



Health & Wellness Event Options

Featuring LifeStyle Cuisine <a> & LifeStyle Cuisine Plus 🕀

Breakfast Yoga

Treat your guests to something different for breakfast that not only gets them ready for their day but takes care of their body, mind & soul. This event will start off with a plated breakfast menu that will feature Fairmont's Lifestyle Cuisine. Your breakfast menu will be created using fresh and nutritionally balanced ingredients that will contribute to optimal health and wellness for your guests. Following breakfast, a yoga instructor will guide your guests through a relaxing & invigorating 30 minute yoga session

Sample Lifestyle Cuisine Menu



Antioxidant Beverage Baskets of Bran, Carrot and Low Fat Muffins on each table

Organic Rolled Oat and Kamut Muesli with Sun Dried Fruits and Slivered Almonds

Egg White, Spinach and Goat Cheese Omelet Fresh Fruit Skewer and Broiled Tomato

Fair Trade Organic Green Bean Coffee & Fairmont Blend Herbal Teas

Package includes:

Lifestyle Cuisine Plated Breakfast Menu Yoga Instruction for 1 hour with yoga mats Bottled water station with towels Fairmont Fit Clothing/Shoes available for Delivery

Minimum of 15 guests Maximum of 60 guests per instructor

Lifestyle Cuisine provides a full range of culinary options that appeal to those wishing to make smarter food choices and satisfy common nutritional needs, including low-carbohydrate, low-fat, Mediterranean and vegetarian diets.

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The Fairmont Winnipeg

🕀 Lifestyle Cuisine *Plus*, taking our commitment to your well-being even further, offers delicious meals designed around guests' diet-dependent requirements, including the following: Diabetes, Heart disease or high blood pressure, Celiac disease (cannot tolerate gluten) or gastrointestinal disorders, Food allergies or sensitivities; as well as more specialized diets, such as: Vegan, Raw food, and Macrobiotic.

