



LAKE LOUISE
WELLNESS



Eat. Pray. Live! Retreat
Thursday, May 12 - Sunday, May 15, 2022

RETREAT ITINERARY



Thursday

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...

7:30 PM - 9:00 PM | WELCOME RECEPTION

Enjoy a selection of appetizers and beverages while Elizabeth Trinkaus leads our welcome ceremony and fills you in on our exciting week ahead.

Friday & Saturday

8:00 AM - 9:00 AM | GENTLE STRETCH with hotel instructor (optional)

Start off your day feeling energized and inspired with this stretch class. This gentle class is suited for all levels of experience (including beginners).

10:30 AM - 12:30 PM | MORNING SESSION with ELIZABETH TRINKAUS

12:30 PM - 3:45 PM | FREE TIME

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

3:45 PM - 5:45 PM | AFTERNOON SESSION with ELIZABETH TRINKAUS

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 | GROUP DINNER with ELIZABETH

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

7:30 AM - 8:30 AM | MORNING STRETCH (optional)

10:00 AM - 11:30 AM | FINAL SESSION with ELIZABETH TRINKAUS

12:00 PM | CHECK-OUT



SESSIONS WITH ELIZABETH TRINKAUS

Friday Morning

Arrive, relax, be you. Permission slips are granted to speak when you want or not. We will introduce the simplicity and power of EAT, PRAY, LIVE!

Friday Afternoon

How might you fuel your soul with positive messages daily?

Saturday Morning

Remember the gift of slowing down and hearing your wisdom.

Saturday Afternoon

Acquire tools to be fueled by life, not depleted.

Sunday Morning

Review, reflect, and be genuinely restored! Our closing ceremony will focus on your personalized plan that you get to integrate daily!



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.

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 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.