

October 8-10, 2018

RELAX & RESTORE

A restful and restorative post
thanksgiving retreat at the
charming and tranquil Shanti
Retreat Centre on Wolfe Island

Justin B. Haley & Jaffer Hussain

FOR MORE INFORMATION, VISIT
JAFFERYOGA.COM OR JUSTINBHALEY.COM



Come relax and get grounded with a restful and restorative post thanksgiving retreat at the charming and tranquil Shanti Retreat Centre. This retreat will be rooted in attuning with the fall season - slowing down, connecting to nature and getting real cozy. Gentle flow practices, restorative yoga, Yoga Nidra and meditation practices will embrace you along with lake views, fireside hangouts, delicious food and healing sauna sessions.

Schedule:

Monday - Arrive anytime after 2pm

Yoga - 4-6pm

Dinner - 6:30pm

Satsung - 8pm

Tuesday

Yoga - 7-8am

Breakfast - 8am

Flow and Yoga Nidra - 10-11am

Lunch - 12pm

Free Time - 1-4pm

Yoga and Meditation - 4pm-5:30pm

Dinner - 6-7pm

Restorative Yoga - 8-9pm

Wednesday

Light Breakfast - 7am-8:45am

Yoga - 9-10:30am

Shanti signature brunch - 11AM

Departure by 2pm

Investment - 2 instalments are required.

Yoga - \$275 + HST secures your spot and registers you for the retreat.

Cancellation charge is \$100. No refunds will be given after September 24, 2018.

Accommodations, meals and amenities provided by Shanti:

\$227 + HST to confirm your reservation after initial investment is made to secure your spot.

Please email Shanti at shantiretreat1@gmail.com for payment options and cancellation policy.

Accommodations must be purchased within two weeks of registering for the retreat.

Email jafferyoga@gmail.com for more information and questions.