

Awakening Devotion & Heart Wisdom A Mid-Week Retreat With Brenda McMorrow



Kirtan, Yoga, Meditation & Inspired Teachings

Join Brenda McMorrow for a very special mid-week retreat sharing nourishing practices that encourage our true beings to shine! We will deepen into what we *truly are* beyond our everyday thoughts and ideas through: guided meditations; reflective dyad self-inquiry exercises; healing mantra practices and joyful Kirtan (call and response) singing; body and soul awakening Yoga asana; and enlivening group sharing and teachings inspired by the Bhakti (Devotion) and Jnana (Wisdom) Yoga traditions. Through this unique blend of experiences you will be supported in resting back and awakening into your heart- the place where deep peace, wisdom and true Being reside.

Retreat Includes

3 nights accommodation, vegetarian meals, morning meditation and yoga, inspiring afternoon workshops, evening gatherings, Kirtan (Call and Response Devotional Chanting), 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

Semi Private
\$525+HST

Shared
\$575+HST

Retreat Schedule

Monday

Arrival after 2:00pm
4:30 Retreat Welcoming
6:00pm Dinner
7:30pm Evening session: mantra, kirtan and dyad self inquiry.

Tuesday

7:30am Self Serve Breakfast
8:45-9:30 am Morning Talk/ Self-Inquiry Meditation
10—11:30 Bhakti Flow Yoga with Lacey
12: 00 pm Lunch & Free Time
4:00—6 pm Afternoon Workshop
6:30pm Dinner
8:00pm Evening Kirtan

Wednesday

7:30am Self Serve Breakfast
8:45-9:30 am Morning Session
10—11:30 am Yoga with Wendy
12: 00 pm Lunch & Free Time
4:00—6 pm Afternoon Workshop
6:30pm Dinner
8:00pm Evening Kirtan

Thursday

Light Breakfast Upon Rising
8:15 am Walking Meditation with Darin
9—10:30 am Morning Gathering
10:45 am Shanti Signature Brunch
12:00pm Check Out. Enjoy the Property Until 2:00pm

About Brenda McMorrow



Devotional music artist Brenda McMorrow, known for her unique and warm style of music, blends folk, Sanskrit mantra, world rhythms, and a sweetly introspective singer-songwriter's sensibility. Spiritual teacher Ram Dass has said: "Brenda has a gift"; her music and presence touches people's hearts worldwide. Combining her love of Bhakti (the path of devotion) and Jnana (the path of wisdom), Brenda also leads mantra and self-inquiry retreats which support a deepening into the truth of who we really are. www.brendamcmorrow.com

To register, email info@shantiretreat.ca or call 613 777 0247
www.shantiretreat.ca