

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



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 with a short Shanti
Cinema

...followed by 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 Surya Namaskar: Sun Salutation Practice

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

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6:30 pm Evening Meal
8:15-9:30 pm *Optional Conscious Cooking Workshop with Lacey*

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 and Wendy (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, Walk the Labyrinth, or
 Walking Meditation on the land
8:45 am Yoga, Guided Silent Sitting and Closing with Darin
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!