

The Chateau Fairmont Lake Louise
2013 Spring & Fall Yoga & Mindfulness Retreats
April 19-21 and October 18-20

FRIDAY EVENING

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

SATURDAY

- 8:00 a.m. – 9:30 a.m. Flow Yoga with Tracey Delfs – suited for all levels
- 9:30 a.m. – 10:30 a.m. Breakfast
- 10:30 a.m. – 11:30 a.m. Discussion on how to live more in the present moment
- 11:30 a.m. – 12:30 p.m. Mindful nature walk - connecting with nature & yourself
- 12:30 p.m. – 1:30 p.m. Lunch
- 1:30 p.m. – 5:00 p.m. Free time for relaxing or join in a group hike
- 5:00 p.m. – 6:30 p.m. Gentle yoga and meditation
- 6:45 p.m. – 8:15 p.m. Dinner
- 8:30 p.m. – 9:30 p.m. Organized group activity

SUNDAY

- 8:00 a.m. – 9:30 a.m. Flow Yoga with Tracey Delfs – suited for all levels
- 9:30 a.m. – 10:30 a.m. Breakfast
- 10:30 a.m. – 12:00 p.m. Mindful Nature walk and meditation
- 12:00 p.m. – 1:00 p.m. Discussion on how to find more balance, inner peace and happiness in your life.
- 1:00 p.m. – 2:00 p.m. Lunch
- 2:00 p.m. Departure

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
- Comfortable clothing for yoga sessions
- Resort casual attire for all meals
- Good walking shoes and layers for the nature walks
- Warm winter clothing for potential Saturday evening outside activity after dinner