

# June Mid-Week Yoga and Meditation Retreat with Darin, Wendy and Special Guest Rosemary Ratkaj



## RATES

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

Zentangle Workshop \$25+HST

JUNE 12-14, 2017

### Monday

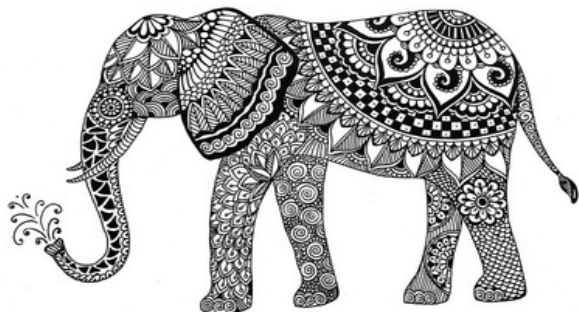
Arrival After 2:00pm  
5:00-6:45pm Yoga with Darin  
7:00pm Evening Meal  
8:15pm Welcome Gathering & Shanti Spiritual Cinema

### Tuesday

7:30am Self Serve Breakfast  
8:15am Silent Walk  
9:00am Yoga & Meditation with Wendy  
12:00pm Lunch  
1:00-3:00 Optional Zentangle Workshop with Rosemary  
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 June mid-week retreat. Summer is almost here, and it's a wonderful time to enjoy all that Shanti has to offer! Hang out in a hammock, enjoy the views from a waterside chair, walk the labyrinth and enjoy the beauty of our natural surroundings. Along with regularly scheduled activities of yoga and meditation, on Saturday, guests have the option to attend Rosemary Ratkaj's Zentangle workshop. The Zentangle Method is the perfect complement to your spiritual journey. Pick up a pen and enjoy this beautiful process of creation and cultivate curiosity. All materials provided.



*"It's not just about the art. It's about giving your soul a voice for freedom of expression."  
- Desiree East*

## 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 Zentangle (Drawing) Workshop (Additional \$25+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 ROSEMARY

After seeing some of the beautiful images on the internet created using simple patterns, Rosemary was drawn to this art form and wanted to learn as much about it as possible. She took a couple classes with a local instructor, and by the end of the first class, she was hooked. When Rosemary completed the Certified Zentangle Teacher™ (CZT®) training course in 2014 in Rhode Island, she knew that this would be a beautiful way to bring mindfulness into your everyday life. Finding time in her busy life as an Interior Designer, Rosemary offers regular workshops in her home town of New Hamburg, ON



[www.shantiretreat.ca](http://www.shantiretreat.ca)

