

Shanti's May Long Weekend Yoga & Meditation Retreat With Darin and Wendy May 18th—20th/21st



Follow your Bliss

Join Darin and Wendy, co-creators of Shanti, for this May long weekend retreat. Relax, recharge and restore - move into Stillness. Spring is a glorious time at Shanti; the grass is green, the birds are singing and the bay is full of wildlife. Everything is so Alive! Retreat offerings include gentle hatha, slow flow and restorative yoga, guided meditation, yoga nidra, and delicious, lovingly prepared vegetarian meals. All scheduled activities are optional - it's your retreat! Take time to connect with kindred spirits, the beauty of nature that surrounds us, and with Self. This retreat offers a 3 or 4 day stay.

Retreat Includes

Accommodation, vegetarian meals, silent walks, twice daily 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).

4 Day Retreat Rates (until Monday)

Semi Private
\$575 +HST

Shared
\$525 +HST

3 Day Retreat Rates (until Sunday)

Semi Private
\$425 +HST

Shared
\$375 +HST

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. 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.

Retreat Schedule

Friday

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

Saturday

7:30am Silent Self Serve Breakfast
8:30 am Silent Walk
9:30—11:30 am Yoga & Meditation with Wendy
12:00pm Lunch & Contemplative Leisure

3:45pm Surya Namaskar: Sun Salutations
4:30-6:00pm Meditation (Talk & Practice)
6:30pm Evening Meal
8:15pm Shanti's Spiritual Cinema

Sunday

Silent Light Breakfast Upon Rising
8:00am Walking Meditation
8:45am Yoga with Wendy
10:45am Brunch
12:00pm ...for 3 day guests, Check Out of Rooms.
Enjoy the Property Until 2:00pm

4:30-6:00pm Yoga & Meditation with Darin
6:30pm Evening Meal
8:15pm Restorative Yoga with Wendy

Monday

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

To register, email info@shantiretreat.ca or call 613 777 0247
www.shantiretreat.ca