

# Shanti's Spring Yoga & Meditation Retreat With Darin & Wendy

April 13th—15th, 2018

Join Darin and Wendy, co-creators of Shanti, for their first retreat of the 2018 season. Celebrate the arrival of spring. Relax, recharge and restore - move into Stillness. 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! As we leave winter behind and welcome the coming of spring, enjoy the beauty of Shanti's natural surroundings and become aware how nature can teach us to be still.

## Retreat Includes

2 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).

## Retreat Rates

**Semi Private**  
\$425+HST

**Shared**  
\$375+HST

## Retreat Schedule

### Friday

Arrival after 2:00pm  
5:00-6:45 Yoga with Darin  
7:00pm Evening Meal  
8:15pm Evening Gathering  
followed by Yoga Nidra or  
Spiritual Cinema

### 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  
3:45-4:15 pm Surya Namaskar:  
Sun Salutation Practice  
4:30-6pm Meditation (talk & practice)  
6:30pm Evening Meal  
8:15 pm Restorative Yoga

### Sunday

Silent Light Breakfast Upon Rising  
8:00 am Walking Meditation  
8:45-10:30 am Yoga & Meditation  
with Wendy  
10:45am Shanti Signature Brunch  
12:00pm Check Out  
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. 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.

To register, email [info@shantiretreat.ca](mailto:info@shantiretreat.ca) or call 613 777 0247  
[www.shantiretreat.ca](http://www.shantiretreat.ca)