

SHORELINE ALL SUITES INN & AUM SHANTI PRESENT

Relax & Recharge Retreat



What's Included in Your Retreat Experience:

✨ GORGEOUS ACCOMMODATIONS – RELAX AND UNWIND IN PEACEFUL, BEACHFRONT SURROUNDINGS

🥗 WHOLESOME, NOURISHING MEALS

– WELCOME DINNER ON ARRIVAL DAY

– FRESH, ENERGIZING BREAKFAST & LUNCH ON FRIDAY AND SATURDAY

– FAREWELL BREAKFAST ON SUNDAY

🧘♀️ THREE DAILY YOGA CLASSES – FOR ALL LEVELS, DESIGNED TO REJUVENATE BODY AND MIND

🔔 HEALING SOUND BATH & GUIDED MEDITATION – A DEEP RESET FOR INNER PEACE

🧘♂️ ONE 50-MINUTE MASSAGE – MELT AWAY TENSION WITH A RESTORATIVE TREATMENT

🍇 HEALTHY SNACKS & REFRESHMENTS – ALWAYS AVAILABLE TO KEEP YOU FUELED AND HYDRATED

🎁 CURATED WELCOME GIFT BAG – A THOUGHTFUL COLLECTION OF ESSENTIALS AND SURPRISES

CALL TO BOOK 386-363-3073

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Your Hosts

MINDY AND URSULA, PASSIONATE YOGA TEACHERS FROM AUM SHANTI YOGA, BRING THEIR TRANSFORMATIVE ENERGY TO SHORELINE'S INAUGURAL RELAX AND RECHARGE RETREAT. MINDY, AN E-RYT 200 AND RYT 500 WITH OVER 2,000 TEACHING HOURS, FOUND SOLACE IN YOGA'S EMBRACE, OFFERING COMPASSIONATE CLASSES THAT BLEND CREATIVE SEQUENCES, MEDITATION, AND PRANAYAMA FOR ALL LEVELS.

URSULA, AN RYT 500/E-RYT WITH OVER 1,000 TEACHING HOURS SHARES HER DECADE-LONG PRACTICE THROUGH GENTLE VINYASA FLOW, PRANAYAMA, AND MEDITATION SET TO SOOTHING MUSIC. TOGETHER, THEY CREATE A WELCOMING SPACE TO
UNITE MIND, BODY, AND SOUL.



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Itinerary

Thursday

5pm to 7pm Opening Ceremony

7pm Dinner & Mingle

Friday

6:30AM to 7:30AM Rise & Shine Yoga and Breathwork

7:30AM to 9 AM Breakfast & Mingle & Journaling

11am to 12pm Morning Yoga

12 to 1pm Lunch & Mingle

Afternoon free to enjoy the pool, beach or explore Daytona

6pm to 7pm Evening Yoga & Sound Bath Floating in the pool

Saturday

6:30AM to 7:30AM Rise & Shine Yoga and Breathwork

7:30AM to 9 AM Breakfast & Mingle & Journaling

11am to 12pm Morning Yoga

12 to 1pm Lunch & Mingle

2pm to 4pm Yoga Workshop with Guided Meditation

Evening free to enjoy the pool, beach or explore Daytona

Sunday

8:30 AM to 10 AM Yoga Closing Ceremony

10AM to 11AM Breakfast

11 AM Departure

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Available Dates

Thursday October 23rd to Sunday October 26th
Thursday December 4th to Sunday December 7th

Double Occupancy: \$1650 per person
Garden View Cottage or Deluxe One Bedroom
Suite

Single Occupancy: \$2250
Oceanfront Cottage

\$500 deposit required at time of booking with
balance due 2 weeks before date of arrival.



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