



all about me

WEEKEND PROGRAM

FAIRMONT CHATEAU WHISTLER
MAY 10 - 12, 2019

Welcome to beautiful Whistler!

The “All About Me” Women’s weekend provides an opportunity to connect with an inspirational and supportive community of women, and to laugh, learn and celebrate in the magically grounding energy of the mountains.

This is your escape. Please feel free to participate in as much or as little as you fancy.

We look forward to spoiling you!
Your Hosts, Yasmin & Robyn

FRIDAY, MAY 10, 2019

Friday Night Wine Down & Weekend Kick-Off

6:30 – 8:30 p.m.

Connect with our Well-being Guides and all the amazing women joining us for the weekend over cocktails and culinary delights.
Location: Surprise Location! You will receive a special invitation in your room.

Candlelight Yin with Lynn

9:00 – 10:00 p.m. | Well-being Guide: Lynn Henderson

Leave this candlelit practice with a feeling of lightness, spaciousness and peace, just in time for a great night's sleep!
Location: The Yoga Studio

Night Lap

9:00 – 10:15 p.m. | Well-being Guide: Whistler Experience Guide

Get grounded by the stillness of night with a guided excursion into the majestic wilderness. Meet in the lobby for 8:50 p.m., dressed for the outdoors with suitable walking shoes.

SATURDAY, MAY 11, 2019

Spirit Aid Station

7:00 – 8:00 a.m.

For our early risers that just need a little somethin’ somethin’ before a morning workout, we’ll have breakfast smoothies, coffee, and happy vibes waiting!

Location: The Spirit Room in The Mallard Lounge

Breakfast

7:00 – 10:30 a.m.

Join us at your leisure and choose anything you desire from the bounty of the breakfast buffet.

Location: The Wildflower Restaurant

Heartbeats

8:00 – 9:00 a.m. | Well-being Guide: Ashley Dias

A self-love inspired dance workout which will empower you to connect with your heart, and to use your mind, body and breath to move through life’s challenges.

Location: Macdonald Ballroom A

SATURDAY, MAY 11, 2019 (CONTINUED)

Awaken the Light Within

8:30 – 9:30 a.m. | Well-being Guide: Robyn Ziebell

Dive into a heart expanding, meditation experience that will take you into a place of deep inner peace and effervescent bliss.

Location: Please meet in the hotel lobby dressed for the outdoors.

Exhausted to Thriving

10:45 – 11:45 a.m. | Well-being Guide: Theresa Ginter

Tired? Burnt out? Struggling with your work-life balance? Learn Theresa’s most valued tips on how to change your lifestyle, not your passion, so that you can continue to be a high-achiever in a way that feels good.

Location: Macdonald Ballroom C

#LoveMySelfie

10:45 – 11:45 a.m. | Well-being Guide: Tobin & Sarah Smith

Award winning photographer Tobin Smith will share tips and tricks for feeling comfortable in front of a camera, whether it’s your own or someone else’s.

Location: Macdonald Ballroom E

How to be your own Money Hero

10:45 – 11:45 a.m. | Well-being Guide: Kendra Sivertson

Learn tips on how to feel empowered, flexible and abundant in relation to your finances.

Location: Woodland’s Terrace Rooftop Garden - Fireside

La Vie en Rose

12:00 – 1:00 p.m. | Well-being Guide: Lisa McCauley

Together we will create strategies to find strength by putting a positive spin on the trials and tribulations of everyday life.

Location: Woodland’s Terrace Rooftop Garden - Fireside

All Mixed Up

12:00 – 1:00 p.m. | Well-being Guide: Maxime Lambert

Build community through the art of entertaining! An interactive mixology experience that shares trending beverage designs and elevated service techniques.

Location: Spirit Room in The Mallard Lounge

Too Hot to Handle

12:00 – 1:00 p.m. | Well-being Guide: Maureen McGrath

Learn secrets on how to feel hotter, happier and sexier with Sexual Health Educator, Maureen McGrath.

Location: Macdonald Ballroom E

Alpine High Tea with a Twist in The Wildflower Restaurant | 1:00 - 2:00 p.m.

SATURDAY, MAY 11, 2019 (CONTINUED)

Mindful Explorer

4:00 – 5:30 p.m. | Well-being Guide: Maeve Jones
Join us on a unique and blissful sensory awareness adventure in nature.
Location: Meet in the lobby dressed for the outdoors.

