

Canada Day Long Weekend Yoga and Meditation Retreat with Darin, Wendy and Special Guest RHN Lacey Budge



RATES

3 DAYS	4 DAYS
Semi Private \$425+HST	Semi Private \$580+HST
Shared \$395+HST	Shared \$550+HST

JUNE 30-JULY 3, 2017

Friday

Arrival After 2:00pm
5:00-6:45pm Yoga with Darin
7:00pm Evening Meal
8:15pm Welcome Gathering & Shanti Spiritual Cinema

Saturday

7:30am Self Serve Breakfast
8:15am Silent Walk
9:00am Yoga & Meditation with Wendy
12:00pm Lunch
1:15pm Workshop #1 with Lacey
4:00pm Surya Namaskar (Salutations to the Sun, to the Light of Conscious Within!)
4:30-6:00pm Meditation (Talk & Practice)
6:30pm Evening Meal
8:00pm Workshop #2 with Lacey

Sunday

Light Breakfast Upon Rising
8:00am Walking Meditation
8:45am Yoga with Wendy
10:45am Brunch
12:00pm Check Out of Rooms
Stay and Enjoy the Property until 2:00pm
4:30-6:30pm Yoga with Darin
6:30pm Evening Meal
8:00pm Bonfire & Fireworks

Monday

Light Breakfast Upon Rising
8:45am Yoga & Meditation with Wendy
10:45am Brunch
12:00pm Check Out of Rooms
Stay and Enjoy the Property until 2:00pm

Join Darin and Wendy, co-creators of Shanti, for this Canada Day long weekend retreat. Summer is here, and it's a glorious time to enjoy all that Shanti has to offer! Along with regularly scheduled activities of yoga and meditation guests are encouraged to attend Registered Holistic Nutritionist Lacey Budge's Conscious Cooking offerings and re-discover optimum digestion! There will also be fireworks, sparklers and a bonfire with marshmallows this weekend! Enjoy the sun, a dip in the Bay, some gentle flow, hatha and restorative yoga, and the practice of simply being.



*"Life should not only be lived.
It should be celebrated."
- Osho*

YOUR WEEKEND INCLUDES

Accommodation at Shanti Retreat, 6 Yoga Classes (Suitable For All Levels), 7 Vegetarian Meals, 2 Morning Offerings (Walk and Meditation), 2 Workshops with RHN Lacey Budge, 2 Evening Gatherings, 1 Infrared Sauna Session, and Use of Shanti's Amenities (Wellness Tea Bar, WiFi, Labyrinth, Canoes and Kayaks, Hammocks, Walking and Cycling Routes).

ABOUT DARIN & WENDY

Darin and Wendy have been studying, practicing and living yoga for more than 20 years. Both are trained in classical Hatha yoga, in the Sivananda tradition, and have studied extensively a form of energy and chakra yoga, Agama Yoga, in Southern Thailand. Their daily Spiritual Heart (Hridaya) meditation practice follows Ramana Maharshi's Self Inquiry method. The same attitudes kept in meditation are infused into their hatha yoga practice making it one of Stillness in action. The teachings of the contemporary spiritual master Eckhart Tolle, and the Self Inquiry techniques of Sri Moojibaba are also very present in their hearts. They look forward to welcoming you to Shanti Retreat here on Wolfe Island.



ABOUT LACEY

Lacey Budge believes it is through inspiring and living by example that we can make a difference. She is dedicated to guiding people to live a holistic life, and to rediscovering that which is already within. This weekend, our dear friend and Registered Holistic Nutritionist Lacey will offer an introduction to conscious cooking. Through a series of workshops, she will shed light on the importance of eating wholesome, local, organic and seasonally prepared meals, the importance of healthy digestion (and her favourite tips), as well as the connection between our thoughts, attitudes and emotions surrounding food – with body, mind and spirit. Come learn about living well.



www.shantiretreat.ca

