

*Remembering Your Harmonic Soul Signature
The Keys Are Within*



**With Hydee Tehana and Lisa Denning
January 24-31, 2026
Dominican Republic**

This is a powerful week long adventure to swim with humpback whales in the Silver Bank which is off of the Dominican Republic in the Caribbean Sea. These humpback whales are very social and offer close encounters as they feel our loving energy. They come here every year to birth their young, mate, rest, and play before heading back up north to feed. Their common name comes from the distinctive high humping of their back when they make a deep dive.

The majestic humpback whale is one of the largest animals on the planet ranging in length from 35' to 50' (10.5m to 15m) and weighing 35-50 tons. Humpback whales are warm-blooded marine mammals, breathe air, and give birth to live young which they nurse. They are conscious breathers and like all cetaceans, they actively choose when to take a breath.



The Dominican Republic is the most visited island in the Caribbean. The average temperature is 78 F (26 C). It is home to the tallest mountain peak and the Caribbean's largest lake. There are many rivers,



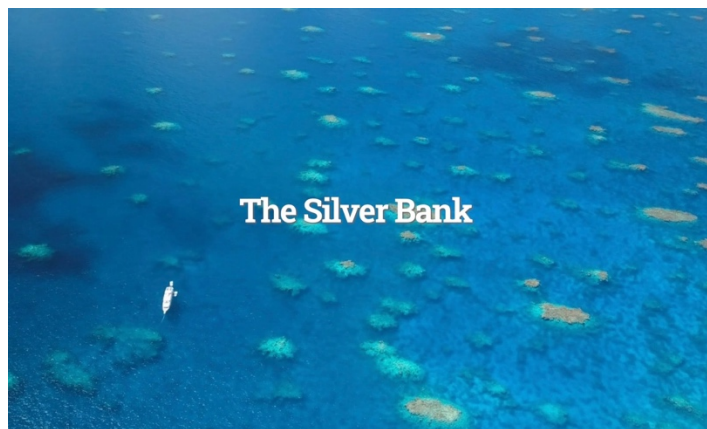
waterfalls, and lush vegetation which fills your being with the loving energy of Mother Nature. It is such a gift to be here at this time as our world is shifting so much along with us and Mother Nature is always a wonderful place to be enveloped in whether on land or water. The Water Spirit/Essence is often portrayed as the mother of humanity and comforts us as we float and swim in her.

The Silver Bank is a designated part of the Ocean where a much larger Sanctuary for the Marine Mammals of the Dominican Republic was created in 1986 and enlarged 10 years later. This protected area of the Ocean encompasses other nursery areas including the Navidad Bank and Samana Bay. It also

includes the deeper waters between the banks as these are important migration routes for whales headed to other parts of the Caribbean.

The Silver Bank is possibly the most exclusive whale watching destination in the world as there is only 3 permits issued which limits the number of guests to no more than 60/week or 600/season. It is located midway between the islands of Hispaniola (the Dominican Republic and Haiti) and the Turks and Caicos. The whales enjoy their natural habitat and choose how they want to interact with us.

The Silver Bank makes it the perfect sheltered hideaway for the whales to have their young as it is 70 miles from the nearest land and surrounded by Ocean waters that are thousands of feet deep. Our all-inclusive trip will be on a live aboard ship where we will moor out in the shallow blue waters and the day excursions will take smaller boats to be with the whales each day.



The Sea Hunter II will be our home on the Silver Bank and carries a maximum of 20 guests with 6-8 crew, creating a personalized and exclusive experience. It is 115' yacht in length with plenty of space to relax and enjoy. All staterooms are individually air-conditioned and have private toilets, showers, and sinks. All rooms are tidied and beds



made daily along with fresh towels. The sun deck has lounge chairs and seating in both sun and shade.

There are 3 daily meals that are prepared by our onboard chef and are a delicious international mix with a local flair.

Breakfast (cooked to order), hearty buffet lunch and dinners are served

daily, in addition to fresh mid-morning and mid-afternoon snacks. If you have special dietary needs, please let us know so we can accommodate your needs. Beverages are complimentary while onboard, including beer and wine. Distilled spirits are not provided, but guests are welcome to bring aboard their own to enjoy.

