

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 gong meditation by Shantdeep. 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 are incredibly grateful to have discovered yoga more than 25 years ago at the University of Toronto. This ancient philosophy became a full-time passion in 2003 when they co-created Shanti; a place for kindred spirits to experience the gifts of yoga together. Their journey has led them to explore yoga's physical, energetic, emotional and spiritual dimensions by drawing upon the Agama, Hridaya and Sivanada yoga traditions. A joyful enthusiasm to share yoga with others is a result of their own direct experience of the healing power of yoga in all aspects of life. They are deeply inspired to "pay it forward" by passing on the pointings they have been blessed to receive from both past and present day masters.

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