



# BE PRESENT IN MIND, NOURISHED IN BODY AND REVITALIZED IN SPIRIT

Focus on the Whole You with Well-Being Retreats  
by JW Marriott Edmonton ICE District

Curated by



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# THE WHOLE YOU

At JW Marriott Edmonton ICE District, we are entirely focused on the whole you. Get centred in Archetype™ – a state-of-the-art 13,000-square-foot health facility – with personal trainers, coaches, a meditation space, and a unique group studio, and indulge in relaxing treatments and wellness techniques curated by our Spa by JW® professionals. Our two-and-a-half-day well-being retreats are built upon the Renew, Indulge, Calm and Invigorate pillars of Spa by JW, intertwined with the Archetype™ pillars of Elevate Your Life, Accomplish More and Maximize Wellness. Together, they bring a harmonious balance, delivering a dedication to the Whole You, where you can be Present in Mind, Nourished in Body and Revitalized in Spirit. At JW Marriott Edmonton ICE District, we are solely focused on the whole you and we take pride in inspiring your plan to return.

## ARCHETYPE

Elevate in everything you do.

Born from the vision of Simon Bennett and his work developing top athletes, Archetype is a comprehensive fitness and lifestyle philosophy that pushes you to perform beyond your limits.

Archetype is more than just a gym...

They will equip you with the tools needed to build personal resilience and cultivate habits that increase your capability to cope with the demands of life and beyond.

## SPA BY JW

Reconnect your mind, body, and spirit at our full-service spa and revitalize your well-being with lavish treatments and soothing massages in our tranquil, serene treatment rooms. Spa by JW is downtown Edmonton's only luxury spa experience.

## WELL-BEING RETREATS

Customized for all fitness and experience levels, our two-and-a-half-day retreats are designed to balance mind, body and spirit. Throughout your stay you will experience one-on-one sessions with professional coaches, group fitness sessions, curated menus and spa treatments.



# ACT I: ARRIVAL DAY

Prior to your arrival you will be provided access to the Archetype App, where you will be asked to complete a four-bucket questionnaire.

Arrive at a time convenient for you between 12:00 pm and 2:00 pm.

## ORIENTATION

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From 2:00 pm - 3:00 pm, you will be provided a tour of our wellness floors, introduced to our wellness concierge and given your personalized schedule for the retreat.

## ASSESSMENTS

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After 3:00pm, you will meet with our Archetype coaches to complete your six-step movement and Fit 3D assessments, which will serve as your personal baseline for the balance of the retreat and well after.

