

Awaken & Restore Women's Retreat

Yoga, Movement & Self Care
With Lacey Budge



Self Care is Self Love. Join Lacey Budge, Shanti Retreat's Coordinator, for an inspiring four day women's retreat to *Awaken & Restore* heart and spirit. Savour the beauty of fall on Wolfe Island with a weekend retreat of meditation, restorative and flow yoga, sacred movement, self care practices, countryside walks, soul nourishing vegetarian cuisine, inspiring gatherings and an evening bonfire. This offering also includes a special Cacao Ceremony where you will enjoy a delicious superfood chocolate elixir, followed by a guided movement practice that will open the heart and invite you to reconnect with beauty, freedom and infinite joy. Immerse yourself in a natural setting with time outdoors walking the labyrinth, cycling, reading in a hammock waterside, or cuddle up fireside in the lounge with a journal and herbal tea. Connect with nature, Self, and sisterhood. All scheduled activities are optional - it's your retreat!

Retreat Schedule

Thursday October 18th

Arrival after 2:00 pm

4:30—6:30 pm Welcome Circle & Yoga

6:45 pm Dinner

8:30 pm Restorative Yoga

Friday October 19th

7:30am Sunrise Nature Walk

8:00—9 am Silent Self Serve Breakfast

9:30 am Yoga, Movement & Meditation

12:00pm Lunch

1:00-4:00pm Free Time

4:00 pm Afternoon Yoga & Self Care

6:30pm Dinner

8:00pm Bonfire & Songs

Saturday October 20th

7:30 am Sunrise Nature Walk

8:00—9 am Silent Self Serve Breakfast

9:30 am Yoga, Movement & Meditation

12:00 pm Lunch and Free Time

3:00 pm Chocolate & Dance Ceremony

6:00pm Dinner

8:00pm Evening Gathering, Self Care

& Sacred Silence until morning yoga.

Sunday October 21st

8:00—9 am Silent Light Breakfast

9:00 am Yoga, Meditation & Closing

11:00 am Shanti Signature Brunch

12:00pm Check Out of Rooms.

Enjoy the Property Until 2:00pm

Retreat Includes

Three nights accommodation, delicious seasonal vegetarian meals, twice daily yoga practice to *Awaken and Restore*, morning meditation and nature walks, evening gatherings, self care practices, dance & cacao ceremony with superfood elixir, all the benefits of gathering in sisterhood, free time to relax, an infrared sauna session, and use of Shanti's amenities (wellness tea bar, WiFi, labyrinth, hammocks, canoes and kayaks, and walking and cycling routes).

4 Day Retreat Rates

Semi Private

\$575 +HST

Shared

\$525 +HST



About Lacey



Lacey Budge, *Holistic Lacey*, is a Registered Holistic Culinary Nutritionist, Certified Yoga and Meditation instructor, Creatrix of the Emergence Sisterhood, self taught chef, public speaker, writer, travel enthusiast, nature lover, visionary and modern day priestess. She hosts women's wellness retreats in both Canada and Costa Rica. She deeply understands the interconnectedness of body, mind and spirit in all aspects of life. Lacey believes it is through inspiring and living by example, that we can make a difference. She is dedicated to guiding individuals to live a holistic life, and to rediscovering that which is already within.

Lacey is a light in one's spiritual path. With love and kindness she will teach and guide you. Always willing to listen and share her knowledge. A true example of what living in love means. Every detail of her retreat is well thought out; it will make you feel special and loved. Thank you Lacey. ~ Patricia, Costa Rica

www.holisticlacey.com

To register, or for any questions, please email info@shantiretreat.ca
or call 613 777 0247