

Shanti's May Long Weekend Yoga and Meditation Retreat With Wendy & Darin | May 15th - 17th 2020



Retreat Includes

- Shared (3 -4 share) or semi private (2 share) accommodation
- Delicious vegetarian meals served buffet style
- Silent morning walk and walking meditation
- Gentle hatha/slow flow yoga classes with an awareness of the body, breath, energy (chakras) and the Stillness of the heart (suitable for all levels)
- Evening restorative yoga practice & yoga nidra (the yoga of deep relaxation);
- Guided silent sittings/meditation
- An infrared sauna session and the use of Shanti's amenities – wifi, wellness tea bar, infrared sauna, canoes, kayaks, hammocks, meditation garden, walking and cycling routes.

You'll also have plenty of free time to nurture yourself with a book from our collection, take a walk in nature, or simply do your own thing. All scheduled activities are optional; it's your retreat!

Retreat Rates per Person

Shared Accommodation (3-4 share) - \$415 + hst

Semi Private (2 share) Accommodation - \$465 + hst

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Retreat Schedule

Friday

Arrival to Shanti after 2pm

5:00 - 6:30 pm Yoga with Darin

6:45 pm Evening Meal

8:15 pm Welcome & Evening Gathering
followed by yoga nidra

Saturday

7:30 am Silent Self Serve Breakfast

(please observe quiet time until yoga)

8:30 am Silent Walk off the land

9:30 - 11:30 am Yoga & Meditation with Wendy

12:00 pm Lunch & Contemplative Leisure

Savour the Aliveness of Spring...

3:45 - 4:30 pm Afternoon Movement and Surya Namaskar: Sun Salutation Practice

4:45 - 6:00 pm Meditation (Questions, Inspiring Pointings and Practice)

6:30 pm Evening Meal

8:15 pm Restorative Yoga with Wendy

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Sunday

Silent light breakfast upon rising (**please observe quiet time until yoga**)

8:00 am Walking Meditation around the maple tree

8:45 am Yoga, Meditation & Closing with Wendy

10:45 am Shanti's Signature Brunch

12 pm Check out of rooms. Stay and
enjoy the property until 2 pm

Thank you, Thank you, Thank you, Namaste...