

# Shanti's 5 Day August Long Weekend Retreat With Darin and Wendy



## **Retreat Includes**

- Shared (3 -4 share), semi private (2 share) or camping 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) - \$765 + hst

Semi Private (2 share) Accommodation - 815 \$+ hst

Camping Accommodation - \$740 + hst

*Tent, Queen Mattress, Bedding & Pillow provided by Shanti Retreat.*

Person Tent Option - \$715 + hst

# Shanti's 5 Day August Long Weekend Retreat With Darin and Wendy

## **Thursday**

Arrival to Shanti after 2 pm

5:00 - 6:30 pm Welcoming & Yoga with Darin

6:45 pm Evening Meal

*Enjoy the Sunset and Settle in...*

## **Friday**

7:30 am Silent Self Serve Breakfast (quiet time until yoga)

8:30 am Walking Meditation around the maple tree

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

12:00 pm Lunch & Contemplative Leisure

*Commune with Mother Nature and be guided from within...*

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

4:45 - 6:00 pm Meditation (Inspiring Talk and Guided Silent Sitting)

6:30 pm Evening Meal

8:30-9:30 pm Restorative Yoga & Yoga Nidra with Wendy and Darin  
followed by Deep Sleep

## **Saturday**

7:30 am Silent Self Serve Breakfast

8:30 am Silent Walk off of the land

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

12:00 pm Lunch & Contemplative Leisure

*Savour the Stillness around us and within...*

4:30 - 6:00 pm Yoga & Meditation with Darin

6:30 pm Evening Meal

8:30 pm Evening Program

# Shanti's 5 Day August Long Weekend Retreat With Darin and Wendy

## **Sunday**

- 7:30 am Silent Self Serve Breakfast (quiet time until yoga)  
8:30 am Free Practice - Silent Walk, Walking  
Meditation or Sit Waterside  
9:30 - 11:30 am Yoga & Meditation with Wendy  
12:00 pm Lunch & Contemplative Leisure

## *Simply Be...*

- 5pm Movement & Gentle Hatha Yoga with Darin  
6:30 pm Evening Meal  
8:15-9:15 pm Sunset Bonfire (weather permitting)

## **Monday**

- Silent light breakfast upon rising (please observe quiet time until yoga)  
8:45 am Closing Yoga & Meditation with Wendy  
10:45 am Shanti's Signature Brunch  
12 :00 pm Check out of rooms.  
Stay and enjoy the property until 2 pm

*Thank you, Thank you, Thank you, Namaste*