

Recharge and Restore with David Good- Annual Fall Retreat



Four days of yoga, meditation, relaxation and self-discovery. Join David Good for his 7th annual fall retreat to get reconnected with your true self. Surround yourself with nature on Wolfe Island and leave life in the city behind for a long weekend. Discover how self-compassion, awareness and loving kindness can help us become more fully present in our lives. Take this time to recharge and restore yourself. The retreat begins Thursday and includes accommodation, delicious meals, an infrared sauna session, use of Shanti's amenities, morning meditation and yoga sessions with David – morning Hatha flow, afternoon yoga and pilates, evening restorative and a bonfire too.

Retreat Schedule

Thursday

Arrival between 2:00 & 4:30 pm

5:00—6:15 pm Welcome Gathering

6:30 pm Dinner

8:00 pm Sunset Restorative Yoga

Friday

7:30-8:30 am Silent Breakfast

9:00-10:30am Meditation and Morning Yoga

12:00 pm Lunch

1:00-4:00 pm Free Time- Go for a walk, lay in a hammock, go for a canoe or kayak or just read a book.

4:30 pm – 6pm Pilates and Gentle Flow Yoga

6:30pm Dinner & Sunset

8:30 – 10 pm Bonfire (weather depending) or Restorative Yoga

Saturday

7:30-8:30 am Silent Breakfast

9:00 am-10:30am Meditation and Morning Yoga

12:00 pm Lunch

1:00-4:00 pm Free Time

4:30 pm – 6pm Pilates and Gentle Flow Yoga

6:30pm Dinner & Sunset

8:30 pm Restorative Yoga or Bonfire

Sunday

Light Breakfast available upon rising

8:30 am Morning Yoga and Closing circle

10:45 am Shanti Signature Brunch

12:00 pm Check Out of Rooms. Enjoy the Property Until 2:00pm

Accommodations-

Retreat Rates per Person Shared Accommodation (3-4 share) - \$590 + hst

Semi Private (2 share) Accommodation - \$640 + hst

Camping Accommodation - \$565 + hst (Tent, Queen Mattress, Bedding & Pillow provided by Shanti Retreat)

Personal Tent Option - \$540 + hst

Questions or to reserve your spot email: shantiretreat1@gmail.com

Visit the Shanti Website for more information about meals, the property, wellness options, directions, FAQ. www.shantiretreat.ca