

*Fairmont*  
CHATEAU WHISTLER



*With respect and gratitude, we operate on the shared unceded territory of the Skwxwú7mesh (Squamish) and Lil'wat7úl (Lil'wat) Nations.*

To secure your place call 604-938-8000 or email [CWR.Reservations@Fairmont.com](mailto:CWR.Reservations@Fairmont.com)  
[chateau-whistler.com/wellness/ignite-wellness-retreat](https://chateau-whistler.com/wellness/ignite-wellness-retreat)

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# IGNITE

WHISTLER WELLNESS WEEKEND RETREAT

NOVEMBER 3-5, 2023





P. T. FISHAW | WHISTLER | JUSTA JESKO

# Kindle Your Inner Spark

Get ready to kindle your inner spark at “Ignite” our invigorating wellness retreat weekend. Nestled amidst the breathtaking landscapes of Fairmont Chateau Whistler, this wellness retreat promises to reignite your mind, body, and soul.

Over this transformative weekend, you will delve into yoga and meditation practices, savor nourishing cuisine, and engage in rejuvenating experiences. Led by seasoned wellness experts, you will embark on a personal voyage to rekindle your inner fire, leaving you feeling refreshed and re-energized.

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## Takeaways

**NURTURE** your mind through learning daily well-being practices that will leave you feeling profoundly rejuvenated.

**EMPOWER** your body through invigorating activities such as Yoga, Dance and a refreshing Lost Lake Cold Plunge.

**ENRICH** your soul through mindfulness, creativity and a profound connection with nature.

**DISCONNECT** from the hustle and bustle and embrace moments of tranquility and introspection.

**FOSTER** new connections, share laughter and form friendships with fellow participants.

**IMMERSE** yourself in nature in one of the most beautiful places in the world.



P: LOGAN SWAYZE



# Meet Your Facilitators

Our experienced facilitators are here to guide you on a transformation journey to better well-being.

With their deep understanding of mindfulness, nutrition, and holistic practices, they'll be your trusted guides on your path to serenity and optimal health.



## KATIA BARTON

Katia is the Special Events Manager at the Fairmont Chateau Whistler as well as the City Director for WNORTH'S Whistler Chapter, a global membership for women in Leadership. She has the pleasure of creating unique and memorable experiences for guests of all ages.



## WENDY HARGREAVES

When Wendy isn't working as hotel's Director of Sales & Marketing she enjoys working alongside her granddaughter's business, Mountain Macramé at the Whistlers Farmers Market. She has a Visual Arts degree from the University of Victoria and loves all forms of creativity and wellness.



## MELANIE LEVENBERG

*DANCEPL3Y WHISTLER*

Melanie Levenberg is a Fitness Professional, International Speaker, TEDx presenter and was named canfitpro's Fitness Instructor of the Year 2022.



## KAYLA ISAAKS

Meet Kayla - certified vinyasa and hatha yoga teacher and a lifelong learner at heart. She brings flow, strength and playfulness to her classes. When she's not teaching, she works as a Community Specialist at lululemon Whistler, helping to amplify connection with events focused on movement and personal development.



## JACKIE DICKINSON

Jackie is the Executive Director of the Whistler Community Services Society and recently presented at TEDx Whistler. Her passion of advocating for community well-being, mental health, food security, and harm reduction initiatives has helped lead the way toward a healthier Sea to Sky community.



## HELENA BIANCHI

Helena, also known as the Peak Performance Architect, brings a diverse expertise encompassing biochemistry, cancer research, Holistic Nutrition and Executive Coaching to her profile.



## MONICA SANDER BURNS

*SOCIETY OF TREES*

Monica Sander Burns is a certified Forest Therapy Guide working to develop embodied connection with the natural world as a foundation of individual and collective well-being.



## CATHERINE ROSCOE BARR

Catherine Roscoe Barr is a neuroscience-based wellness coach and founder of The Life Delicious. This is applied neuroscience for everyday wellness and joyful longevity – an evidence-based curriculum of sustainable practices, grounded in pleasure, to liberate ourselves and others from suffering



P: TOURISM WHISTLER | JUSTA JESKO

# IGNITION

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## DAY 1

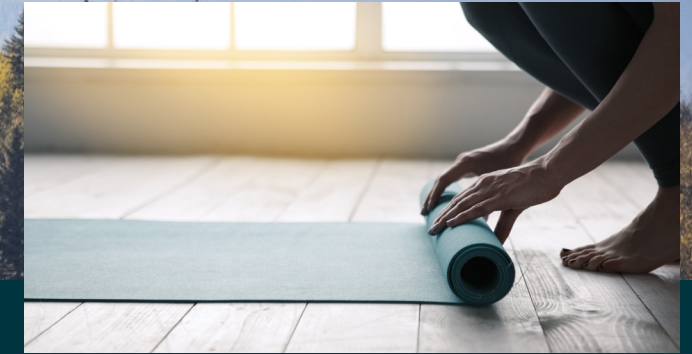
### FRIDAY NOVEMBER 3

#### A WARM WELLNESS WELCOME

7:00 PM – 8:30 PM | HOST: KATIA BARTON

LOCATION: MACDONALD BALLROOM A

Indulge in an evening of mingling with our amazing facilitators and your fellow retreat rockstars. Relish in the company while savoring delightful, nourishing appetizers, as we embark on this journey to recharge and refresh.



