



# Spirit of the Orca Retreat Itinerary

September 7–13, 2025

San Juan Island, Washington

## Sunday, Sept. 7 Arrive in Friday Harbor, San Juan Island

Arrive by ferry or seaplane in Friday Harbor.  
4:00 pm— Meet in Friday Harbor and travel to accommodation  
4:30 pm— Settle in to your San Juan Island home  
5:30 pm— Opening Circle  
6:30 pm— Dinner together  
7:30 pm— Guided meditation and setting intentions

## Monday, Sept. 8 Full day with the Orcas

Breakfast at the house.  
9:00 am— Orca Wisdom teaching.  
11:00 am— 6 hour boat trip (Lunch onboard the boat included)  
5:30 pm— arrive back at house.  
7:00 pm— Salmon dinner  
9:00 pm— Group Orca Energy Healing session.

## Tuesday, Sept. 9 More time with the Orcas

Breakfast at the house.  
9:00 am— 3 hour boat trip with the Orcas. (Snacks included)  
12:00 pm— Lunch at a local Friday Harbor restaurant (Not included)  
1:30 pm— Visit the Whale Museum  
3:30 pm— Return to the house. Free time  
6:30 pm— Dinner at the house  
8:00 pm— Orca Connection Activity

## Wednesday, Sept. 10 Kayak with the Orcas

Breakfast at the house  
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 — Free evening

## Thursday, Sept. 11 More time with the Orcas

Breakfast at the house  
9:00 am— Orca Wisdom teaching  
10:30 am— Free time  
12:00 pm— Lunch at house  
2:00 pm — 3 hour boat trip with the Orcas (Snacks included)  
6:30 pm— Dinner back at house  
8:00 pm— Heal the Orcas ceremony

## Friday, Sept. 12 Final Day with the Orcas

-Breakfast at the house  
-9:00 am— 3 hour boat trip with the Orcas. (Snacks included)  
-12:30 pm— Lunch on your own in town  
-2:30 pm— Closing Sharing Circle and Meditation  
-1:30 pm— Final Dinner at house

## Saturday, Sept. 13 Farewell to the Orcas

-Breakfast at the house  
-9:00 am— Closing ceremony  
-11:00 am— check out of hotel and head to ferry

