



# Spirit of the Orca Retreat Itinerary

September 16–21, 2022

San Juan Island, Washington

## Friday, Sept. 16 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 house.  
6:30 pm— Pizza party at house.  
7:30 pm— Guided meditation and Sharing.

## Saturday, Sept. 17 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 with guest speaker, Ken Balcomb.  
9:00 pm— Group Orca Energy Healing session.

## Sunday, Sept. 18 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

## Monday, Sept. 19 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

## Tuesday, Sept. 20 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

## Wednesday, Sept. 21 Farewell to the Orcas

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

