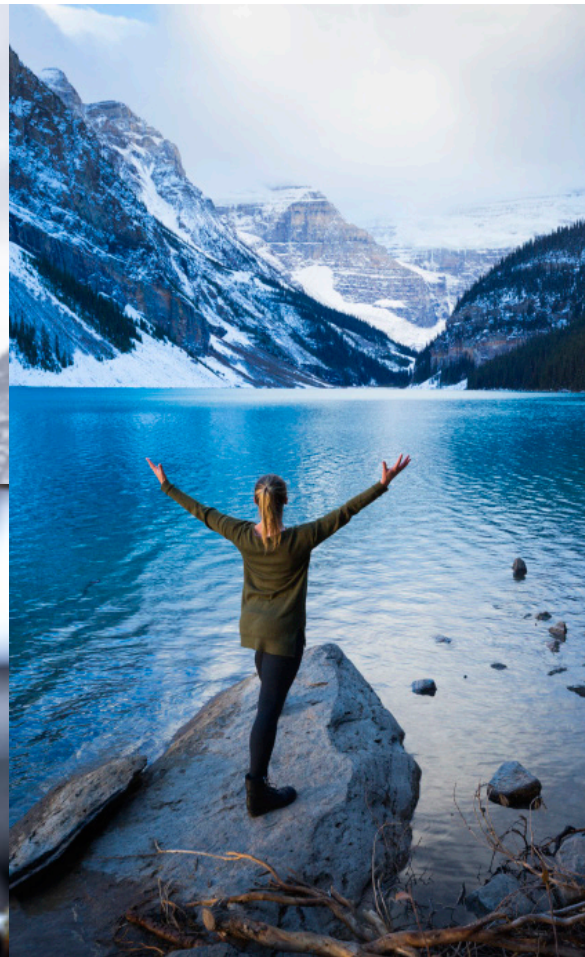




LAKE LOUISE
WELLNESS



Mindful Painting
Friday, May 6 - Sunday, May 8, 2022

RETREAT ITINERARY



Friday

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

Unwind from your travels and meet Mindy and other participants as we create our first small works of art while enjoying a selection of appetizers and beverages.

Saturday

8:00 AM - 9:00 AM | MORNING YOGA with MINDY

Ease into your artist mind with a meditation on colour followed by a gentle movement based practice. Perfect for all levels of experience.

10:30 AM - 12:30 PM | PAINT LOUISE with MINDY

An exploration into watercolour & sketching invites students to paint what you see with different exercises to capture the most of your surroundings.

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 | PAINT NIGHT with MINDY

An acrylics class guides students to create a memorable piece of art.

5:45 PM - 6:45 PM | REST AND RENEW

A break before before joining everyone for dinner.

6:45 PM | GROUP DINNER with MINDY

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 YOGA with MINDY

9:30 AM - 11:30 AM | MORNING POSTCARDS

A heartfelt practice of gratitude through art. Create 3 watercolour postcards and hand write personal notes of gratitude to your loved ones.

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 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.