



## A Woman's Journey

San Juan Islands, WA | September 12 - 18

### A Woman's Journey

This Women's Retreat is designed for soul-seekers who long for a deeper connection with themselves, other women, and the restorative power of nature. With a strong emphasis on journaling and ceremony, this trip will be supported both pre and post- experience. Suggested topics for reflective journaling will be offered before departure. Individual / group calls will be available upon returning in order to aid with integration and continued community-building. This expedition is for women who desire a break from the roles we play (colleague, wife, mother, daughter, etc) in order to put ourselves first for a week. Join us for an incredible adventure filled with purpose, connection, and - as always - fun!!! This uniquely-choreographed journey through the San Juan Islands of Washington will assist you in finding strength and clarity through personal reflection, connecting with other women, and support and guidance from Hilary Moses and Kelly Weld. This 7-day journey is powered by nature, and supported by highly-skilled guides and amazing programming facilitators. No experience is necessary. The trip is all inclusive once you arrive at the starting location.

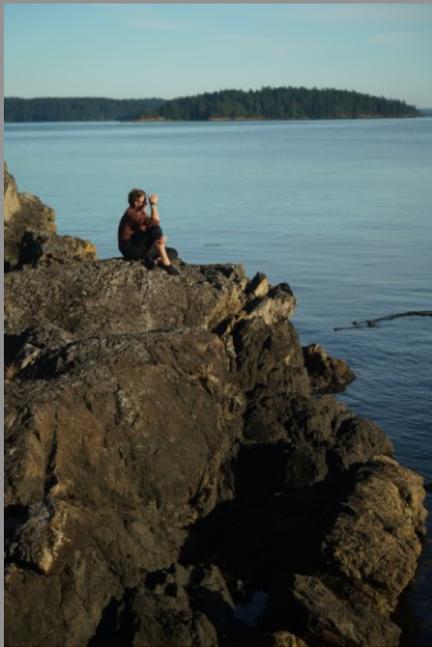
### The Experience

The San Juan Islands are nestled between the three great cities of Seattle, Vancouver, and Victoria, British Columbia. The Islands are often referred to as the "Rain Shadow" of the Olympic Mountains offering an average of 247 days of sunshine annually. With over 200 rocky, forested islands to explore, this has become a world-renowned kayaking destination. During expedition travel, participants will face challenges just as in daily life. They will be met with high-spirited and dynamic challenges that will require them to work collectively to problem-solve, take initiative, create a vision, and develop leadership skills. Participants will also develop expedition based skills such as camp craft, kayaking skills, navigation, and a sense of place. Our experiences are led by a knowledgeable and highly-skilled group of professional guides.

### The Destination

Paddle along the evergreen cloaked coastlines of the Pacific Northwest's San Juan Islands and be surrounded by snowcapped mountains in virtually every direction. Our destination will allow us to listen to the graceful blows of foraging porpoise passing by and watch as a bald eagle glides peacefully overhead against the evening sky. The San Juan Islands are the hidden gems of the Pacific Northwest because of the great weather, clear deep waters, clean and unpopulated beaches, and the abundance of wildlife within the inner network of Lopez and Orcas Island. Truly a place to experience when you want to taste of the west coast.





## Rooted Connections Retreat Facilitators

**Hilary Moses and Kelly Weld**, will be directing this retreat in collaboration with Breakwater Expeditions. Breakwater has a team of highly-skilled outdoor professionals with years of experience in developing and leading adventure intentional programs and expeditions for teens, adults, and families.



**Hilary Moses, LCSW**, served adolescents, young adults, and their parents in wilderness therapy from 2001- 2015, was the clinical director in two wilderness programs and facilitated family workshops throughout her time in wilderness therapy. As the co-owner of Solutions Parenting

Support, she offers parent coaching, transitional support, and personal growth opportunities both preventatively and for parents who have children at every stage of therapeutic treatment. Additionally, she is a faculty associate at the Arizona State University Graduate School of Social Work, is the step-mom to two boys, ages 16 and 13, and is currently in the process of developing a traveling therapeutic retreat for adults. In her spare time, she is on the Board of Directors at the Tucson Waldorf School and chairs several committees at the school to stay engaged in volunteer work in the community. She prefers to be outdoors and engaging in anything that is new, within the boundaries of what she considers sane.

