

Canada Day Mid-Week Retreat **July 3rd-July 5th**

Join Jaffer at Wolfe Islands Shanti Retreat in beautiful Kingston, Ontario from Mon. July 3rd - Wed. July 5th.

Whether you are tired and wired, lost and searching for connection, need a break from the grind or simply want an affordable vacation - whatever your reason, this retreat will fill you up and leave you recharged and rejuvenated. You may never want to leave!

Your days are filled with yoga, food and free time. It's quite simple. Yoga classes will incorporate various elements of Hatha, Vinyasa and Yin and are all-levels. Shanti will provide you with delicious organic and local vegetarian meals for your entire stay. And this is truly YOUR time. You can do all of the classes, a few of the classes, rest, nap or enjoy any of Shanti's amenities. You can hang out in hammocks, swim, paddle canoes/kayaks, bounce on a water trampoline and much more! You get to shape your own experience so feel free to run, read, or enjoy the infrared sauna. All this for \$450 + HST. Price includes 5 yoga classes, all of your meals, an infrared sauna session, shared accommodations, and use of Shanti's amenities.

Full payment is required to secure a spot. Cancellation cost is \$100. No refunds will be given after June 15th, 2017. Email jafferyoga@gmail.com for more information and to secure your spot now!

Schedule

Monday July 3rd

- Arrive after 2pm
- 4:30pm-6:00pm - Yoga
- 6:30pm - Dinner
- Satsang Gathering (after Sunset)

Tuesday July 4th

- 7:30am - 8:30am Breakfast self serve
- 9:30am - 11:30am - Yoga
- 12:00pm - 1pm - Lunch
- 4:30pm - 6:00pm - Yoga
- 6:30pm - Dinner
- 8:30-9:30 - Yin/Meditation

Wednesday July 5th

- 7:30am - 8:30am - self serve breakfast
- 9am - 10:30am - Yoga
- 11am - Shanti Signature Brunch
- Check out by 12
- Departure by 2

About the Teacher



Jaffer combined his love of athletics and yoga in 2010. Since being introduced to yoga, he can no longer imagine a life without it. He feels yoga brings a unique combination of mindful awareness, spiritual enlightenment and physical strength. What he learns on the mat will often be a reflection of himself off the mat. Alongside this, his passion for music and hands-on assists combine for a truly unique experience!

Jaffer's teachings are accessible and community based. What this means is classes are all levels and designed to embrace a sense of belonging to a larger, more powerful community.

Jaffer is extremely grateful for all the opportunities he's been provided in the yoga world. He will forever be grateful to lululemon for kick starting his yoga journey and to his teachers; dallas delahunt, Michael Siddall, Daniel Horgan and Diana Lockett for being monumental influences in his life on and off the mat.