

Summer Mid-Week Yoga and Meditation Retreat with Darin, Wendy and Special Guest Lynn Clyde



RATES

Semi Private \$400+HST Shared \$370+HST

Wrist Mala Workshop \$35+HST

JULY 24-26, 2017

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

Tuesday
7:30am Self Serve Breakfast
8:15am Silent Walk
9:00am Yoga & Meditation with Wendy
12:00pm Lunch
1:00pm Optional Wrist Mala Workshop with Lynn
2:00-4:00pm Free Time (Rock Project)
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 Restorative Yoga & Yoga Nidra with Darin & Wendy

Wednesday
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



Join Darin and Wendy, co-creators of Shanti, for this summer retreat. Hang out in a hammock, swim in the bay, take a meditative walk in the labyrinth, and enjoy the beauty that surrounds us. Along with regularly scheduled activities of yoga and meditation, on Saturday, guests have the option to attend Lynn Clyde's wrist mala workshop. Learn how to make your own hand knotted wrist mala and infuse it with an intention. Come cultivate presence, patience, and compassion.



*"Stillness is where creativity and solutions to problems are found."
- Eckhart Tolle*

YOUR RETREAT INCLUDES

Accommodation at Shanti Retreat, 5 Yoga Classes (Suitable For All Levels), 5 Vegetarian Meals, 2 Morning Offerings (Walk and Meditation), 1 Optional Afternoon Wrist Mala (Prayer Bead) Workshop (Additional \$35+HST), 1 Evening Gathering, 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 LYNN

Lynn Clyde, owner of Devani Jewels, designs yoga-infused jewelry made with sacred symbols. Lynn believes in the power of symbols and the healing properties of gemstones and crystals. The sacred symbols represent her commitment to spirituality and regular practice of yoga, meditation and chanting. Create your own hand knotted wrist mala bracelet with 27 gorgeous semi-precious gemstones, pure silk cord/tassel and Swarovski crystal guru bead. Making the mala is a practice that cultivates presence, patience, compassion, focus and non-attachment. Many gemstones and tassel colors to choose from.



www.shantiretreat.ca

