

Oct 30-Nov1



### **Retreat Includes**

- Shared (3 -4 share) or semi private (2 share)
- Delicious vegetarian meals served buffet style
- Hatha Yoga & Mystical Dance
- Inspiring Workshops/Sessions & Gatherings
- Cacao Ceremony
- An infrared sauna session and the use of Shanti's amenities – wifi, wellness tea bar, infrared sauna, 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

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### **Friday**

Arrival After 2:00pm

5:00-6:30 pm Hatha Yoga

6:45pm Dinner

8:15-9:45pm Opening Circle

### **Saturday**

7:30am Self Serve Breakfast

9:00-10:30 am Hatha Yoga

11:00-12:30 pm Group Session

12:30pm Lunch

1:30-4:30 pm Free Time

4:30-6:15 pm Group Session

6:30 pm Dinner

8:15-10:00 pm Evening Gathering

### **Sunday**

Light Breakfast Upon Rising

8:00-9:15 am Women's Yoga & Dance Movement

9:45-11:00 am Cacao Ceremony & Closing Circle

11:00 am Brunch

12:00 pm Check Out of Rooms Enjoy the Property Until 2:00pm

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