

# WELCOME TO YOUR FALL 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 you may need are included with your package. If you're staying up at Mt. Washington, you can plan to enjoy a peaceful morning in your rental unit, or head over to visit our café, Eagle View Bistro and the outdoor BBQ Patio. Some complimentary snacks, coffee and tea will be provided mid-morning between your sessions.

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

## 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:

### SUMMER ACTIVITIES on mountain:

Complimentary Sightseeing on Eagle Chairlift to access views and Hiking Trails, plus discounts for accessing the Eagles Flight ZipTour and Downhill Bike Park.

### EAGLE VIEW BISTRO dining options:

Enjoy pastries, lattes, and hot fresh food from the BBQ.

### OUTDOOR ELEMENTS retail shop:

Get your snacks, bottles of wine, souvenirs and more!

View current Hours of Operation on the website: [mountwashington.ca/hours](http://mountwashington.ca/hours)

### SLOPESIDE ACCOMMODATIONS:

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

## 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



FALL INTO ELEVATE THIS AUTUMN

# WEEKEND SCHEDULE

FRIDAY  
SEPT 26<sup>TH</sup>  
2025

	WHISKEY JACK (ALPINE)	VILLAGE VIEW (ALPINE)	RAVEN LODGE (NORDIC LOCATION)	TED'S & EAGLE (ALPINE)	OUTSIDE (ALPINE)	FOYER (ALPINE)	
7am							
8am							
9am	8:30am-3:30pm Learn Access Bars In One Day <i>(with Marci Stockton)</i>				Summer Scenic Chairlift Rides for groups of 4 *cost included*	Welcoming & Registration	
10am							
11am		9:30am-2:30pm Level 1 Usui Reiki Certification Class <i>(with Deanna Papineau)</i>					Availability: 7:30-8:30 am
12pm							ZipTour Rides for groups of 8 *cost not included*
1 pm				1:00-4:00pm Creative Photography <i>(with Pascale Navarro)</i>	Tours Starts 10:30-4:30 pm 10:30-4:30 pm 10:30-4:30 pm 10:30-4:30 pm 10:30-4:30 pm	Inside main Alpine Lodge  5:30pm-6:45pm	
2 pm							
3pm							
4pm	3:45-5pm Healthy Habits for a Vibrant Life <i>(with Leanne Zdebiak-Eni)</i>	3:30-5:00pm Everyone is an Artist - Sign Painting <i>(with Jan Scheuerman)</i>					
5pm							
6pm			Harvest Table Dinner 5:30pm-6:45pm				
7pm							
8pm	7:30-8:30pm Unwind & Align Yin Yoga <i>(with Dawn Elgin)</i>	7:30-9:00pm Everyone is an Artist - Sign Painting <i>(with Jan Scheuerman)</i>	7:30-9:30pm Temple of Tranquility Sound Healing <i>(with Jolie Nasralla)</i>				
9pm							
10pm							

### WELLNESS LEGEND:

- Activity
- Workshop
- Certification Course
- Movement Practice
- Creativity
- Meditation

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



FALL INTO ELEVATE THIS AUTUMN

# WEEKEND SCHEDULE

SATURDAY  
SEPT 27<sup>TH</sup>  
2025

	WHISKEY JACK (ALPINE)	VILLAGE VIEW (ALPINE)	RAVEN LODGE (NORDIC LOCATION)	TED'S & EAGLE (ALPINE)	OUTSIDE (ALPINE)	FOYER (ALPINE)
7am	7:30-7:45am Morning movement (with Tina)					
8am				Breakfast in Ted's 7:30am-8:30am		
9am	8:30-9:15am in Ted's <b>KEYNOTE SPEAKER, Amy Englemark</b> - Practical Steps to Reignite Joy in Your Personal, Family, and Work Life					
10am	9:30-10:00am Movement experience for women (with Alice)				Summer Scenic Chairlift Rides for groups of 4 *cost included*	Practitioner Info Booths and Discounted items!
11am	10:30-12:30 pm Digest Zen (with Sabrina Hall)	10:30am-12pm Neurographics Therapeutic Art (with Katrina)	10:30-12:00 pm Boundaries 101 (with Dawn Elgin)	10:30am-12pm Aromatics of the Heart (with Deanna Papineau) \$20 supply charge		
12pm				Lunch in Ted's 12pm-1:15pm	Availability: 7:30-8:30 am	Snacks & Hydration Stations with Various Tea & Fruit Waters located in the Alpine Lobby
1pm					ZipTour Rides for groups of 8 *cost not included*	
2pm	1:30-3:00 pm Menopause - Beyond the Hormones (with Andrea Rayburn)	1:30-3:00pm Macreme Heart (with Katrina)	1:30-3:30 pm Elevate our frequency, Elevate your life (with Marci Stockton)	1:30pm-4:30pm Creative Photography (with Pascale Navarro)	Tours Starts 10:30-4:30 pm 10:30-4:30 pm 10:30-4:30 pm 10:30-4:30 pm 10:30-4:30 pm	
3pm						
4pm	4:15-5:15 pm Not Your Daughter's Twerkout (with Alice)	4:15-5:30pm Aligning Your Values to Accelerate Growth (with Amy Englemark)				
5pm						
6pm						
7pm	Dinner in Ted's 6:30 pm-7:30 pm					
8pm						
9pm				7:45pm-8:30pm COMEDY SHOW (with Syd Bosel)		
10pm						

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



FALL INTO ELEVATE THIS AUTUMN

# WEEKEND SCHEDULE

**SUNDAY**  
**SEPT 28<sup>TH</sup>**  
**2025**

	<b>WHISKEY JACK</b> (ALPINE)	<b>VILLAGE VIEW</b> (ALPINE)	<b>RAVEN LODGE</b> (NORDIC LOCATION)	<b>TED'S &amp; EAGLE</b> (ALPINE)	<b>OUTSIDE</b> (ALPINE)
7am					
	7:15-7:45am Morning movement & meditation (with Tina)				
8am					
9am	8:30-9:30am Core, Pelvic Floor and More (with Leanne Zdebiak-Eni)	8:30-9:30am Fascia Repair Series (with Tina)			8:30am-10am Meditation Enrichment (with Dennyse)
10am					
Farewell Brunch in Ted's 10am-11:00am					
11am					
12pm	12:00-1 pm GoddessRTüL (with Alice Bracegirdle)	11:30am-1:30pm Self-sovereignty (with Dawn Elgin)	11:30am-1:30pm From Stress to Serenity (with Sabrina Hall)	11:30am-2:30pm Creative Photography (with Pascale Navarro)	Summer Scenic Chairlift Rides 11:30-5:30 am
1pm					ZipTour Rides Tours Starts 10:00am
2pm					

**WELLNESS LEGEND:**

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- Meditation

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!