**Kelly Weld, MFT**, is a seasoned therapist and educator. She holds a Master in Counseling Psychology, a Marriage and Family Therapy license, and a secondary teaching certification. For over 20 years she has counseled hundreds of adolescents and their families, working in a variety of wilderness programs and therapeutic boarding schools. As the Personal Growth Program Director of a therapeutic boarding school, she developed and implemented school-wide Emotional Growth and



Psychology curriculum. As well, she has a long history of facilitating multi-day family immersions workshops, parenting seminars, and leadership trainings both in-country and abroad. Kelly is currently offering Individual and Family Coaching Services with a focus on nature-based retreats for individual and collective healing.



## FAQ's

- **Trip Costs Per Person:** \$2650
- Based on double occupancy for hotels and tents. An additional cost of \$250 for a single room.
- **Travel:** Participants are responsible for their own travel accommodations to and from Seattle, Washington.
- **Limited Space:** This highly desirable trip can only accommodate 14 participants. Interested individuals should inquire immediately! When the trip is full, we will not be able to accept additional participants.
- **Trip Includes:** Lodging, expedition food, guide service expenses, park and camping fees, camping gear and kayaking gear.
- **Guides:** Qualified guides will provide a safe, fun, and meaningful adventure.
- **Climate:** Temperatures in September range from 50s to 80 degrees.
- **Tents:** We sleep in 2-3 person high quality tents.
- **Sea Kayaks:** We paddle sturdy expedition single and double sea kayaks
- **Clothing:** A guide will go over the clothing that you bring and could supply you additional items, if appropriate.
- **Gear:** We will provide sleeping bags and all necessary camping and paddling gear for participants.
- **Cuisine:** Healthy fresh food, vegetables, fruits, nuts, grains and meats. We can accommodate dietary needs.

## Ready to Go?

Contact : Breakwater

Expeditions

208-263-0277

info@breakwaterexp.com



## Itinerary

### September 12: Seattle

- Meet and stay at the Hilton Garden Inn and introduction to the group and your adventure.

### September 13: Anacortes to Lopez Island

- Take an afternoon Ferry from Anacortes to Lopez Island.
- Arrive at our put in and begin our kayak lessons.
- Set out to our first camp on our first island.

### September 14-16: Sea Kayaking Expedition around the San Juan Islands!

- Itinerary will be dependent on weather and tides. We will paddle to new islands each day.
- Day hikes, campfires, laughter, wildlife and more.

### September 17: San Juan Islands to Seattle

- Departure back on the ferry returning to Anacortes.
- Travel to hotel in Renton, WA.
- Clean up at the hotel.
- Celebration dinner out together (costs not included).

### September 18: Fly/Drive home or extend your time to explore!

# Financial Agreement



Name of Expedition: Women's Retreat

Location of Expedition: San Juan Islands, WA

Date: September 12 - 18, 2021

Cost Per Person : \$2650

Participant Name(s): \_\_\_\_\_

I agree to pay the deposit amount of \$1000 (\$ per person) by the date of August 1st, 2021 for my reservation of an individual spot on the **above stated Expedition**. I agree to pay the remaining balance of \$1650 (per person) to Breakwater Expeditions by the due date of September 1, 2021. I acknowledge that I will surrender my reservation if deposits and balance are not received by the dates identified above. I acknowledge that I will surrender the full deposit should I cancel the reservation after the date of August 15th, 2021. I acknowledge that the deposit and trip payment will be reimbursed back to me should the Rooted Connections or Breakwater Expeditions administration decide that it is best to cancel the expedition. I acknowledge that I will not get not reimburse for flight cost in the case of a trip cancellation. It is advised you look into trip insurance for your own protection.

I acknowledge that it is recommended that **I do not purchase any airline tickets** until date August 1st, to ensure that trip will be running in full.

By signing this agreement I acknowledge my financial obligation to participate in the above referenced expedition.

Print Name(s): \_\_\_\_\_

Signature : \_\_\_\_\_

Home Address: \_\_\_\_\_

City, State, ZIP: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

**Payment: Send a check to Breakwater Expeditions, P.O. Box 1807, Sandpoint, ID 83864**

We can except PAYPAL as well. Please reach out to do so. (A 3.25 percent charge is added for credit card payments.)

