

## Shanti's Thanksgiving Retreat Weekend with Wendy and Darin



### Friday

Arrival to Shanti after 2pm

- 5:00 - 6:30 pm Welcome Gathering & Yoga with Darin
- 6:45 pm Evening Meal
- 8:15 pm Yoga Nidra, Bonfire (weather permitting)

### 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 - 4:30 pm Movement and Surya Namaskar: Sun Salutation Practice
- 4:45 - 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.

## **Retreat Includes**

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

## **Retreat Rates per Person**

Shared Accommodation (3-4 share) - \$415 + hst

Semi Private (2 share) Accommodation - \$465 + hst