

Five pages of Introduction and Flyers...

Happy Thanksgiving!

After a month of dreaming about whales (one even came up to the beach and waved at me!), I got a call from a yoga sister whose family had just signed up for Sea Kayak Adventures' February 13 - 17, 2011 Magdalena Bay whale camp (on the Pacific Ocean side of Baja, Mexico). She wondered if I was interested in making it a yoga / whale adventure, since we knew SKA from past yoga / kayak trips and had visited Magdalena Bay for one-day whale-watching excursions.

My linear mind said, "no, too soon, not enough time to plan." But my dream self sat up & took notice, "why not check it out?" Three phone calls later, it was organized. Wow! those whales are slick!

*And so, dear hearts, would you like to join us?
Does Life line up in support of this dream?*

I'll leave it to you to read the attached 2-page flyer, explore Sea Kayak Adventures website (www.seakayakadventures.com), and finish this email for the "facts and figures."

Some pertinent details.....

Re: the intention of our sacred pilgrimage

Dr. Masaru Emoto has demonstrated how miraculously water responds to meditation. While at whale camp, we will be dedicating part of each yoga practice to healing meditation, dedicating the benefit to the Earth's waters & all Earth beings who are mostly water.

Re: Air travel to/from Loreto. Because:

*1) Alaska Air is the only airlines flying into Loreto,
2) they are using a smaller plane, and
3) mid-February is known to be prime whale time,
it is essential to make reservations as soon as possible.*

If you have an Alaska Air companion pass & want to connect with another of our group (in order to half the airfare), I'll be happy to connect folks.

Re: If we have a group of 5 or less:

At present we are a group of 4. If we end up as a group of 5 or less, a \$150 / person surcharge is added. The price as advertised is for a group of 6+.

This is unlikely to happen; in all SKA's years of operation, they have had 6 or more on these mid-Feb trips. But if it does, the surcharge will apply.

Re: Extra days in Loreto?

If you are able to extend your trip, we have spent delightful days in & around Loreto. SKA's website describes some great day trips (or I can send you both the trip itinerary & day trip ideas).

In the past, some of us have gotten out on a great scuba trip, shopped for arts/crafts from all over Mexico, delighted in the once-weekly "farmer's market", toured Loreto's historic cathedral, day-trip-visited a beautiful village built in the 1600's still without electricity.....and of course, relaxed in the time-honored pastime of poolside sunbathing.

Also, SKA offers a day-trip of snorkeling around beautiful Isla Coronado in the Sea of Cortez. Observe sea lions on rocks, snorkel, sunbathe, eat a picnic lunch & take a nature hike on this hat-shaped cinder cone island with sandy coves. Approx \$105/person includes motorboat, driver, guide, snorkeling gear, wetsuit, lunch, guide & park fee.

Speaking of the hotel's pool, SKA is housing us in a fabulous hotel (www.lamisionloreto.com) on the waterfront with great restaurants nearby. For extra nights lodging before or after the trip, SKA has negotiated an \$85 / night room rate (the hotel's room rates are typically \$109 + tax); rooms can be shared with a trip buddy to further reduce your costs.

If this calls you & if the whales are able to work it out, please call or email any questions or clarifications. I would LOVE to share this time with you!

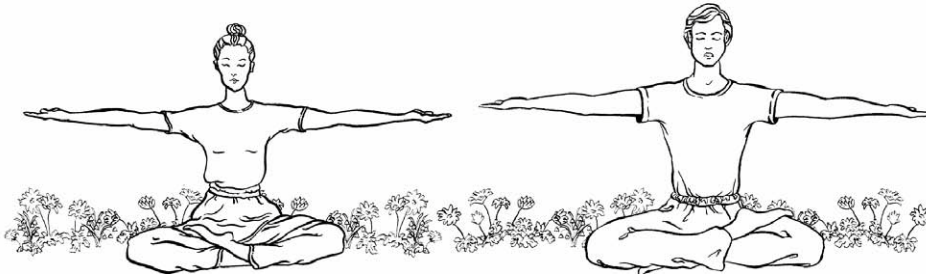
*With such gratitude,
Diane / Shamsheer
253.853.5221
shamsheer.diane@gmail.com*

GRAY WHALES OF MAGDALENA BAY KUNDALINI YOGA & MEDITATION ADVENTURE

Baja California, Mexico

February 13 - 17, 2011

with Diane Bunting (Shamsher) and Sea Kayak Adventures



5-day Adventure (2/13 - 17): \$1050/adult \$995/youth (+ \$25 park fee)

Register with a \$200 non-refundable deposit; the remainder due by 12/13/10

To register: call Sea Kayak Adventures at (800) 616-1943

For more info, see back of this flyer & go to www.seakayakadventures.com

Imagine hearing the breath of mama & baby Grey Whales as they swim together.

