

*BIMINI, CARIBBEAN: A Women's Retreat & Wild
Dolphin Adventure
July 11-16th, 2010
Trip Leader: Sheri Rosenthal*

Ladies, come join us for a truly magical adventure of heart and spirit to the Caribbean Island of Bimini for an intimate and touching experience with the wild spotted dolphins.

These dolphins travel in families or packs called "pods" much like we do, with playfulness being a key part of their social structure.



Natural Empaths

During our time with the dolphins we'll have the opportunity to open our hearts and practice unconditional love and acceptance, for these marvelous creatures, ourselves and each other. Although they do not speak our language, dolphins are natural empaths who respond to the emotions we radiate and the judgmental thoughts or clarity of mind we possess.



These are wild dolphins and when we approach their pods they make the choice to come and join, swim and connect with us. Connecting with their wondrous spirits can be a profoundly moving, deeply healing and life altering experience. Their immense peace, joy and playfulness will touch your heart and awaken your spirit to the magic of your own magnificence.

Open Hearts, Open Minds

This week we'll spend time looking at our communication skills, self-judgments and the limiting thought patterns which are interfering with our most important

relationships and preventing us from becoming the manifestation of Spirit that we truly are!

Connect with the Dolphins

This is a very profound and heartfelt trip – meant to encourage you to merge with the dolphins and spark your playful spirit in a safe and loving atmosphere. There'll be plenty of time for swimming with the dolphins, snorkeling the reefs, meditating, group class, group discussion, swimming, journaling, resting, and sharing. Join for this magical adventure!



Itinerary for Bimini: A Women's Retreat & Wild Dolphin Adventure

Day 0 July 10th (-/-/-)

For those of us that do not live in Ft Lauderdale, we'll be meeting at our hotel near the airport and gathering in the evening to greet each other! We'll have a chance to relax and explore a bit before our exciting adventure. There are some fun restaurants near the hotel that we can try out and see a bit of the local night life.

Day 1 July 11th (-/-/-)



Meet the group at the Ft Lauderdale Airport for our morning flight to Bimini (approximately 8:30am). Most of us will have arrived in Ft Lauderdale the day before. After our flights we arrive at the beautiful Bimini Bay Resort where we will be spending the next five days together. We'll have our first meeting to get to know dolphin protocol so that we can interact lovingly with our

dolphin companions. Then we'll don our suits for our first day on the boat and meeting with the dolphins. Each day we will have time together for sharing, meditation, and class

to discuss the challenges in our lives.

Day 2-5 July 12-15th (-/-/-)

We'll spend time exploring ourselves in the mornings and playing off our boat in the afternoon with the dolphins and snorkeling. Our time with these wild dolphins is a gift from them and will evolve as they wish. This is an ecologically sensitive program that allows us to observe, interact with, and swim with these beautiful beings. The



photo and video opportunities are absolutely outstanding. Our dolphin excursions take place each afternoon aboard a dive vessel. These trips can be anywhere from 3 to 4 hours in length. It takes approximately one hour to reach the "dolphin grounds." Sometimes the pod (dolphin family) comes to the boat in as little as 30 minutes; on other days it takes 3 hours.



No trip to Bimini would be complete without snorkeling over the "Mysterious Bimini Road"! A quarter-mile off Paradise Point lays an ancient, underwater road of stones that has baffled natives, mystics and scientists for generations. Some call it the Bimini Road or the Atlantis Wall and believe it may lead to the lost continent of Atlantis. It is quite a mystical experience and many say they

can feel the energy that emanates from these huge underwater stones. The famed Bimini Wall, less than a quarter mile offshore, drops from 145 feet to over 3,000 feet in only a few yards. In fact, around the island there are wrecks as shallow as 20 feet and as deep as 100 feet. The photo and video opportunities are absolutely outstanding. (Weather permitting)

Day 6 July 16th (-/-/-)

We leave Bimini around noon for our flight to Ft Lauderdale and our connecting flights home renewed and with a change of heart. New friends have been made and old

friendships made stronger. We look forward to the challenge of bringing our clarity, peace and centeredness home with us!

