

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

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



CALL 250-338-1386



WEEKEND SCHEDULE

**FRIDAY
MAY 31ST
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	
7 pm					Tapas & Live Music 5:30pm - 7pm	
8 pm	8pm-9pm Pajama Yin (with Dawn)	7:15pm-10pm Nature Painting Night (with Laura) \$30 supply charge		7:15pm-9pm Zentangles Drawing Part 1 (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 1ST
2024**

	WHISKEY JACK (ALPINE)	VILLAGE VIEW (ALPINE)	MARMOT (ALPINE)	RAVEN LODGE (NORDIC LOCATION)	TED'S & EAGLE (ALPINE)	OUTSIDE (ALPINE)
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 <i>for private groups of 4</i> <i>*cost included*</i>
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 Zentangles Part 2 <i>(with Nancy)</i> \$10 supply charge	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>	1:30-3:30pm More Than Enough <i>(with Carrie)</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>	7-10pm Painting Night <i>(with Laura)</i> \$30 supply charge	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 2ND
2024**

	WHISKEY JACK (ALPINE)	VILLAGE VIEW (ALPINE)	MARMOT (ALPINE)	TED'S & EAGLE (ALPINE)	RAVEN LODGE (NORDIC LOCATION)
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 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> \$10 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					

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