

# Shanti's Fall Yoga & Meditation Retreat with Darin and Wendy



## **Friday**

Any time after 2pm Arrival to Shanti  
5:00 - 6:30 pm Yoga with Darin  
6:45 pm Evening Meal  
8:15 pm Welcome & Evening Gathering  
...followed by Yoga Nidra  
Deep Sleep

## **Saturday**

7:30 am Silent Self Serve Breakfast (please observe 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  
*Savour the Silence and Stillness of late fall on the island, Sit fireside, Relax in the sauna...*  
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  
8:15-9:15 pm Restorative Yoga...Deep Sleep

## **Sunday**

Silent light breakfast upon rising (please observe quiet time until yoga)  
8:00 am Walking Meditation around the maple tree  
8:45 am Yoga, Meditation & Closing with Wendy  
10:45 am Shanti's Signature Brunch  
12 pm Check out of rooms. Please stay and enjoy the property until 2 pm

*Thank you, Thank you, Thank you, Namaste...*