

"I AM SO GRATEFUL AND FOREVER CHANGED BY THE WHOLE EXPERIENCE." - A. J. VENICE, CA



# WHISPER WITH THE WHALES

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# DISCOVER YOUR DEEPEST SELF

Anne Gordon de Barrigón  
and Janet Smith Warfield  
invite you to a once-in-a-lifetime  
experience connecting physically and  
spiritually with the humpback  
whales and dolphins in the  
Pearl Islands, Panama.

**AUGUST 26-31, 2012**



Treat yourself to five relaxing days on Contadora Island, a tropical island in the Bay of Panama. Motor each day on a glass bottom boat or sail on a catamaran. Connect and commune with the whales, dolphins, sea turtles and marine life. Explore Contadora and its seven beautiful beaches (even where Survivor was filmed). Snorkel in the crystal-clear, warm waters where you never need a wetsuit.

Experience magical close encounters, jumping whales, and even whale concerts where you actually feel the low notes vibrating in your body! Allow the whales and dolphins to take you deep within yourself as you release the thoughts and feelings that no longer serve you and co-create the thoughts and feelings that nourish your mind, body and spirit.

In the evening, allow your very own special experiences to excite you, mesmerize you and stimulate you to release your deepest thoughts and feelings onto paper. Explore via journaling the depths and heights of who you are. Discover those parts of yourself that you never knew existed. Watch as your writing allows you to unfold your unique wisdom, uncover your courage, and relax into your own inner peace. Return home with a beautiful Journal that is yours to keep forever, memorializing all your wonderful experiences, discoveries, and aha moments.

Stay in the comfortable, cozy bed and breakfast, The Contadora Island Inn, [www.contadoraislandinn.com](http://www.contadoraislandinn.com). Enjoy the fresh, local food. We welcome your participation. Please join us for this once-in-a-lifetime transformational experience.

"...A TRIP OF A LIFE-TIME... - L. C. QUEENSLAND, AUSTRALIA

## ABOUT YOUR GUIDES



**Janet Smith Warfield** works with wisdom-seekers who want understanding and clarity so they can live peaceful, powerful, prosperous lives. Through her unique combination of holistic, creative, right-brain transformational experiences and 22 years of rigorous, left-brain law practice, she has learned how to sculpt words in atypical ways to shift her listeners into experiences beyond words, transforming turmoil into inner peace.



**Anne Gordon de Barrigón** spent her childhood boating in the San Juan islands of the Pacific Northwest. Upon graduating from college with a major in biology and a minor in animal behavior, she became Zookeeper of Seattle's Woodland Park Zoo. Three years later, Anne started her own company, Animal Advocates, where, through outreach programs, she taught students respect and appreciation for endangered species and wildlife. For over twenty years, she trained wild and domestic animals for TV and films.

Anne now lives in Panama and is married to an Emberá Indian, Otniel Barrigón. In addition to her whale watching tours, Anne conducts day and overnight tours to her traditional Emberá jungle village to meet her Emberá family.

## WHAT YOU CAN EXPECT FROM THIS EXPERIENCE

### Journaling to Uncover Your Hidden Power

- Telling your story to create your desired ending
- Capturing your essence through poetry and imagery
- Getting clear through dialog
- Asking the right questions to get the answers you need
- Writing to solve your problems and uncover your purpose

### Inner Transformation

- Overcoming fear
- Managing anger
- Releasing guilt
- Forgiving yourself and others
- Acquiring mental clarity
- Moving into personal freedom
- Relaxing into deep inner peace
- Harmonizing relationships

An empowering journey that includes:

- Two nights at the Balboa Inn in Panama City
- International airport transfers
- Round trip flight from Panama City to Contadora Island
- Five nights at the Contadora Inn, Contadora Island, Bay of Panama
- Five day charters on a glass-bottom boat and catamaran sailboat
- All meals on Contadora Island except one night at a local restaurant
- Snorkeling in crystal clear waters (Equipment provided)
- Expert guides and group facilitators
- Visit to the Panama Canal
- Your very own keepsake journal that memorializes your experiences and aha moments
- Optional visit to an Embera Indian village

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