#### SERENITY YIN YOGA: UNWIND & RESTORE FOR A PEACEFUL NIGHT'S SLEEP

8:45 PM – 9:45 PM | HOST: KAYLA ISAAKS

LOCATION: EMPRESS BC

Immerse yourself in the gentle embrace of Yin Yoga, a serene practice focusing on deep relaxation and elongated poses. Release and unwind your connective tissues, inviting tranquility, spaciousness, and serenity – a perfect prelude to a restorative night's rest.

## SATURDAY, NOVEMBER 4

### BREAKFAST

7:00 AM – 8:00 AM | HOST: KATIA BARTON

LOCATION: GRILL ROOM

Indulge in a nourishing group breakfast, fostering a tranquil start to your day.



### UNLOCK EVERYDAY WELLNESS

8:30 AM – 9:30 AM | HOST: CATHERINE ROSCOE BARR

LOCATION: MACDONALD BALLROOM A

Join neuroscience-based wellness coach and founder of The Life Delicious, Catherine Roscoe Barr, for an engaging presentation on Applied Neuroscience for Everyday Wellness!

You will learn:

- How to create doable and delicious micro-habits across 5 pillars of wellness so you can think, move, eat, sleep and connect better
- How to use mindfulness to spark neuroplasticity, and change your brain – and inner dialogue – for the better
- How to generate ongoing self-discovery, self-healing and internal motivation through the art of self-coaching
- The tools to transform your mental and physical wellbeing
- A personalized plan to support your success
- The knowledge you need to maintain consistency for a lifetime

### ENERGIZER BREAK

9:30 AM – 9:45 AM

LOCATION: MACDONALD FOYER

Take a little break and enjoy some energizing refreshments and snacks.

### THE HIDDEN POWER OF BEING WELL-RESTED

9:45 AM – 10:45 AM | HOST: CATHERINE ROSCOE BARR

LOCATION: MACDONALD BALLROOM A

Are you chronically tired, or just lacking the energy to fully pursue the life you dream of? Get ready to be well-rested!

In this workshop, you will learn:

- How building better boundaries makes space for active and passive rest
- Why a practice of inner noticing is so effective at creating new habits
- The fascinating link between exhaustion and emotional intelligence
- The 6 laws of superior sleep hygiene
- The 5 steps to reverse the downward spiral of sleep deprivation

PLUS you will create your very own personalized strategy to start adding more active and passive rest to your life now!



MIND  
BODY &  
SOUL  
DAY 2

# **Body**

## **NOURISH YOUR BODY, NOURISH YOUR LIFE**

**11:00 AM – 12:00 PM | HOST: HELENA BIANCHI  
LOCATION: MACDONALD BALLROOM A**

Have you ever been frustrated with your efforts to become healthier? Even after reading countless health books, tuning into the best podcasts, and trying popular routines?

Amidst a sea of health information – good and bad – if knowledge alone healed, the world would be healthier, not sicker. In our one-hour session you will learn that you can kick start your body into producing world-class levels of energy no matter where you are in your health journey, while building a self-sustaining system of optimal health.

### **During this session, you will gain:**

- Insights into the Top three health pillars. Embrace these in daily life for a seamless path to top-tier energy, age notwithstanding.
- Practical integration of these pillars into your routine. You'll be ready to enhance your health right after our session.

**BONUS:** My five favourite supplements and resources for an amazing aging journey.

## **LUNCH**

**12:15 PM – 1:15 PM | HOST: KATIA BARTON  
LOCATION: THE WILDFLOWER**

Savor a delicious healthy meal while we recap the morning and learn more about what we have in store for you for the rest of the day.

# **Soul**

## **CREATE**

**1:30 – 2:30 PM | HOST: WENDY HARGREAVES  
LOCATION: MACDONALD BALLROOM A**

Embark on a soul-soothing macramé necklace workshop, intertwining the art of knotting with the transformative power of crystals, fostering a holistic sense of wellness and tranquility.

