



LAKE LOUISE
WELLNESS



Yogic Explorations
Thursday, March 24 - Sunday, March 27, 2022
Thursday, October 27 - Sunday, October 30, 2022

RETREAT ITINERARY



Thursday

4:00 PM - 7:00 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...

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

Enjoy a selection of appetizers and beverages while getting to know Jeff Mah and the other participants.

Friday & Saturday

10:30 AM - 12:30 PM | MORNING YOGA SESSION with JEFF MAH

All levels welcome, including beginners.

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 YOGA SESSION with JEFF MAH

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 JEFF MAH

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

10:00 AM - 11:30 AM | FINAL YOGA SESSION with JEFF MAH

Putting it all Together - Integrating all of the techniques covered with a few surprises

12:00 PM | CHECK-OUT



SESSIONS WITH JEFF MAH

Friday Morning

Sun Salutation Exploration - Exploring how the sun salutation can be a practice unto itself

Building a Magnificent Foundation - Working on foot openings, foot mobility, four corners of the foot, lower leg stability work

Friday Afternoon

Making Space to Move Well Part 1 - Forward folding with intelligence, learning to create space for side extension of the leg

Practicing the Middle Path - Blending flexibility and strength to create stability and hone the mind

Saturday Morning

Making Space to Move Well Part 2 - Hip opening with clarity, fully exposing the external rotators

Saturday Afternoon

Opening the Front Line - Releasing tension in the front of the body

Smart Back-bending - Learning to move the spine backwards with intelligence and comfort

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)

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.

WINTER ACTIVITIES - February & March Retreats

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 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.