

Shanti's 5 Day August Long Weekend Retreat With Darin, Wendy & Special Guest Brenda McMorrow



Thursday

Arrival to Shanti after 2 pm

5:00 - 6:30 pm Yoga with Darin

6:45 pm Evening Meal

8:15 pm Welcome & Evening Gathering
...followed by Shanti Cinema

Friday

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

Commune with Mother Nature and be guided from within...

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

4:30 - 6:00 pm Meditation (Inspiring Talk and Guided Silent Sitting)

6:30 pm Evening Meal

8:30-9:30 pm Restorative Yoga & Yoga Nidra with Wendy and Darin
followed by Deep Sleep

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Thank you, Thank you, Thank you, Namaste