

Mid-Summer Yoga & Meditation Retreat with Darin and Wendy | July 14th - 16th 2020



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, canoe, 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

Thank you, Thank you, Thank you, Namaste

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Tuesday

Arrival to Shanti after 2pm

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

6:45 pm Evening Meal

8:30 pm Sunset Bonfire

Wednesday

7:30 am Silent Self Serve Breakfast **(please observe 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

Sunbathe, walk barefoot on the earth, take a dip in the bay, enjoy deep relaxation...

3:45 - 4:30 pm Movement and Surya Namaskar: Sun Salutation Practice

4:45 - 6:00 pm Meditation (Questions, Inspiring Pointings and Guided Silent Sitting)

6:30 pm Evening Meal

8:15 pm Restorative Yoga and Yoga Nidra with Wendy and Darin
Deep Sleep

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Thursday

Silent Light breakfast upon rising (**please observe quiet time until yoga**)

8:00 am	Walking Meditation around the maple tree
8:45 am	Closing Yoga & Meditation with Wendy
10:45 am	Shanti's Signature Brunch
12 pm	Check out of rooms. Please stay and enjoy the property until 2 pm

Thank you, Thank you, Thank you, Namaste