Imagine watching them breach or tail slap or whatever other ballet they have in store for us.

Imagine morning & evening yoga / meditation on a beautiful beach

to center, restore & facilitate deeper union with all the surrounding beauty.

We will focus on **daily meditation** in addition to yoga, in order to connect more deeply with the whales & to **extend a gratitude blessing for their health & wellbeing.**

Experience one of the most incredible close-up wildlife encounters on the planet from our exclusive base camp situated on a secluded island beach at the very heart of whale activity in Magdalena Bay, one of the major calving lagoons for gray whales. See these magnificent, gentle giants at the height of their calving season from the safety of motor skiffs. Whales guaranteed on our gray whale watching tours!

NOTE: First and last days for any Baja tour are arrival and departure days.

For more information and to receive a trip itinerary:

call or email Diane Bunting

(253) 853-5221 *** shamsher.diane@gmail.com**

*Share in the joy of yoga & meditation in nature,
dedicating a daily meditation to the healing benefit of all beings.*

Five-day tour includes 3 days of whale watching, yoga & hiking
with 2 nights at base camp on Magdalena Bay.

This Gray Whale tour also includes 2 nights hotel in Loreto (based on double occupancy, single supplement \$85), quality camping gear & sleeping bags, naturalist guides, meals at camp, arrival airport transport & ground transport to/from Magdalena Bay.

You need only bring your clothes & personal items.

Not included is US-Loreto airfare, Loreto meals & staff tips.

Magdalena Bay is a series of lagoons sheltered from the Pacific Ocean by low barrier islands & is the world-renowned winter nursery grounds of the California Gray Whale. January through March, hundreds of gray whales mate & bear their young in these protected waters.

The gray whale lagoons in Baja enjoy strict federal protection, & one can only whale watch with a licensed tour operator. You can watch the whales & their newly born calves up close from the safety of motorized skiffs. **Breaching, spy-hopping & fluking**, the whales will captivate your attention with their behavior.

We offer this 5-day itinerary for you to observe gray whales & discover Magdalena Bay's diverse, fascinating ecosystem of windswept sand dunes, vibrant desert flora & mangrove-lined estuaries. Both itineraries offer guaranteed whale sightings & only Sea Kayak Adventures has exclusive permission to camp on the island.

Our 5-day **Gray Whales of Magdalena Bay** tours include 3 days at our safari-style base camp situated on a secluded beach at the center of whale activity (Days 1 & 5 are travel days US - Loreto; how about a couple extra Loreto days?). The perfect place to see the gray whales as they surface & blow right in front of our camp!

The area around our camp boasts the **highest concentration of whales in Baja**.

Each day motorized skiffs take you out to the deeper waters of the bay, where "friendly whales" swim up to the skiffs for a head rub!

On shore your guides will take you dune hiking, beachcombing & birding in mangrove channels - a mecca for migratory shorebirds.

For more adventure, stay an extra day or two in Loreto, enjoying this friendly town's beauty, shopping & other treats. SKA's website gives a list of day delights.

Sea Kayak Adventures have been leading guided tours in this area since 1989 to rave reviews. See their website for accolades! They are known for their delicious meals, high guide to guest ratio, skilled & knowledgeable naturalist/guides & small group size (13 maximum).

Diane Bunting / Shamsher (M.S., KRI-certified Yoga teacher) combines two of her great loves - yoga/meditation & nature. Her 35 years of yoga experience, 16 years as a full-time yoga/meditation teacher & MS in Marine Biology serve as an excellent springboard for guiding this sacred pilgrimage to the whale nursery ground.