

Mid-Summer Yoga & Meditation Retreat with Darin and Wendy



Tuesday

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 bonfire (weather permitting) and fireside songs
 Or Shanti Cinema

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 - 4:15 pm Surya Namaskar: Sun Salutation Practice (30 minute)
4:30 - 6:00 pm Meditation (Inspiring Talk and Guided Silent Sitting)
6:30 pm Evening Meal
8:15 pm Restorative Yoga and Yoga Nidra with Wendy and Darin
 Deep Sleep

Sunday

- 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