



LAKE LOUISE
WELLNESS



Tension & Stress Release
February 26-28, 2021

RETREAT ITINERARY



Friday

4:00 PM - 5:00 PM | ARRIVAL & CHECK-IN

Shake off your travels and breathe in the beauty around you. You are a mirror for all its magnificence. Exhale...you are in great hands.

5:00 PM - 7:30 PM | WELCOME / TRE® OVERVIEW / 1ST TRE® PRACTICE

- Meet Kathleen and the other participants while enjoying a light, healthy snack.
- Learn the basic science behind TRE®, where it came from, what it is used for, the main muscles and nerves that it targets and who can benefit, hint... every one! Followed by Q & A.
- 1st TRE® practice.

7:30 PM - 9:00 PM | GROUP DINNER with KATHLEEN

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

7:00 AM - 10:00 AM | BREAKFAST *(on your own, included in price)*

10:00 AM - 12:30 PM | SMR CLASS with KATHLEEN

- Learn how to do soft openings of the scalenes and suboccipitals (deep neck muscles) and the superficial upper trapezius.
- Explore soft openings of the psoas muscle, the main muscle that contracts during stress and tension.
- Discover how to calm your polyvagal nerve, the nerve that is responsible for emotional regulation, social connection and your fear response.
- Therapeutic balls are brand new, sanitized and provided for you.

12:30 PM - 4:30 PM | LUNCH & FREE TIME *(on your own, included in price)*

This is your chance to explore beautiful Lake Louise on your own time. Choose from one of the activities listed below. Use your lunch voucher in any open restaurant or in-room dining.

4:30 PM - 6:00 PM | 2ND TRE® PRACTICE with KATHLEEN

Learn about self-regulation guidelines, share your experience. Q.& A. for both TRE® & SMR.

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

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

7:00 PM - 8:30 PM | GROUP DINNER with KATHLEEN



Sunday

7:00 AM - 10:00 AM | BREAKFAST *(on your own, included in price)*

10:00 AM - 1:00 PM | SMR REVIEW / 3RDTRE® PRACTICE / CLOSING

- SMR techniques reviewed and practiced
- More clarity on TRE® self-regulation guidelines
- What to expect and how to progress your TRE® practice
- Final Q & A's, sharing and take away materials provided

2:00 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 the mind and body. You will emerge feeling refreshed, relaxed and rejuvenated. (Not included with retreat package price)

Please visit www.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.

WINTER ACTIVITIES

We offer skate, snowshoe and cross country ski rentals at the resort. There is a maintained rink and many trails for snowshoeing & cross country skiing right outside the doors of the hotel. These are great activities to check out during your ‘free time’ in the afternoons.

ADDITIONAL OPTIONS

Enjoy our pool, hot tub and fitness facilities (current safety processes require reserving your time, our Concierge can help you) throughout your stay. Take some time to journal about your retreat experience. Refresh yourself with a healthy, mid-day nap. Or ponder the body work you have been learning with Kathleen and think about questions you might like to ask.

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.