

# WELCOME TO YOUR ELEVATE WEEKEND!



## HERE ARE SOME THINGS WE THINK YOU SHOULD KNOW BEFORE YOU GET STARTED:

- Some classes have limited space, reserve soon before they fill up!
- Use this schedule as a guide to build out your Elevate Weekend - ensure to leave 15 minute breaks between sessions so you can grab a snack, hydrate, and make your way travelling between the different venues
- Not all meals are included with your weekend package. If you're staying up at Mt. Washington, you can plan to enjoy a peaceful early morning in your rental unit, or head over to visit our café, Eagle View. Snacks, coffee and tea will be provided mid-morning between sessions.

## HOW TO BOOK YOUR ELEVATE WEEKEND:

- STEP 1** Review the Elevate weekend schedule and all classes in detail.
  - STEP 2** Identify all the scheduled sessions you would like to participate in.
  - STEP 3** Mock up your schedule in the provided document - you may need to make some compromises. Luckily, some classes are scheduled twice, so you don't have to miss out!
  - STEP 4** Choose any optional add-on courses you may like to participate in.
  - STEP 5** All set with your sessions for Elevate weekend? Proceed to book your complete schedule!
- SAVE A COPY!** Fill out this schedule tool with the activities you have signed up for. Keep a copy saved on your phone, or print one out so you remember your classes for Elevate weekend!

## WHAT'S OPEN DURING ELEVATE WEEKEND:

### OUTDOOR ELEMENTS retail shop:

Friday 3-5:30pm / Saturday 1pm-5pm / Sunday 10am-2pm  
*(get your snacks, bottles of wine & souvenirs)*

### SLOPESIDE ACCOMMODATIONS:

Bear & Deer Lodge are open and offer discounted lodging packages with your Elevate weekend experience!  
*View package details and pricing online.*

*View food menus, additional offerings and more details about each practitioner session on the website at [mountwashington.ca/elevate](http://mountwashington.ca/elevate)*

## NEED ASSISTANCE WITH BOOKING?

IF YOU CAN'T FIND ANSWERS TO YOUR QUESTIONS ON THE ELEVATE WEBPAGE, GET IN TOUCH WITH OUR TEAM!



[SKI@MOUNTWASHINGTON.CA](mailto:SKI@MOUNTWASHINGTON.CA)



CALL 250-338-1386



# WEEKEND SCHEDULE

**FRIDAY  
MAY 31<sup>ST</sup>  
2024**

	WHISKEY JACK (ALPINE)	VILLAGE VIEW (ALPINE)	FOYER (ALPINE)	TED'S & EAGLE (ALPINE)	RAVEN LODGE (NORDIC LOCATION)	OUTSIDE (ALPINE)
1 pm						Nomadic Sauna for 1-hour bookings groups of 4 *cost included*
3 pm			Registration & Welcome 3pm-5pm			
4 pm	4pm-5pm Perfect Practice (with Jesse Morris)			Shuttles Bus Rides to Raven Lodge 4:45pm-5:45pm		
5 pm						
6 pm					Happy Hour Meet & Greet, Tapas, Entertainment music from Amy Muloin 5pm - 7pm	
7 pm						
8 pm	8pm-9pm Pajama Yin (with Dawn)			7:15pm-9pm Zentangles Drawing (with Nancy) \$20 supply charge	7:30pm - 9pm Stress Be Gong (with Jolie)	
9 pm						
10 pm						

**WELLNESS  
LEGEND:**

- Meditation
- Workshop
- Movement Practice
- Creativity

Make sure to leave at least 15-minute windows or more between your activities so you can grab a snack, hydrate, and make your way between the different venues. 3-4 sessions per day is plenty.  
\*Activities at Nordic will require transport by car or a 30 minute hike.  
Ensure to double check your class locations!



