



janati yoga presents

# Ayurveda, Yoga & Self Care Weekend for Women

with Mona Warner

at Shanti Retreat Center, Wolfe Island, Ontario

**MAY 10-12, 2019**

This retreat includes:

- 4 Ayurvedic Yoga classes
- 2 evening self-massage & Yoga Nidra sessions
- 1 lecture on Sattva (the mind) - optional
- ample free time to relax, unwind, and enjoy the facilities

Rates: Shared \$415 +HST/ Semi-Private \$465 +HST

For details, or to register for this wonderful weekend of nourishment and self-care, please contact Shanti Retreat:

[www.shantiretreat.ca](http://www.shantiretreat.ca) [info@shantiretreat.ca](mailto:info@shantiretreat.ca)  
613.777.0247





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WITH MONA WARNER  
AT SHANTI RETREAT CENTER, WOLFE  
ISLAND, ONTARIO  
MAY 10-12, 2019

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It is so important in our busy lives to take time to care for ourselves on the levels of. body, energy, emotions, mind and spirit. Yoga & Ayurveda provide us with many wonderful tools to do just this -- nourish all our levels of being so we can be fully present, centred, and engaged in our lives.

Our weekend has many wonderful options for you to enjoy. We will share delicious vegetarian meals prepared with love. There are scheduled classes and activities, as well as free time for you to do what you need for yourself -- perhaps a thai massage with Darin, an infrared sauna, bike ride, nap, or reading a good book with a cup of tea. Please know that all scheduled activities are optional, and you are encouraged to tune into your inner teacher and follow your needs.

Mona Warner is a warm and joyful educator. Her depth of knowledge and dedication to all aspects of the practice of yoga are abundantly evident.

Mona leads by example and as a student you are encouraged to be and honor yourself, your practice, and others.



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AT SHANTI RETREAT CENTER, WOLFE ISLAND,  
ONTARIO  
MAY 10-12, 2019

## Friday

## Saturday

## Sunday

7:30 am  
Self-serve breakfast

7:30 am  
Light breakfast

9:00-10:30 am  
Ayurvedic yoga

8:30 - 10:00 am  
Ayurvedic yoga

11 am  
Lecture: Ayurveda's  
3 Pillars of Health

10:45 am  
Brunch

Arrival  
anytime after 2 pm

12 pm  
Lunch

12 pm  
Check out of rooms

4:30 - 6:00 pm  
Gentle Ayurvedic Yoga

4:30 - 6:00 pm  
Ayurvedic Yoga

Enjoy the property  
until 2 pm

6:30 pm  
Dinner

6:30 pm  
Dinner

8:15 pm  
Sharing circle and  
Ayurvedic self-foot  
massage & yoga nidra  
meditation

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meditation

