

DOLPHIN YOGA RETREAT 2023

Day 1 (arrival) – August 24th

Fire Element: Rising

- 4pm** Arrive Dolphin House, orientation, meet & greet
7pm Dinner
8pm Candle Flame activation
Group sharing, Setting intentions for the retreat

Day 2 - August 25th

Water Element: Flowing

- 7 am** Coffee, teas & fresh local fruits
7:30 am Dolphin Yoga
8:45 am All local and organic breakfast
9:30 am Water activity orientation: learn how to use a kayak and snorkel gear
10 am- noon Dolphin swim in the bay
2:30 Sharing Circle
1 pm Lunch & free time
3:30 pm Group Vocal Alchemy
5:30 pm Sunset Chi Gong
7pm Dinner
8pm Healing Sound Bath
9:30 Quiet time till sunrise 7am

Day 3 - August 26th

Earth Element: Grounding

- 7 am** Silent self serve breakfast
7:30 am Dolphin Yoga with Tanmayo
8:30 am Breakfast
9:30 am Dolphin swimming
11:30 am Integration
12:30 Sharing circle
1 pm Lunch
3:30 pm Explore our neighborhood: Sacred Temple, gardens & herb walk
5:30 pm Sunset meditation with music
7 pm Dinner
8 pm Sacred Geometry Activation

Onsite offerings available, but not included in price:

- Thai Massage
Acupressure
Cranio-sacral
Lomi Lomi
Vocal Activation, Midfullness coaching
Faery Hair extensions
Exclusive \$1 a minute or less to retreat participants!

Day 4 - August 27th

Air Element: Expanding

- 7am** Tea & fruit
7:30 am Yoga vinyasa
8:30 am Breakfast
9:30 am Dolphin swim
11:30 am Free time
12:30 pm Blessing Circle
1:00 pm Lunch
3:00 pm Visit to City of Refuge
5:00 pm Osho Kundalini Meditation
6:00 pm Noble Silence
7:00 pm Dinner
8:00 pm Heart Song Circle, Music & Celebration

Day 5 - August 28th

Ether element: Transcending

- 7:00 am** Tea & fruit
7:30 am Yoga Nidra
8:30 am breakfast
9:30 am Dolphin Swim
11:30 am Sound Healing
1:00 pm lunch
2:30 pm Gather plant material for lei making.
3-4:30 pm Lei making and Huna/ Hula class
5:00 pm Ho'oponopono ceremony
6:00 pm Sunset meditation
7:00 pm Vegetarian Buffet Feast
8:00 pm Gratitude Circle & Closing Celebration

Day 6 - August 29th

- 6:30 am** Sunrise chanting & yoga
7:00 am Breakfast buffet
8:00 am Dolphin Swim
9:30 am Closing circle
10:00 am Depart

Note: this schedule may change based on dolphin presence, weather, group dynamics and facilitator's guidance. Besides Yoga and Dolphin encounters, here are some of the offerings we include:

- Hawaiian Huna
Osho Kundalini Meditation
Sacred Geometry Activation
Ceremony of Original Innocence
Sound bath Healing
Guided Meditations and Breath work
Heart song & Kirtan