The Chateau Fairmont Lake Louise
2015 Ski/Yoga Retreat – February 27 to March 1

FRIDAY EVENING

- 7:30 p.m. – 9:00 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. – 9:30 p.m. Group dinner and discussion
  Mindfulness discussion on how to live more in the present moment over dessert

SUNDAY

- 8:00 a.m. Smoothie to get the day started
- 8:00 a.m. – 9:30 a.m. Flow Yoga with Tracey Delfs – suited for all levels
- 9:45 a.m. – 11:15 a.m. Brunch and discussion
  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