Your Spirit of the Village

4:00 – 5:30 p.m. | Well-being Guide: Jacky Yenga
Experience joy and togetherness and learn why The Spirit of the Village is a state of your Soul. Jacky will leave you feeling more connected and in harmony with yourself and our natural and spiritual community.
Location: Woodland’s Terrace Rooftop Garden - Fireside

Creativity Unleashed

4:00 – 5:30 p.m. | Well-being Guide: Natasha Plumridge
Let’s play with paint! Today’s project will be a colourful stylized mountain landscape in acrylic.
No painting experience required.
**This activity is part of Fairmont Chateau Whistler’s ‘Springtime in the Alpine’ program and open to all registered hotel guests.*
Location: Frontenac Ballroom C

Pre-Dinner Reception | 7:00 - 7:30 p.m.

Join us for pre-dinner cocktails and catch-ups.
Location: Macdonald Ballroom Foyer

ELLEvate TogetHER – Long-table Dinner and Soiree | 7:30 – 10:00 p.m.

A glamorous evening that will inspire, enchant and elevate you!
Location: Macdonald Ballroom A

SUNDAY, MAY 12, 2019

Bathrobe Breakfast | 7:30 - 9:30 a.m.

Enjoy a tranquil start to your day in the lap of luxury with a nourishing Alpine spa-themed breakfast. Give yourself permission to show up in your bathrobe.
Location: Private area of The Mallard Lounge

Train Wreck

9:00 – 11:30 a.m. | Well-being Guide: Whistler Experience Guide
Feeling derailed? Let’s play outside and get grounded in nature on this 5km wilderness adventure. Revel in the serenity of the mountains while exploring a mysterious train wreck from the 1950s.
Location: Meet at Guest Services at 8:45 a.m. dressed for the outdoors with suitable hiking shoes.

BollyX

9:15 – 10:00 a.m. | Well-being Guide: Ashley Dias
A Bollywood-inspired dance program that embodies the infectious energy, expression and movement of Bollywood that will leave you sweating!
Location: Macdonald Ballroom B

SUNDAY, MAY 12, 2019 (CONTINUED)

Kegels & Coffee

9:15 – 10:15 a.m. | Well-being Guide: Kim Vopni
An offbeat and unconventional approach to one of the most important topics that never gets talked about: Womens’ Pelvic Health.
Location: Macdonald Ballroom D

Creating Healthier and Happier Relationships

10:30 – 11:30 a.m. | Well-being Guide: Mark Groves
Whether you’re single, in a relationship, going through a divorce, widowed, or just figuring yourself out right now, we’ll help you build a path towards building more satisfying and healthy relationships.
Location: Macdonald Ballroom E

Unfold and Support your Soul’s Potential

10:30 – 11:30 a.m. | Well-being Guide: Marlyna Los
Our environment plays a large part in how we feel, which then filters through to our thoughts and habits. Learn the art of beautifying your living space to activate more harmony and abundance in your life.
Location: Macdonald Ballroom D

Nourishing Your Temple

10:30 – 11:30 a.m. | Well-being Guide: Helena Bianchi
Learn ways to modify your biochemistry to effortlessly produce consistent levels of energy.
Location: Macdonald Ballroom B

The Art of Living Light – Feature Presentation & Weekend Wrap Up

11:45 – 1:00 p.m. | Well-being Guide: Robyn Ziebell
Learn the incredible powers and ways of self-love. Align with your true nature, catalyze your journey of en-light-enment, unleash your authenticity and empower your limitless creativity.
Location: Macdonald Ballroom D

CommUnity Lunch

1:00 - 2:00 p.m.
Enjoy a delicious lunch as we celebrate new friendships and a renewed sense of self.
Location: Macdonald Ballroom A

Extended Check-out Time | 2:30 p.m.



ADDITIONAL “ME TIME”

activities

YOGA CLASSES

Enjoy a mix of yoga styles by joining the hotel’s ‘Open and Invigorate’ class in the morning (7:00 - 8:00 a.m.), or ‘Restore and Renew’ class in the afternoon (4:30 - 5:30 p.m.).
Location: Yoga Studio

EXCURSIONS WITH THE WHISTLER EXPERIENCE GUIDE

To enhance your Whistler visit, we are pleased to offer the expertise of Fairmont’s Whistler Experience Guides, your hosts for mountain adventures, hiking, village tours and other activities to capture the true essence of Whistler. For the daily activity schedule, please reference the guest newsletter or visit the lobby Concierge.

VIDA SPA

Vida Spa is pleased to offer 35% off any 60 or 90 minute Massage or Facial to All About Me guests! Please mention this offer during your booking process to receive the discount. For information and to book, please call 604 938 2086.
**Not valid on RMT Massages, De-Stress treatments, or in conjunction with any other offer.*

HEALTH CLUB & POOLS

Take advantage of the fully equipped Health Club featuring a fitness center, Eucalyptus steam rooms, sauna, three outdoor hot tubs, and a heated lap pool.
Open daily 5:30 a.m. - 11:00 p.m.

meet your hosts & well-being guides

YASMIN HAUFSCHILD

Yasmin is an award-winning event planner and Fairmont Chateau Whistler’s Director of Special Events and Product Development. Yasmin has the pleasure of creating unique and memorable experiences for guests of all ages. Her professional background includes years as a Personal Development Coach, which paired with over 20 years in luxury hospitality, was the catalyst for the All About Me women’s weekend. She is delighted to bring together a group of fabulous ladies, and guide them on a journey of personal and professional growth.

