



LAKE LOUISE  
WELLNESS



**Tension & Stress Release**  
August 20-22, 2021

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**RETREAT ITINERARY**



## Friday

### **4:00 PM - 6:30 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...

### **6:30 PM - 8:00 PM | OPENING, INTRODUCTIONS & TRE® TALK**

Learn what TRE® is, where the technique came from, the basic science behind it, the main muscles it targets, who it is good for (hint...everyone!), and why it is a profound method to learn.

### **8:00 PM - 9:00 PM | WELCOME RECEPTION**

Enjoy a full reception with deluxe hors d'oeuvres and a beverage while we mingle together..

## Saturday

### **10:30 AM - 12:00 PM | 1ST TRE® PRACTICE with KATHLEEN**

### **12:00 PM - 5:00 PM | FREE TIME**

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

### **5:00 PM - 6:30 PM | 2ND TRE® PRACTICE with KATHLEEN**

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

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

### **7:30 PM - 9:30 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.

## Sunday

### **9:30 AM - 11:30 AM | 3RD 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.

### **12:00 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.