



LAKE LOUISE
WELLNESS



Wim Hof Method
Friday, October 1 - Sunday, October 3, 2021

RETREAT ITINERARY



Friday

4:00 PM - 7:00 PM | ARRIVAL

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 - 9:00 PM | WELCOME RECEPTION

Enjoy a selection of appetizers and beverages while Cian Dalton & Carolyn Schmidt lead our welcome ceremony, our first breathing exercise and fill you in on our exciting retreat ahead.

Saturday

8:00 AM - 9:30 AM | BREATH MOVEMENT AND COLD EXPERIENCE

Connect to your body and breath and energize yourself for the day. Learn about your body and learn a daily movement practice you can implement at home. Prepare for your first cold experience!

11:00 AM - 1:00 PM | DISCUSSION / LAKE DIP / BREATHWORK

Dive deep into the science of the Wim Hof Method and how to get the most out of the practice. Bring your questions! Get into your body and connect to your breath and to Mother nature. Learn some mindset tricks and tips to help prepare for your cold dip!

1:00 PM - 5:30 PM | FREE TIME

This is your chance to explore beautiful Lake Louise. Choose from one of the activities listed below.

5:30 PM - 6:30 PM | BREATHWORK CIRCLE

Come together in circle for a deep and healing breathwork session. Set a powerful intention for tomorrow's practices.

6:30 PM - 7:30 PM | REST AND RESET

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

7:30 PM - 9:00 PM | GROUP DINNER with CIAN & CAROLYN

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 - 9:30 AM | BREATH MOVEMENT AND COLD DIP

Focus the mind through movement and meditation. Connect to your body and breath and prepare for a cold dip. Today we really connect to the medicine of the cold water and revisit our relationship with cold like never before!

11:30 AM - 1:30 PM | SENSORY EXPLORATION & SHORT HIKE

Feeling is understanding as Wim says. Through understanding our bodies and feeling deeply we can tap into a deeper part of ourselves and realize that we are more capable than we think. Mother nature is our greatest teacher to guide us.

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

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.

EXPLORE OUTSIDE

Rent a canoe or e-bike, enjoy a short hike, try a polar bear dip in the Lake... options are endless outside. Chat with our Concierge team about options based on the weather and your interests.

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.