

**Shanti's Labour Day Long Weekend
Yoga & Meditation Retreat with Darin and Wendy
& Conscious Cooking Workshops & Food Demo
With Holistic Nutritionist Lacey Budge**



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!

Plus, you can choose to join Holistic Nutritionist Lacey Budge for two workshops on Conscious Cooking & delicious food demo. Lacey will shed light on how you can take your yoga practice off the mat, and into your kitchen! She will also discuss spiritual nutrition, importance of eating local, seasonal, organic, whole foods.

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Retreat Rates per Person

Shared Accommodation (3-4 share) - \$590 + hst

Semi Private (2 share) Accommodation - \$640 + hst

Camping Accommodation - \$565 + hst

(Tent, Queen Mattress, Bedding & Pillow provided by Shanti Retreat)

Personal Tent Option - \$540 + hst

Optional Workshop + Food Demo Rate \$30

(This fee is paid directly to Lacey upon arrival to the retreat)

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Friday

Arrival to Shanti after 2pm

- 5:00 - 6:30 pm Welcoming & Yoga with Darin
6:45 pm Evening Meal
8:15 pm Enjoy the Sunset and Bonfire (weather permitting)

Saturday

- 7:30 am Silent Self Serve Breakfast (**quiet time until yoga**)
8:30 am Silent Walk with Darin off the land
9:30- 11:30 am Yoga & Guided Silent Sitting with Wendy
12:00 pm Lunch & Contemplative Leisure

Savour the Nature that surrounds us...

- 3:45 pm Movement & Surya Namaskar: Sun Salutation Practice
4:45 - 6:00 pm Meditation (Q&A, Inspiring Pointings and Guided Silent Sitting)
6:30 pm Evening Meal
8:15-9:30 pm *Optional Conscious Cooking Workshop with Lacey*

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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 with Darin
9:30 - 11:30 am Yoga and Guided Silent Sitting with Wendy
12:00 pm Lunch & Contemplative Leisure

Sunbathe, paddle in the bay, walk barefoot on the Earth, be guided from within

- 4:00 - 6:00 pm *Optional Conscious Cooking Workshop*
 & Food Demo with Lacey
 Or Movement with Darin (5-6pm)
6:30 pm Evening Meal
8:15 pm Restorative Yoga & Yoga Nidra with Wendy and Darin

Monday

Silent light breakfast upon rising

- 8am Free Practice - Silent Walk, Walking Meditation on the
 Land or Time spent waterside
8:45 am Yoga, Guided Silent Sitting and Closing 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!