

Deeply Radiant Retreat : Ultra Wellness from the Inside Out With Stefani Chan-Wright



Radiance is a state of being that encompasses mind, body and heart. In this three day, mid-week retreat, Stefani will guide you into exploring how to deeply nourish yourself with daily Yoga, Meditation, Ayurveda, Essential Oils and Herbs & Nutrition. Discover what it means to feel deeply radiant from the inside out and leave feeling rejuvenated and equipped with practical tools on how to nurture yourself on a daily basis. There will also be plenty of free time to enjoy the radiance of nature and September's beauty on Wolfe Island. Sit waterside and savor the warmth of summers end, maybe even enjoy a swim in Brown's Bay or take one of Shanti's kayaks or the canoe out for a ride. All scheduled activities are optional - it's your retreat!

Mid-Week Schedule

Tuesday

Arrival after 2:00pm

4:30— 6:00 Gentle Vinyasa
Flow & Pranayama

6:30pm Dinner

8:00pm Deeply Radiant: Holistic
Health & Selfcare Workshop

Wednesday

7:30 am Self Serve Breakfast

9:00—11 am Meditation, Yoga
& Pranayama

12:00pm Lunch

1:00-4:00pm Free Time

4:00—6:00 pm Deeply Radiant:
Ayurveda & Nutrition Workshop

6:30pm Dinner

8:00pm Yoga Nidra

Thursday

Light Breakfast Upon Rising

8:30—10:30 am Meditation,
Hatha Yoga & Pranayama

10:45am Shanti Signature Brunch

12:00pm Check Out

Please Enjoy the Property Until
2:00pm

Retreat Includes

2 nights accommodation, vegetarian meals, yoga classes, meditation, yoga nidra, inspiring workshops, evening gathering, infrared Sauna Session, and use of Shanti's Amenities (Wellness Tea Bar, WiFi, Labyrinth, Hammocks, Canoes and Kayaks, and Walking and Cycling Routes).

Mid-Week Retreat Rates

Semi Private

\$425+HST

Shared

\$375+HST

About Stefani

Stefani Chan-Wright, RYT-500, has been practicing yoga and meditation for over 20 years, and teaching in studios, workshops, retreats and teacher trainings for over 14. She has studied with various lineages such as Tibetan Buddhism in Nepal, Classical Hatha & Tantra Yoga in India and Thailand, and Vipassana and Hridaya meditation. In addition, she has studied Ayurveda, Herbalism, and Holistic Nutrition and her workshops integrate the ancient practises of Ayurveda, Yoga and Meditation with cutting edge Nutritional Science for a holistic vision of health and wellness.

