



Spirit of the Orca Retreat Itinerary

September 8–14, 2024

San Juan Island, Washington

Sunday, Sept. 8 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 accomodation
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. 9 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. 10 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. 11 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. 12 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. 13 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. 14 Farewell to the Orcas

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

