

DREAMING INTO BEING

A Deeper Dive

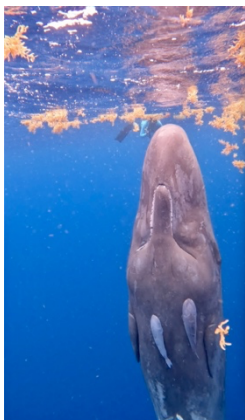


With Hydee Tehana and Lisa Denning

**April 24 to May 1, 2025 (week 1) and/or
April 29 to May 6, 2025 (week 2)
Island of Dominica**

Dominica is the perfect place to immerse yourself into Mother Nature as she is known as “Nature Island” and is so nurturing with its many mountains and rivers. It is a magical place with wonderful people. In the blue warm waters of the Caribbean Sea, off the shores of Dominica, there is an abundance of dolphin and whale species including over 200 resident Sperm Whales.

Dominica established the world’s first Sperm Whale Reserve to further protect these amazing beings. Dominica is the only place in the world where sperm whales are found year round. There are many pods of resident sperm whales here who are known by name. They are incredibly social and known by the residents here which offer close interactions with these magnificent beings.

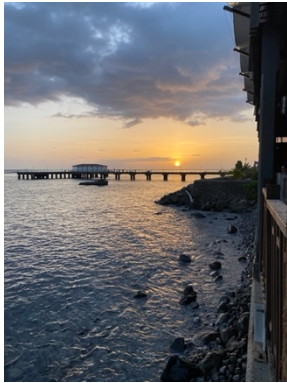


This magical adventure is an intimate experience with 6 guests maximum for each week where we will take a deeper dive with the heart-centered sperm whales. These whales are some of the deepest diving whales who are mirroring back to us to dive into the deeper parts of ourselves. This is key to connecting into our multidimensional self, leaving separateness behind, and celebrating the truth of who we are. We are all being called.

The sperm whales communicate with clicks that can be heard by hydrophone as well as your own ears if you are in the water. This is their sonar for echolocation as well as each pod has their own “language” of clicks. The pods are usually made up of adult females as well as juvenile

males, juvenile females, and babies. Male sperm whales travel around, arriving in certain months to mate with the adult females.

This retreat offers 5 boat trip days to find, observe, and swim with the sperm whales. When swimming with the sperm whales, we respect their ocean environment and allow them to choose to be with us. We observe their behavior and let them come to us. They are observing us as well as we are observing them. Sperm whales have the largest brain on the planet and are gentle giants.



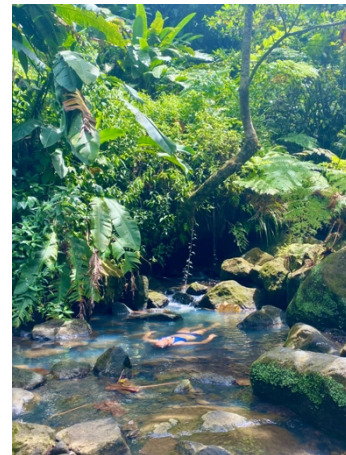
We may also see and swim with pilot whales, false killer whales, variety of dolphin species, melon head whales, and pygmy killer whales as these are feeding grounds for them. Mother Ocean is so full of life here and we are guests to a fascinating world...underwater.

You will stay in a waterfront hotel for 7 nights which has its own bar and restaurants. It has close access to restaurants, grocery store, shopping, and farmer's market.

Dominica is green and lush, offering a rich experience in filling your soul with the energy and love of Mother Nature. She has over 365 rivers along its many mountains and many natural hot springs, giving the feeling that you found the fountain of youth. We will spend one day on land to experience the island's beautiful landscape and waterfalls.

Dominica attained its independence from Britain in 1978 and is a peaceful country which speaks English. The indigenous people, the Kalinago, have their own territory within the island and are eager to share their knowledge and culture.

Join us for a once in a lifetime adventure where you can deep dive into who you really are and be curious about what you are dreaming into being. This week long retreat opens us to heart-centered communication, activations, and the opportunity to become the master of your inner world. Discussions and meditations will be offered in the afternoons/evenings which will allow us to deep dive within.



COST: \$7777

\$1500 deposit to reserve your space

Contact Lisa Denning at: lisa@lisadenning.com

HOSTS AND GUIDES:

Your hosts and guides for the retreat will be Hydeec 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 Hydeec 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, Hydeec 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.hydeetezana.com



Hydee Tehana, M.S. is your retreat host and guide for your journey. Hydeec 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. Hydeec 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. Hydeec 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. Hydeec is an author, visionary, speaker, and guide. For more information, see www.hydeetezana.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 24 years, she continues swimming 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 24 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: Island of Dominica (in the Caribbean Sea)

DATES: One or both weeks (6 guests per week)

Week 1:

Arrive on April 24, 2025 and April 25-29, we have boat trips. April 30th is the day of island excursions and leave on May 1st.

Week 2:

Arrive on April 29, 2025 and April 30-May 4, we have boat trips. May 5th is the day of island excursions and leave on May 6th.

INCLUDES:

7 nights at an Oceanfront Resort, 5 days of boat trips (weather permitting), roundtrip airport transfers with the group, daily breakfast and lunch, 30 minute complimentary massage, 1 day of land



excursions to waterfalls and more, marine permits and park fees, unlimited shore diving/snorkeling, 3 digital whale prints from your trip, discussions, and meditations.

WHAT'S NOT INCLUDED:

Airfare, dinners, snorkel gear, tips for boat crew/land guide, upgrades to oceanfront rooms, single room upgrade (available upon request), and additional excursions.

Trip cancellation insurance is highly recommended.

ADDITIONAL INFORMATION:

Airport:

Douglas-Charles Airport (DOM)

HOW TO REGISTER:

Contact Lisa Denning at lisa@lisadenning.com

PAYMENTS:

Pay \$1500 deposit to hold your space.
First payment of \$3,138 is due on or before December 1, 2024.
Second payment of \$3,138 is due on or before February 1, 2025.
Contact Lisa for alternative payment dates.

ADDITIONAL QUESTIONS:

lisa@lisadenning.com

SEMINAR DEPOSIT INFORMATION:

All seminars 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 encouraged.**

Thank you!