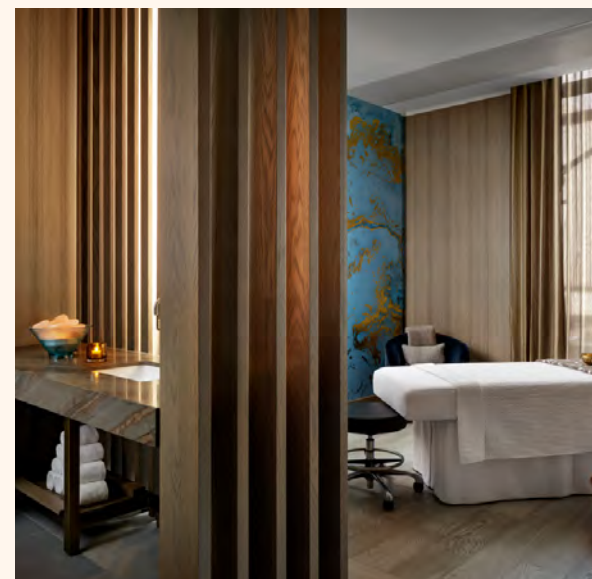
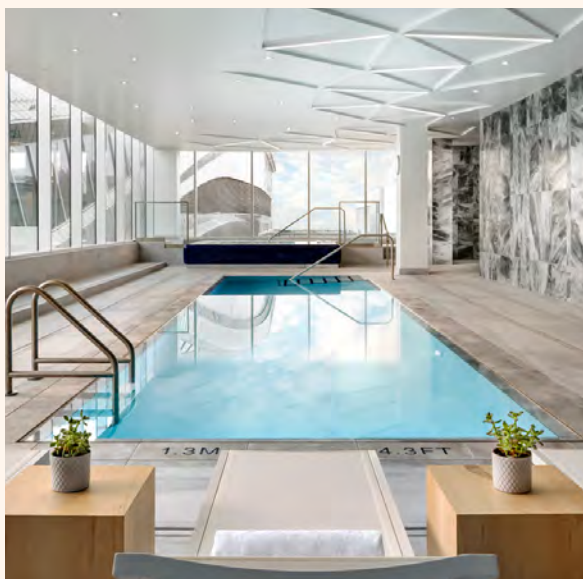
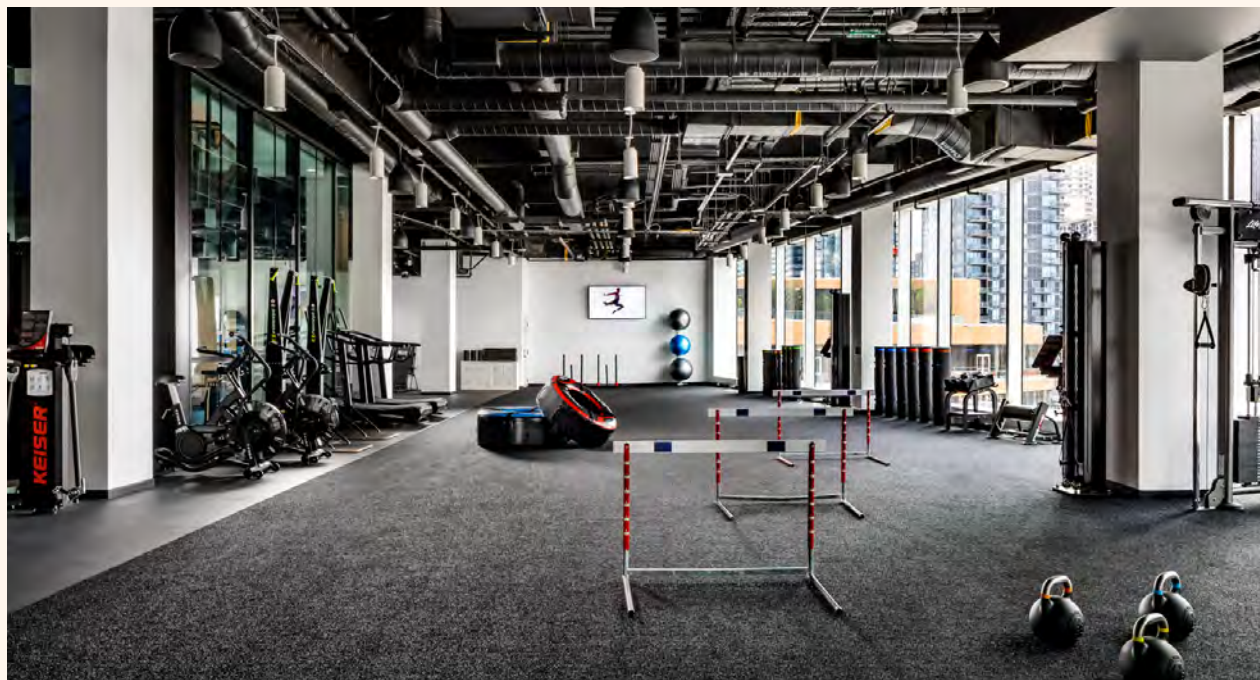
You will also receive a nighttime restorative strategy, which is a series to prepare your body for a restorative sleep your first evening.

## INDULGE WITH SPA BY JW

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Everyone deserves a moment of pampering, without guilt or reservation.

