



Date: March 9-11, 2012
Location: Baker Creek Chalets
 Lake Louise, AB

Price: Early Bird Rate based on double occupancy is \$585, if you book by Feb, 2, 2012. After that it is \$685.

Early Bird Triple occupancy is \$485 (two rooms with three beds in a cabin), regular rate is \$585

Single supplement options



Steel away to Banff for the PERFECT Winter Retreat

Hundreds of people come to Banff every winter to Snowshoe but few know where to REALLY go for good views and great trails. This is the ultimate weekend for those who love snowshoeing and yoga. Snowshoeing is fun and easy - if you can walk you can snowshoe! This leisurely mode of travel will allow you to take in the beauty of the mountains and at the same time inquire about the animal tracks at your feet. Yoga before snowshoeing helps warm up the joints providing ease of travel and after it will stretch out any tired muscles, providing rejuvenation from a day outdoors. Guided meditation will help you tune your senses to take in the beauty of winter. This is a fun-filled weekend that perfectly blends yoga, nature, and snowshoeing.

Program Itinerary

March 9

Meet at Baker Creek Chalets in the Heritage Hall Conference Centre at 7:00pm for a welcome reception. Come prepared to go outside. After you meet your fellow adventurer seekers for the weekend we will head outside for a short & easy moonlight snowshoe. There is nothing that will get your senses going more than wandering around under the stars in winter!

March 10

Wake up refreshed with a morning yoga class that will prepare you for the day. After a healthy breakfast we will head to Lake Louise to snowshoe. In Lake Louise, Ronna will take you to a secret snowshoe area with fun terrain and good views. After our morning snowshoe, we will enjoy a well deserved lunch. Once back at the lodge, our yoga class will ease tired muscles and help you relax before a fantastic meal at Baker Creek Bistro.

March 11

For our last day, wake up to a morning yoga practice to loosen any stiff muscles from the day before. After breakfast we will snowshoe close to the lodge and soak up the stillness and beauty of the local mountains. We will return to a delicious lunch at the lodge. After lunch, you are invited to participate in one last yoga class, before you return home rejuvenated and refreshed

from fresh air, great snowshoeing, fabulous food, yoga, and good company.

Lodging & Meals

Baker Creek Chalets are quant cabins located on the 1A or Bow Valley Parkway, far enough away from the hustle and bustle of Lake Louise and Banff but close enough for quick access to great snow and snowshoe areas. Baker Creek Bistro is widely known amongst locals for its fantastic food.

Your package includes two nights shared accommodation, however, if you would prefer your own room we can arrange a single room at an extra cost. All meals are included for the weekend; you can expect refreshments on Friday night, three meals on Saturday and breakfast and lunch on Sunday. Please let us know in advanced if you have any food restrictions.

Level of Difficulty

All the snowshoe trails are 2-3km return over varied terrain and takes about 2.5-3 hours per trip. The pace is moderate and includes story stops, so moderate fitness is required. The yoga is a multi level Anusara inspired class, beginners at yoga are welcome.

Booking

Book early to ensure a spot as space is VERY limited. To book call Ronna, 403-678-0101. A deposit of \$250 CAD will be required to reserve your spot. Visa/MC is accepted.

"At the end of day two, you had asked to describe the weekend in one word...I am still trying to find the one word that would do this. When asked "how was my retreat?" I am in awe and at a loss for words although I can't stop thinking and/or talking about it...the experience was like none other and truly amazing. It really is not an experience that is spoken as much as it is felt."

~ Yvonne Moorehead, Eco Yoga Retreat 2008