

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
chateau-whistler.com/wellness/ignite-wellness-retreat



IGNITE

WHISTLER WELLNESS WEEKEND RETREAT

NOVEMBER 1 - 3, 2024





P. J. STANESKOVA

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.

To secure your place call 604-938-8000 and ask for our Reservations team, or email CWR.Reservations@Fairmont.com



Takeaways

NURTURE

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

DISCONNECT

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

EMPOWER

your body through invigorating activities such as Yoga, Dance and a refreshing lake cold plunge.

FOSTER

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

ENRICH

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

IMMERSE

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



P. LOGAN SWAYZE

Meet Your Facilitators

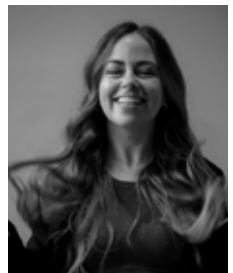
Our experienced facilitators are here to guide you on a transformation journey to better well-being.

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.



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.



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.



DORRIE CYR

Dorrie's wanderlust for well-being, for the past three decades as a committed professional, has led her to becoming a Certified Crystal Sound Healer. Dorrie believes that frequencies are the medicine of the future, honouring the innate wisdom that lies in all of us to function at our highest potential.



MONICA SANDER BURNS

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



SKY LILAH

Sky Lilah, a High Performance Wellness Coach, brings a unique blend of expertise as a Certified Holistic Nutritionist, ACE Personal Trainer, sports performance specialist, yoga and spin instructor, and professional in international fine art events. Through her transformative 12-week "Master Your Mindset" program, Sky empowers individuals to sculpt their lives into masterpieces.



BLAIR KAPLAN VENABLES

Blair Kaplan Venables is a British Columbia-based grief and resilience expert and the Founder of The Global Resilience Project. She's named the Top Grief and Resilience Expert of the Year 2024 by IAOTP and is the host of the Radical Resilience podcast, a motivational speaker and bestselling author. She specializes in helping people strengthen their resilience muscle using scientifically proven methods and guides grieving high performers with her Navigating Grief Framework.



IGNITION

DAY 1



FRIDAY, NOVEMBER 1

INTRODUCTIONS AND INTENTION SETTING 7:30 PM – 8:00 PM | HOST: KAYLA ISAAKS

Embark on your wellness journey with a warm introduction to our exceptional facilitators and your fellow wellness enthusiasts. Together, let's set the tone for an empowering weekend by aligning our intentions for personal growth and rejuvenation.

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

8:00 PM – 9:00 PM | HOST: KAYLA ISAAKS
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.

MIND BODY & SOUL

DAY 2

P: JUSTA JESKOVA

SATURDAY, NOVEMBER 2

WELCOME BREAKFAST

7:00 AM – 8:00 AM

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



FOREST THERAPY

8:15 AM – 10:00 AM | HOST: MONICA SANDER BURNS

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.

THE ART OF RESILIENCE

10:30 AM – 11:45 AM | HOST: BLAIR KAPLAN VENABLES

Blair Kaplan Venables is the Founder and CEO of The Global Resilience Project, a social enterprise and community that shares stories of resilience from around the world. This session will explore the science behind the impacts storytelling has on our healing journey.

Key Takeaways

- Understanding the 5 ways to strengthen your resilience muscle
- An easy to implement daily gratitude practice
- A powerful handwritten story of resilience
- A stronger sense of community and empowerment to move through challenges

This will be an interactive session where we will begin writing our stories to help us with our overall wellness and healing.

LUNCH

12:00 PM – 1:00 PM

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.

PURPOSE, VISION & GOALS

1:15 PM – 2:15 PM | HOST: LULULEMON WHISTLER

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.





Body

#SWEATHAPPY!

2:30 PM – 3:30 PM | HOST: MELANIE LEVENBERG

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!

BREATHWORK AND COLD PLUNGE

4:00 PM – 5:00 PM | HOST: SKY LILAH

Join us for an exploration of wellness amidst the breathtaking surroundings of Whistler's Alta Lake. Delve into the invigorating practice of cold-water plunging and discover the synergy between intentional breathing techniques and the exhilarating effects of immersion. Under the guidance of Sky Lilah, participants will learn to deepen and control their breath, unlocking a multitude of physical and mental benefits. Following the breathwork session, prepare for a transformative experience as you immerse yourself in the cold plunge, experiencing a surge of energy and heightened senses as your body adapts to the cold.

FREE TIME

Unwind with the freedom to indulge in your evening at your own pace. Whether you choose to wander through the captivating Whistler village, or simply savor moments of tranquility in our exceptional facilities, the choice is yours.



Soul

CRYSTAL SOUND BATH

8:00 PM - 9:00 PM | HOST: DORRIE CYR

This experience will guide you through a deeply-immersive, full-body listening experience that intentionally uses sound to invite gentle yet powerful therapeutic and restorative processes to nurture your mind and body – a perfect prelude to a restorative night's rest.



NATURAL RADIANCE

DAY 3

SUNDAY, NOVEMBER 3

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

7:00 AM – 7:45 AM | HOST: SKY LILAH

Rise and Shine Yoga is a dynamic and uplifting yoga practice designed to awaken the body and mind, setting a positive tone for the day ahead. Led by experienced Sky Lilah, this session combines gentle movement, breathwork, and mindfulness techniques to create a holistic experience that rejuvenates both body and spirit.

BREAKFAST

8:00 AM – 8:45 AM

Re-fuel your body with a healthy breakfast in the Macdonald Foyer before delving into ‘Master Your Mindset’ with Sky Lilah.



MASTER YOUR MINDSET

9:00 AM – 11:00 AM | HOST: SKY LILAH

Are you ready to take control of your life and craft your own journey towards fulfillment? Join us for an immersive experience led by Sky, an accomplished leader renowned for her expertise in health, fitness, fine arts, international events, and entrepreneurship.

The “Master Your Mindset Workshop” is divided into four parts:

1. Awareness: Gain deep insights into your values, passions, and strengths as you embark on a journey of self-discovery.
2. Dreams & Goals: Clarify your aspirations and define concrete goals that align with your vision for the future.
3. Bridge the Gap: Identify actionable steps to bridge the gap between your current reality and your desired outcomes.
4. Game Plan: Develop a strategic roadmap and establish daily habits to propel you towards success and fulfillment.

In our final two hours, we’ll reflect on the weekend’s insights and select new tools for your daily and weekly routines. Sky will personally guide you through each section of the workbook, with a focus on reinforcing weekend practices and implementing strategies for a powerful daily routine. You’ll receive invaluable guidance and support, emerging with a clear vision for your ideal life and practical tools for everyday success. Sky will assist you in crafting a personalized practice to ensure each day feels like a rejuvenating wellness retreat, even amidst life’s fast pace.

CHECK-OUT TIME | 12:00

A complimentary late check out of 12:00 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.



P: JUSTA JESKOVA



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.