

Shanti's Thanksgiving Yoga, Meditation and Gratitude 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 with a short Shanti Cinema
 ...followed by Yoga Nidra, Deep Sleep

Saturday

- 7:30 am Silent Self Serve Breakfast (please observe quiet time until yoga)
8:30 am Silent Walk off the land
9:30-11:30 am Yoga & Meditation with Wendy
12:00 pm Lunch

Savour falls beauty and say Thank you, Thank you, Thank you!

- 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
8:15 - 9:30 pm Shanti Cinema followed by Restorative Yoga
 Deep Sleep

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.

Namaste