Humpback whales are known for their incredible songs which we will be immersed in, vibrating every cell of our being. Their powerful sounds can travel underwater for thousands of miles which can include high pitched squeaks, whistles, chirps, along with lower pitched moans, growls, roars, and rackets. Our hearing has a limited range and there are frequencies that we cannot hear, but our bodies and consciousness can resonate and attune to these frequencies. It has been studied and found that these songs are arranged into units and phrases while repeated as themes, making up a 7-20 minute song which can be repeated for hours.



Our guides use hydrophones to listen to the songs live on the Silver Bank. They are connected to compact digital recorders and portable amplifiers to broadcast and record the songs. There are often so many whales singing that it is common to hear multiple, overlapping songs. The song of the humpback whale is the same for all whales of a given population. So, all the whales on the Silver Bank are singing the same song, but with their own powerful style and voice.

When we encounter a singing whale, we are often able to get a front row seat to one of the greatest performances on Earth. It is a concert where the song literally moves and shakes you to the core of your being. As our bodies are mostly composed of water and we are all frequency, the acoustic energy of the song flows right through us.

Some feel the reverberations in their chest cavities, others in the long bones of their arms or legs. It is not unusual for us to experience different resonance frequencies from the songs as we all resonate with different frequencies, being that we are liquid light. We are releasing/integrating at our own pace where we are going from the



caterpillar to the butterfly, changing our physical being completely with the new light codes, crystalizing as it integrates.

The humpback whales' Latin name, *Megaptera novaeangliae*, translates as "big-winged New Englander." They were named for their

long pectoral fins and were first noted off New England. Their long fins can reach up to one third of the whale's total body length, more than 15 feet. They are the longest appendages of any living animal on land or in the sea.

The leading edge of the pectoral fins feature knobby bumps called tubercles that help direct the flow of water over the fin. The tubercles themselves are unique to humpback whales, are also found on their head, and perhaps work with the frequencies they are receiving and sending. They have a single whisker-like hair, called a vibrissae, connected to a dense network of nerves.

Humpback whales are many of the ones who are maintaining the Unified Field while holding the harmonic memories for humanity. We are all being called back home and the key is leaving our separateness behind while embracing our true multidimensional nature. Life is all about soul evolution and we are currently being offered the opportunity to move out of a linear 3D world as we release limiting frequencies, including the constructs of time and space.



Dare you ask to remember the empowerment that you hold within yourself? Trust yourself and own what you know. This is key to connecting into our multidimensional self, leaving separateness behind, and celebrating the truth of who we are. We are all being called. We have crossed a dimensional threshold as we move harmoniously into unity consciousness where we resonate peace, integrity, humility, and authenticity.

Join us for a powerful adventure where you can ask for “the keys” to unlock your remembering and more. This week long retreat opens us to heart-centered communication, light code activations, and the opportunity to become the master of your inner world. Discussions and meditations will be offered in the evenings (as guided) which will take us deeper as we stay open and curious. Nights offer no light pollution, so it is a gift to take in the beauty of the Ocean and Mother Nature from another perspective. Looking forward to being with you!

COST: \$5555, \$5777, \$5999 (Cabin Preference)
\$1000 deposit to reserve your space

Contact Lisa Denning at: lisa@lisadenning.com

**“You are not a drop in the Ocean.
You are the entire Ocean in a drop.
~Rumi**





HOSTS AND GUIDES:

Your hosts and guides for the retreat will be Hydee Tehana and Lisa Denning.

Hydee Tehana and Lisa Denning have been swimming with the dolphins and whales for a total of 35 years. Their combined intuition and deep knowing bring a quality to their group retreats that bring out one's inner wisdom which has always been there. Both women have dove deep within themselves over many decades and have been guided to lead retreats where participants feel safe to re-visit a sense of awe and wonder that many of us lost early in our lives.

Both Hydee and Lisa are deeply connected to Mother Nature and are assisting humanity in connecting to that part of themselves where life once again makes sense. Together, Hydee and Lisa lead mind-blowing retreats that are hard to label because they just don't fit "in the box."

