

SILENT MEDITATION RETREAT HEART MEDITATION & GENTLE YOGA WITH MANU AKSHOBHIA



RATES

3 Days	6 Days
Semi Private \$425+HST	Semi Private \$775+HST
Shared \$395+HST	Shared \$725+HST

SEPTEMBER 8-10/13

Friday

Arrival Any Time After 2:00pm
5:00pm Gentle Hatha Yoga
7:00pm Evening Meal
8:15pm Intro. Talk & First Meditation
Starting of Mauna (Silence)

Saturday

7:30-9:30am Meditation with Several Breaks
9:30-10:10am Self Serve Breakfast
10:10-11:00am Morning Talk
11:00-12:00pm Gentle Hatha Yoga
12:00-12:30pm Meditation
12:30-3:30pm Lunch & Free Time
3:30-5:30pm Meditation with Breaks
5:30-6:00pm Individual Yoga Practice
6:00pm Evening Meal
7:30-8:30pm Talk, Q&A, Documentary
8:30-9:00pm Meditation

Sunday

7:30-9:30am Meditation with Several Breaks
9:30-10:10am Self Serve Breakfast
10:10-11:00am Morning Talk
11:00-12:00pm Gentle Hatha Yoga
12:00-12:30pm Meditation
12:30-12:50pm Closing Circle for 3 Day Retreat
(Please Check out of Rooms Before Lunch)
12:30-3:30pm Lunch & Free Time
3:30-5:30pm Meditation with Optional Breaks
5:30-6:00pm Individual Yoga Practice
6:00pm Evening Meal
7:30-8:30pm Talk and Q&A
8:30-9:00pm Meditation

Monday & Tuesday

7:30-9:30am Short Gentle Stretch & Meditation
9:30-10:10am Self Serve Breakfast
10:10-11:00am Morning Talk
11:00-12:00pm Gentle Hatha Yoga
12:00-12:30pm Meditation
12:30-3:30pm Lunch & Free Time
3:30-5:30pm Meditation with Breaks
5:30-6:00pm Individual Yoga Practice
6:00pm Evening Meal
7:30-8:30pm Talk and Q&A
8:30-9:00pm Meditation

Wednesday

Light Breakfast Available Upon Rising
7:30-10:30am Meditation, Yoga, Closing Circle
11:00am Brunch
12:00pm Check Out of Rooms
Enjoy the Property Until 2:00pm

There is a 3 or 6 day option for this retreat. This unique offering is a wonderful opportunity to retreat with Manu Akshobhia, a dear friend and very gifted facilitator. Give yourself the gift of retreating within as well as time to soak in the beauty and wonderment of the nature that surrounds us here at Shanti. Manu will offer a truly inspiring silent meditation and yoga retreat. He will share simple but powerful tools to begin or help deepen your meditation practice. A regular meditation practice can help to navigate life with greater joy, lightness and ease. The retreat will also be infused with gentle and restorative energy yoga classes and yoga nidra. Come to Wolfe Island and savour the silence, the serenity, and the stillness.



YOUR WEEKEND INCLUDES

Accommodation at Shanti Retreat, All Vegetarian Meals, Yoga Classes with Manu (Suitable For All Levels), Lectures, Meditations, 1 Infrared Sauna Session, and Use of Shanti's Amenities (Wellness Tea Bar, WiFi, Labyrinth, Canoes and Kayaks, Hammocks, Walking and Cycling Routes).

ABOUT MANU

Manu Akshobhia (Emmanuel) has been studying and practicing Indian and Tibetan yogic teachings for more than twenty years. Some of the main influences on his path are Agama, Hridaya yoga and the Path of the Heart of Prem Baba (Awaken Love). He has been teaching workshops, intensives and retreats around the world since 2000. The main thread that has guided Manu through this quest of life is the work on purifying and harmonizing the Heart, and how to open deeply to spirituality and at the same time become a better human being. Manu has a wealth of information to share and inspire you on your journey.

THE IMPORTANCE OF SILENCE

Mauna (silence) is a very important part of this retreat. We will start after the evening talk on the first day and go until the end of the last session on either Sunday or Wednesday. A lot of energy and ego goes into our speech, and to refrain from it is a great support for meditation and improving the process of self-discovery. We keep silent during the retreat in order to quiet our mind and maintain a serene, peaceful environment for everyone. This can be difficult at times, but most people find it a powerful and wonderful experience. You will find that you begin to cherish this silence and will learn how to be comfortable with it. Training ourselves to walk, move, and perform daily activities quietly leads to a calm and graceful experience. Maintaining silence is a way of developing self-discipline and a deeper, more compassionate understanding for all things.

TESTIMONIALS

Miranda writes "Before the wonderful retreat at Shanti on Wolfe Island, I didn't realize my heart was locked "safely" behind the closed door named "fear." Manu helped me realize I could unlock that door and let myself be aware, living my life in knowing my true self, freedom, potential, love, bliss. I highly recommend Manu as you journey through meditation and self-discovery! He is a gentle, kind soul freely giving of his knowledge and light."

Carolyn writes "It was a truly wonderful experience for me, and I am so happy that I was able to stay for the 6 days. I found that Manu's approach to both introduce and enhance meditation practices for the retreat participants truly supported our collective energies. Of course, the beautiful natural surroundings and wonderful food at Shanti also made the retreat unforgettable. As someone relatively new to meditation, I was also much encouraged by your words and feel more confident that "slowly, slowly," I will feel and understand more about how the mind works, helping me to go deeper in my own practice."

Do you feel the call?

www.yoga-spanda.com