

SEPTEMBER 15-17, 2017

GET DELICIOUS WELLNESS RETREAT

with Four Seasons Resort Whistler & Catherine Roscoe Barr

Refresh and renew in this immersive and luxurious alpine weekend, experiencing the restorative science of health, happiness, and productivity. Grand in scale, intimate by nature, Four Seasons Resort and Residences Whistler epitomizes the mountain spirit and is the perfect place to add some spark to your daily routines while offering great relaxation and nourishment. Catherine will lead an intimate group of wellness seekers to a mental and physical “reset” that provides the tools to feel good every day despite the demands of a fast-paced world.

Get Delicious Holistic Wellness Curriculum is founded on five pillars of wellness



MINDSET

MOVEMENT

NUTRITION

SLEEP

CONNECTION

Toggling between edifying lectures, nutritious coursed meals, delectable snacks, movement sessions and group celebration, the Get Delicious Wellness Retreat is designed to help you lay the foundation for personal mastery and holistic success.



INCLUDED

- Daily group workshops and movement sessions
 - Six nutritious curated meals
 - The Life Delicious curriculum
 - Complimentary internet access
- Exclusive and unlimited access to our fitness centre, spa facilities and group classes during retreat dates
 - Complimentary parking

PRICING 1250 CAD PER PERSON

Based on Double Occupancy

FRIDAY, SEPTEMBER 15

3:00pm Check-In and Welcome

4:00pm Lecture & Discussion

6:00pm Dinner

SATURDAY, SEPTEMBER 16

8:00am Movement (strength workout session)

9:00am Breakfast

9:45am Lecture & Discussion

11:15am Movement (outdoor activity session)

12:00pm Lunch

12:45pm Lecture & Discussion

2:45pm Snacks

3:00pm Open Time (option for relaxation at The Spa, outdoor activity, exploring destination)

6:30pm Dinner

SUNDAY, SEPTEMBER 17

8:00am Movement (cardio & stretch session)

9:00am Breakfast

9:45am Lecture & Discussion

11:15am Movement (outdoor activity session)

12:00pm Lunch

12:45pm Lecture & Discussion

2:45pm Closing Ceremony

4:00pm Finish Time

With Lifestyle Guru Catherine Roscoe Barr



Bookings subject to availability. This offer requires a two-night stay. Please confirm cancellation and deposit policies at the time of reservation. Offers are not valid in conjunction with any other offer or contract and do not apply to groups. Rates are per person and does not include applicable taxes, service charges, levies, resort fees, gratuities or surcharges, unless otherwise noted. Early departure fees may apply. Rates are subject to change.

30 day cancellation policy. 50% deposit forfeiture within 30 days of arrival.

For bookings or more information call +1-888-935-2460
Contact our Spa Director: caitlin.hubbard@fourseasons.com