ROBYN ZIEBELL | Founder of ReSolve 4 Life

Robyn is a Self-Mastery teacher in the vanguard of contemporary consciousness expansion working with visionary leaders, philanthropists, investors, and entrepreneurs. Sharing a contemporary path of en-light-en-ment called “The Art of Living Light”, she is sought out internationally for her illuminating presence, teachings and meditation experiences. Robyn leads transformational global live-streaming courses, speaks publicly, mentors privately, co-creates immersive experiences and is currently working on her first book.

CHEF ISABEL CHUNG | Since the start of her career in 2001, Chef Isabel has been expanding her knowledge and culinary geneous both locally and internationally. In her current role as Executive Chef, Chef Isabel is the creative mastermind behind all culinary operations at Fairmont Chateau Whistler.

LYNN HENDERSON | Lynn is a Registered Yoga Teacher (RYT) with Yoga Alliance. Her Yin classes offer a place of safety, serenity and long, therapeutic holds.

JACKY YENGA | Originally from Cameroon, Jacky is an inspiring speaker and an enthusiastic ambassador for the wisdom of Africa and its message of togetherness.

ASHLEY DIAS | Ashley is a self-proclaimed, fit-preneur, with an educational background in BA, Kinesiology from the University of British Columbia. She is also a wellness coach, motivational speaker and movement educator.

TOBIN & SARAH SMITH | Tobin and Sarah are the dynamic duo behind Mr. and Mrs. Smith Studios and the Modern Glam Experience. Through their photography they help individuals see their true inner and outer beauty, and feel more comfortable and confident in their skin.

KENDRA SIVERTSON | As the founder of Perspektiv Financial Inc. Kendra has built a firm that custom tailors life plans, empowering people to live their dreams. Kendra is a Certified Planner (CFP) and Chartered Life Underwriter (CLU).

LISA MCCAULEY | Comedienne Lisa’s disarming cuteness with a side order of cheeky sarcasm will leave you thinking about everything in a different light.

THERESA GINTER | Theresa is a Registered Health and Transformational Leadership Coach and the Founder of Holistics Reimagined.

MAUREEN MCGRATH | Maureen hosts the Sunday Night Health Show on the Corus radio network, a live listener call-in radio program. She is a RN, a Nurse Continence Advisor and a Sexual Health Educator. Her TEDx talk on the No Sex Marriage has received over 17 million views.

MAXIME LAMBERT | With an extensive career in luxury food and beverage from Europe to North America, Maxime’s passion for exquisite beverage design, presentation, and service may be experienced in Fairmont Chateau Whistler’s Mallard Lounge where he is the Bar Manager and Lead Mixologist.

NATASHA PLUMRIDGE | Natasha is a local artist who’s work is inspired by the natural beauty of British Columbia.

KIM VOPNI | Kim is a Restorative Exercise Specialist™, a Certified Personal Trainer, a Certified Pre/Post Natal Fitness Consultant, a Certified Fitness For Fertility Specialist, a Certified Pilates Instructor and a Hypopressive Method trainer. She helps women understand the importance of taking care of their pelvic floor.

HELENA BIANCHI | Helena, also known as the Peak Performance Architect, holds a background in biochemistry, cancer research and Holistic Nutrition.

MARK GROVES | Mark is a Human Connection Specialist - an emotional translator, writer, speaker and coach.

MARLYNA LOS | Marlyna was honoured with the title of Master of Feng Shui in 2006 and shares her expertise as a consultant.

MAEVE JONES | Maeve is a human and life enthusiast located in Whistler, B.C. Known for her warm and playful spirit, Maeve will lead you on a nature excursion into your deepest self, ultimately bringing you clarity, self-awareness, and joy.

All About Me is generously supported by:





WHISTLER

A DESTINATION UNLIKE ANYWHERE ELSE

When it comes to unforgettable destinations for business and pleasure, Fairmont Chateau Whistler delivers an unparalleled experience. Summer, winter, spring and fall, the best of Whistler's alpine adventures are right at your doorstep. From guided excursions that treat you to Whistler's hidden gems to the on-site spa, award-winning our Diamond dining, only Fairmont can offer Whistler's most complete luxury mountain resort experience.

SHARE YOUR ALL ABOUT ME EXPERIENCE WITH US!

We'd love to see all of your photos this weekend! Follow us on social media and hashtag #WhistlerWomensWeekend.

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