

# Mid-Week Yoga, Meditation & Culinary Retreat

With Darin, Wendy & Lacey



Join Darin and Wendy, co-creators of Shanti, for this June mid-week retreat along with the option to experience a vegetarian cooking class with Registered Holistic Culinary Nutritionist, Lacey Budge. 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. Retreat offerings include gentle hatha, slow flow and restorative yoga, guided meditation, yoga nidra, and delicious, lovingly prepared vegetarian meals. On Tuesday, you can spend your afternoon behind the scenes in the Shanti kitchen learning the secret recipes during this 3 hour hands on vegetarian cooking class. Prepare a delicious meal with love and consciousness featuring local, seasonal and organic veggies.

## Retreat Includes

3 nights accommodation, vegetarian meals, silent walks, yoga and meditation with Darin & Wendy (suitable for all levels), one infrared Sauna Session, evening programs, use of Shanti's Amenities (Wellness Tea Bar, WiFi, Labyrinth, Hammocks, Canoes and Kayaks, and Walking and Cycling Routes) and optional 3 hour vegetarian cooking class with Registered Holistic Culinary Nutritionist, Lacey Budge.

## 4 Day Retreat Rates

**Semi Private**  
\$575+HST

**Shared**  
\$525+HST

**Cooking Class**  
\$60 + HST

## Retreat Schedule

### Monday

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

### Tuesday

7:30am Silent Self Serve Breakfast  
8:30 am Silent Walk  
9:30—11:30 am Yoga & Meditation with Wendy  
12:00pm Lunch  
1:00-4:00 Vegetarian Cooking Class or contemplative leisure  
4:00pm Surya Namaskar: Sun Salutations  
4:45-6:15pm Meditation (Talk & Practice)  
6:30pm Evening Meal  
8:15pm Spiritual Cinema or Bonfire {weather permitting}

### Wednesday

7:30am Silent Self Serve Breakfast  
8:30 am Walking Meditation  
9:30—11:30 am Yoga & Meditation with Wendy  
12:00pm Lunch & Contemplative Leisure  
4:30—6 pm Yoga & Meditation with Darin  
6:30pm Evening Meal  
8:15pm Restorative Yoga

### Thursday

Silent 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

## About Darin & Wendy



Darin and Wendy have been studying, practicing and living yoga for more than 25 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...[Read More](#)

## About Lacey



Lacey Budge believes it is through inspiring and living by example that we can make a difference. She is dedicated to guiding people to live a holistic life, and to rediscovering that which is already within. When not at Shanti Retreat in her role of Coordinator, Lacey travels and offers her gifts worldwide as a plant based chef, yoga and ecstatic dance teacher, retreat facilitator, and holistic nutritionist ...[Read More](#)



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