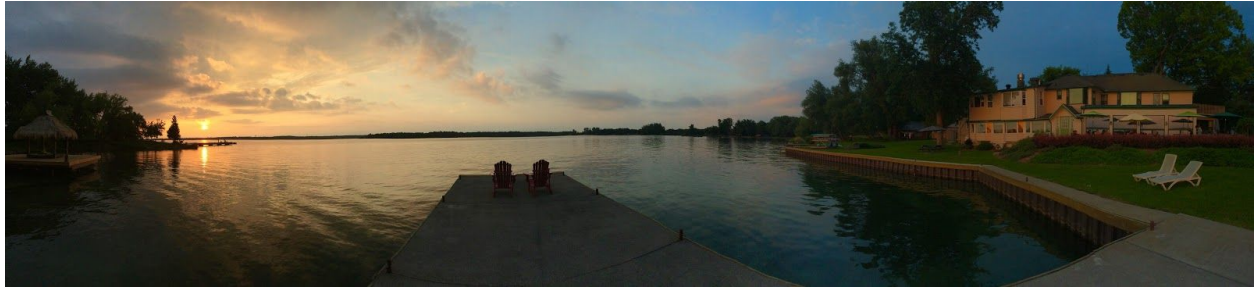


Shanti's Silent Yoga & Meditation Retreat With Darin & Wendy



Monday

Arrival After 2:00pm

5:00-6:30pm Yoga with Darin

6:45 pm Evening Meal

8:15 - 9:30pm Welcome Gathering & Inspiring Words
...followed by Yoga Nidra, and Into Silence.

Tuesday

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

3:45pm Surya Namaskar: Salutations to the Sun

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

6:30pm Evening Meal

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

Wednesday

7:30am Self Serve Breakfast

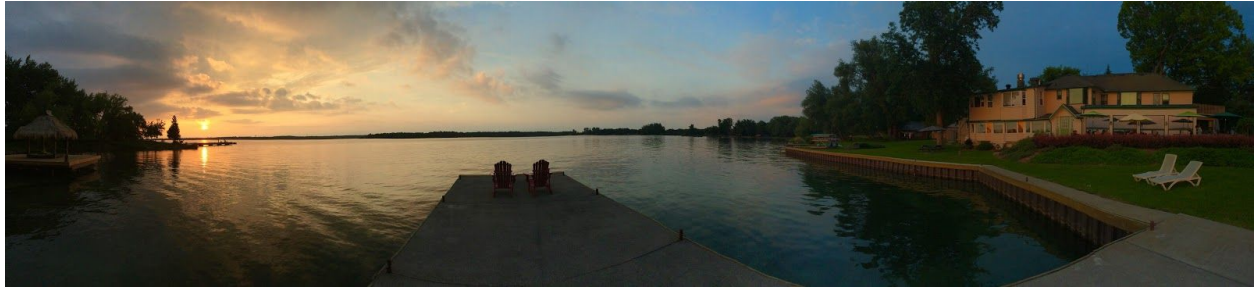
8:30am Walking Meditation around the maple tree

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

12:00pm Lunch & Contemplative Leisure

Namaste

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



Anchor in Presence

- 4:00-6:00pm Gentle Movement & Laughter Yoga, Q & A
...followed by Meditation
- 6:30pm Evening Meal
- 8:00 - 9:00pm Spiritual Cinema & Silent Sitting
...followed by sacred bonfire ceremony

Thursday

Light Breakfast Upon Rising

Free Practice - Silent Walk, Walk the Labyrinth or Walking
Meditation on the Land

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

Thank you, Thank you, Thank you

Namaste