

Shanti Yoga Retreat Long Weekend with Darin and Wendy

June 26-29th



Retreat Includes

- Shared (3 -4 share), semi private (2 share) or camping 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) - \$590 + hst

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

Camping Accommodation in a Shanti Tent- \$565 + hst

(Tent, Queen Mattress, Bedding & Pillow provided by Shanti Retreat)

Personal Tent Option - \$540 plus HST

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Friday

Arrival to Shanti after 2pm

5:00 - 6:30 pm Welcome & Yoga with Darin

6:45 pm Evening Meal

8:30 pm Sunset Bonfire (weather permitting)

Enjoy the magic of a Wolfe Island Sunset and Savour Nature's Beauty

Saturday

7:30 am Silent Self Serve Breakfast (**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

Bask in the beauty of Summer

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

8:30 Yoga Nidra with Darin

