

Shanti's Canada Day Yoga and Meditation Retreat With Darin and Wendy



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
Deep Sleep

Saturday

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

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 beauty of Summer

3:45 - 4:15 pm Surya Namaskar: Sun Salutation Practice

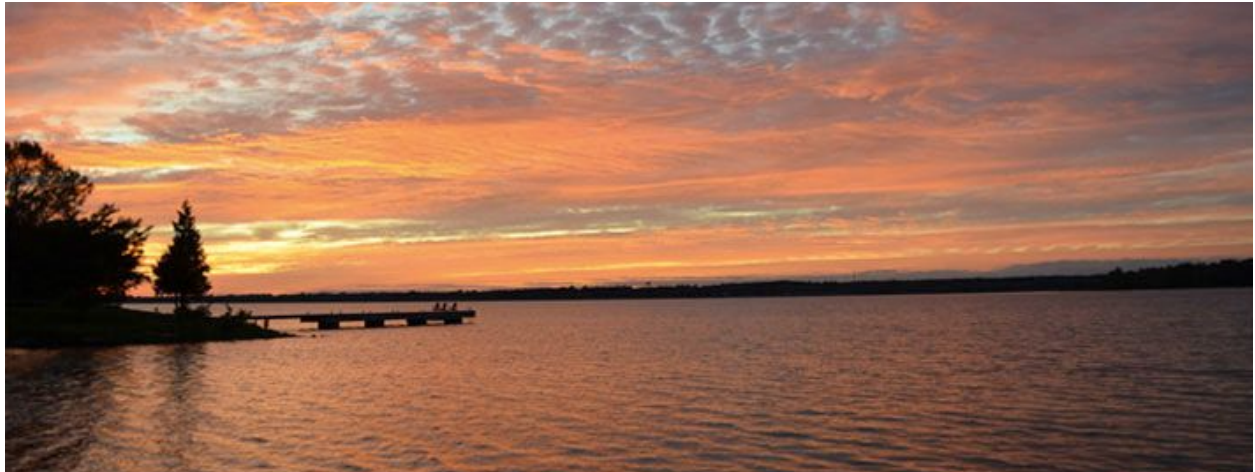
4:30 - 6:00 pm Meditation (Inspiring Talk and Guided Silent Sitting)

6:30 pm Evening Meal

8:30-9:30 pm Restorative Yoga with Wendy followed by Deep Sleep

Thank you, Thank you, Thank you, Namaste

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Sunday

- 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
- Enjoy the sun, bathe in the bay, walk barefoot on the earth, commune with Mother nature*
- 4:30 - 6:00 pm Yoga & Meditation with Darin
- 6:30 pm Evening Meal
- 8:30 pm Sunset Bonfire (weather permitting), share fireside songs
...followed by Canada Day Fireworks

Monday

- Silent light breakfast upon rising (please observe quiet time until yoga)
- 8:00 am Free Practice - Silent Walk, Walk the labyrinth or Walking
Meditation on the land
- 8:45 am Yoga, Meditation & Closing with Wendy
- 10:30 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