Retreat to the Spa by JW for 50 minutes of stress relief. A rewarding feeling that will prepare you for a relaxing evening and what will be an energetic day two of your retreat.







## ACT II

Start your day with a Mindful Moment exercise followed by a healthy and energizing breakfast in the comfort of the executive lounge.

### BE PRESENT IN MIND

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Join us in Archetype, where from 8:30 am - 9:30 am, you will partake in a wake-up strategy session encompassing energy breathing, energizing movements, as well as mobility exercises and techniques.

### INVIGORATE WITH SPA BY JW

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After a brief break, join us in Spa by JW for a 24 minute express pod treatment. The stresses of travel and everyday life take a toll. Replace what has been lost with treatments designed to focus on your body's energy in a less time intensive way. At Spa by JW, find balance and energy on your way to a new vitality.

### NOURISH THE BODY

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Take a nourishment break, where curated menus have been prepared to fuel the rest of your day. In addition, our chefs will leave you with the recipes and instructions to prepare these epicurean delights in the comfort of your own kitchen.

### REVITALIZE YOUR SPIRIT

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The afternoon is dedicated to Archetype. Revitalize your spirit with learnings such as the oxygen advantage and performance breathing, a BOLT assessment that determines how well your body oxygenates, techniques on decongesting your sinuses and Co2 breathing exercises. Complete the afternoon with your choice of one of two sessions: A coach guided ViPR movement-based workout on the performance floor or a red light therapy warm yoga class.

### CALM WITH SPA BY JW

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Complete the second act of your retreat with a 50 minute calm experience. So much is expected of us; to be brilliant, to be ready, to be connected. Why not just be? We take the idea a step further, removing distractions and excess to create an environment of simple tranquility. Our signature treatments oblige with a calming effect. Let Spa by JW slow your world down.



# ACT III: DEPARTURE DAY

## MAXIMIZE YOUR WELLNESS

Before 8:30 am, enjoy a personalized breakfast delivered to your guest room based on your favourite ingredients prepared by our executive chef. As with lunch the day before, ingredients and preparation details will be provided so that you can prepare at home.

## ACCOMPLISH MORE & ELEVATE YOUR LIFE

After breakfast, meet your Archetype coach who will guide you through the results of the Fit 3D assessment, Archetype app four bucket answers you provided on arrival day, as well as your personal intake analysis, movement testing and health goals you Experienced throughout the retreat.

This information, combined with any questions you have, will assist the coach in setting up a customized online program that you can use well into the future wherever you live.

## RENEW WITH SPA BY JW

The well-being retreat will end with a 50 minute renew ritual at Spa by JW. What was lost can now be found. Discover a sense of clarity, a more balanced life and that state of well-being that has drifted too far from centre. Get back to the necessity of simply feeling good about your body, your mind and your spirit. From massages to facials to total body treatments, emerge from a highly personalized treatment feeling refreshed and rejuvenated.