## **DANCE**

**2:40 – 3:40 PM | HOST: MELANIE LEVENBERG  
LOCATION: MACDONALD BALLROOM B**

Get ready for a high-energy dance workout where you'll learn SIMPLE moves from a mix of styles (Hip Hop, Latin, Jazz, R&B, Country, Tik Tok and more) and bust-a-move as you #sweathappy! Forget 5-6-7-8, or left foot/right foot choreography, there are only 3 Rules to follow in this beginner level class: Be Positive. Be Fun. Be Yourself!

## **REVITALIZE**

**3:50 PM – 4:50 PM | HOST: CATHERINE ROSCOE BARR  
LOCATION: MEET IN HOTEL LOBBY**

Discover the invigorating world of wellness as we embrace the exhilarating experience of cold-water plunging in the breathtaking surrounding of Whistler's Lost Lake. This refreshing activity will revitalize our bodies, enhance circulation, and fortify the immune system.

## **PURPOSE, VISION & GOALS**

**3:50 PM – 5:20 PM | HOST: LULULEMON WHISTLER  
LOCATION: MACDONALD BALLROOM B**

This workshop is designed for participants to connect with their true values, gain clarity about their life's purpose, and develop a roadmap for realizing their dreams. We aim to inspire a sense of purposeful living, to empower individuals to unlock their full potential, and begin charting a clear path toward achieving their most meaningful goals. Workbook included.

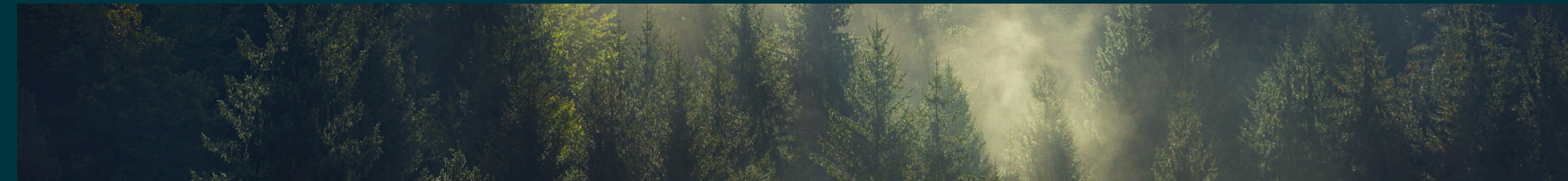
## **SOIRÉE DINNER**

**7:30 PM – 10:00 PM | HOST: JACKIE DICKINSON  
LOCATION: EMPRESS BALLROOM**

A glamorous evening that will inspire, enchant and elevate you!



P: Kevin Clark



# NATURAL RADIANCE DAY 3

**SUNDAY, NOVEMBER 5**

**RISE AND SHINE VINYASA YOGA: START YOUR DAY  
WITH SERENITY AND STRENGTH**

**7:00 AM – 8:00 AM | HOST: KAYLA ISAAKS**

**LOCATION: FRONTENAC BALLROOM C**

Join our invigorating morning Vinyasa class, guiding you through fluid sequences that awaken your body and mind. Embrace the moving meditation, building strength and focus, and conclude in serene relaxation for a harmonious start to your day. All levels are welcome.

**BREAKFAST**

**7:00 AM – 9:30 AM**

**LOCATION: THE WILDFLOWER**

Come at your leisure and choose anything you desire from the bounty of the breakfast buffet in The Wildflower.



P: TOURISM WHISTLER | JUSTA JESKOVA



**FOREST THERAPY**

**9:45 AM – 11:15 AM | HOST: MONICA SANDER BURNS**

**LOCATION: MEET IN HOTEL LOBBY**

Forest Bathing (also known as Forest Therapy), is a slow, restorative, and completely immersive nature connection ritual in Whistler's world-class rain forests. Your local Guide will share mindful, sensory prompts that transport you into a serene zen-state, allowing your mind, body and soul to fully rest and rejuvenate with the medicine of the forest. This unique shared experience will renew your sense of connection to self, community, and nature.

**CHECK-OUT TIME | 1:00**

A complimentary late check out of 1:00 PM has been extended to all "Ignite" guests.

# 'ME TIME' ACTIVITIES

## HEALTH CLUB

Open daily 5:30 AM – 11:00 PM

Take advantage of the fully equipped Health Club featuring fitness center, Eucalyptus steam rooms, sauna, 3 outdoor hot tubs, tennis courts and a heated lap pool.

## VIDA SPA

Vida Spa at The Fairmont Chateau Whistler is happy to extend 10 percent off any 60, 90 or 120 minute Swedish immune building, Swedish muscle ease or Swedish detoxifying massage for "Ignite" guests.

\*Not valid on RMT bookings, in conjunction with another offer or discount. Offer must be mentioned at time of booking.



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## EXCURSIONS WITH WHISTLER EXPERIENCE GUIDES

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