

Shanti Yoga Retreat Long Weekend with Darin,
Wendy & Special Guest Brenda McMorrow
June 26-29th



Retreat Includes

- Shared (3 -4 share), semi private (2 share) or camping accommodation
- Delicious vegetarian meals served buffet style
- Silent 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) - \$600 + hst

Semi Private (2 share) Accommodation - \$650 + hst

Camping Accommodation - \$575 + hst

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

Thank you, Thank you, Thank you, Namaste

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Friday

Arrival to Shanti after 2pm

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

6:45 pm Evening Meal

8:30 pm Sunset Bonfire (weather permitting)

Enjoy the magic of a Wolfe Island Sunset and Savour Nature's Beauty

Saturday

7:30 am Silent Self Serve Breakfast (**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

Bask in the beauty of Summer

3:45 - 4:30 pm Movement and Surya Namaskar: Sun Salutation Practice

4:45 - 6:00 pm Meditation (Inspiring Talk and Guided Silent Sitting)

6:30 pm Evening Meal

8:15-9:30 pm **Kirtan with Brenda**

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Sunday

7:30 am Silent Self Serve Breakfast (quiet time until yoga)
8:30 am Walking Meditation around the maple tree
9:30-11:30 am Yoga & Meditation with Wendy
12:00 pm Lunch & Contemplative Leisure

Enjoy the sun, bathe in the bay, walk barefoot on the earth, commune with Mother nature

1-2 pm **Chant with Brenda (Green Tara room)**
4:30 - 6:00 pm Yoga & Meditation with Darin
6:30 pm Evening Meal
8:30 pm Restorative Yoga and Yoga Nidra with Wendy and Darin

Monday

Silent light breakfast upon rising (**please observe quiet time until yoga**)
8:00 am Free Practice - Silent Walk, Walking Meditation on the
Or Sit waterside
8:45 am Yoga, Meditation & Closing with Wendy
10:30 am Shanti's Signature Brunch
12 :00 pm Check out of rooms.
Stay and enjoy the property until 2 pm

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