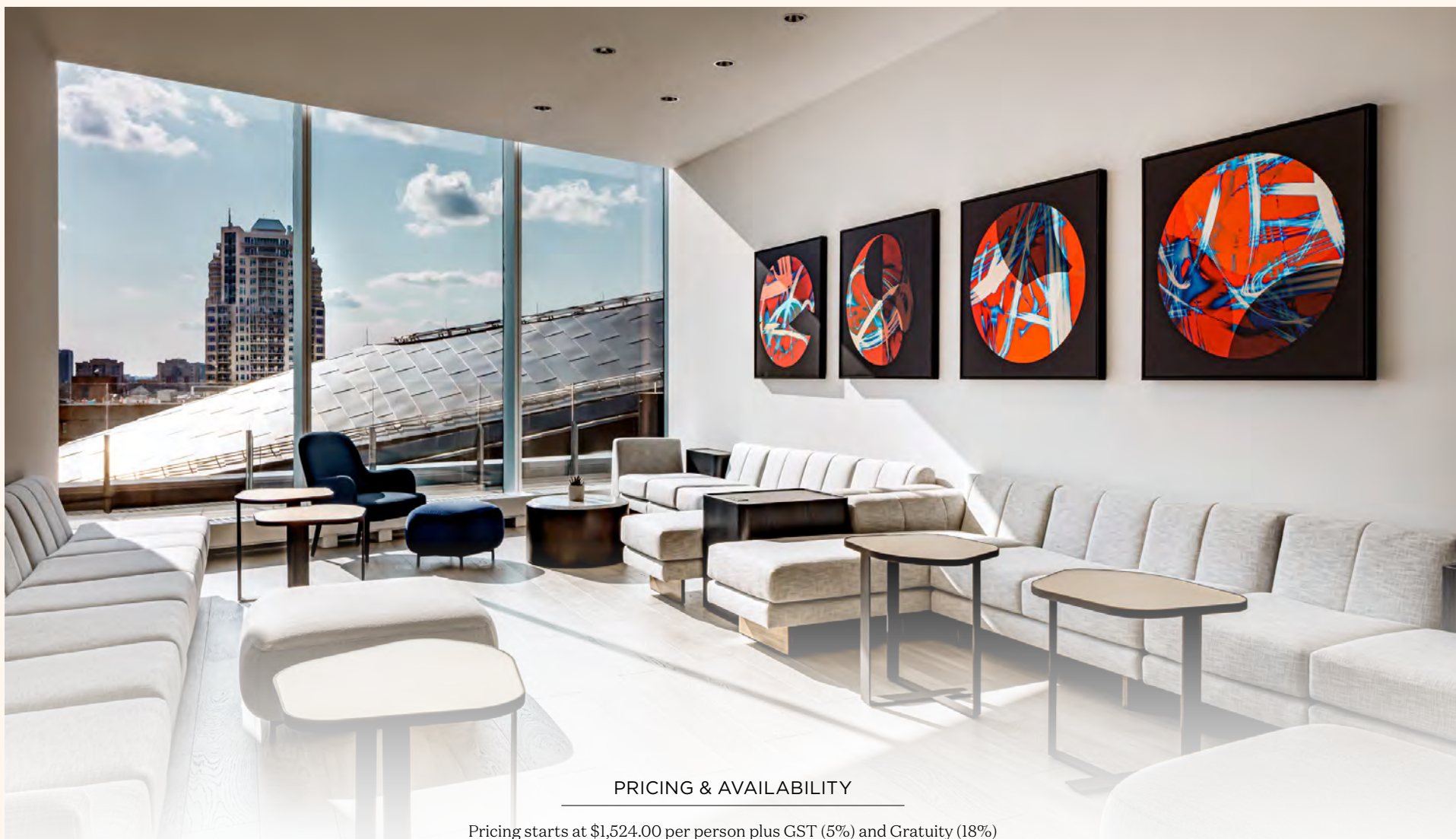
## ELEVATE YOUR LIFE

Your journey doesn't end on departure day. Stay connected with our hotel by booking future one on one coaching sessions or group classes, and attend future wellness focused programming events.

At JW Marriott Edmonton ICE District, we take pride in providing legendary experiences and inspiring your plan to return.







### PRICING & AVAILABILITY

Pricing starts at \$1,524.00 per person plus GST (5%) and Gratuity (18%)

Starting price includes standard guest room accommodation on executive floors providing access to the executive lounge and all elements listed in the guide. Pricing is based on one adult and single occupancy. For shared accommodation, an additional adult is \$986.00 plus GST (5%) and Gratuity (18%) to a maximum of one additional adult per booking. Retreat Packages are based on availability. Package schedules and content are set and unable to be modified. Intensity can be adjusted to all experience and fitness levels. Packages do not include meals other than set breakfast on day's two and three and lunch on day two.

For more information, visit the Spa & Fitness page at [jwmarriottedmonton.com](http://jwmarriottedmonton.com) or email [mhrs.yegjw.sales@marriott.com](mailto:mhrs.yegjw.sales@marriott.com)