

Shanti's Labour Day Long Weekend Retreat with Darin and Wendy & Conscious Cooking Workshops with Lacey



Savor the last long weekend of summer. Swim, hang in a hammock, sit waterside and enjoy the aliveness of nature. Nurture and nourish your body, mind and spirit with gentle hatha, slow flow and restorative yoga, guided meditation, yoga nidra, and delicious, lovingly prepared vegetarian meals. Along with regularly scheduled activities of yoga and meditation, Registered Holistic Nutritionist Lacey Budge will be sharing two workshops on Conscious Cooking. She will shed light on *Spiritual Nutrition: How to Take your Yoga Practice Off the Mat and into the Kitchen*, as well as discuss the importance of eating local, seasonal, organic whole foods. This retreat offers a 3 or 4 day stay.

Retreat Includes

Accommodation, vegetarian meals, silent walks, yoga and meditation with Darin & Wendy (suitable for all levels), one infrared sauna session, Conscious Cooking workshops with Lacey, use of Shanti's amenities (Wellness Tea Bar, WiFi, Labyrinth, Hammocks, Canoes and Kayaks, and Walking and Cycling Routes).

Retreat Rates

4 Days (until Monday)	Semi Private	Shared
	\$605+HST	\$555+HST

3 Days (until Sunday)	\$450+HST	\$400+HST
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Please email us about tenting rates if that interests you!

Retreat Schedule

Friday

Arrival After 2:00pm
5:00-6:45pm Yoga with Darin
7:00pm Evening Meal
8:15pm Welcome Gathering
& 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
3:45pm Surya Namaskar: Sun Salutations
4:30-6:00pm Meditation (Talk & Practice)
6:30pm Evening Meal
8:00 pm Conscious Cooking Workshop

Sunday

Silent Light Breakfast upon rising
8:15 am Walking Meditation
9:00 am Yoga with Darin
10:45 am Brunch & Contemplative Leisure
12:00pm Check out for 3 day guests. Please enjoy the property until 2 pm.
4:30—6 pm Conscious Cooking Workshop with Lacey
6:30 pm Evening Meal
8:15 pm Restorative Yoga & Yoga Nidra with Wendy and Darin

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

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](#)