

Shanti's May Long Weekend Yoga and Meditation Retreat With Wendy & Darin



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
...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 & Contemplative Leisure

Savour the Aliveness of Spring...

3:45 - 4:15 pm Surya Namaskar:
Sun Salutation Practice

4:30 - 6:00 pm Meditation (Talk and Practice)

6:30 pm Evening Meal

8:00 pm Restorative Yoga with Wendy

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 & Contemplative Leisure

12 pm Check out of rooms. Please stay and
enjoy the property until 2 pm

Thank you, Thank you, Thank you, Namaste...