AM | GUIDED MEDITATION with TRACEY DELFS**

Experience peace, presence, and gratitude through guided meditation suitable for all levels.

### **11:00 AM - 12:00 PM | THE POWER OF NOW DISCUSSION**

Explore how to integrate mindfulness into daily activities to uplevel your ability to live in the present moment.

### **12:00 PM - 1:15 PM | MINDFUL NATURE WALK (in silence)**

Silently savor the beauty of nature with Tracey, enhancing your present moment experience.

### **1:15 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.

### **4:00 PM - 5:00 PM | CULTIVATING CALM DISCUSSION with TRACEY DELFS**

Learn strategies on calming the mind and living more in the present moment.

### **5:00 PM - 5:45 PM | MEDITATION AND DEEP RELAXATION**

Relax and rejuvenate with a guided meditation session.

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

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

### **6:45 PM - 9:00 PM | GROUP DINNER with TRACEY DELFS**

Enjoy a health conscious dinner with the group. We include organic local produce when possible. We do our best to accommodate specialized diets and food sensitivities.



## Sunday

**8:00 AM - 8:15 AM | SMOOTHIE BREAK**

**8:15 AM - 9:30 AM | MINDFUL BREATHING DISCUSSION & GUIDED MEDITATION PRACTICE**

Learn mindful breathing techniques to ease stress and center yourself in the present, followed by a calming guided meditation practice.

**11:00 AM - 12:15 PM | MINDFUL NATURE WALK (in silence)**

**12:15 PM - 1:30 PM | THE POWER OF PRESENCE DISCUSSION with TRACEY DELFS**

Unlock inner peace, clarity, and courage through the practice of mindful presence to navigate change and challenges.

**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 [www.chateau-lake-louise.com/wellness/spa/](http://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 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 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.