

# *Shanti's 5 Day August Long Weekend Yoga & Meditation Retreat*

*With Darin and Wendy*

*Thursday August 2nd—  
Monday August 6th*



Join Darin and Wendy for a delicious, soul nourishing five day getaway! Enjoy the beauty and wonderment of Shanti and its spectacular setting in August. Immerse yourself in five days filled with yoga, meditation, delicious vegetarian cuisine, connecting with kindred spirits, and plenty of free time to spend savoring the beauty that surrounds us and that which lies within. Retreat offerings include gentle hatha, slow flow, restorative yoga, guided meditation, yoga nidra. On Saturday evening, guests will have the opportunity to enjoy a special kirtan (devotional call and response chanting) and crystal bowl sound bath offered by Francoise Shantdeep Roy. Her gentle presence, and soulful chants draw participants into an experience of allowing the soul to radiate its natural joy and divinity. On Sunday afternoon, join Lacey Budge for a moving meditation practice that will enliven your spirit and invite you to dance in freedom. We look forward to welcoming you and sharing this unique offering together.

## **Retreat Includes**

4 nights accommodation, vegetarian meals, silent walks, twice daily yoga and meditation with Darin & Wendy (suitable for all levels), one infrared Sauna Session, use of Shanti's Amenities (Wellness Tea Bar, WiFi, Labyrinth, Hammocks, Canoes and Kayaks, and Walking and Cycling Routes), Saturday evening kirtan with Shantdeep and Sunday afternoon conscious movement practice with Lacey.

## **5 Day Retreat Rates**

**Semi Private**  
\$740+HST

**Shared**  
\$690 +HST

**Shanti Tent**  
\$665 + HST

**Personal Tent**  
\$640 +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.

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

*Please see 5 Day Retreat Schedule on next page*



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## Retreat Schedule

### Thursday

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

### Friday

7:30 am Silent Self Serve Breakfast  
8:30 am Silent Walk  
9:30 - 11:30 am Yoga & Meditation with Wendy  
  
12:00 pm Lunch & Contemplative Leisure  
  
3:45 - 4:15 pm Surya Namaskar:  
Sun Salutation Practice  
4:30 - 6:00 pm Meditation : Talk & Practice  
6:30 pm Evening Meal  
8:30-9:30 pm Restorative Yoga with Wendy

### Saturday

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

### Saturday (continued)

4:30 - 6:00 pm Yoga & Meditation with Darin  
6:30 pm Evening Meal  
8:00-10:00 pm Kirtan with Shantdeep

### Sunday

7:30 am Silent Self Serve Breakfast  
8:30 am Silent Walk  
9:30 - 11:30 am Yoga & Meditation with Wendy  
  
12:00 pm Lunch & Contemplative Leisure  
  
4:30 - 6:00 pm Conscious Movement with Lacey  
6:30 pm Evening Meal  
8:15-9:15 pm Spiritual Cinema /Bonfire (weather permitting)

### Monday

Silent light breakfast upon rising  
8:45 am Yoga & Meditation with Wendy  
10:45 am Brunch  
12 :00 pm Check out of rooms.

Stay and enjoy the property until 2 pm

*It is only with the heart that one can see rightly;  
what is essential is invisible to the eyes.*

*~ Antoine de Saint Exupery*