# WEEKEND SCHEDULE

**SATURDAY  
JUNE 1<sup>ST</sup>  
2024**

	<b>WHISKEY JACK (ALPINE)</b>	<b>VILLAGE VIEW (ALPINE)</b>	<b>MARMOT (ALPINE)</b>	<b>RAVEN LODGE (NORDIC LOCATION)</b>	<b>TED'S &amp; EAGLE (ALPINE)</b>	<b>OUTSIDE (ALPINE)</b>
7am						
8am	7:30-8:45am Root to Rise <i>(with Jacquie)</i>		8-8:30am Meditation <i>(with Dennyse)</i>		Breakfast in Ted's 8:30am	Nomadic Sauna for private groups of 4 *cost included*
9am						
10am	KEYNOTE SPEAKER, Amy Englemark - <i>Live Your Career Dreams Now: you can have both meaning and money</i>				9:00-10:30am in Ted's	
11am	11am-12pm Cardio Boxing <i>(with Alana)</i>		10:30am-12pm Explore Limiting Patterns <i>(with Julie)</i>	10:30am-12pm Breast Wellness <i>(with Sabrina)</i> \$18 supply charge	10:30am-12pm Intro to Journaling <i>(with Suzanna - Eagle View)</i>	
12pm	Lunch in Ted's 12pm-1:15pm					
1pm						
2pm	1:30-2:30pm Drumming <i>(with Monica)</i>	1:30-3:30pm Ayurveda <i>(with Dennyse)</i>	1:30-2:30pm Self Reflexology <i>(with Sabrina)</i>			1:30-3:15pm Mindfulness Obstacle Course Outdoors
3pm	2:45-3:45pm Drumming <i>(with Monica)</i>					
4pm	4-5pm Drumming <i>(with Monica)</i>		3:30-5:45pm Let's Talk Menopause <i>(with Dr. Tracy Rogers)</i>	4pm-5pm Stress Be Gong <i>(with Jolie)</i>		Sauna Availability: 2:45-3:45pm 4:00-5:00pm
5pm						
6pm	Dinner in Ted's 5:45pm-7pm					
7pm						
8pm	7:45-9pm Yoga for Sleep <i>(with Tina)</i>		7:30-9:30pm Aroma for the Soul <i>(with Deanna)</i> \$20 supply charge	7:30pm-9:30pm Seasonal Living <i>(with Anne Dunnett)</i>		
9pm						
10pm						

\*Activities at Nordic Raven Lodge will require transport by car or a 30 minute hike.



# WEEKEND SCHEDULE

**SUNDAY  
JUNE 2<sup>ND</sup>  
2024**

	<b>WHISKEY JACK (ALPINE)</b>	<b>VILLAGE VIEW (ALPINE)</b>	<b>MARMOT (ALPINE)</b>	<b>TED'S &amp; EAGLE (ALPINE)</b>	<b>RAVEN LODGE (NORDIC LOCATION)</b>
7am					
8am	7:30-8am Meditation <i>(with Dennyse)</i>				
9am			8:30-9:45am Fascial Repair Series <i>(with Tina)</i>		8:30am-10am Meditation Enrichment <i>(with Dennyse)</i>
10am	9-10am Bellyfit <i>(with Alana)</i>				
11am	Farewell Brunch in Ted's <i>10am-11:15am</i>				
12pm	11:30am-1:30pm You Are More Than Enough <i>(with Carrie)</i>	11:30am-1pm You Are Your Healer <i>(with Dawn)</i>	11:30am-1:30pm Aromatherapy <i>(with Deanna)</i> \$20 supply charge	11:30am-1:30pm Journaling in Eagle View <i>(with Suzanna)</i>	11:30am-1:30pm Senses for the Soul <i>(with Anne Dunnet)</i>
1pm					
2pm					

**WELLNESS  
LEGEND:**

- Meditation
- Workshop
- Movement Practice
- Creativity

Make sure to leave at least 15-minute windows or more between your activities so you can grab a snack, hydrate, and make your way between the different venues. 3-4 sessions per day is plenty.  
*\*Activities at Nordic will require transport by car or a 30 minute hike.  
 Ensure to double check your class locations!*