

Shanti's Silent Yoga & Meditation Retreat

With Darin & Wendy

Retreat Includes

- Shared (3 -4 share), semi private (2 share) or camping accommodation
- Delicious vegetarian meals served buffet style
- 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 - \$565 + hst

Tent, Queen Mattress, Bedding & Pillow provided by Shanti Retreat.

Namaste
Thank you Thank you Thank you

Shanti's Silent Yoga & Meditation Retreat With Darin & Wendy

Tuesday

Arrival After 2:00pm

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

6:45 pm Dinner

8:15 - 9:30pm Evening Gathering

...followed by Yoga Nidra, and Into Silence.

Wednesday

7:30am Self Serve Breakfast

8:30 am Morning Walk off of the land

9:15—11:45 am Yoga, Meditation & Mantra Chanting with Wendy

12:00pm Lunch & Contemplative Leisure

Allow nature to teach you Stillness

3:45-4:30pm Movement & Surya Namaskar: Salutations to the Sun

4:45 -6:00 Meditation (Questions, Inspiring Talk & Practice)

6:30pm Evening Meal

8:00-9:15 Restorative Yoga...followed by Meditation

Thursday

7:30am Self Serve Breakfast

8:30am Walking Meditation around the maple tree

9:15—11:45am Yoga, Guided Sit & Mantra Chanting with Wendy

12:00pm Lunch & Contemplative Leisure

*Namaste
Thank you Thank you Thank you*

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Anchor in Presence

4:00-6:00pm Gentle Movement, Laughter Yoga, Q & A
...followed by Meditation

6:30pm Evening Meal

8:00 - 9:15 Spiritual Cinema & Silent Sitting
...followed by sacred bonfire

Friday

Light Breakfast Upon Rising

Free Practice - Silent Walk, Walking Meditation or time spent
waterside

8:30 am Yoga, Meditation & Mantra Chanting with
Wendy

...followed by closing circle

11:00am Shanti's Signature Brunch

12:00pm Check Out of Rooms. Please Stay and Enjoy the
Property Until 2:00pm

Namaste
Thank you Thank you Thank you