

# Recharge & Restore Annual Fall Yoga Retreat With David Good



## September 20th–23rd, 2018

Four days of yoga, meditation, relaxation and self-discovery. Join David Good for his 5th annual fall retreat to get reconnected with your true self. Come surround yourself with nature on Wolfe Island and leave life in the city behind for a long weekend. Discover how self-compassion, awareness and loving kindness can help us become more fully present in our lives. Take this time to recharge and restore yourself. Retreat begins Thursday and includes accommodation, delicious meals, an infrared sauna session, use of Shanti's amenities, morning meditation and yoga sessions with David - morning hatha flow, afternoon yoga, evening restorative and a satsang too. This retreat has a 3 option too for those who can only arrive Friday.

## Retreat Includes

Accommodation, vegetarian meals, Vinyasa Flow & Restorative yoga, morning meditation, afternoon yoga workshops, one infrared Sauna Session, use of Shanti's Amenities (Wellness Tea Bar, WiFi, Labyrinth, Hammocks, Canoes and Kayaks, and Walking and Cycling Routes).

## Retreat Rates

	<b>Semi Private</b>	<b>Shared</b>	<b>Shanti Tent</b>
4 Days	\$575 + HST	\$525 + HST	\$500 + HST
3 Days	\$425+HST	\$375+HST	\$350 + HST

## About David



David Good believes yoga is a way to discover your hidden potential and find the truth of who you are, on and off the mat.

David discovered yoga in his twenties in Vancouver. What began as an on-again-off-again relationship eventually grew into a life's practice. After many years of practising with a stiffer body, David discovered the balance between flexibility and strength and how you need both. His passion grew to marry the two into a practice that celebrates all the different bodies that showed up to practice.

David's classes range in intensity and focus, from vigorous sequencing to supportive restorative work. Offering rich alignment cues and heartfelt humour, David aims to create an inclusive environment that nurtures the soul and leaves students feeling like they've learned something about their bodies in the process.

**david good**

yoga teacher | inspiring mentor

[www.davidgoodyoga.com](http://www.davidgoodyoga.com)

## Retreat Schedule

### Thursday

Arrival after 2:00pm

6:00pm Dinner

8:00pm Candlelit Restorative Yoga

### Friday

7:30am Self Serve Breakfast

8:45—9:45 Meditation

10—11:30 Morning Practice-

flowing yoga to recharge & invigorate

12:00pm Lunch

1:00-4:00pm *Arrival for 3 day guests & Free Time*

4:30—6 pm Slow flow- Move, feel, breathe, settle & observe

6:30pm Dinner

8:00pm Candlelit Restorative Yoga

### Saturday

7:30am Self Serve Breakfast

8:45—9:45 Meditation

10—11:30 Morning Practice-

flowing yoga to recharge & invigorate

12:00pm Lunch

1:00-4:00pm Free Time

4:30pm 4:30—6 pm Slow flow- Move, feel, breathe, settle and observe

6:30pm Dinner

8:00pm Evening Gathering

### Sunday

Light Breakfast Upon Rising

9:00—10:30 am

10:45am Shanti Signature Brunch

12:00pm Check Out

Enjoy the Property Until 2:00pm

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