

**The Chateau Fairmont Lake Louise  
2013 Ski/Yoga Retreat**

**FRIDAY EVENING**

- 7:30 p.m.                                      Cocktail Reception and Welcoming

**SATURDAY**

- 7:00 a.m. – 10:00 a.m.      Breakfast at leisure in the Poppy Brassiere  
   Complimentary shuttles to the Lake Louise Ski  
   Area starting at 8:00 a.m., running every 20-30  
   minutes until 4:00 p.m.
- 10:00 a.m. – 4:00 p.m.      Free time  
   A La Cart Activities you can choose from:  
   Down Hill skiing or Cross Country Skiing  
   Snowshoeing  
   Ice Skating  
   Sleigh Ride  
   Dog Sledding  
   Spa Appointment  
   (above activities not included in package price)
- 4:30 p.m. – 6:00 p.m.      Flow Yoga with Tracey Delfs – suited for all levels  
   Focused on stretching out after a day of physical  
   activity
- 6:30 p.m. – 10:00 p.m.      Group dinner  
   Mindfulness discussion on how to live more in  
   the present moment over dessert

**SUNDAY**

- 7:30 a.m.                                      Smoothie and snack to get the day started
- 7:30 a.m. – 9:30 a.m.      Flow Yoga with Tracey Delfs – suited for all levels
- 9:45 a.m. – 11:00 a.m.      Brunch  
   Discussion on how to find more balance,  
   inner peace and happiness in your life
- 12:00 p.m.                                      Departure  
   Afternoon to ski if you choose

NOTE: all activities are optional – this is your weekend get-away – join in as many, or as few organized events as you choose. Please advise us if you have dietary restrictions.

**Things to Bring:**

- Your own yoga mat if you have one and a refillable water bottle
- Swimsuit for use in the hotel pool & steam rooms
- Your own winter activity gear, if you have it, or rentals are available at the hotel
- Comfortable clothing for yoga sessions
- Resort casual attire for all meals