

RECHARGE & RESTORE FALL YOGA RETREAT ON WOLFE ISLAND WITH DAVID GOOD



RATES

3 DAYS	4 DAYS
Semi Private \$400+HST	Semi Private \$555+HST
Shared \$370+HST	Shared \$525+HST

Every year I am blessed to create a retreat on Wolfe Island at Shanti. 4 days of yoga, meditation, relaxation and self-discovery. Join us for this special fall retreat to get reconnected with your true self. Come surround yourself with nature on Wolfe Island and leave life in the city behind for a long weekend. Discover how self compassion, awareness and loving kindness can help us become more fully present in our lives. Take this time to recharge and restore yourself. Retreat begins Thursday. Friday start optional, but Thursday suggested.



SEPTEMBER 14-17, 2017

YOUR WEEKEND INCLUDES

Accommodation at Shanti Retreat, 8 Vegetarian Meals, 7 Yoga Classes with David (Suitable For All Levels), 3 Morning Meditations, 1 Satsang, 1 Infrared Sauna Session, and Use of Shanti's Amenities (Wellness Tea Bar, WiFi, Labyrinth, Canoes and Kayaks, Hammocks, Walking and Cycling Routes).

david good
yoga teacher | inspiring mentor

ABOUT DAVID

David Good, Yoga Teacher & Inspiring Mentor, asks you to “meet yourself on the mat” everyday. His classes are based on his unique expression of vigorous Hatha yoga with an attention to systematic cueing, a respect for breath and fun therapeutic alignment tips to learn something about your body while nurturing your soul. David also specializes in Restorative yoga, a more supportive and therapeutic form of yoga. David's workshop and classes bring to your life the idea of Foundation on and off the mat. Living more grounded and being able to expand yourself out into the world making your goals come true. David teaches you how to work on your foundation, start from the ground, create a strong system of roots to be able to branch out and live the life we want. Whether you are a total beginner or a seasoned enthusiast you will walk away learning something about your practice which is bound to enrich your life. You don't have to be flexible to do yoga, you just have to be willing to shake the dust off and see what happens. You will discover yoga is actually fun, inclusive, and accessible to every level, as a result you might discover a new way of thinking about your life. See you on the mat!

www.davidgoodyoga.com

Thursday
Arrival after 2:00pm
6:00pm Dinner
8:00pm Candlelit Restorative Yoga

Friday
7:00-8:00am Meditation
8:00am Self Serve Breakfast
10:00-11:30am Yoga Practice
12:00pm Lunch
1:00-4:00pm Free Time
4:00-6:00pm Yoga Practice
6:30pm Dinner
8:00pm Candlelit Restorative Practice

Saturday
7:00-8:00am Meditation
8:00am Self Serve Breakfast
10:00-11:30am Yoga Practice
12:00pm Lunch
1:00-4:00pm Free Time
4:00-6:00pm Yoga Practice
6:30pm Dinner
8:00pm Satsang (Bonfire)

Sunday
7:00-8:00am Meditation
8:00am Light Breakfast
9:00-10:30am Yoga Practice
11:00am Shanti Signature Brunch
12:00pm Check Out of Rooms
Enjoy the Property until 2:00pm

