

# Orca Perfect Balance Retreat Itinerary

September 29-October 1, 2017

Friday Harbor, San Juan Island

Deep Dive Optional Extension

October 2-3, 2017



## Friday, Sept. 29 Arrive in Friday Harbor, San Juan Island

- Arrive by ferry or seaplane in Friday Harbor.
- Lunch on your own.
- 1:00 pm— Opening meditation and Orca Wisdom teaching.
- 2:30 pm— 3 hour sunset boat trip with the Orcas. (Snacks included)
- 5:45 pm— arrive back at hotel.
- 6:30 pm— Pizza party at hotel.
- 7:30 pm— Guided meditation and Sharing.

## Saturday, Sept. 30 Full day with the Orcas

- Breakfast at the hotel.
- 9:00 am— Orca Wisdom teaching.
- 11:00 am— 6 hour boat trip (Lunch onboard the boat included)
- 5:30 pm— arrive back at hotel.
- 7:00 pm— Salmon dinner with guest speaker, Ken Balcomb.
- 9:00 pm— Group Orca Energy Healing session.

## Sunday, Oct. 1 More time with the Orcas

- Breakfast at the hotel.
- 9:00 am— 3 hour boat trip with the Orcas. (Snacks included)
- 12:15 pm— arrive back at hotel.
- 12:30 pm— Closing Sharing Circle and Meditation
- 1:30 pm— Lunch on your own and leave the island filled with Orca spirit!

## Deep Dive with the Orcas Optional Extension

### Sunday, Oct. 1 Sunset Ceremony with the Orcas

- 2:30 pm— Deep Dive Orca Wisdom teaching.
- 12:30 pm— Closing Sharing Circle and Meditation
- 4:00 pm— Leave hotel for Sunset Ceremony/Water Blessing at Lime Kiln Park
- 6:30 pm — Dinner at Lime Kiln Café (not included)

### Monday, Oct. 2 Kayak with the Orcas

- Breakfast at the hotel.
- 9:00 am— Kayak with the Orcas trip, 6 hours. (Lunch included)
- 3:30 pm— Arrive back at hotel, afternoon free
- 6:00 pm— Dinner out at local restaurant. (not included)
- 8:00 pm — Group Orca Energy Healing session.

### Tuesday, Oct. 3 Farewell to the Orcas

- Breakfast at the hotel.
- 9:00 am— 3 hour boat trip with the Orcas. (Snacks included)
- 12:15 pm— arrive back at hotel.
- 12:30 pm— Closing Sharing Circle and Meditation
- 1:30 pm— Lunch on your own and leave the island filled with Orca spirit!

