



Wild Dolphin Wisdom

with Wynter Worsthorne and Anna Breytenbach

PONTA D'OURO, MOZAMBIQUE

Itinerary: 12th-16th November 2009

Day 1: Thursday 12th November

Arrive at Farazela/Kwangwanewe border post (20 mins from Kosi Bay) at 2pm for the Dolphin Encountour's pick-up. Your vehicle can be left at secure parking at the border post. From there you will be driven to Ponta D'Ouro where you can get settled in.

We will all meet up at 3.30pm for brief introductions and a snorkelling workshop, to ensure everyone is able and familiar with the equipment. (weather depending)

At 5pm we attend a Swim Briefing and Code of Conduct overview by one of the resident researchers.

We end the day with an early dinner at the Beach Camp.

Day 2: Friday 13th November

For ease of numbers and to lessen the impact on the dolphins, the group will be split in two, with separate boat launches each morning. At 6:30am we circle up for meditation and intention-setting for the journey and the day. The two launches are at 7am and 9am, and this first dolphin swim is purely to enjoy and appreciate the physical presence of these beautiful beings. There is no expectation of telepathic communications at this time.

We come back together at camp for a short grounding exercise and brunch. At 1pm we start the workshop with Anna and Wynter. The first part of today's workshop covers the concept of interspecies communication and how it all works, giving you a better understanding of the quantum process of energetic communication. You will then be shown how to still your minds and be open to practice of animal communication - how to communicate messages to the animals as well as how to receive information from them. Anna and Wynter lead you in exercises to help you to become aware of your intuitive self.

We end the day's work at with a dolphin conservation presentation by Angie Gullan, founder of DolphinCare-Africa and Dolphin Encountours. After an early supper we sit around the campfire before retiring.

Day 3: Saturday 14th November

The first launch of the day is at 6am and the second at 8am. During today's dolphin experience we ask you to be open to any communications from the dolphins, to be aware of your intuitive feelings and to put into practice what you have learned from the previous day's work.

After brunch you will have some quiet time until the afternoon session. This begins with a debriefing of our dolphin swims, including a creative opportunity to draw or write. Later in the afternoon we address how to recognise and release blockages to effective communication. We explore techniques such as mindful breathing and focus, and end off the afternoon with an animal spirit guide meditation.

Dinner is offsite this evening, a short ten-minute walk away in the village of Ponta D'Ouro at a restaurant of your personal choice.





Wild Dolphin Wisdom Itinerary contd.

Day 4: Sunday 15th November

6am and 8am dolphin launch.

After brunch you can enjoy personal time for beach/water activities or rest before the afternoon workshop session begins.

Today we explore interspecies healing. We also look at environmental and planetary issues, and discuss how to help dolphins and wildlife, both physically and energetically. The soul nature and purpose of dolphins will be discussed. This is followed by some “play time” before ending off the afternoon with a Dolphin Encountours presentation of underwater footage.

Dinner in camp at 6pm is followed by fireside storytelling or a guided meditation with Wynter.

Day 5: Monday 16th November

The early morning dolphin launches are followed by a discussion on integrating our experiences and learnings back into our lives. We come together for a final grounding exercise and group closing before brunch. Our time together ends at about 11.30am when vehicle transfers to the border start departing.

We will all have left camp by 1pm.

Investment for the Journey: R6 800

Includes:

Accommodation at Dolphin Beach Camp in twin sharing casitas *
All brunches and dinners (excluding the dinner out on Saturday)
Daily dolphin swims (weather permitting)
Animal communication workshop with Wynter Worsthorne and Anna Breytenbach
Snorkelling instruction
DolphinCare-Africa presentations and information pack
4X4 transfers to and from Farazela/Kwangwanewe border post

Excludes:

Flights/transport to the Mozambiquan border
Visa and border costs
All drinks and gratuities
Insurances
Snorkelling equipment (mask, snorkel and fins)

To Book:

A 50% deposit is required upon booking to reserve your place on the workshop.
Contact info@animalspirit.org for reservations.

For more information on the Dolphin Encountours venue, visit www.dolphin-encountours.co.za

*Accommodation is twin shared in wooden or reed casitas (allocated on a first-come, first-served basis).
There is limited space for single accommodation, at a R1 000 surcharge.
Bathrooms and showers are outside and shared.