

May Long Weekend Yoga and Meditation Retreat with Darin, Wendy and Special Guest Stefani Chan-Wright



RATES

Semi Private
\$425+HST

Shared
\$395+HST

MAY 19-22, 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
1:00-2:00pm Radiant Health from the Inside Out
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
8:00-9:00pm Radiant Health from the Outside In

Sunday

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

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

namaste.

Join Darin and Wendy, co-creators of Shanti, for this May long weekend retreat. Relax, recharge and restore. Retreat offerings include gentle hatha, slow flow and restorative yoga, guided meditation, yoga nidra, and delicious, lovingly prepared vegetarian meals. Along with regularly scheduled activities of yoga and meditation, on Saturday, guests are encouraged to attend Stefani Chan-Wright's workshops: Radiant Health from the Inside Out and Radiant Health from the Outside In. Come and learn how to achieve optimal health.



"Music gives a soul to the universe, wings to the mind, flight to the imagination, and life to everything."
- Plato

YOUR RETREAT INCLUDES

Accommodation at Shanti Retreat, 6 Yoga Classes (Suitable For All Levels), 7 Vegetarian Meals, 2 Morning Offerings (Walk and Meditation), 2 Workshops with Stefani, 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 STEFANI

Stefani Chan-Wright, RYT-500, has been practicing yoga and meditation for over 20 years, and teaching in studios, workshops, retreats and teacher trainings for over 14. She has studied with various lineages such as Tibetan Buddhism in Nepal, Classical Hatha & Tantra Yoga in India and Thailand, and Vipassana and Hridaya meditation. In addition, she has studied Ayurveda, Herbalism, and Holistic Nutrition and her workshops integrate the ancient practises of Ayurveda, Yoga and Meditation with cutting edge Nutritional Science for a holistic vision of health and wellness.



www.shantiretreat.ca

