

Thanksgiving Yoga and Meditation Retreat with Darin, Wendy and Special Guests Tracie & Lorne



RATES

3 DAYS	4 DAYS
Semi Private \$415+HST	Semi Private \$570+HST
Shared \$385+HST	Shared \$540+HST

OCTOBER 6-9, 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
1:00-4:00pm 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 *Tama Do* Session in the Yurt

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 Evening Program

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 an autumn retreat on Wolfe Island. Savor the beauty of fall colours, and the flocks of migratory Canada Geese gathering in Brown's Bay. In the spirit of Thanksgiving we will take time throughout this weekend of yoga, meditation, silent morning walks and informal gatherings to contemplate gratitude and encourage a 365 day practice. What are we grateful for and what role does gratitude play in our lives? What are our daily joys? In the words of Sara Ban Breathnack, "All we have is all we need. All we need is the awareness of how blessed we really are." On Saturday evening, guests will have the opportunity to enjoy a group *Tama Do* sound harmonization session. *Tama Do* is a restorative energy session that works on clearing the subtle energy field by harmonizing and re-balancing using sound, colour and essences.



"Gratitude is the best attitude."

YOUR WEEKEND INCLUDES

Accommodation at Shanti Retreat, 6 Yoga Classes (Suitable For All Levels), 7 Vegetarian Meals, 2 Morning Offerings (Walk and Meditation), 1 Group *Tama Do* Session, 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 TRACIE & LORNE

Tracie and Lorne are dedicated to a path of consciousness, practitioners of *Tama Do*, and teachers of Qi Gong. The *Tama Do* Academy is the creation of Fabien Maman, the founding father of Vibrational Sound. Tracie and Lorne will offer guests a *Tama Do* Sound Harmonisation session. These deeply restorative sessions work on clearing the subtle energy field by harmonising and re-balancing using sound, colour and essences. The acoustic sounds, overtones and harmonics create an internal resonance which allow you to tune back to your natural balance. Travelling the world to share this powerful comprehension of the sounds and the vibration, they have hosted Harmonisation Sessions in London, Bali, France and Canada. They look forward to keep bringing this unique work to the Shanti Retreat.



www.shantiretreat.ca

