



LAKE LOUISE  
WELLNESS



**Modern Mindfulness**  
Friday, April 8 - Monday, April 11, 2022  
Thursday, October 20 - Sunday, October 23, 2022

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**RETREAT ITINERARY**



## *Friday, April 8 OR Thursday, October 20*

### **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 Trish Tutton and the other participants.

## *Saturday, April 9 OR Friday, October 21*

### **8:00 AM - 9:00 AM | EMBODIED YOGA: Coming home to the body with TRISH**

Start your day with this gentle mindful yoga class threading movement and breath with inspiration and mindfulness. All levels welcome, including beginners.

### **10:30 AM - 12:30 PM | DISCUSSION & INTENTION SETTING with TRISH**

What is a modern mindful lifestyle and how can it help us live a more present, peaceful and connected life? Trish will share three pillars that we'll explore through the rest of the retreat that can help us become more deeply connected to ourselves, others and life. Then we will get clear on how we want to show up for our time together, we will create some clarity around why we're here and what we want out of this time together.

### **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 - 4:45 PM | DISCUSSION with TRISH**

"If you're always racing to the next moment, what happens to the one you're in?" – Nanette Mathews. You're on retreat, so let's go ahead and say it! We can finally SLOW DOWN and experience the feeling of having more than enough time. Rushing through life can create a feeling of time famine, and ultimately anxiety and irritation. Being in nature is a natural reminder to pause. What is a pause? What would it mean in our lives, to slow down? We will explore a few ways to do just that.

### **4:45 PM - 5:45 PM | GENTLE YOGA & MEDITATION with TRISH**

### **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 TRISH**

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, April 10 OR Saturday, October 22*

**8:00 AM - 9:00 AM | EMBODIED YOGA:** Coming home to the body with **TRISH**

**10:30 AM - 12:30 PM | DISCUSSION & GUIDED MEDITATION** with **TRISH**

We all have a longing in our life to be happy, to feel at peace. But what about the challenges, the failures and the difficulties that inevitably come our way? What about the hard days? In this discussion we'll explore the only enduring place to find peace and how to access it more regularly for greater ease in life using mindful practices. Meditation on Seeking Peace Within.

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

**3:45 PM - 5:45 PM | DISCUSSION & GUIDED MEDITATION** with **TRISH**

The gift in any challenge or crisis is PERSPECTIVE. In this discussion we'll look at some ways to move through life with more perspective – a way of approaching life that helps us savour when things are good, and helps us stay above the surface of life when things get tough. Trish will share research based practices that help us remain positive and present even in the most challenging of times. Meditation on Gladdening The Mind.

**5:45 PM - 6:45 PM | REST AND RESET**

**6:45 PM | GROUP DINNER** with **TRISH**

## *Monday, April 11 OR Sunday, October 23*

**8:00 AM - 9:00 AM | EMBODIED YOGA:** Coming home to the body with **TRISH**

**10:30 AM - 12:00 PM | DISCUSSION & CLOSING** with **TRISH**

What does your modern mindful life look like? In this talk and discussion, Trish will share tips and techniques to integrate these teachings into your daily life in a meaningful way. As a speaker and mindful meditation mentor, Trish will help guide you forward in an actionable way, to bring these teachings to life as you head back home. Sometimes transformation happens slowly, and sometimes in more sudden ways. We will take a moment to reflect on our retreat, and close our time together with gratitude and presence.

**12:30 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 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 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.