

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        | Evening Gathering Welcome, followed by Yoga Nidra |

**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 | Restorative Yoga with Wendy, Bonfire (weather permitting) |

**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*