Important Information for our Spiritual Dolphin Encounter & Women's Retreat

Regarding Bimini Bay Resort Rooms:

Two Bedroom – Two Bath Luxury Suites: All two bedroom luxury suites range from 1,067-1,480 square feet of air-conditioned space. The spacious living area features a living room/dining room with plush furniture, full-kitchen complete with cutlery and tableware, porcelain-top stove and granite countertops, refrigerator and microwave and terrace. Other amenities include coffee and coffee maker, iron and ironing board, extra linens, stacking washer and dryer, AC, color television, high-speed internet (at an additional cost) and AM/FM clock radio. All bathrooms feature Molton Brown products and all beds feature luxury linens.

One Bedroom Luxury Studio:

1,100 square feet of air-conditioned space, this one-bedroom luxury suite features a spacious living/dining room area complete with sleeper sofa, dining table and four chairs, full kitchen complete with cutlery and tableware, porcelain-top stove, granite countertops, refrigerator and microwave, a double sink and terrace. This one-bedroom



suite offers a master bedroom with a king-size bed, full bath with double vanity. Other amenities include coffee and coffee maker, iron and ironing board, extra linens, stacking washer and dryer, AC, color television, phones, high-speed internet (at an additional cost) and AM/FM clock radio. All bathrooms feature Molton Brown products and all beds feature luxury linens.

What's Included:

- 5 nights at the luxurious [Bimini Bay Resort](#): either double or single occupancy in their 2 bedroom-2 bath suite or single occupancy in a studio unit. Only 17 ladies will be able to join us on this trip! (Please read the room descriptions below)
- All spiritual teachings, meditations and ceremonies
- All tips for baggage handlers (one bag per person) are included
- Ground transportation is included on this journey from the time we arrive on the island of Bimini.

- Daily Wild Dolphin Excursions
- Our snorkeling adventures as weather permits: to Rainbow Reef, The Stones of Atlantis, and/or 3 Sisters Reef.
- Includes gratuity for the boats crew which we will gift to them at the end of the trip.
- Mask and fins rental is included but you can bring your own. You'll also receive instruction in their proper use if necessary.

What's Non-Included:

- Meals are not-included. But your room has a kitchen and you can buy food for breakfast and lunch very reasonably in the grocery. The hotel has wonderful restaurants too, and there are local quaint places to dine nearby that are lots of fun.
- Your hotel room the first night in Ft. Lauderdale is not-included. We have reserved rooms at a hotel at approximately \$80.00 USD per person double occupancy. The hotel is near the airport and a short taxi ride. There are some great restaurants nearby to our hotel.
- Non-included taxes – There is a 15.00 tax when leaving the Bahamas. That's payable in cash only.
- Other non-included items would be: phone calls, laundering services, and souvenir shopping.
- Your flight to Ft. Lauderdale from your hometown and your round-trip flight on Lynx Airlines from Ft. Lauderdale to Bimini are not-included (approximately \$240.00 USD). The island of Bimini is located 81 km east of Miami.
- Spa services are non-included.

Regarding flights: You'll be taking the morning flight to Bimini on Lynx Airlines departing around 8:30am on July 11th. Going home you'll be taking the flight that departs Bimini around noon. If you live outside of Ft Lauderdale you'll need to arrive the day before (July 10th) so that you can make the 8:30am am flight on July 11th. If you like we can match you with a roommate at our hotel. Going home, make sure you leave enough

time in case our Bimini flight departs late – you don't want to miss your connecting flight back home.



Spa Chakra Bimini: The cozy two-story oasis features six treatment rooms that include hydrotherapy and Vichy shower facilities, all adorned with mosaic and imported tiles and walnut wooden flooring plus a full-service salon providing

luxury spa manicures and pedicures. While clients enjoy the amenities of the spa, they will undergo personalized, integrative well-being transformations that focus on delivering targeted results with the combination of more than 60 health and skin therapies.

Bimini Trip Costs

The 2010 trip cost is: \$1965.00 USD per person double occupancy or \$2235.00 single occupancy in our 2 bedroom-2 bath condo suite (includes a full kitchen and shared living room). Single occupancy cost if you choose a private studio condo unit is: \$2375.00 USD. The exact cost for our hotel room the night of July 10th in Ft Lauderdale is to be announced (approximately \$80.00 USD per person double occupancy). A deposit of \$700.00 USD with your trip registration forms is preferred by: May 1st, 2010. Final payment is due: June 1st, 2010.

Want to join us?

Give us a ring at 727-421-0849 (or register on the website) – we can't wait to hear from you! This is a profound and heartfelt trip – meant to connect you with your inner divine consciousness. Our intention is for you to become the highest expression of Spirit and light that you can be!