To find out more about them, go to www.lisadenning.com and www.hydeetehana.com



Hydee Tehana, M.S. is your retreat host and guide for your journey. Hydee has a deep love of all of Mother Nature which has always been part of her life. Life opened up for her more deeply over 20 years ago when life stopped making sense and began questioning all she was ever taught. Hydee began remembering her past lives and lives in other realms. She met the wild dolphins in 2013 which changed her life and began to remember even more of her connections with them and all the cetaceans. Hydee loves to swim in the ocean and to be with all the oceanic beings, as well as be on the land, in the

mountains, and forests. By listening and allowing her guidance to take charge, she began following the intuition of her heart.

Hydee has deeply explored many topics including the cetaceans, nature of reality, sacred geometry, multidimensionality, power of our mind, light, time travel, our multidimensional heart, sound, language of energy, Mother Nature, living water, space travel, and more. She has a background as a firefighter/paramedic for over 20 years which allowed her to be with people as they crossed over and helping people at their toughest times. Spirit guided her to retire from the fire department to a new path of sharing, teaching, and writing. Hydee is an author, visionary, speaker, and guide. For more information, see www.hydeetehana.com



Lisa Denning is your retreat host and guide for your journey. She is an adventurer, photographer, mermaid, writer, and seeker of fun. Lisa has always been an ocean being and this is where she feels most alive and connected to the truth of who she is. She grew up in New Orleans and moved to the Big Island of Hawaii in 1999 because her soul was calling her to the ocean to be with the dolphins and to heal. Lisa was ready to find out more about the connection she had been feeling with them all of her life. On her first swim in the Hawaii waters, Lisa was surrounded by a pod of wild dolphins and welcomed into their pod.

For the last 25 years, she continues to swim with them, diving deeper into parts of herself. Lisa has traveled around the world to meet many species of dolphins and whales while capturing these magical moments on film and with photographs. She has co-led retreats in many locations with dolphins and whales for the last 25 years. Lisa is also the co-founder of Light ON Foundation in Kona, which provides healing opportunities for survivors of sexual assault, domestic violence, and other forms of personal trauma. She is passionate about introducing others to our ocean family. The dolphins and whales are choosing to make contact with humans more and more. We have so much to learn from these magnificent beings. For more information, see www.lisadenning.com You can also see her shop at <https://www.etsy.com/shop/LisaDenningImages>.

MORE INFORMATION:

LOCATION: Dominican Republic

DATES: January 24-31, 2026

Arrive a day early as the boat boards January 24, 2026 and leaves that evening. We depart from the boat at 8 am on January 31, 2026.

INCLUDES: Seven nights and six days accommodations aboard the boat, 5 days on Silver Bank with up to 9 boat excursions to be with the whales (weather permitting), 3 meals a day aboard the boat, morning and afternoon snacks, all beverages including beer/wine for dinner, morning in-room beverage service, nightly turn down service, fresh towel service daily, and optional meditations.

WHAT'S NOT INCLUDED: Any airfare related expenses, transfers to/from/between airport, hotel, and boat, accommodations on land, tourist card (@\$10), sanctuary and port fees (@\$700), insurance surcharge (@\$250), fuel surcharge (@\$150), gratuity for crew, last Friday night dinner ashore with group, snorkeling gear, and videos/photos.

Trip cancellation insurance is highly recommended.

ADDITIONAL INFORMATION:

AIRPORT: Puerta Plata (POP)

HOW TO REGISTER: Contact Lisa Denning at lisa@lisadenning.com

PAYMENTS:

Pay \$1000 deposit to hold your space.

First payment of \$2555, \$2777, or \$2999 is due on or before July 1, 2025.

Second payment of \$2000 is due on or before October 1, 2025.

Sanctuary, Insurance, and Fuel fees due November 15, 2025.

Contact Lisa for alternative payment dates.

ADDITIONAL QUESTIONS: lisa@lisadenning.com

RETREAT DEPOSIT INFORMATION: All retreats require a deposit and signed liability waiver to reserve your space. More detailed information will be sent to you upon registering.

CANCELLATION POLICY: All payments are **non-refundable**. **Trip insurance is highly encouraged.**

Thank you!

