

Sailing Meditation Retreat!

If you're like most of us, you're ready to hit your inner reset button, and this may be the perfect remedy.

Many of you who have joined us in the San Juans or Great Bear Rainforest are aware that, in addition to leading sailing tours, I teach meditation and self-realization. Well this is the ultimate opportunity for me to combine my two favorite things—sailing AND teaching meditation!

On a 5 day cruise this September we'll be relaxing into the stunning natural beauty of the San Juan islands aboard the elegant 54' Nawalak, enjoying world-class gourmet meals prepared by chef Jen, who is a former chef at one of the top 10 Michelin-starred restaurants in the world. The food is an experience in itself!

Each day will be filled with deep instruction in simple but powerful meditation techniques, mixed with meditation sessions in serene natural settings—scenic hill tops, hidden beaches, and secluded coves.

Wildlife, strolls through ancient forests, visits to remote islands, enchanting scenery, and relaxing sailing interludes are all part of the experience.

Co-taught by Dave Lutz and Laisha Devayana— a special guest teacher coming from Vienna solely for the cruise. Both of us have extensive experience in teaching the Surah Parampara tradition of self-realization and meditation.

We'll also be showing you how to sense earth energy through ley lines and energy vortexes, and how to use this for healing ourselves, and the earth.

A simple and gentle, but potent movement technique—shantatha, will also be taught.

For an idea of what our cruises are like check out our [TripAdvisor page](#). You'll see every review is a 5 star rave review!

Spaces available: 5

When: 5 days-September 8-12, 2021

Where: the San Juan Islands, beginning and ending at Deer Harbor, Orcas Island.

Meals: chef Jen Curtis is a former chef at the Michelin-starred Willows Inn, one of the top 10 restaurants in the world. It has been voted best restaurant in the U.S.

Cost: \$2,197 per person, all inclusive (same price as our normal tours without instruction).

Contact: charters@emeraldislesailing.com
360-317-5332

Looking forward to hitting the reset button with you!

Captain Dave