



LAKE LOUISE  
WELLNESS



**Tension & Stress Release**  
February 26-28, 2021

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**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 | VIRTUAL WELCOME / TRE® OVERVIEW / 1ST TRE® PRACTICE**

- Meet Kathleen and the other participants while enjoying a light, healthy snack in the comfort of your own room.
- 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.

### **7:45PM | DINNER** *(on your own, included in price)*

Please make a reservation in one of our restaurants or with In Room Dining.

## Saturday

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

- Private 45 minute sessions with Kathleen starting at 7:00, 8:00 or 9:00 (1 per attendee)

### **10:00 AM - 11:30 AM | VIRTUAL GROUP 2ND TRE® PRACTICE with KATHLEEN**

### **11:30 AM - 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.

- Private 45 minute sessions with Kathleen starting at 12:00, 1:00 or 2:00 (1 per attendee)

### **4:30 PM - 6:00 PM | VIRTUAL GROUP 3RD 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 our virtual dinner.

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

Dinner will be delivered to your room and we will share the meal virtually. 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

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

- Private 45 minute sessions with Kathleen starting at 7:00, 8:00 or 9:00 (1 per attendee)

### **10:00 AM - 12:00 PM | VIRTUAL GROUP 4TH TRE® PRACTICE with KATHLEEN / CLOSING**

- 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**

## PRIVATE SESSION WITH KATHLEEN

### **PRIVATE ONE-ON-ONE SESSIONS ARE APPROVED BY GOVERNMENT OF ALBERTA**

Kathleen will contact you in advance of the retreat to pre-book your 45 minute private session with her.

Available times:

Saturday - 7:00, 8:00, 9:00, 12:00, 1:00, 2:00

Sunday - 7:00, 8:00, 9:00

The session will take place in a private meeting room. Equipment provided will be sanitized and used only by you. Masks will be required for the entire session for you and Kathleen. Therapeutic balls will be provided for you to use, they are brand new and sanitized.

You have two choices what will take place in your private:

1. You can choose to deepen your understanding of TRE®, that is to delve into deeper questions of the technique as it relates more specifically to you and/or to address any specific concerns you may have.
2. You can choose to learn how to do a Self-Myofascial Release (SMR) technique. Kat can teach you how to target-release one of the main areas of the body that most commonly contracts during stress or tension. She will help you to choose where you need this the most, from the following areas: Psoas (also known as hip flexors), upper trapezius (superficial muscles surrounding your neck & upper shoulders) & scalenes (deep muscles, in the sides of your neck) or suboccipitals (very deep, small & sensitive muscles - at the top of your spine, where your neck meets your head).

Feel free to bring a device to record your private session.



## 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](http://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.