

Shanti's Fall Yoga & Meditation Retreat with Darin and Wendy | Nov 6-8th



Retreat Includes

- Shared (3 -4 share) or semi private (2 share)
- 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, 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

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

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Retreat Schedule

Friday

Any time after 2pm Arrival to Shanti
5:00 - 6:30 pm Welcome and Yoga with Darin
6:45 pm Evening Meal
Enjoy a quiet evening fireside

Saturday

7:30 am Silent Self Serve Breakfast (**please observe 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 Silence and Stillness of late fall on the island, Sit fireside, Relax in the sauna...

3:45 -4:30 pm Movement and Surya Namaskar: Sun Salutation Practice
4:45 - 6:00 pm Meditation (Questions, Inspiring Talk and Guided Silent Sitting)
6:30 pm Evening Meal
8:15-9:30 pm Restorative Yoga and Yoga Nidra with Wendy and Darin...Deep Sleep

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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. Please stay and enjoy the property until 2 pm

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