

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

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

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



CALL 250-338-1386



FALL INTO ELEVATE THIS AUTUMN

WEEKEND SCHEDULE

FRIDAY
SEPT 26TH
2025

| | WHISKEY JACK (ALPINE UPSTAIRS) | VILLAGE VIEW (ALPINE UPSTAIRS) | RAVEN LODGE (NORDIC LOCATION) | TED'S (ALPINE LOWER FLOOR) | OUTSIDE (ALPINE BASE) | ALPINE CAFE (ALPINE UPSTAIRS) |
|------|--|---|--|--|--|---|
| 7am | | | | | | |
| 8am | | | | | | |
| 9am | 8:30am-3:30pm Learn Access Bars In One Day <i>(with Marci Stockton)</i> \$360 course fee | 9:30am-2:30pm Level 1 Usui Reiki Certification Class <i>(with Deanna Papineau)</i> \$239 course fee | | | Scenic Chairlift Rides <i>for up to groups of 4</i> <i>*cost included*</i> Availability: 7:30-8:30am 11am-6pm ZipTour Rides <i>group of up to 8</i> <i>*cost not included*</i> 3-Hour Tours Start Between 10:30am to 4:30pm <i>*prebook required*</i> | Welcoming & Registration Upstairs inside Alpine Lodge 3:30pm-5:15pm |
| 10am | | | | | | |
| 11am | | | | | | |
| 12pm | | | | | | |
| 1pm | | | | 1:00-4:00pm Creative Photography <i>(with Pascale Navarro)</i> | | |
| 2pm | | | | | | |
| 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>(Jan Scheuerman)</i> \$15 supply charge | | | | |
| 5pm | | | | | | |
| 6pm | | | Opening Circle & 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>(Jan Scheuerman)</i> \$15 supply fee | 7:30-9:30pm Temple of Tranquility Sound Healing <i>(with Jolie Nasralla)</i> \$15 supply fee | | | |
| 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 27TH
2025

| | WHISKEY JACK (ALPINE UPSTAIRS) | VILLAGE VIEW (ALPINE UPSTAIRS) | RAVEN LODGE (NORDIC LOCATION) | TED'S (ALPINE LOWER FLOOR) | OUTSIDE (ALPINE BASE) | CAFE (ALPINE UPSTAIRS) |
|------|---|---|--|--|--|---|
| 7am | 7:30-7:45am Blissful Beginning (Tina Pringle) | | | | | |
| 8am | | | | Breakfast in Ted's 7:30am-8:30am | | |
| 9am | 8:30-9:15am in Ted's KEYNOTE, Amy Englemark - JoyFULL Practical Steps to Reignite Joy in Your Personal, Family, and Work Life | | | | | |
| 10am | 9:30-10:00am CardioRTüL (with Alice Bracegirdle of Belly Fit) | | | | Scenic Chairlift Rides for up to groups of 4 *cost included* | Practitioner Info Booths and Discounted items! |
| 11am | 10:30-12:30pm Digest Zen (with Sabrina Hall) | 10:30am-12pm Neurographics Therapeutic Art (with Katrina) | 10:30-12:00pm Boundaries 101 (with Dawn Elgin) | 10:30am-12pm Aromatics of the Heart (with Deanna Papineau) \$20 supply fee | | |
| 12pm | | | | Box Lunch Grab & Go Free Time 12pm-1:30pm | Availability: 7:30-8:30am 11am-6pm | Snacks & Hydration Stations with Various Tea & Fruit Waters are located upstairs in the Alpine Cafe |
| 1pm | | | | | ZipTour Rides group of up to 8 *cost not included* | |
| 2pm | 1:30-3:00pm Menopause - Beyond the Hormones (with Andrea Rayburn) | 1:30-3:00pm Macreme Heart (with Katrina) \$15 supply fee | 1:30-3:30pm Elevate our frequency, Elevate your life (with Marci Stockton) | 1:30pm-4:30pm Creative Photography (with Pascale Navarro) | | |
| 3pm | | | | | 3-Hour Tours Start Between 10:30am to 4:30pm *prebook required* | |
| 4pm | | | | | | |
| 5pm | 4:15-5:15pm ShaktiRTüL (with Alice Bracegirdle of Belly Fit) | 4:15-5:30pm JoyFULL Workshop (with Keynote Speaker Amy Englemark) | | | | |
| 6pm | | | | | | |
| 7pm | Tapas Social 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 28TH
2025

| | WHISKEY JACK (ALPINE UPSTAIRS) | VILLAGE VIEW (ALPINE UPSTAIRS) | RAVEN LODGE (NORDIC LOCATION) | TED'S (ALPINE LOWER FLOOR) | OUTSIDE (ALPINE BASE) |
|------|---|--|--|--|--|
| 7am | | | | | |
| 8am | 7:15-7:45am Blissful Beginning (with Tina Pringle) | | | | |
| 9am | 8:30-9:30am Core, Pelvic Floor and More (with Leanne Zdebiak-Eni) | 8:30-9:30am Fascia Repair Series (with Tina Pringle) | | | 8:30am-9:30am Morning Mile High Walk (with Deanna Papineau) |
| 10am | | | | | |
| 11am | Farewell Brunch Buffet in Ted's 10am-11:15am | | | | |
| 12pm | | | | | Scenic Chairlift Rides 11am-6pm *cost included* ZipTour Rides 3-Hour Tours Start at 10:00am *cost not included* |
| 1pm | 12:00-1pm 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) | |
| 2pm | | | | | |

WELLNESS LEGEND:

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